



Vision Vision for PE

At Oatlands Junior School, we recognise the important role that physical activity plays in achieving health, fitness and well-being among pupils, staff, parents/carers and the wider community. We aim to provide the knowledge, skills, and motivation necessary for a healthy lifestyle and lifelong participation in physical activity and sport.

OJS Curriculum Threads

Our curriculum vision is based upon our knowledge of our pupils and community. Our three curriculum threads are:

- Promote Equality and Diversity
- **Provoke Curiosity** _ **Embed Safe Behaviours**



These threads are woven through each subject, alongside individual subject pedagogy, to ensure our learners benefit from a purposeful curriculum.

National Curriculum Aims

The national curriculum for PE aims to ensure that all pubils:

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- * 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
- A develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- * take part in outdoor and adventurous activity challenges both individually and within a team
- * compare their performances with previous ones and demonstrate improvement to achieve their personal best. Swimming and water safety
- All schools must provide swimming instruction either in key stage I or key stage 2. In particular, pupils should be taught to:
- * swim competently, confidently and proficiently over a distance of at least 25 metres
- * use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- A perform safe self-rescue in different water-based situations.







PE is engaging in physical activity, competitive sport, and learning how to live healthy, active lives.

Planning and Resources

At OJS, we follow the National Curriculum as a foundation for our PE planning. We then have created our own curriculum for PE including making our own schemes of work, curriculum mapping, and long-term plan. PE is taught in half termly blocks in each year group - class teachers teach one lesson of PE to their class a week, then children have PPA PE with the PE lead twice every three weeks. We also use an iMoves subscription so staff can access and use resources in dance and gymnastics units. Our close links with Oatlands Infants School, Harrogate Racquets Club, Harrogate's Well Schools Partnership, and our local secondary schools, ensure that our PE curricula are both fluid and progressive.

Wider Offer

In PE, our wider offer within the school day is: before school clubs arranged with external clubs three times a week, participating in half-termly Active Travel Days (Walk to School), participating in events that promote physical activity inside and outside of the school day (October Active Challenge), trained Sports Leaders (Year 6) to run activities during break and lunch times, after-school sports clubs offered every day internally and externally with local clubs, entering local competitions and events regularly, residentials (Y4 – 3 day and Y6 – 5 day), topic specific visitors (e.g. Olympic/Commonwealth Athletes). We celebrate PE through weekly Achievement Awards, Scarth's Celebrations and Oatlands Points as well as celebrating national events.

Pupil Voice Groups

Through our PE-specific pupil voice group, Sports Crew, we gather pupil feedback about PE when monitoring and evaluating our PE curriculum offer.

Links to other documents:

- Curriculum Handbook
- Teaching and Learning Policy
- Assessment and Reporting policy
- Key Knowledge Progression







	Autumn I	Autumn 2	Spring I	Spring 2	Summer I	Summer 2
				Badgers - Tennis with	Foxes - Tennis with	Owls - Tennis with
				Harrogate Racquets	Harrogate Racquets	Harrogate Racquets
Year 3	Learning basic skills	Learning basic foot-	Learning basic skills	Learning basic skills	Improving	Developing hand-eye
	using netball and	eye co-ordination	using gymnastics	using dance	fundamental	co-ordination skills
	basketball	skills using football			movement skills using	using striking and
		and hockey	Key Learning	Key Learning	athletics	fielding games
	Key Learning		Objectives	Objectives		
	Objectives	Key Learning	Know and	To perform dances	Key Learning	
	 Know and 	Objectives	demonstrate the	using simple	Objectives	Key Learning
	demonstrate	 Know and 	different shapes in	movement patterns	 I can run at a 	Objectives
	the correct	demonstrate	gymnastics	 To explore basic 	speed	 I can throw
	technique for	the correct	Explain and	components of	appropriate to	underarm and
	catching a larger	technique for	demonstrate the	dance e.g. beats	the distance I am	overarm to a
	ball	dribbling balls of	difference between	and motifs	running.	target.
	 Know and 	different	point and patch	To create shapes	 I can jump for 	• I can catch a
	demonstrate	weights and	balances	and movements	distance from a	small ball two
	the different	sizes with their	Describe and	that flow	standing position.	handed.
	ways to pass a	feet and a stick Know and 	demonstrate the	• To choreograph a	• I can throw a	• I can hit a ball
	larger ball • Demonstrate	 Know and demonstrate 	different methods	group dance that	variety of objects	with a bat with
	 Demonstrate dribbling a ball 	the correct	of travelling in	includes clear	in one hand.	control.
	with control	technique for	gymnastics	motifs, using	Key Vocabulary	Key Vocabulary
	with control	passing and	Identify how we	moves, shapes and		
	Key Vocabulary	receiving with	achieve quality in gymnastics	choreography	 Jog Run 	CatchingUnderarm
	 Footwork 	their feet and a	gynnastics	Key Vocabulary		
	 Interception 	stick	Key Vocabulary	Beats	SprintThrow	Overarm Dettine
	 Consistency 	Explain what	Shapes	 Choreography 		Batting
	 Accuracy 	foot-eye co-	Balances	 Motifs 	• Jump	Fielding
	 Accuracy Contact 	ordination is	Travelling		• Land	Bowler
	 Obstruction 	and identify the	Tension	ShapesFluidity	Record	Innings Standard
		skills that link	Extension	- Fluidity	Measure	Stance
	Wider Offer	between	Point	Wider Offer	 Personal best 	Midan Offen
			• Foint	Wider Oller		Wider Offer



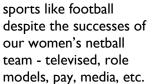


Weekly netball	football, hockey,	Patch	Students told about	Wider Offer	Yorkshire
clubs for Year	and other		local clubs	Participating in	Cricket Board
3/4 and 5/6 all	sports	 Choreograph 	Competing in	athletics festivals,	deliver 2 x 2
of Autumn	300113	Wider Offer	dance festivals and	events and	hour sessions to
Term	Key Vocabulary			competitions	all Year 3
	Interception			-	classes with
 Competing in netball 		local clubs	Disability in Sport	Participating in	classes with
	Dribbling	Competing in	week	cross country	 After school
tournaments	Handball	gymnastics festivals	Termly afterschool	meets	After school clubs for Year
Students told	Contact	and competitions	dance club with	Promoting local	
about local	 Accuracy 		HDDC	clubs e.g.	3/4 and 5/6 for
clubs	 Consistency 	Curriculum Threads		Harrogate	striking and
		Pupils will consider how	Curriculum Threads	Harriers	fielding in
Curriculum Threads	Wider Offer	the different components	The similarity between	Sports	Summer term
Pupils will consider how	A football club	of fitness required for	dance and gymnastics will	Afternoons	 Competing in
the technique of the	offered for Year	gymnastics (balance,	be explored, such as the		cricket and
different passes link	3/4 and 5/6 all	flexibility, strength,	skills required – creativity,	Curriculum Threads	rounders
with each other, when	of Spring Term	muscular endurance) of the	confidence, balance,	Pupils will consider how	tournaments
they should be used in a	 Competing in 	different skills in gymnastics	flexibility, and the	the technique of the	- · · -· ·
game (and how to	football and	how these components can	terminology e.g.	different fundamental	Curriculum Threads
decide), and how the	hockey	be linked to, and are useful	choreography, shapes,	skills can link with skills in	There is a large
technique can link with	tournaments	for, oth <mark>er spor</mark> ts.	fluidity. Quality is similar	other sports. They will	emphasis in this unit of
skills in other sports.	 Students told 	(20D)?	too when performing, e.g.	explore when those FMS	work on the links
(22)	about local		children using starting and	are used in other sports	between cricket and
	clubs		finishing positions, pointed	and activities (running,	rounders, and what
	 Working with 		toes, extension, tension,	throwing, jumping).	hand-eye co-ordination
	Harrogate	Safety will be a large	etc.	(22)?	is. Pupils will be
Netball is being offered	Town FC to do	emphasis in every	(D)		questioned on how
as a mixed sport for	physical activity	gymnastics lesson. Pupils			technique of skills, rules
both boys and girls.	competitions	will be taught how to set			and tactics are similar
Children will be	between local	out mats safely, perform		Pupils will be taught how	and differ. Other sports
prompted to think	schools such as	different skills safely, and	Negative gender	to safely perform skills in	(e.g. net/wall) will also
about the popularity of	the October	how to work safely on	stereotypes/roles will be	these lessons. A	be considered to draw
women's netball in	Challenge	equipment.	challenged in this unit, e.g.	particular safety focus will	links.
comparison to men's			the idea that gymnastics	take place when throwing	





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Pupils will learn some of the rules of netball to allow them to play safely (contact), and how to also behave safely within the lesson in different drills and games (e.g. reminders of how hard to pass the ball depending on the distance and how to catch properly).



Curriculum Threads There is a large emphasis in this unit of

work on the links between hockey and football, and what footeye co-ordination is. Pupils will be questioned on how technique of skills, rules and tactics are similar and differ. Other sports (particularly invasion games) will also be considered.



Football and hockey are being offered as a mixed sport for both boys and girls. Children will be prompted to think about the popularity of women's football in comparison to men's sports like football despite the successes of our women's team televised, role models, pay, media, etc. Promotion of girls' football through mixed gender PE and



and dance are "girls" sports and boys should play football / rugby instead. It will be stressed that balance, strength and flexibility will benefit all children in their other sports e.g. balance = not knocked off the ball in football, flexibility means you stretch more for tackles without getting injured, etc.



Pupils will participate in a Disability in Sport week in the final week of half-term. They will have a talk from a Commonwealth / Invictus / Paralympic athlete who will do an assembly on their disability, their sport, etc to raise awareness. They will also participate in disability sports in their PPA PE lessons this week.



Pupils will learn the important safety elements and jumping is introduced, where students will be taught how to use the

equipment (mainly the different types of bats) safely and land safely. Soft equipment will be used.







Promotion of women's cricket through mixed gender PE lessons and promotion of clubs / competing in girls' cricket competitions.



Pupils will be taught how to safely perform skills in these lessons. A particular safety focus will take place when batting is introduced, where students will be taught how to use the equipment (mainly the different types of bats) safely. Soft balls and plastic bats/equipment will be used.







		promotion of clubs / competing in girls' football competitions. Pupils will be taught how to safely perform skills in these sports. A particular safety focus will take place within hockey lessons, where students will be taught how to use the equipment (mainly the stick) safely.	ands Jun	of dance: warming up and cooling down properly, being aware of spatial awareness, and there will be rules surrounding what they can/cannot do for safety reasons.		
	Autumn I	Autumn 2	Spring I	Spring 2	Summer I	Summer 2
	FALCONS	SWIMMING	SNOW LEOPA	RDS SWIMMING	GRIZZLY BEAR	S SWIMMING
	Grizzly Bears - Badminton at Harrogate Racquets	Snow Leopards - Badminton at Harrogate Racquets	Falcons - Badminton at Harrogate Racquets	Grizzly Bears - Tennis with Harrogate Racquets	Snow Leopards - Tennis with Harrogate Racquets	Falcons - Tennis with Harrogate Racquets
Year 4	Developing basic skills using netball and basketball	<u>Developing basic</u> <u>foot-eye co-</u> <u>ordination skills</u> <u>using football and</u>	Developing basic skills using gymnastics Key Learning	Learning about healthy active lifestyles using <u>fitness</u>	Developing fundamental movement skills using athletics	Developing hand-eye co-ordination skills using striking and fielding games
	Key Learning Objectives Know and demonstrate	<u>hockey</u> Key Learning Objectives	• Know and safely demonstrate	Key Learning Objectives I can measure my pulse	Key Learning Objectives	Key Learning Objectives





 the correct technique for passing and catching a netball Explain and demonstrate adhering to the footwork and travelling rule Demonstrate dribbling with speed and control Describe how to make successful interceptions and 	 Demonstrate the correct technique for dribbling while changing speed and direction with their feet and a stick Demonstrate the correct technique for passing with power and accuracy, and receiving, with their feet and a stick Demonstrate safe and correct 	 different balances with quality Demonstrate the difference between matching and mirroring partner balances Describe and demonstrate the different methods of travelling in gymnastics Safely demonstrate jumping and rolling with fluidity Key Vocabulary Tension Evtension 	 I can work out my heart rate and define what heart rate is I can test my fitness levels and train to improve these in lessons I demonstrate the ability to train continuously, in circuits, and at intervals I can identify the body's responses to exercise 	 I can run at a speed appropriate to the distance I am running and can maintain this for the duration of the run. I can jump for distance from a standing position and from a run up. I can throw a variety of objects in one hand for distance with good technique. 	 I can throw underarm and overarm to a target over varying distances. I can catch a small ball two handed at different heights and speeds. I can hit a ball with a bat with control and increasing accuracy.
demonstrate this in drills and games Key Vocabulary • Footwork • Interception • Consistency • Accuracy • Contact • Obstruction • Stage I / Man to Man marking Wider Offer	 sale and correct tackling technique with feet and a stick Demonstrate the correct shooting technique with feet and a stick Explain what foot-eye coordination is and how skills link between football, hockey, 	 Extension Point / Patch Matching / Mirroring Canon / Unison Choreograph Wider Offer Students told about local clubs Competing in gymnastics festivals and competitions Curriculum Threads 	 Pulse Heart rate Oxygen Responses to exercise Breathing Blood Temperature Muscles Stretch Warm up Cool down Train Circuit training Continuous training 	Key Vocabulary Jog Run Sprint Throw Jump Land Record Measure Personal best Wider Offer Participating in athletics festivals,	 Catching Underarm Overarm Accuracy Consistency Batting Fielding Bowler Innings Stance Wider Offer After school clubs for Year 3/4 and 5/6 for



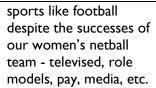


Weekly netball		and other	Pupils will consider how	Interval training	events and	striking and
 vveekly netball clubs for Year 			the different components	•	competitions	fielding in
3/4 and $5/6$ all		sports	of fitness required for	• Strength	•	Summer term
	Kay	Vecebuler		Endurance	Participating in	
of Autumn	кеу	Vocabulary	gymnastics (balance,	Speed	cross country	Competing in
Term		Dribbling	flexibility, strength,		meets	cricket and
 Competing in 		 Handball 	muscular endurance) of the	Wider Offer	Promoting local	rounders
netball		Contact	different skills in gymnastics	Links to science	clubs e.g.	tournaments
tournaments		 Accuracy 	how these components can	lessons when the	Harrogate	
 Students told 		 Consistency 	be linked to, and are useful	focus is biology	Harriers	Curriculum Threads
about local		 Shooting 	for, other sports.	Disability in Sport	Sports	There is a large
clubs		Stick tackle	(2)	week	Afternoons	emphasis in this unit of
						work on the links
Curriculum Threads	Wid	der Offer		Curriculum Threads	Curriculum Threads	between cricket and
Pupils will consider how		A football club		Pupils will participate in a	Pupils will consider how	rounders, and what
the technique of the		offered for Year	Safety will be a large	Disability in Sport week in	the technique of the	hand-eye co-ordination
different skills link with		3/4 and 5/6 all	emphasis in every	the final week of half-term.	different fundamental	is. Pupils will be
each other, when they		of Spring Term	gymnastics lesson. Pupils	They will have a talk from a	skills can link with skills in	questioned on how
should be used in a		 Competing in 	will be taught how to set	Commonwealth / Invictus /	other sports. They will	technique of skills, rules
game (and how to		football and	out mats safely, perform	Paralympic athlete who will	explore when those FMS	and tactics are similar
decide), and how the		hockey	different skills safely, and	do an assembly on their	are used in other sports	and differ. Other sports
technique can link with		tournaments	how to work safely on	disability, their sport, etc to	and activities (running,	(e.g. net/wall) will also
skills in other sports.			equipm <mark>ent.</mark>	raise awareness. They will	throwing, jumping).	be considered to draw
[Students told		also participate in disability		links.
		about local		sports in their PPA PE		(20)2
		clubs		lessons this week.		
		Working with				
Netball is being offered		Harrogate			Pupils will be taught how	
as a mixed sport for		Town FC to do			to safely perform skills in	Promotion of women's
both boys and girls.		physical activity			these lessons. A	cricket through mixed
Children will be		competitions		Pupils will be learning	particular safety focus will	gender PE lessons and
prompted to think		between local		about the human body and	take place when throwing	promotion of clubs /
about the popularity of		schools such as	and the first state	its responses to exercise.	and jumping is	competing in girls'
women's netball in		the October		They will be taught basic	introduced, where	cricket competitions.
		Challenge		biology of what happens in	-	
comparison to men's				biology of what happens in	students will be taught	





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Pupils will learn some of the rules of netball to allow them to play safely (contact), and how to also behave safely within the lesson in different drills and games (e.g. reminders of how hard to pass the ball depending on the distance and how to catch properly).



Curriculum Threads There is a large emphasis in this unit of work on the links between hockey and football, and what footeye co-ordination is. Pupils will be questioned on how technique of skills, rules and tactics are similar and differ. Other sports (particularly invasion games) will also be



considered.

Football and hockey are being offered as a mixed sport for both boys and girls. Children will be prompted to think about the popularity of women's football in comparison to men's sports like football despite the successes of our women's team televised, role models, pay, media, etc. Promotion of girls' football through mixed gender PE and

your body when you exercise. Because of this, lots of questioning will be used and class discussions to impart and consolidate this knowledge.



Pupils will be taught how to warm up and cool down safely and effectively to prevent injury. They will learn the importance of this. They will also be taught the correct techniques for exercises, so they can complete them safely in the lesson and in their own time.



how to use the equipment (mainly the different types of bats) safely and land safely. Soft equipment will be used.



Pupils will be taught how to safely perform skills in these lessons. A particular safety focus will take place when batting is introduced, where students will be taught how to use the equipment (mainly the different types of bats) safely. Soft balls and plastic bats/equipment will be used.



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		promotion of clubs / competing in girls' football competitions. Pupils will be taught how to safely perform skills in these sports. A particular safety focus will take place within hockey lessons, where students will be taught how to use the equipment (mainly the stick) safely.	ands Jun	ior Schoo		
	Autumn I	Autumn 2	Spring I	Spring 2	Summer I	Summer 2
	Tigers – Table Tennis with Harrogate	Macaws – Table Tennis with Harrogate	Lemurs – Table Tennis with Harrogate Racquets	Tigers – Tennis with Harrogate Racquets	Macaws – Tennis with Harrogate Racquets	Lemurs – Tennis with Harrogate Racquets
	Racquets	Racquets	Bikeability begins			Harrogate Racqueto
Year 5	Securing my basic	Securing my foot-eye	Securing my basic skills	Developing my basic	Securing my	Securing my hand-
	skills using basketball and applying them to	<u>co-ordination skills</u>	using gymnastics and applying them to	skills using dance and applying them to	fundamental movement skills using	<u>eye co-ordination</u> skills using cricket
	games	using hockey and applying them to	<u>sequences</u>	performances	athletics	and applying them to
	<u>a</u>	games			<u></u>	games
	Key Learning		Key Learning	Key Learning	Key Learning	
	Objectives	Key Learning	Objectives	Objectives	Objectives	Key Learning
	 Know and 	Objectives	 Know and safely 	 To perform dances 	 I can use different 	Objectives
	demonstrate the correct	Demonstrate the correct	demonstrate paired	using a range of movement patterns	running techniques for	 I can throw underarm and





technique for passing and catching a basketballdribbling while changing speed and direction basketballbalances with quality addirection benonstrate technique for difference between counterbalance and demonstrate double dribble rule in conditioned gamesDemonstrate technique with afferent successTo build a routine around a motif and motif to perform with quality and explain what makes a performanceIong and short distances and run quality pace.over distances and run quality pace.explain and demonstrate double dribble rule in conditioned gamesDemonstrate safely demonstrate increased ways to beat a defenderDemonstrate technique with stealing, and intercepting in drills and gamesDemonstrate technique with stealing, and intercepting in driations is shooting techniqueDemonstrate technique with stealing and intercepting in driationsDemonstrate technique with stealing and intercepting in driationsDemonstrate technique with stealing and intercepting in driations is shooting techniqueTo baild a routine a nod distance south performanceIon pan short distances and run quality and explain marking, stealing and intercepting in driaticsDemonstrate technique with a consideration intercepting in driaticsDemonstrate techniqueDemonstrate techniqueDemonstrate techniqueIon pan short distances and techniqueIon pan short distances and techniqueIon pan short techniqueIon pan short techniqueIon pan short techniqueIon pan short techniqueIon
Key Vocabularyfootball, hockey, and other sportsCounterbalanceUnisonKey VocabularyField• Passing • Catching • Dribbling • Dribbling • Defending• Identify, describe, and umpire the rules of• Counterbalance • Canon / Unison • Choreographic devices• Unison • Space • Defending• Key Vocabulary • Jog • Shooting • Disability in Sport• Jog • Bow • Space • Jog • Disability in Sport• Bow • Space • Jog • Space • Jog • Space • Space • Dynamics • Sprint • Disability in Sport• Unison • Space • Jog • Space • Dynamics • Sprint • Unison • Space • Disability in Sport• Wider Offer • Land • Hurdles• Space • Space • Space • Space • Dynamics • Disability in Sport• Jog • Space • Jog • Space • Space • Space • Space • Dynamics • Sprint • Sprint • Land • Hurdles• Statt • Space • Jog • Space • Space

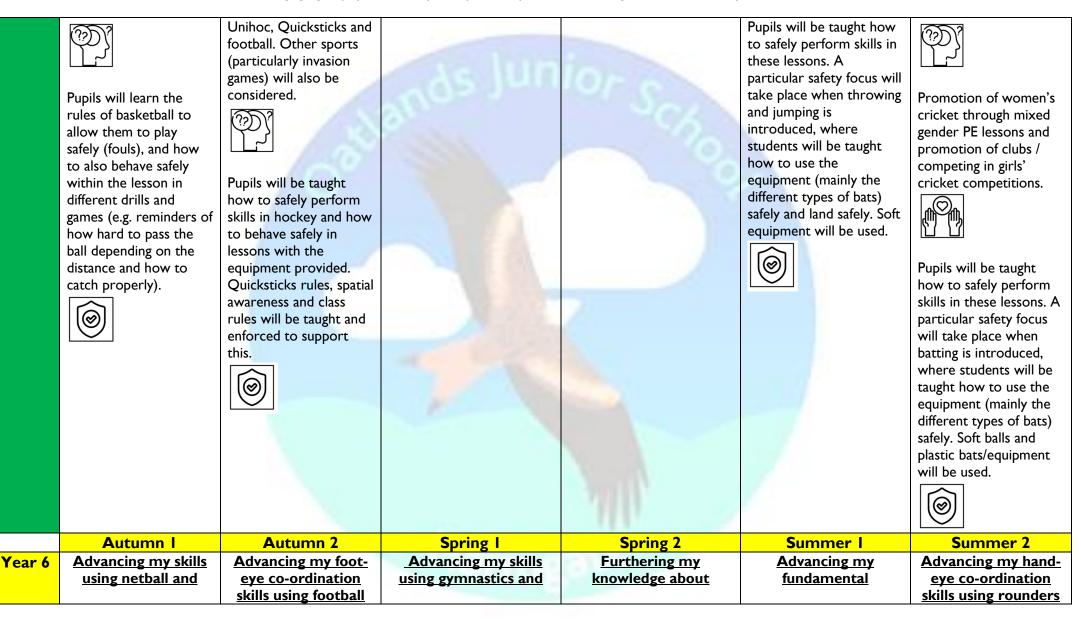




Marking	Quicksticks	Students told about	Cuminulum Threads	Long jump	Wider Offer
 Stealing Travelling Double dribble Pivot Interception Dodging Contact Foul Sideline Wider Offer VVeekly basketball clubs for Year 3/4 and 5/6 all of Spring Term Competing in basketball tournaments Students told about local clubs Curriculum Threads Pupils will consider how the technique of the 	Quicksticks hockey Key Vocabulary Dribbling Push pass Dangerous play Contact Accuracy Consistency Shooting Stick tackle Wider Offer Competing in hockey tournaments Students told about local clubs Curriculum Threads There is a large emphasis in this unit of work on building on and securing skills previously learned in Unihoc and football lessons, and	 local clubs Competing in gymnastics festivals and competitions Curriculum Threads Pupils will consider how the different components of fitness required for gymnastics (balance, flexibility, strength, muscular endurance) of the different skills in gymnastics how these components can be linked to, and are useful for, other sports. Safety will be a large emphasis in every gymnastics lesson. Pupils will be taught how to set out mats safely, perform different skills safely, perform in pairs safely, and 	Curriculum Threads Pupils will participate in a Disability in Sport week in the final week of half-term. They will have a talk from a Commonwealth / Invictus / Paralympic athlete who will do an assembly on their disability, their sport, etc to raise awareness. They will also participate in disability sports in their PPA PE lessons this week. Pupils will learn the important safety elements of dance: warming up and cooling down properly, being aware of spatial awareness, and there will be rules surrounding what they can/cannot do for safety reasons.	 Long jump Record Measure Personal best Wider Offer Participating in athletics festivals, events and competitions Participating in cross country meets Promoting local clubs e.g. Harrogate Harriers Sports Afternoons Curriculum Threads Pupils will consider how the technique of the different fundamental skills can link with skills in other sports. They will explore when those FMS are used in other sports 	 Yorkshire Cricket Board deliver 2 x 2- hour sessions to all Year 5 classes with class teacher After school clubs for Year 3/4 and 5/6 for striking and fielding in Summer term Competing in cricket and rounders tournaments Curriculum Threads There is a large emphasis in this unit of work on the links between cricket and rounders, and what hand-eye co-ordination is. Pupils will be questioned on how
the technique of the different skills link with each other, when they should be used in a game (and how to decide), and how the technique can link with	football lessons, and what foot-eye co- ordination is. Pupils will be questioned on how technique of skills, rules and tactics are similar	perform in pairs safely, and how to work safely on equipment.			questioned on how technique of skills, rules and tactics are similar and differ. Other sports (e.g. net/wall) will also be considered to draw links.
skills in other sports.	and differ between				











applying them to games	and applying them to games	applying them to sequences	healthy active lifestyles using fitness	movement skills using <u>athletics</u>	Key Learning
Key Learning Objectives	Key Learning Objectives	Key Learning Objectives	Key Learning Objectives	Key Learning Objectives	• I can throw underarm and
 Know and demonstrate the correct technique for passing in front, signaling, and catching in netball Explain and demonstrate adhering to the footwork rule in drills and games Demonstrate three different ways to beat a defender with increased success Demonstrate successful interceptions using Stage I marking and explain what this is Demonstrate three different 	 Demonstrate the correct technique for dribbling while changing speed and direction Demonstrate the correct technique for passing and receiving on the move Demonstrate safe tackling technique with increased success Demonstrate the correct shooting technique with a consideration of tactics Explain what foot-eye co- ordination is and how skills link between football, hockey, 	 Know and safely demonstrate paired balances with quality Demonstrate the difference between counterbalance and countertension Describe and demonstrate the different methods of travelling in gymnastics Safely demonstrate jumping and rolling, on and off equipment, with fluidity Choreograph paired sequences, including various choreographic devices Assess other students' performances and give them feedback to improve 	 I can measure my pulse I can work out my heart rate and define what heart rate is I can test my fitness levels and train to improve these in lessons I demonstrate the ability to train continuously, in circuits, and at intervals I can lead a safe and effective warm up and cool down I can identify muscles in the body that are being trained in an activity I can identify and explain the body's responses to exercise I can identify and explain the body's 	 I can use different running techniques for long and short distances and run at an appropriate pace. I can use running, jumping and throwing in isolation and in combination under pressure. I can throw a variety of objects in one hand for distance with good technique. I can evaluate a peer to improve their performance. I can compare my performance with previous ones and demonstrate improvement to achieve my personal best. 	 overarm to a target over varying distances to get opponents out. I can catch a small ball two handed, and one-handed, at different heights and speeds. I can hit a ball using a rounders bat using the correct technique. Key Vocabulary Catching Underarm Overarm Accuracy Consistency Batting Fielding Bowling Bowling



shooting	and other	Key Vocabulary	adaptations to		a Inninga
technique from		• Tension	exercise	Key Vocabulary	 Innings Restates
different angles	sportsIdentify,		exercise		Backstop
and distances	1.	Extension	Key Vocabulary	• Jog	 No ball
Describe the	describe, and	Point / Patch	• Pulse	• Run	 Bases
	umpire the	Matching		• Sprint	Stance
different	rules of football	Mirroring	Heart rate	Throw	
positions' roles	Kasa Malanda ang	 Counterbalance 	Oxygen	• Jump	Wider Offer
and play	Key Vocabulary	Countertension	Responses to	Land	 After school
different	Dribbling	Canon / Unison	exercise	Hurdles	clubs for Year
positions in Hi-5	Handball	Choreographic	 Breathing 	Long jump	3/4 and 5/6 for
games	Foul	devices	Blood	Record	striking and
• Identify,	 Accuracy 		 Temperature 	Measure	fielding in
describe, and	 Consistency 	Wider Offer	Muscles	Personal best	Summer term
umpire the rules of Hi-5	 Shooting 	 Students told about 	Stretch		 Competing in
netball	 Penalty 	local clubs	Warm up	Wider Offer	cricket and
netball	Free kick	Competing in	Cool down	 Participating in 	rounders
		gymnastics festivals	Train	athletics festivals,	tournaments
Key Vocabulary	Wider Offer	and competitions	Circuit training	events and	
• Footwork	Competing in		Continuous	competitions	Curriculum Threads
	football	Curriculum Threads	training	Participating in	There is a large
Pivot	tournaments	Pupils will consider how	 Interval training 	cross country	emphasis in this unit of
Replayed ball	 Students told 	the different components	Strength	meets	work on the links
Held ball	about local	of fitness required for	Endurance	Promoting local	between cricket and
Offside	clubs	gymnastics (balance,	Speed	clubs e.g.	rounders, and what
Interception	 A football club 	flexibility, strength,		Harrogate	hand-eye co-ordination
 Dodging 	offered for Year	muscular endurance) of the	Bicep	Harriers	is. Pupils will be
Contact	3/4 and 5/6 all	different skills in gymnastics	Tricep	Sports	questioned on how
Obstruction	of Spring Term	how these components can	Quadricep	Afternoons	technique of skills, rules
 Stage I / Man to 	 Working with 	be linked to, and are useful	Hamstring		and tactics are similar
Man marking	Harrogate	for, other sports.	• Calf	Curriculum Threads	and differ. Other sports
	Town FC to do	(2))?	 Abdominals 	Pupils will consider how	(e.g. net/wall) will also
Wider Offer	physical activity			the technique of the	be considered to draw links.
 Weekly netball 	competitions		Wider Offer	different fundamental	IIIIKS.
clubs for Year	between local			skills can link with skills in	





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3/4 and 5/6 all	schools such as	Safety will be a large	Links to science	other sports. They will	(22))?
of Autumn	the October	emphasis in every	lessons when the	explore when those FMS	
Term	Challenge	gymnastics lesson. Pupils	focus is biology	are used in other sports	
 Competing in 		will be taught how to set	 Disability in Sport 	and activities (running,	
netball	Curriculum Threads	out mats safely, perform	week	throwing, jumping).	Pupils will be taught
tournaments	There is a large	different skills safely,	1012	(227)?	how to safely perform
Students told	emphasis in this unit of	perform in pairs safely, and	Curriculum Threads		skills in these lessons. A
about local	work on building on and	how to work safely on	Pupils will participate in a		particular safety focus
clubs	securing skills previously	equipment.	Disability in Sport week in		will take place when
	learned in Unihoc and		the final week of half-term.	Pupils will be taught how	batting is introduced,
Curriculum Threads	football lessons, and		They will have a talk from a	to safely perform skills in	where students will be
Pupils will consider how	what foot-eye co-		Commonwealth / Invictus /	these lessons. A	taught how to use the
the technique of the	ordination is. Pupils will		Paralympic athlete who will	particular safety focus will	equipment (mainly the
different skills link with	be questioned on how		do an assembly on their	take place when throwing	different types of bats)
each other, when they	technique of skills, rules		disability, their sport, etc to	and jumping is	safely. Soft balls and
should be used in a	and tactics are similar		raise awareness. They will	introduced, where	plastic bats/equipment
game (and how to	and differ between		also participate in disability	students will be taught	will be used.
decide), and how the	Unihoc, Quicksticks and		sports in their PPA PE	how to use the	
technique can link with	football. Other sports		lessons this week.	equipment (mainly the	
skills in other sports.	(particularly invasion			different types of bats)	
	games) will also be			safely and land safely. Soft	
	considered.			equipment will be used.	
	(20)2	100	and the second se		
			Pupils will be learning		
Netball is being offered			about the human body and		
as a mixed sport for			its responses to exercise.		
both boys and girls.	Football and hockey are		They will be taught basic		
Children will be	being offered as a mixed		biology of what happens in		
prompted to think	sport for both boys and		your body when you		
about the popularity of	girls. Children will be		exercise. Because of this,		
women's netball in	prompted to think	(A)	lots of questioning will be		
comparison to men's	about the popularity of		used and class discussions		
sports like football	women's football in		to impart and consolidate		
despite the successes of	comparison to men's		this knowledge.		
	sports like football				
			•		





