

St Michael's School
Physical Education Curriculum Overview

Physical Education In The EYFS

Reception		Autumn 1		Autumn 2		Spring 1	
Topic		Introduction to PE: Unit 1	Introduction to PE: Unit 2	Fundamentals unit 1	Gymnastics: unit 2	Games unit 1	Dance unit 2
National Curriculum objectives		I can demonstrate balance. I can make independent choices. I can negotiate space safely with consideration for myself and others. I follow instructions involving several ideas or actions. I play co-operatively and take turns with others. I use movement skills with developing balance and co-ordination	I can make independent choices. I can negotiate space safely with consideration for myself and others. I follow instructions involving several ideas or actions. I play co-operatively and take turns with others. I understand the rules and can explain why it is important to follow them. I use movement skills with developing balance and co-ordination.	I am confident to try new challenges. I can negotiate space safely with consideration for myself and others. I follow instructions involving several ideas or actions. I play co-operatively, take turns and encourage others. I play games honestly with consideration of the rules. I use movement skills with developing balance and co-ordination when playing games	I am confident to try new challenges. I can combine movements, selecting actions in response to the task and apparatus. I can confidently and safely use a range of large and small apparatus. I can negotiate space safely with consideration for myself and others. I follow instructions involving several ideas or actions. I use movement skills with developing strength, balance and co-ordination showing increasing control and grace. I work co-operatively with others and take turns.	I can negotiate space safely with consideration for myself and others. I follow instructions involving several ideas or actions. I play co-operatively, take turns and encourage others. I play games honestly with consideration of the rules. I show an understanding of my feelings and can regulate my behaviour. I use ball skills with developing competence and accuracy. I use movement skills with developing balance and co-ordination.	I am confident to try new challenges and perform in front of others. I can combine movements, selecting actions in response to the task. I can negotiate space safely with consideration for myself and others. I follow instructions involving several ideas or actions. I show respect towards others when providing feedback. I use movement skills with developing strength, balance and co-ordination showing increasing control and grace.
Whole unit	Expected outcomes	Physical: run, jump, hop, skip, balance, crawl, catch, throw Social: share, communication, work safely, co-operation, leadership Emotional: independence, perseverance, confidence Thinking:	Physical: run, jump, throw, catch, roll, skip, balance Social: work safely, co-operation, support others, communication Emotional: honesty, confidence, perseverance, determination	Physical: balance, run, jump, hop, change direction, catch, throw Social: support others, work safely, take turns Emotional: honesty, determination Thinking: decision making,	Physical: shapes, balances, jumps, rock and roll, barrel roll, straight roll, progressions of a forward roll, travelling Social: work safely, collaboration, share and take turns,	Physical: run, balance, change direction, throw, catch, jump Social: work safely, communication, co-operation, support and encourage others Emotional: confidence, honesty, determination,	Physical: actions, dynamics, space, balance, jump Social: work safely, respect, collaboration Emotional: confidence, independence Thinking: comprehension,

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Weekly learning objectives specific to St. Michael's (progression of skills) key questions		select and apply actions, comprehension, reflection, make decisions	Thinking: comprehension, make decisions, creativity	comprehension, select and apply	support others Emotional: determination, confidence Thinking: comprehension, creativity, select and apply	manage emotions Thinking: comprehension, decision making	provide feedback, select and apply actions, creativity
	Visits/trips/workshops						
	Vocabulary	avoid backwards forwards freeze safe sideways space stop partner	catch direction partner score space stop path rules safety	balance bend direction hop space stop travel jump land run safe	around balance hold jump still straight through travel land over rock roll	catch caught jog rules run stop team throw safe safely score space	
	Lesson 1	Theme: witches and wizards To move safely and sensibly in a space with consideration of others.	Theme: people who help us To move around safely in space.	Theme: body parts To develop balancing whilst stationary and on the move.	Theme: Jack and the Beanstalk To create short sequences using shapes, balances and travelling actions..	Theme: cars To work safely and develop running and stopping.	Theme: at the seaside To copy, repeat and explore actions in response to a theme
	Lesson 2	Theme: pirates To develop moving safely and stopping with control.	Theme: friends and family To follow instructions and stop safely.	Theme: feelings To develop running and stopping.	Theme: Jack and the Beanstalk To develop balancing and safely using apparatus.	Theme: aeroplanes To develop throwing and learn how to keep score	Theme: under the sea To explore and remember actions considering level, shape and direction
	Lesson 3	Theme: mythical creatures To use equipment safely and responsibly.	Theme: houses and homes To stop safely and develop control when using equipment.	Theme: our senses To develop changing direction.	Theme: Jack and the Beanstalk To develop jumping and landing safely from a height.	Theme: cyclists To play games showing an understanding of the different roles within i	Theme: at the fireworks display To explore movement using a prop with control and co-ordination.
	Lesson 4	Theme: to the castle To use different travelling actions whilst following a path.	Theme: morning time To follow instructions and play safely as a group.	Theme: ways we look after ourselves To develop jumping and landing.	Theme: Goldilocks and the Three Bears To develop rocking and rolling.	Theme: buses To follow instructions and move safely when playing tagging	Theme: at the fireworks display To move with control and co-ordination, expressing ideas

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						games.	through movement.
	Lesson 5	Theme: superheroes To work with others co-operatively and play as a group	Theme: at the shops To follow a path and take turns.	Theme: my favourite things To develop hopping and landing with control.	Theme: Goldilocks and the Three Bears To explore travelling around, over and through apparatus.	Theme: boats To work co-operatively and learn to take turns.	Theme: at the farm To remember and repeat actions moving in time with the music.
	Lesson 6	Theme: monsters To follow, copy and lead a partner	Theme: dinner time To work co-operatively with a partner	Theme: it's good to be me To explore different ways to travel	Theme: Goldilocks and the Three Bears To create sequences using apparatus	Theme: trains To work with others to play team games	Theme: at the farm To explore actions in response to a theme and begin to use counts.
Reception		Spring 2		Summer 1		Summer 2	
Topic		<i>Gymnastics unit 1</i>	<i>Ball skills unit 1</i>	Ball skills unit 2	Fundamentals unit 2	Games unit 2	
National Curriculum objectives		I am confident to try new challenges. I can combine movements, selecting actions in response to the task and apparatus. I can confidently and safely use a range of large and small apparatus. I can negotiate space safely with consideration for myself and others. I follow instructions involving several ideas or actions. I use movement skills with developing strength, balance and co-ordination showing increasing control and grace. I work co-	I can make independent choices. I can negotiate space safely with consideration for myself and others. I persevere when trying new challenges. I play ball games with consideration of the rules. I play co-operatively and take turns with others. I use ball skills with developing competence and accuracy	I can negotiate space safely with consideration for myself and others. I follow instructions involving several ideas or actions. I persevere when trying new challenges. I play ball games with consideration of the rules. I play co-operatively and take turns with others. I use ball skills with developing competence and accuracy.	I am confident to try new challenges, deciding on the skills I use to complete the task. I can negotiate space safely with consideration for myself and others. I follow instructions involving several ideas or actions. I play co-operatively, take turns and congratulate others. I play games honestly with consideration of the rules. I show an understanding of my feelings and can regulate my behaviour. I use movement skills with	I can negotiate space safely with consideration for myself and others. I follow instructions involving several ideas or actions. I play co-operatively, take turns and encourage others. I play games honestly with consideration of the rules. I show an understanding of my feelings and can regulate my behaviour. I use ball skills with developing competence and accuracy. I use movement skills with developing balance and co-ordination.	

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		operatively with others and take turns.			developing balance and co-ordination.		
Whole unit	Expected outcomes	Physical: shapes, balances, jumps, rocking, rolling, travel Social: work safely, collaboration, share and take turns Emotional: determination, confidence Thinking: comprehension, creativity, select and apply	Physical: roll, stop a rolling ball, throw, bounce, catch, dribble with feet, kick, balance Social: work safely, collaboration, co-operation, support others Emotional: perseverance, independence, honesty Thinking: use tactics, comprehension	Physical: roll, track, throw, dribble with hands, dribble with feet, kick, catch, balance Social: co-operation, take turns, work safely, communication Emotional: perseverance, independence, determination, honesty Thinking: comprehension, use tactics	Physical: run, jump, hop, balance, change direction, travel, catch, throw Social: work safely, support others, share and take turns, co-operation Emotional: perseverance, honesty, determination, confidence, acceptance Thinking: comprehension, creativity, select and apply, exploration	Physical: run, change direction, throw, catch, strike, balance, jump Social: communication, help others, respect, take turns, co-operation Emotional: perseverance, honesty, determination, manage emotions Thinking: comprehension, decision making, select and apply, reflection	
	Visits/trips/workshops						
	Vocabulary	balance bend copy hold jump land rock roll shape squeeze star still straight	bounce catch dribble hit kick points roll run safely score space target throw	ball catch dribble kick partner ready roll safely score space target throw	balance bend crawl fast hop jump land rules run safely slide slow stop	aim gallop hit hop jump lose partner run safely score stop tag target team win	
Weekly learning objectives specific to St. Michael's (progression of skills) key questions	Lesson 1	Theme: rainforest animals To copy and create shapes with your body.	Theme: beetles To develop rolling a ball to a target.	Theme: windy weather To develop rolling and tracking a ball.	Theme: at the circus To develop balancing.	Theme: polar regions To aim when throwing and practise keeping score	
	Lesson 2	Theme: woodland animals To be able to create shapes whilst on apparatus..	Theme: busy bees To develop stopping a rolling ball.	Theme: snow is falling To develop accuracy when throwing to a target.	Theme: on safari To develop running and stopping.	Theme: the rainforest To follow instructions and move safely when play tagging games.	
	Lesson 3	Theme: lakeland animals To develop	Theme: ladybirds and butterflies To develop	Theme: there's a storm coming To	Theme: under the sea To develop	Theme: Australia To learn to play against a	

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		balancing and taking weight on different body parts	accuracy when throwing to a target	develop dribbling with hands.	changing direction.	partner.	
	Lesson 4	Theme: desert animals To develop jumping and landing safely.	Theme: grasshoppers To develop bouncing and catching a ball.	Theme: rainy days To develop throwing and catching with a partner	Theme: Space explorers To develop jumping.	Theme: wild west To develop co-ordination and play by the rules.	
	Lesson 5	Theme: sea animals To develop rocking and rolling.	Theme: caterpillars To develop dribbling a ball with your feet.	Theme: sunshine and rainbows To develop dribbling a ball with your feet.	Theme: at the farm To develop hopping.	Theme: India To explore striking a ball and keeping score.	
	Lesson 6	Theme: pet animals To copy and create short sequences by linking actions together	Theme: spiders To develop kicking a ball	Theme: foggy days To develop kicking a ball to a target.	Theme: into the woods To explore different ways to travel using equipment.	Theme: far east To work co-operatively as a team.	

Year 1							
		Autumn 1		Autumn 2		Spring 1	
Topic		Fundamentals	Ball Skills	Dance	Net and Wall Skills	Yoga	Sending and Receiving
National Curriculum objectives		master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.	Master basic movements throwing and catching. Participate in team games.	perform dances using simple movement patterns	master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending.	master basic movements as well as developing balance, agility and co-ordination	master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending.

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Whole unit	Expected outcomes	Physical: balance, jump, hop, run, speed, agility, dodge, skip, co-ordination Social: collaboration, work safely, support others. Emotional: determination, self regulation, honesty, perseverance. Thinking: comprehension, select and apply skills	Physical: dribble with hands, roll, throw, catch, dribble with feet, track Social: communication, support others, co-operation Emotional: perseverance, honesty, determination Thinking: exploration, make decisions, comprehension, use tactics	Physical: actions, dynamics, space, relationships Social: respect, work safely, collaboration, communication Emotional: empathy, confidence, acceptance, determination, kindness Thinking: creativity, select and apply actions, copy and repeat actions, provide feedback, recall	Physical: throw, catch, hit a ball, track a ball Social: support others, work safely, communication, co-operation Emotional: perseverance, independence, determination Thinking: comprehension, select and apply, reflection, identify areas of strength and areas for development, decision making	Physical: balance, strength, flexibility, co-ordination Social: move safely, listen to others, collaborate Emotional: concentration, focus, identify feelings Thinking: observation, copy and repeat, recognise, create, select and apply	Physical: roll, throw, catch, track, kick, receive with feet, send with racket Social: support others, communication Emotional: determination, honesty, independence Thinking: comprehension, select and apply skills
	Visits/trips/workshops						
	Vocabulary	Jump, hop, run, speed, agility, dodge, skip, co-ordination and collaboration.	Control, pass, target, catch, team, dribble, game, score	Balance, beat, copy, fast, level, pathway pose, timing		Yoga, Muscles, Story Pose, Stretch, Pose	
Weekly learning objectives specific to St. Michael's (progression of skills) key questions		To explore balance, stability and landing safely.	To develop dribbling a ball with your hands.		To defend space using the ready position.	To explore yoga and mindfulness.	To develop rolling and throwing a ball towards a target.
		To explore how the body moves differently when running at different speeds.	To explore accuracy when rolling a ball.	THEME: Weather To use counts of 8 to move in time and make my dance look interesting	To play against an opponent and keep the score.	To be able to copy and remember poses	To develop receiving a rolling ball and tracking skills

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		To explore changing direction and dodging.	To explore throwing with accuracy towards a target.	THEME: Weather To explore pathways in my dance	To explore hitting with a racket.	To develop flexibility when holding poses.	To be able to send and receive a ball with your feet.
		To explore jumping, hopping and skipping actions.	To explore catching with two hands	THEME: Weather To create my own dance using, actions, pathways and counts	To develop racket and ball skills.	To develop balance whilst holding poses	To develop throwing and catching skills over a short distance.
		To explore co-ordination and combination jumps.	To explore dribbling a ball with your feet.	Nativity Dance: To copy, remember and repeat actions that represent the theme.	To develop sending a ball using a racket	To create yoga poses using a hoop.	To develop throwing and catching over a longer distance
		To explore combination jumping and skipping in an individual rope.	To explore tracking a ball that is coming towards me.	Nativity Dance: To copy, remember and repeat actions that represent the theme.	To develop hitting over a net.	To create a yoga flow with a partner.	To apply sending and receiving skills to small games.
Year 1		Spring 2		Summer 1		Summer 2	
Topic		<i>Invasion Games</i>	<i>Fitness</i>	Athletics	Striking and Fielding games	Team building	Target Games
National Curriculum objectives		master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending.	master basic movements including running, jumping and throwing. Develop balance, agility and co-ordination, and begin to apply these in a range of activities.	master basic movements including running, jumping and throwing. Develop balance, agility and co-ordination, and begin to apply these in a range of activities.	master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending.	participate in team games, developing simple tactics	master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending.
Whole unit	Expected outcomes	Physical: roll, throw, catch, track, kick, receive with feet, send with racket Social: support others, communication Emotional:	Physical: run, jump, co-ordination, stamina, strength, agility, balance Social: communication, co-operation, support, work safely, kindness	Physical: run, balance, agility, co-ordination, hop, jump, leap, throw Social: work safely, collaboration Emotional:	Physical: underarm throw, overarm throw, catch, track, bat Social: communication, collaboration, support and	Physical: run, jump, hit, balance, co-ordination Social: trust, communication, inclusion Emotional: determination, confidence Thinking:	Physical: underarm throw, overarm throw Social: collaboration, leadership, work safely, encourage others Emotional: perseverance, honesty

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		determination, honesty, independence Thinking: comprehension, select and apply skills	Emotional: kindness, perseverance, honesty, independence Thinking: comprehension, creativity, problem solving, reflection, feedback	perseverance, independence, honesty, determination Thinking: reflection, comprehension, select and apply skill	encourage others, kindness Emotional: manage emotions, honesty, perseverance Thinking: comprehension, use tactics, select and apply, decision making	identify, comprehension, reflection, planning	Thinking: comprehension, select and apply, creativit
	Visits/trips/workshops			Sports Day			
	Vocabulary	Attacker, defender, dodge, goal, mark, track	Active, bones, brain, breathing, calm, exercise, healthy, heart, memory, mood, muscles, quick, strong	Control, further, leap, overarm, quickly, time, underarm, walk	Batter, batting, bowl, bowler, fielder, fielding, hit, out, overarm, ready position, track, underarm	Challenge, co-operate, instructions, lead, listen, plan, share, talk	Balance, distance, further, overarm, swing, underarm,
Weekly learning objectives specific to St. Michael's (progression of skills) key questions		To understand the role of defenders and attackers.	To develop my understanding of how exercise can make you feel.	To move at different speeds over varying distances	To develop underarm throwing and catching.	To co-operate with a partner to complete challenges.	To develop underarm throwing towards a target.
		To recognise who to pass to and why.	To develop my understanding of how exercise can make you strong and healthy.	To develop balance.	To develop overarm throwing.	To explore and develop working as a team.	To develop throwing for accuracy.
		To move towards goal with the ball.	To develop my understanding of how exercise relates to breathing.	To develop changing direction quickly	To develop hitting a ball.	To develop talking, listening and sharing skills.	To develop underarm and overarm throwing at a target.
		To support a teammate when playing in attack.	To develop my understanding of how exercise helps my brain	To explore hopping, jumping and leaping for distance.	To develop collecting a ball.	To use speaking and listening skills to lead a partner.	To develop throwing for accuracy and distance using underarm and overarm.

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		To move into space showing an awareness of defenders.	To develop my understanding of how exercise helps my muscles	To develop throwing for distance.	To learn how to get a batter out.	To plan with a partner and small group to complete challenges.	To select the correct throw for the target.
		To stay with a player when defending.	To develop my understanding of the importance of daily exercise.	To develop throwing for accuracy.	To play games and understand how to score points.	To use talking, listening and sharing skills to complete challenges.	To develop throwing for accuracy and distance

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Year 2		Autumn 1		Autumn 2		Spring 1	
Topic		Gymnastics	Ball Skills	Dance	<i>Sending and receiving</i>	Target Games	Yoga
National Curriculum objectives		master basic movements as well as developing balance, agility and co-ordination	master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending	perform dances using simple movement patterns	master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending	master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending	master basic movements as well as developing balance, agility and co-ordination
Whole unit	Expected outcomes	Physical: shapes, balances, travelling actions, shape jumps, barrel roll, straight roll, forward roll Social: leadership, work safely, respect Emotional: confidence, independence Thinking: select and apply actions, creativity	Physical: roll, track, dribble with feet, kick, throw, catch, dribble with hands Social: inclusion, communication, collaboration, leadership Emotional: independence, honesty, perseverance, determination Thinking: comprehension, select and apply skills, use tactics	Physical: actions, dynamics, space, relationships Social: respect, collaboration, work safely, communication Emotional: independence, confidence, perseverance, determination Thinking: provide feedback, comprehension, reflection, observation, creativity	Physical: roll, track, catch, receive with feet, kick, send and receive with a racket Social: communication, collaboration, leadership Emotional: honesty, determination Thinking: identifying how to improve, comprehension	Physical: roll, overarm throw, underarm throw, strike, dodge, jump Social: congratulate, support others, co-operation, kindness Emotional: manage emotions, honesty Thinking: identify areas of strength and areas for development, select and apply, comprehension, decision making	Physical: balance, flexibility, strength, co-ordination Social: respect, leadership, work safely, collaboration Emotional: confidence, perseverance, honesty, focus, identify feelings Thinking: create, select and apply, comprehension, decision making, reflection
	Visits/trips/workshops						
		Link, pathway, pike, sequence, straddle, tuck	Collect, prepare, receive, release, touch	Create, dynamics, expression, matching,	Attack, defend, goalkeeper,	Accurate, ahead, opponent, release, strike,	Choose, create, flexibility, flow,

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Year 2							
		Spring 2		Summer 1		Summer 2	
Topic		Invasion Games	Fitness	Athletics	Striking and Fielding	Net and Wall Skills	Team Building
National Curriculum objectives		master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending	master basic movements including running, jumping and throwing. Develop balance, agility and co-ordination, and begin to apply these in a range of activities.	master basic movements including running, jumping and throwing. Develop balance, agility and co-ordination, and begin to apply these in a range of activities.	master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending	master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending	participate in team games, developing simple tactics.
Whole unit	Expected outcomes	Physical: dribble, throw, catch, kick, receive, run, jump, change direction, change speed Social: communication, kindness, support others, co-operation, respect, collaborate Emotional: empathy, perseverance, honesty, integrity, independence Thinking: creativity, select and apply, comprehension, problem solving, provide feedback	Physical: run, stamina, skip, co-ordination, agility, strength, balance Social: encourage others, communication Emotional: determination, perseverance Thinking: comprehension, identify strengths and areas for improvement	Physical: run, jump for distance, jump for height, throw for distance, throw for accuracy Social: communication, work safely, support others Emotional: determination, independence Thinking: comprehension, observe and provide feedback, explore ideas, select and apply skill	Physical: underarm throw, overarm throw, catch, track, bowl, bat Social: communication, encourage others, collaboration Emotional: honesty, perseverance, determination, acceptance Thinking: use tactics, comprehension, select and apply, decision making	Physical: throw, catch, hit, track Social: co-operation, respect, support others Emotional: perseverance, honesty Thinking: select and apply, reflection, decision making, comprehension	Physical: balance, jump, run, co-ordination Social: support and encourage others, communication, inclusion, trust, kindness Emotional: perseverance, confidence, determination, accepting Thinking: comprehension, identify strengths and areas for development, problem solving
	Visits/trips/workshops			Sports Day			Link to Forest School visits
	Vocabulary	Attack, defend, goalkeeper, opponent, possession, receive, send, shoot, tactic, teammate	Speed, sprint, steady, time, tired	Aim, distance, far, height, landing, sprint, take off	Backstop, collect runs, stump, tactics, teammate	Against, defend, quickly, receive, return, trap	Communicate, include, map, solve, successful, support

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Year 3		Autumn 1		Autumn 2		Spring 1	
Topic		Tag rugby	Dodgeball	Ball Skills	Fundamentals Y3	Gymnastics	Basketball
National Curriculum objectives		use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	use running, jumping and throwing in isolation and in combination. Develop flexibility, strength, technique, control and balance.	develop flexibility, strength, technique, control and balance	use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
Whole unit	Expected outcomes	Physical: throw, catch, run, change speed, change direction Social: communicate, support, collaboration, respect	Physical: throw, catch, dodge, jump Social: respect, co-operation, communication.	Physical: track, throw, catch, dribble, kick Social: respect, co-operation, communication	Physical: balance, run, dodge, hop, jump, skip Social: respect, communication, co-operation, safety	Physical: point and patch balances, jumps, straight roll, barrel roll, forward roll Social: work safely, collaboration, supportive	Physical: run, jump, throw, catch, dribble, shoot Social: responsibility, collaboration, respect
		Emotional: perseverance, self regulation, honesty, determination Thinking: make decisions, comprehension, application of rules and tactics.	Emotional: honesty, self regulation, confidence Thinking: comprehension, select and apply, tactics.	Emotional: perseverance, motivation, self-regulation, concentration, independence Thinking: comprehension, select and apply, feedback, make decisions	Emotional: determination, perseverance, honesty, independence Thinking: comprehension, select and apply, tactics, exploratio	Emotional: perseverance, confidence, independence Thinking: observe and provide feedback, creativity, select and apply skill	Emotional: honesty, determination, perseverance Thinking: exploration, select and apply skills, make decisions, tactics, reflection
	Visits/trips/ workshops	Tag Rugby tournament					
	Vocabulary	Accurate, communicate, control, invasion, pitch,	Agility, caught out, chip, communicate, drive, grip, hit out,	Accurate, block, opponent, personal best,	Agility, co-ordination, control, rhythm,, technique	body tension, contrast, extend, flow, loading position, match, patch, point,	Accurate, communicate, control, invasion, pitch, referee, teamwork,

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		referee, teamwork, technique, umpire	power, opposition, tactic, tournament	possession, power, technique		take off	technique, umpire
to uWeekly learning objectives specific to St. Michael's (progression of skills) key questions	1	To learn the correct techniques for handling a rugby ball	To develop throwing towards a moving target.	To develop dribbling skills with hands and feet.	To develop balance and apply it to other fundamental movement skills.	To be able to create interesting point and patch balances on apparatus.	
	2	To develop throwing, catching, and running with the ball	To develop throwing to get players out.	To develop tracking and catching skills.	To understand how the body moves differently at different speeds.	To develop stepping into shaep jumps with control.	
	3	To learn how to defend by taking an attacker's tag.	To identify and develop the skills needed to avoid being hit.	To develop tracking and throwing skills.	To develop technique when changing speed.	To develop the straight, barrel and forward roll.	To develop passing and moving to support my team
	4	To develop an understanding of defending as a team.	To develop and apply dodging skills within a game.	To develop tracking and kicking skills.	To develop agility using a change of speed and direction	To include rolls in sequence work using apparatus.	To understand the role of a defender and explore ways to gain possession
	5	To explore attacking skills to get closer to the try line.	To develop catching skills.	To track a ball that is not sent directly to me.	To develop technique and control when jumping, hopping and landing	To be able to transition smoothly into and out of balances.	To understand that scoring goals is an attacking skill and to learn how to do this.
	6	To apply rules and skills to small sided games.	To develop catching skills and be confident to attempt this within a game	To apply sending and receiving skills in game	To apply fundamental skills to a variety of games.	To create a sequence on apparatus using matching and contrasting.	To apply skills and knowledge to compete in a tournament.
Year 3		Spring 2		Summer 1		Summer 2	
Topic		Tennis	Dance	Athletics	Handball	Outdoor Adventure – FOREST SCHOOL LINK	Cricket

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National Curriculum objectives		use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	perform dances using a range of movement patterns	use running, jumping and throwing in isolation and in combination. Develop flexibility, strength, technique, control and balance.	use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	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 and apply basic principles suitable for attacking and defending.
Whole unit	Expected outcomes	Physical: forehand, backhand, throwing, catching, rallying. Social: co-operation, collaboration, respect, support and encourage others.	Physical: actions, dynamics, space, relationships Social: share ideas, respect, collaboration, inclusion, leadership, work safely	Physical: sprint, jump for distance, push throw, pull throw Social: collaborate, work safely	Physical: throw, catch, run, dribble, shoot, change direction, change speed Social: kindness, communication, co-operation	Physical: balance, co-ordination, run at speed, run over distance Social: communication, co-operation, inclusion, collaborate	Physical: underarm and overarm throwing, underarm bowling, batting, catching Social: communication, support, collaboration, respect
		Emotional: honesty, perseverance. Thinking: comprehension, decision making, select and apply, understand rules, use tactics, reflection	Emotional: confidence, acceptance, sensitivity, perseverance Thinking: select and apply actions, creativity, observe and provide feedback.	Emotional: determination, perseverance Thinking: observe and provide feedback, comprehension, explore technique	Emotional: honesty and fair play, determination, perseverance, confidence Thinking: decision making, select and apply, problem solving, comprehension	Emotional: determination, trust, confidence, honesty Thinking: problem solving, evaluate, reflection, create, comprehension, select and apply	Emotional: honesty, perseverance, determination Thinking: select and apply skills and tactics, make decisions
	Visits/trips/ workshops						
	Vocabulary	Backhand, control, court, forehand, opposition, react, competition, co-operation, face, opponent, rally, tactic	Canon, explore, extened, feedback, formation, interact	Accuracy baton, event, personal best, power, relay speed, strength, technique	Accurate, communicate, control, invasion, pitch, referee, teamwork, technique, umpire	Collaborate, course, honest, compass, route, tactics, trust, discuss, interrupt, symbol, teamwork	Accuracy, grip, strike, tournament, court out, no ball, short barrier, technique, wicket

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Weekly learning objectives specific to St. Michael's (progression of skills) key questions	Lesson 1	To develop racket and ball control. forehand	THEME: Country and Western To use straight pathways and clear changes in direction in a line dance.	To develop the sprinting technique and improve on your personal best.	To understand the role of an attacker when in possession.	To develop co-operation and teamwork skills.	To learn how to score points in a striking and fielding game.
	LESSON 2	To explore rallying using a forehand.	THEME: Country and Western To use canon and unison to make our line dance look interesting	To develop changeover technique in relay events.	To develop movement skills to lose a defender.	To develop trust and teamwork.	To develop batting to score points.
	LESSON 3	To explore returning the ball using a	THEME: Country and Western To use formations, canon and unison to make our line dance look interesting.	To develop jumping technique in a range of approaches and take off positions.	To develop decision making in attack.	To involve all team members to work towards a shared goal.	To develop fielding skills to limit the batter's score.
	LESSON 4	To explore returning the ball using a backhand	THEME: A Trip to... To remember, repeat and create actions to represent an idea.	To develop throwing for distance and accuracy.	To understand the role of a defender.	To develop trust whilst listening to others and following instructions.	To understand the role of a bowler.
	LESSON 5	To learn how to score and use simple rules	THEME: A Trip to... To share ideas of actions and dynamics to create a dance that shows a location.	To develop throwing for distance in a pull throw.	To apply tactics to small sided games.	To be able to identify objects, draw and follow a simple map	To develop my understanding of tactics and begin to use them
	LESSON 6	To work co-operatively with others to begin to manage a game	THEME: A Trip to... To use choreographing ideas to develop our dance.	To develop officiating and performing skills	To apply skills, rules and tactics to play games.	To draw a route using directions, orientate a map and navigate around a grid.	To apply skills and knowledge to play games using cricket rule

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Year 4		Autumn 1		Autumn 2		Spring 1	
Topic		Swimming - external provider	Football	Swimming - external provider	Netball	Hockey	Yoga
National Curriculum objectives		Swim competently, confidently and proficiently over a distance of at least 25 metres	use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	Swim competently, confidently and proficiently over a distance of at least 25 metres	Play competitive games and apply basic principles suitable for attacking and defending	use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	Develop flexibility, strength, technique, control and balance
		Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]		Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]	Use running, jumping, throwing and catching in isolation and in combination		Compare their performances with previous ones and demonstrate improvement to achieve their personal best
		Perform safe self-rescue in different water-based situations		Perform safe self-rescue in different water-based situations			
	Visits/trips/workshops		Football event				
	Vocabulary	Alternate, buoyancy, rotation, sculling, submerge, survival, backstroke, breaststroke, floating, treading water, front crawl,	Body position, inside hook, outside hook, drag back, fairness, intercept, communication, accuracy, technique	Alternate, buoyancy, rotation, sculling, submerge, survival, backstroke, breaststroke, floating, treading water, front crawl	Landing foot, attacker, defender, marking, control, contact, drive, dodge, free pass	Accelerate, delay, limit, offside, pressure, cushion, deny, momentum, tackle, decision, gain, obstruct, option, support, protect, timing	Challenge, perform, tense, balance, flexibility, control, position
	Cross curricular links						Links to PSHE

Weekly learning objectives specific to St. Michael's (progression of skills) key questions	Week 1	Swimming - external provider	To develop the attacking skill of dribbling.	Swimming - external provider	To develop sending and receiving the ball with accuracy and control.	To develop passing and moving and play within the footwork rule.	To explore connecting breath and movement.
	Week 2	Swimming - external provider	To develop changing direction and speed when dribbling.	Swimming - external provider	To develop the attacking skill of dribbling.	To use a variety of passes to move towards a goal.	To explore new yoga poses and begin to connect them.
	Week 3	Swimming - external provider	To develop passing and begin to recognise when to use different skills.	Swimming - external provider	To develop dribbling to beat a defender.	To develop movement skills to lose a defender.	To explore gratitude when remembering and repeating a yoga flow.
	Week 4	Swimming - external provider	To apply attacking skills to move towards a goal.	Swimming - external provider	To use defending skills to delay an opponent and gain possession	To defend an opponent and try to win the ball.	To develop flexibility and strength in a positive summer flow.
	Week 5	Swimming - external provider	To use defending skills to delay an opponent and gain possession.	Swimming - external provider	To apply attacking skills to move towards goal and find space.	To develop the shooting action.	To develop flexibility and wellbeing in an individual yoga flow
	Week 6	Swimming - external provider	To apply skills and knowledge to compete in a tournament	Swimming - external provider	To apply skills and knowledge to compete in a tournament.	To apply skills and knowledge to play games using netball rule	To develop confidence and strength through arm balance
	Week 7						
Year 4		Spring 2		Summer 1		Summer 2	
Topic		OAA – Link to Forest School	Dance	Athletics	Cricket	Golf	Rounders
National Curriculum objectives		Physical: underarm and overarm throwing, underarm bowling, batting, catching	perform dances using a range of movement patterns	Use running, jumping, throwing and catching in isolation and in combination Develop flexibility, strength, technique,	use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply	use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply	Use running, jumping, throwing and catching in isolation and in combination Play competitive games and apply basic

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		Social: communication, support, collaboration, respect Emotional: honesty, perseverance, determination Thinking: select and apply skills and tactics, make decisions		control and balance Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	basic principles suitable for attacking and defending.	basic principles suitable for attacking and defending.	principles suitable for attacking and defending
	Visits/trips/workshops			District Athletics			
	Vocabulary	Collaborate, Communicate, effectively, instructions, key, leader, navigate, orientate, reflect, role, solve, symbol, teamwork	Action and reaction, flow, performance, order, phrase, relationship, represent, rhythm, structure	Heave, launch, measure, official, officiate, pace, record, stamina, stride, transfer of weight	Compete, cushion, decision, limit, momentum, pressure, retrieve	Adjust, avoid, cushion, decision, relaxed support, tee,	Compete, cushion, decision, limit, momentum, pressure, retrieve
	Cross curricular links						

Weekly learning objectives specific to St. Michael' s (progression of skills) key questions	Lesson1	To develop teamwork and co-operation skills.	THEME: The Spy To copy and create actions in response to an idea and be able to adapt this using changes of space.	To develop stamina and an understanding of speed and pace in relation to distance.	To develop overarm and underarm throwing and apply these to a striking and fielding game.	To explore hitting technique and aiming towards a target.	To develop throwing and catching with accuracy and apply these to a striking and fielding game.
	Lesson 2	To orientate a map and navigate a grid	LESSON 2 THEME: The Spy To choose actions which relate to the theme.	To develop power and speed in the sprinting	To develop bowling technique and learn the rules of the skill within this game.	To develop hitting accuracy.	To develop bowling and learn the rules of the skill within this game.
	Lesson 3	To develop observation, listening and following instructions	LESSON 3 THEME: The Spy To develop a dance using matching and mirroring.	To develop technique when jumping for distance.	To develop batting technique and understand where to hit the ball	To explore technique for hitting over a short distance.	To develop batting technique and understand where to hit the ball.
	Lesson 4	To use map skills and team work to navigate and solve problems	LESSON 4 THEME: Carnival To learn and create dance moves in the theme of carnival	To develop power and technique when throwing	To develop fielding techniques and apply them to game situations.	To explore technique for hitting over a short distance.	To develop fielding techniques and apply them to game
	Lesson 5	To identify, draw and follow a simple map.	. LESSON 5 THEME: Carnival To develop a carnival dance using formations, canon and unison	To develop a pull throw for distance and accuracy	To play different roles in a game and begin to think tactically about each role.	To explore a technique for hitting over a long distance	To play different roles in a game and begin to think tactically about each role
	LESSON 6	To orientate and navigate a map and draw a route using directions	. LESSON 6 THEME: Carnival To develop a dance phrase and perform as part of a class performance.	To develop officiating and performing skills	To apply skills and knowledge to compete in a tournament	To apply skills and knowledge to compete in a tournament.	To apply skills and knowledge to compete in a tournamen

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Year 5							
		Autumn 1	Autumn 2			Spring 1	
Topic		Fitness or indoor athletics	Basketball	Badminton	Tag Rugby	Swimming	Dance
National Curriculum objectives		Develop flexibility, strength, technique, control and balance using fitness techniques Compare their performances with previous ones and demonstrate improvement to achieve their personal best	Use running, throwing and catching in isolation and in combination Play competitive games, in the context of basketball and apply basic principles suitable for attacking and defending	use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	Use running, throwing and catching in isolation and in combination Play competitive games, in the context of rugby and apply basic principles suitable for attacking and defending	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] Perform safe self-rescue in different water-based situations	perform dances using a range of movement patterns
Whole unit							
	Visits/trips/workshops	Cross Country tournament	Basketball Tournament		TAG rugby tournament		Dance Festival
	Vocabulary	Consistent, drive, measure, motivate, perseverance, power, stable	Angle, ball carrier, barrier, close down, create, dominant, drive, maintain, rebound, situation, stance, sporting behaviour, sportsmanship	Adjust, baseline, communicate, consecutive, create, cushion, dominant, grip, groundstroke, non-dominant, option, pressure, readjust,	Angle, ball carrier, barrier, close down, create, dominant, drive, maintain, rebound, situation, stance, sporting behaviour, sportsmanship	Alternate, buoyancy, rotation, sculling, submerge, survival, backstroke, breaststroke, floating, treading water, front crawl, exhale, flutter kick inhale, endurance	Choreograph, collaboratively, motif, quality, choreography, genre, posture, transition

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				release, serve, situation, sportsmanship, technique			
Weekly learning objectives specific to St. Michael's (progression of skills) key questions	Week1	To understand how speed helps me in other activities and apply this.	To develop ways to move the ball and apply them to different situations.	To use the serve with consideration of attacking principles.	To apply throwing and catching skills to a game situation.	External swimming	THEME: Rock 'n' Roll To copy and repeat movements in the style of rock 'n' roll.
	Week 2	To understand how strength helps me in other activities and apply this	To develop movement skills to lose a defender in different situations.	To explore an underarm return with consideration of attacking principles.	To understand when to pass and when to run with the ball.	External swimming	THEME: Rock 'n' Roll To work with a partner to copy and repeat actions in time with the music.
	Week 3	3 To understand how agility helps me in other activities and apply this.	To communicate with my team, move into space and take the ball towards the goal.	To explore an underarm return with consideration of attacking principles.	To use a backwards pass effectively when attacking.	External swimming	THEME: Rock 'n' Roll To work collaboratively with a group to choreograph a dance in the style of Rock 'n' Roll
	Week 4	To understand how balance helps me in other activities and apply this.	To defend an opponent and know when to try to intercept.	To explore the overhead forehand with consideration of attacking principles.	To work as a team to stop the opposition from scoring, applying the 'offside' rule.	External swimming	To copy and repeat movements in preparation for a Dance Festival.
	Week 5	To understand how co-ordination helps me in other activities and apply this	To develop shooting and explore when to pass, dribble or shoot.	To select and apply skills and tactics to play competitively	To use a dodge to create space and beat a defender.	External swimming	To copy and repeat movements in preparation for a Dance Festival.
	Week 6	To understand how stamina helps me in other activities and apply this.	To use and apply skills and tactics to a game situation.	To apply rules, skills and tactics to play in a tournament.	To apply rules and skills to take part in competitive games	External swimming	To perform sequenced movements in the Dance Festival.

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Year 5							
		Spring 2	Summer 1			Summer 2	
Topic		Swimming	Dance	Athletics	Yoga	Rounders	OAA
National Curriculum objectives		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] Perform safe self-rescue in different water-based situations	Dance festival	use running, jumping and throwing in isolation and in combination. Develop flexibility, strength, technique, control and balance.	develop flexibility, strength, technique, control and balance	use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	To take part in outdoor and adventurous activity challenges both individually and within a team.
Whole unit	Expected outcomes						
	Visits/trips/workshops						
	Vocabulary	buoyancy, rotation, sculling, submerge, survival, backstroke, breaststroke, floating, treading water, front crawl, exhale, flutter kick inhale, endurance	Action and reaction, flow, performance, order, phrase, relationship, represent, rhythm, structure	Approach, changeover, consistent, dominant, drive, field, force, javelin, momentum, shot put, track	Concentrate, exhale, connect, inhale, maintain, posture, muscles, quality, transition	Backing up, close catch, deep catch, long barrier, situation, stance	Cardinal points, compromise, concise, critical thinking, landmark, negotiate, strategy, verbal, visual

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Weekly learning objectives specific to St. Michael's (progression of skills) key questions	1	External swimming		To understand pace and apply different speeds over varying distances.	To understand how breath can help me to hold and move from pose to pose.	To develop throwing and catching and apply them relevantly to the situation	To develop communication and negotiation skills.
	2	External swimming		To develop fluency and co-ordination when running for speed.	To identify and use balance when exploring poses and creating a flow.	To develop bowling accuracy and perform the skill within the rules of the game	To develop strong communication and negotiation skills to solve challenges
	3	External swimming		To develop technique in relay changeovers.	To identify and use flexibility when exploring poses and creating a flow.	To develop batting skills, identify when I am successful and what I need to do to improve.	To develop planning and problem solving skills
	4	External swimming		To build momentum and power in the triple jump.	To identify and use strength when exploring poses and creating a flow.	To develop fielding techniques and begin to use these under pressure	To share ideas and work as a team to solve problems.
	5	External swimming		To develop throwing with force for longer distances.	To create and refine a flow with a partner.	To understand the need for tactics and identify when to use them.	To develop navigation skills and map reading
	6	External swimming		To develop throwing with greater control and technique	To lead others through our flow	To apply skills and knowledge to compete in a tournament. Using tactics identified	To create and follow a key and route on a map.

Y6							
Autumn 1				Autumn 2		Spring 1	
Topic		Basketball	Yoga	Tag Rugby	Tennis	Football	Fitness
National Curriculum objectives		Use running, throwing and catching in isolation and in combination Play competitive games, in the context of rugby and apply basic principles suitable for attacking and defending Compare their performances with previous ones and demonstrate improvement to achieve their personal best	develop flexibility, strength, technique, control and balance. compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Use running, throwing and catching in isolation and in combination Play competitive games, in the context of rugby and apply basic principles suitable for attacking and defending Compare their performances with previous ones and demonstrate improvement to achieve their personal best	Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	Use running, jumping and throwing in isolation and in combination. Develop flexibility, strength, technique, control and balance.
Whole unit	Expected outcomes					•	•
	Visits/events						
	Vocab	Abide, appropriate, consecutive, dictate, consistently, draw, transition, assess, contest, extend, turnover ball side, definite, react	Collaborate, engage, expand, fluidly, salutation	Abide, appropriate, consecutive, dictate, consistently, draw, transition, assess, contest, extend, turnover ball side, definite, react	Abide, appropriate, footwork, placement, service, limit, prepare, stance, thrust, doubles, opposing, recover	Abide, appropriate, consecutive, dictate, consistently, draw, transition, assess, contest, extend, turnover ball side, definite, react	Abdominals, analyse, calves, engage, quadriceps, rhythm

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Weekly learning objectives specific to St. Michael's (progression of skills). key questions	Week 1	To dribble with control under pressure	To develop flexibility through the sun salutation flow.	To select the appropriate skill, choosing when to run and when to pass.	To develop placement of the ball using a forehand.	To maintain possession when dribbling.	To develop an awareness of what your body is able to do.
	Week 2	To move into and create space to support teammates.	To develop strength through yoga flows	To move into space to support a teammate abiding by the rules	To develop placement of the ball using a backhand groundstroke.	To dribble with control under pressure.	To develop speed and stamina.
	Week 3	To choose when to pass and when to dribble.	To create your own flow showing quality in control, balance and technique	To use defending skills to gain possession.	To develop the volley and understand when to use it.	To select the appropriate skill, choosing when to pass and when to dribble.	To develop strength using my own body weight.
	Week 4	To use the appropriate defensive technique for the situation.	To develop balance through yoga flows	To work as a defending unit to prevent attackers from scoring.	To employ tactics when playing with a partner.	To move into and create space to support a teammate.	To develop co-ordination.
	Week 5	To develop shooting technique and make decisions about when to pass, dribble or shoot.	To work collaboratively to create a controlled paired yoga flow.	To use a variety of attacking skills to beat a defender.	To develop accuracy and consistency using the underarm serve.	To use the appropriate defensive technique for the situation.	To develop agility.
	Week 6	To apply principles, rules and tactics to a tournament.	To create your own yoga flow that challenges technique, balance and control	To apply rules, skills and tactics learnt to play in a tag rugby tournament.	To apply rules, skills and principles to play against an opponent	To apply rules, skills and principles to play in a tournament	To develop balancing with control.

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Weekly learning objectives specific to St. Michael's (progression of skills), key questions	Lesson 1	To develop dribbling to beat a defender.	To develop throwing and catching under pressure and apply these to a striking and fielding game.	To develop my own and others sprinting technique.	THEME: 70s Disco To copy and repeat a phrase of movement in the 1970s disco style.	To develop technique for hitting accurately over a short distance.	To develop throwing and catching under pressure and apply these to a striking and fielding game.
	Lesson 2	To send and receive the ball with control under pressure.	To develop bowling under pressure whilst abiding by the rules of the game	To identify a suitable pace for the event.	THEME: 70s Disco To choreograph a freeze frame montage in the 1970s style.	To develop technique for hitting over a short distance.	To develop bowling under pressure whilst abiding by the rules of the game.
	Lesson 3	To select the appropriate skill, choosing when to pass and when to dribble.	To strike a bowled ball with increasing consistency.	To develop power, control and technique for the triple jump.	THEME: 70s Disco To use feedback to develop and refine a 1970s dance performance.	To select and apply skills for a short game.	To strike a bowled ball with increasing consistency.
	Lesson 4	To move into and create space to support a teammate.	To develop fielding techniques and select the appropriate action for the situation	To develop power, control and technique when throwing for distance	To copy and repeat a phrase of movement in preparation for a performance.	To develop the technique for a long game	To develop fielding techniques and select the appropriate action for the situation.
	Lesson 5	To use the appropriate defensive technique for the situation	To understand and apply tactics in a game.	To develop throwing with force and accuracy for longer distances.	To copy and repeat a phrase of movement in preparation for a performance.	To select the appropriate shot for the situation.	To understand and apply tactics in a game.
	Lesson 6	To apply rules, skills and principles to play in a tournament.	To apply skills and knowledge to compete in a tournament.	To work collaboratively in a team to develop the officiating skills of measuring, timing and recording.	To perform showing confidence.	To design a course and select the appropriate shot for the situation.	To apply skills and knowledge to compete in a tournament.