



Sequence of Learning

Autumn		Spring		Summer
5 & 6	Unit	Football/Rugby/Basketball/Handball/Cross-country	Dance, Badminton, Hockey	Cricket/Athletics/Rounders
	Concepts	Games, athletics, outdoor and adventurous activities	Games, dance, gymnastics	Games, athletics
	Knowledge	Balance, control, travelling, attack, defend, defence, weave, receive, accuracy, dribbling, passing, send, Direction, Technique, Fluency, Spatial Awareness, Accuracy, Stamina, Pace/Speed, Sprint, Throw, Backboard, Blocked Shot, Stamina, Passing/ Pass, Rebound, Dribbling, Defence, catching, double dribble, Chest Pass, heading, shape	Routine, Balance, Control, Direction, Body Shape, Technique, Travelling, Fluency, Element, Point balances, Canon, Body tension, Safety, Counter balance, Technique, Travelling, Fluency, Spatial Awareness, Accuracy, Stamina, Forehand, Rally, Serve, Racquet, Backhand, Volley, smash, drop shot, tramlines, shuttlecock	Safety, Technique, Fluency, Spatial Awareness, Accuracy, Stamina, Baton, Relay, Pace/Speed, Sprint, Throw, Control Card, Teamwork, Tactics, Stump, Bowl, Bowler, Batsman, Fielder, Accuracy, Stamina, Passing/ Pass, Foul, Strike, spin, seam
	Skills	Football Ball Familiarisation and Passing To become familiar with using the ball with both feet. To learn how to pass the ball correctly with both feet. To experience different ways of controlling and passing the ball. Controlling and Running with The Ball To reinforce control of the ball and passing. To learn how to run with the ball correctly, using both feet. To practice running with the ball and controlling it. Dribbling and turning To learn how to dribble with the ball, using both feet. To learn and practice turning with the ball to find a new space. Turning To reinforce/clarify various turning techniques. To learn how to do the step over and practice it. To move onto the ball, control it and pass it. Shooting To learn how to shoot with a stationary ball. To practice shooting with a moving ball. To run with the ball and shoot. Rugby To be able to run, find a space and hold a rugby ball. To be able to run with a ball and pass successfully. To be able to attack and defend in rugby. To be able to make decisions in game, both defensively and whilst attacking. To be able to use the space on a rugby pitch. To be able to use the skills and techniques learnt in a game situation. Basketball To perform dribbling skills accurately with control. To be able to change direction whilst dribbling. To gain a greater understanding of the rules and what an illegal dribble is. To be able to add an end product such as passing after dribbling skill has been performed. To understand the different types of passing; chest pass, shoulder pass and bounce pass. To be able to perform each type of pass with greater accuracy and confidence. To be able to perform these passes when working in a team to achieve an objective. To be able to combine passing skills with shooting skills. To develop shooting skills from different ranges and angles. To be able to effectively work together as a team to score a basket. To be able to combine dribbling, passing and shooting skills. To develop the accuracy of dribbling, passing and shooting skills. To be able to effectively apply dribbling, passing and shooting skills against a defender. Cross-country How to conduct a warm up Benefits of a warm up Different methods of warm up Warm Down Specific warm up Running on different terrain Pacing your run How to run as a team Work as a team Develop tactics Competition Leaders and follows Develop fitness Set a goal to achieve	Hockey Ball Familiarisation To perform the skills of hockey with accuracy, confidence and control, focusing on dribbling. To begin to understand the role of defenders and attackers in hockey. Passing To practise the different techniques for passing a ball. To pass a ball while running. To receive a ball correctly and safely. Dribbling and turning To learn how to dribble with the ball, using both feet. To learn and practice turning with the ball to find a new space. Turning To reinforce/clarify various turning techniques. To move onto the ball, control it and pass it. Shooting To learn how to shoot with a stationary ball. To practice shooting with a moving ball. To run with the ball and shoot. Dance <i>Delivered by specialised external coach</i> Badminton Introduce the Grip and ready position To be able to demonstrate and use the correct grip and ready position. To be able to recognise the flight of the shuttle and to be able to contact the shuttle with the face of the racket. To understand the different lines and areas on the court and be able to move around between them quickly. To begin to outwit opponents with movement of the shuttle Introduce the Overhead/Underarm Clear To perform and replicate overhead and underarm clear with control and accuracy. To develop the skill of outwitting an opponent using a combination of shots. To be able to accurately replicate basic shots in a small sided game implementing basic strategies and tactics. To understand court marking and basic scoring. i.e. winning points and gaining serve. Introduce the Drop shot To be able to outwit opponents using simple drop shot. To understand the importance of movement and shuttle placement in order to attack. To begin to develop strategic and tactical play during a rally. To confidently score a game of singles. To know where the drop should be aimed for, for it to be most productive and why. Introduce the Smash To be able to accurately replicate a smash shot. To understand the importance of movement and preparation for an effective smash. To know that the Smash is an attacking shot and why. To appreciate how to adjust shot selection based on opponents positioning. To understand full badminton court markings. Doubles and singles tactics To develop their understanding and knowledge of basic outwitting strategies. To understand and develop the notion of shuttle movement into space and refining tactics based on opponents weaknesses. To understand and appreciate the need to make decisions about choice of strategy depending on whether attacking or defending. To be able to assess & evaluate own performance and weaknesses.	Cricket To use different ways of bowling. To vary how they bowl. To bat effectively and use different types of shot. To field with increased accuracy. To throw overarm with accuracy. To hit the ball from both sides of the body. To direct the ball away from fielders, using different angles and speeds. To plan to outwit the opposition individually, as a pair or team, when they are bowling, batting or fielding. To gauge when to run after hitting the ball. To use tactics which involve bowlers and fielders working together. Rounders To explain basic tactics of the game. To bowl with a stepping action on a consistent basis, with few no balls. To throw underarm and over arm at different speeds and increased success when attempting to catch the ball. Hit the ball consistently within a game setting. Athletics Use turn-boards competently and safely. Use turn-boards to change direction while maintaining speed. Develop a variety of techniques to overcome obstacles. Use appropriate techniques to overcome obstacles safely while maintaining speed. Use efficient technique to perform speed-bounce, vertical jump and standing long and triple jumps. Develop a variety of techniques to throw for distance. Perform a throw for distance using an adaptation of a recognised technique. Watch a partner's performance and identify the main strengths. Identify parts of the performance that need to be practiced and refined, and suggest improvements.

		Analyse performance		
	NC	Use running, jumping, throwing and catching in isolation and in combination Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending Take part in outdoor and adventurous activity challenges both individually and within a team Compare their performances with previous ones and demonstrate improvements to achieve their personal best.	Use running, jumping, throwing and catching in isolation and in combination Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending Develop flexibility, strength, technique, control and balance [for example, through dance and gymnastics] Perform dances using a range of movement patterns Compare their performances with previous ones and demonstrate improvements to achieve their personal best.	Take part in outdoor and adventurous activity challenges both individually and within a team Use running, jumping, throwing and catching in isolation and in combination Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] Compare their performances with previous ones and demonstrate improvements to achieve their personal best.
7 & 8	Unit	Football/Rugby/Basketball/Handball/Cross-country/Sports Leaders	Gymnastics/Badminton/Hockey/Sports Leaders	Cricket/Athletics/Rounders
	Concepts	Games, athletics, outdoor and adventurous activities, Sports leadership	Games, dance, gymnastics, Sports Leadership	Games, athletics
	Knowledge	Balance, control, travelling, attack, defend, defence, weave, receive, accuracy, dribbling, passing, send, Direction, Technique, Fluency, Spatial Awareness, Accuracy, Stamina, Pace/Speed, Sprint, Throw, Backboard, Blocked Shot, Stamina, Passing/ Pass, Rebound, Dribbling, Defence, catching, double dribble, Chest Pass, heading, shape, 40-20, touch, tackle, contact	Routine, Balance, Control, Direction, Body Shape, Technique, Travelling, Fluency, Element, Point balances, Canon, Body tension, Safety, Counter balance, Technique, Travelling, Fluency, Spatial Awareness, Accuracy, Stamina, Forehand, Rally, Serve, Racquet, Backhand, Volley, smash, drop shot, tramlines, shuttlecock, levels, unison	Safety, Technique, Fluency, Spatial Awareness, Accuracy, Stamina, Baton, Relay, Pace/Speed, Sprint, Throw, Control Card, Teamwork, Tactics, Stump, Bowl, Bowler, Batsman, Fielder, Accuracy, Stamina, Passing/ Pass, Foul, Strike, spin, seam, pull, sweep, off side, leg side, backhand, long/short barrier, transfer
	Skills	Football Develop Passing To be able to perform a pass using inside and outside of foot and understand the importance of receiving correctly. To be able to perform these in a small sided game. To understand and know where passing is used in football. To be able to outwit opponents with a variety of passes. Dribbling, Turns and Outwitting a defender To be able to perform and accurately replicate different types of dribbling with control, speed and fluency. To be able to outwit opponents with the combination of turns and dribbling. To be able to perform techniques in a small sided game making decisions about how best to advance on opposition. Develop attack To be able to outwit opponents using learnt skills and techniques at speed. To understand the importance of width and playing into space in order to attack. To develop strategic and tactical play. Develop Shooting To perform and replicate an accurate and controlled shot on goal. To develop their understanding and knowledge of how to execute a successful shot on goal i.e. across goal. To appreciate how to adjust shot selection based on opponents positioning. To be able to assess & evaluate shooting techniques and suggest ways to improve. Heading To develop their understanding and knowledge of how to head the ball correctly and safely. To perform the different types of heading in different situation e.g. Defensive & Attacking. Defensive strategies/tactics To be able to perform and develop defensive strategies i.e tackling, jockeying, forcing onto weaker foot. To understand when to defend and how to stop opponents from advancing. Rugby Passing and receiving To be able to handle a rugby ball correctly and replicate a pass while on the move. To demonstrate receiving skills applying control throughout. To understand the importance of width and space when advancing in attack. Passing & outwitting an opponent To consolidate the ability to pass and receive a rugby ball with control. To show an awareness of space and distance when sending and receiving. To develop their understanding of how to outwit an opponent using the core game skills. To develop a knowledge of tag rugby rules and scoring. Tagging To understand the term tagging. To develop knowledge of the rules regarding tagging and implications for the game.	Hockey Dribbling and movement with the ball To accurately replicate an effective dribbling technique. To be able to dribble the ball with control, changes of speed and direction. To be able to perform these skills fluently in a small sided game with the intention of outwitting the opposition. To demonstrate a confident knowledge of hockey rules. Passing and reverse stop To be able to perform an effective pass and receive the ball with control. To develop the use of push and hit pass within game under pressure. To experiment with reverse stop and recognise the disadvantage of playing to the weak side. To evaluate pupils' strengths and suggest ways teams might best attack. Creation of space/attacking principles To understand the need to create space and move the ball into wide areas. To develop the ability to outwit opponents using passing and receiving in attacking strategies. To perform skills in a small sided game making decisions about how best to advance on opposition. To evaluate and suggest how to improve their teams performance. Defending/jab tackle To accurately replicate jab tackle technique in isolation and under pressure in a game. To understand when to use the jab tackle in a game. To use guided discovery to evaluate techniques, tactics and compositional ideas to produce effective block tackles. To understand the rules of hockey and begin to officiate correctly. Shooting To perform an effective hit and push shot developing accuracy and control. To understand various strategies for shooting to produce a successful outcome. To be able to evaluate team strategies and individual strengths and weaknesses. Gymnastics Recap rotation and jumps To be able to perform the replicate rotational movement skills. To improve pupils' ability to travel and jump effectively using a variety of techniques including forwards, backwards rolls & cart wheels. To be able to perform these movements in a small sequence. To develop pupils confidence in delivering safe stretching exercises. To understand health and safety aspects of gymnastics. Recap balance – Individual/Partner work To perform individual balances demonstrating control and body extension. To understand the need for good body tension when replicating movements. To be able to perform the partner balances showing an understanding about counter balance and tension.	Cricket To use and perform a range fielding techniques depending on competitive situation. To develop the basic stance and use the correctly perform the drive shot technique. To understand and accurately replicate the correct pull shot technique. To be able to accurately replicate full over arm bowling technique incorporating a small warm up. To understand the need for basic communication skills and appropriate batting calls. To have some knowledge of fielding positions and correct terminology. Rounders To accurately replicate long barrier and use effectively in a game. To accurately replicate a legal bowling technique. To develop the ability to hit the ball into space in relation to fielders. To explore rounders positions and the relevant roles at each point. To understand the importance of judgment as a batter in response to fielders actions. Athletics To accurately replicate sprinting technique. To adjust body movements to create more drive/speed/power. To understand components of fitness involved in short distance races. To accurately replicate basic technique for an effective 800m race. To understand the need to pace the race in order to sustain 2 laps. To develop components of fitness involved in 800m. To perform and accurately replicate the technique for an effective shot putt. To understand the rules regarding throwing and ball landing. To develop an understanding of the why some pupils throw further. To perform and accurately replicate the technique for an effective javelin. To accurately replicate sprinting technique and demonstrate knowledge of change over skills. To understand rules regarding sprint relay and adhere to them. To make decisions about pupils strengths and placement in the relay teams legs.

		<p>Develop the ability to make decisions about attack and evaluate its success. To work co-operatively to organise and maintain a game.</p> <p>Attacking & outwitting opponents To develop tactics and plan attacking and defending strategies. To use width and space when competing in small sided games. To understand how to score a try and rules regarding scoring.</p> <p>Game play & rules To perform a combination of core rugby skills under pressure during small sided competitive games. To understand the importance of health and fitness and recognise which activities help their speed, strength and stamina. To further develop knowledge of tag rugby rules and scoring (offside/knock ons).</p> <p>Basketball Develop Passing/Pivoting & Dribbling/Triple Threat To be able to perform passing and receiving techniques and use to outwit opposition. To be able to perform these in a small sided game with success. To use dribbling technique correctly and understand what constitutes a double dribble and traveling. Attacking and outwitting an opponent To develop an understanding about attacking principles related to basketball. To perform and accurately replicate a range of dribbling skills to outwit opponents. To understand the need of tactical movements and strategies to invade opponents half. To demonstrate a developing understanding of basketball. Defence – Defending Skills To be able to outwit opponents with the use of defending skills. <i>i.e. interception, strip, side step.</i> To be able to perform skills in a small sided game making decisions about how best to stop opposition. To develop an understanding about rebounding and accurately replicate. To develop knowledge of basketball rules (i.e. contact). Recap Shooting – set shot, lay up To understand and know the benefits of types of shots. To develop their understanding and knowledge of how to execute a successful set shot. To be able to outwit opponents using learnt skills and techniques. To develop an understanding of the importance of width and playing into space in order to attack. Develop Shooting – jump shot To perform the jump shot appreciating the outcome necessary. To develop their understanding and knowledge of how to outwit an opponent using accurate replication of shooting techniques. To understand and appreciate the need to make decisions about choice of technique and refining ideas when unsuccessful.</p> <p>Cross-country How to conduct a warm up Benefits of a warm up Different methods of warm up Warm Down Specific warm up Running on different terrain Pacing your run How to run as a team Work as a team Develop tactics Competition Leaders and follows Develop fitness Set a goal to achieve Analyse performance</p> <p>Sports Leaders Good and bad leadership Warm ups Behaviour management</p>	<p>To be able to perform skills in a small sequence showing creativity. Intro to basic vaulting To be able to accurately replicate basic vaults <i>i.e. Ariel shapes off springboard.</i> To understand the importance of aesthetics during movements. To know and be able to describe the approach-take off-flight-landing phases of a jump. To be able to move safely and under control from the springboard onto matting. Vaulting - low level apparatus To be able to perform basic vaults with use of apparatus i.e. straddle & through vault. To develop their understanding and knowledge of body extension and aesthetics. To compose high quality sequences using flight, rotation & balance. To understand how to safely mount and dismount apparatus using the correct landing technique. Vaulting – apparatus To develop weight bearing vaults using flight. To replicate movements over apparatus demonstrating an understanding of support and rotation. To perform vaulting activities at their own differentiated levels. Performing controlled body shapes and fwds/bwds roles and building to hand springs.</p> <p>Badminton Introduce the Grip and ready position To be able to demonstrate and use the correct grip and ready position. To be able to recognise the flight of the shuttle and to be able to contact the shuttle with the face of the racket. To understand the different lines and areas on the court and be able to move around between them quickly. To begin to outwit opponents with movement of the shuttle Introduce the Overhead/Underarm Clear To perform and replicate overhead and underarm clear with control and accuracy. To develop the skill of outwitting an opponent using a combination of shots. To be able to accurately replicate basic shots in a small sided game implementing basic strategies and tactics. To understand court marking and basic scoring. i.e. winning points and gaining serve. Introduce the Drop shot To be able to outwit opponents using simple drop shot. To understand the importance of movement and shuttle placement in order to attack. To begin to develop strategic and tactical play during a rally. To confidently score a game of singles. To know where the drop should be aimed for, for it to be most productive and why. Introduce the Smash To be able to accurately replicate a smash shot. To understand the importance of movement and preparation for an effective smash. To know that the Smash is an attacking shot and why. To appreciate how to adjust shot selection based on opponents positioning. To understand full badminton court markings. Doubles and singles tactics To develop their understanding and knowledge of basic outwitting strategies. To understand and develop the notion of shuttle movement into space and refining tactics based on opponents weaknesses. To understand and appreciate the need to make decisions about choice of strategy depending on whether attacking or defending. To be able to assess & evaluate own performance and weaknesses.</p> <p>Sports Leaders 3 stages of a warm up Delivering game play Full session delivery</p>	
	NC	Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for	Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for	Use a range of tactics and strategies to overcome opponents in direct competition through team and

		<p>example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]</p> <p>Develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]</p> <p>Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group</p> <p>Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</p>	<p>example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]</p> <p>Develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]</p> <p>Perform routines using advanced gymnastic techniques within a range of gymnastic styles and forms</p> <p>Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group</p> <p>Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</p>	<p>individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]</p> <p>Develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]</p> <p>Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</p>
--	--	--	---	--