

PE Subject Content Overview

At Sandal Magna, we believe that physical education should develop the mind, body and spirit of each child. PE at our school should promote the emotional wellbeing of children and allow children to develop positive attitudes towards physical activity and healthy lifestyles. The school will create a supportive environment within PE through a rich, broad, deep and exciting curriculum. Children will be taught and encouraged to use knowledge of technical and tactical skills to make decisions within game scenarios, routines in dance and gymnastics and during swimming lessons. Children will be provided with opportunities to become physically confident, in ways which support their health and fitness and promotes an understanding in children of their bodies in action. We will provide children with opportunities to push their physical limits and compete against their peers physically both within and out of school. From Early Years to Year 6 children should learn about how physical activity and healthy eating can positively impact their life.

	PE in Year 1					
<u>Fundamentals</u>	<u>Yoga</u>	<u>Ball skills</u>	Team building	Striking and fielding	<u>Athletics</u>	
In this topic pupils will	Pupils will learn	The pupils will	In this unit the pupils	The pupils will	In this unit, pupils	
explore the	about mindfulness	explore and develop	will develop their	develop their	with develop skills	
fundamental skills of	and body	their already learn	teamwork skills.	understanding of the	required and athletic	
balancing, running,	awareness. They will	fundamental skills.	Working	principles of	activities, such as	
changing direction,	begin to learn poses	Focusing on catching,	independently, in	defending and	running at different	
jumping, hopping and	and techniques that	rolling and dribbling	pairs and small	attacking, especially	speeds, changing	
skipping. They will	will help connect	with both hands and	groups, learning to	for striking and	direction, jumping	
learn these skills in	their mind and	feet. The pupils will	take turns and	fielding games. They	and throwing. The	
isolation as well as in	body. Improving	use these skills with	working	will use and develop	pupils will engage in.	
combination.	strength, flexibility,	increasing control and	collaboratively to	skills such as	The pupils will	
	co-ordination and	accuracy. They will	problem solve.	throwing and	engage in performing	
	balance.	get the chance to		catching cracking a	skills and measuring	
		work independently		ball and striking a	performance,	
		and collaboratively in		ball. They will learn	competing to	
		pairs and small		how to score points	improve on their own	
		groups.		in these types of	score, and against	
				games and how They	others.	



				will use and develop skills such as throwing and catching cracking a ball and striking a ball. They will learn how to score points in these types of games and how to play to the rules using simple tactics.	
 Key skills Physical – balance, jump, hop, run, speed, agility, dodge, skip, co-ordination. Social – Collaboration, work safely, support others. Emotional – Determination , self regulation, honesty, perseverance. 	 Key skills Physical – Balance, strength, flexibility and co- ordination Social – Move safely, listen to others and collaboration . Emotional- Concentratio n, focus and identify feelings. 	 Key skills Physical - Dribble with hands, roll, catch, dribble with feet and track the ball. Social – Communicatio n, support others and cooperation. Emotional - perseverance, honesty and determination . Thinking- 	 Key skills Physical - Roll, throw, catch, track, kick, relieve with feet and send with a racket. Social - support others and communicate. Emotional - Determination, honesty and independence. Thinking - 	 Key skills Physical – roll, track, receive, catch, send and receive with a racket. Social - communication, encourage others and collaboration. Emotional - honesty, perseverance, determination, honesty and acceptance. Thinking - 	 Fhysical – run, balance, agility, coordination, hop, jump, leap and throw. Social – Work safely and collaborate with others Emotional – perveance, independence , honesty and determination .



Thinking — Comprehensio n, select and apply skills.	 Thinking – observation, copy and repeat, recognise, create, select and apply. 	make decision, comprehensio n and use tactics.	n, select and apply action and creativity.	comprehensio n, select and apply.	 Thinking – Reflection, comprehensio n, select and apply skills.
Vocabulary	Vocabulary	Vocabulary	Vocabulary	Vocabulary	Vocabulary
progression	progression	progression	progression	progression	progression
Dodge	Feel	Control	Solve	Batter	Control
Jog	Сору	Ready position	Teamwork	Bowler	Further
Ready position	Breath	Soft	Lead	Fielder	Leap
Skip	Listen	Swing	Direction	Hit	Overarm
Swing	Slowly	Track	Instructions	Overarm	Quickly
Balance	Focus	Underarm	Listen	Track	Time
Direction	Pose		Safely	Underarm	Underarm
	Stretch			Sending and receiving	Walk



	PE in Year 2					
<u>Fundamentals</u>	<u>Dance</u>	Target games	<u>Fitness</u>	Striking and fielding	<u>Athletics</u>	
In this unit children will	Pupils will explore the	In target games pupils	In this unit pupils will	The pupils will develop	In this unit pupils will	
deliver previous skills	use of space and how	will explore principals	learn how to develop	skills working in two	increase skills acquired	
taught in fundamentals,	their body can move to	of defending and	their agility, balance,	teams, striking and	to run at speed, jump	
including balancing,	express and idea,	attacking. The develop	co-ordination, speed	<u>fielding.</u>	and throw effectively.	
running, changing	mood, character or	skills like roll and	and stamina. All	<u>Developing their</u>	They will engage in	
directions, jumping,	feeling. They will	striking towards a	helping the pupils	understanding of	performing skills and	
hopping and skipping	expand knowledge of	target using a	develop the	attacking and	measuring	
pupils will be given the	travelling, dynamics of	consideration for size	components of fitness.	<u>defending.</u>	performance,	
chance to work	the music and how to	and distance.			competing to improve	
collaboratively with	keep count in beats of				their ability against	
others, turn taking and	8.				others.	
sharing ideas						
<u>Key skills</u>	<u>Key skills</u>	<u>Key skills</u>	<u>Key skills</u>	<u>Key skills</u>	<u>Key skills</u>	
 Physical –Run, 	Physical –	 Physical – roll, 	 Physical – Run, 	Physical –	 Physical – Run, 	
speed, agility,	Actions,	over arm	stamina, skip,	Underarm	jump for	
dodge, balance,	dynamics,	throw,	co-ordination,	throw, overarm	distance, jump	
hop and skip .	space and	underarm	agility, strength	throw, catch c	for height,	
• Social –	relationships	throw, strike,	and balance	track, bowl and	throw for	
collaboration,	• Social –	dodge and	• Social –	bat.	distance and	
respect, turn	Respect,	jump.	Encourage	• Social –	throw for	
taking,	collaboration,	Social –	others and	Communication,	accuracy	
communication	work safely and	congratulate,	communicate.	encourage	• Social –	
and encourage	communication.	support others,	Emotional –	others and	communication,	
others.	Emotional –	co-operation	Determination	collaboration.	work safely and	
Emotional –	Independence,	and kindness.	and	Emotional –	support others.	
Determination,	perseverance	Emotional –	perseverance	perseverance,	● Emotional –	
honesty and	and	Manage	Thinking –	determination	determination	
perseverance.	determination.	emotions.	comprehension,	and acceptance.		



Thinking –	Thinking –	Thinking –	identify	Thinking – using	and working
Comprehension,	Provide	Identify area of	strengths and	tactics,	independently.
make decisions,	feedback,	strength and	areas for	comprehension,	• Thinking –
creativity, use	comprehension,	areas for	development.	select and apply	comprehension,
tactics and	reflection,	development,	'	and decision	observe and
recall.	observation and	select and		making.	provide
	creativity.	apply,			feedback,
		Comprehension			explore ideas
		and decision			and select and
		making.			apply skills.
Vocabulary progression	Vocabulary progression	Vocabulary	Vocabulary progression	Vocabulary progression	Vocabulary progression
, , ,	, , ,	progression	, , ,	71 0	, , ,
Prior vocabulary	New vocabulary	New vocabulary	New vocabulary	Prior vocabulary	Prior vocabulary
Dodge	Create	Accurate	Speed	Batter	Control
Jog	Dynamics	Ahead	Sprint	Bowler	Further
Ready position	Expression	Opponent	Steady	Fielder	Leap
Skip	Matching	Release	Time	Hit	Overarm
Swing	Perform	Strike	Tired	Overarm	Quickly
Balance	Mirroring	Team mate	Breathing	Track	Time
Direction	Speed	Sending and receiving		Underarm	Underarm
	Unison			Sending and receiving	Walk
New vocabulary					
Hurdle				New vocabulary	New vocabulary
Speed				Backstop	Aim
Sprint				Runs	Distance
Take off				Tactics	Far
Weight				Collect	Height
				Stump	Landing
				Teammate	Sprint
					Take off



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	PE in Year 3							
<u>Dodgeball</u>	<u>Gymnastics</u>	<u>Tennis</u>	<u>00A</u>	<u>Cricket</u>	<u>Athletics</u>			
The pupils will improve	In this unit pupils	The pupils will	This unit allows pupils	Cricket is a fielding and	In this unit pupils will			
key skills used in	develop their	understand the	to develop problem	striking game, using	develop basic running,			
dodgeball such as	gymnastics skills by	principles of net and	solving skills through a	their prior knowledge	jumping and throwing			
throwing, dodging and	balancing, rolling and	wall games. Pupils will	range of challenges.	to participate as the	techniques. Pupils will			
catching. Apply simple	jumping. They	have to think about	Working to explore,	roles in a cricket game,	have the chance to			
tactics to outwit their	increase their	how they use skills,	solve, reflect and	such as bowler, wicket	achieve their greatest			
opponents. They are	sequence work,	such as strategies and	improve on strategies.	keeper, fielder and	speed, distance and			
taught how to play by	collaborating with	tactics to outwit the	The pupils will	batter. Understanding	accuracy.			
the rules correctly and	others to match and	opposition. They will	understand what a	what is needed to	Pupils will learn how			
effectively.	contrast actions.	learn key components	good team makes,	outwit their	to measure			
	Pupils will be able to	such as racket control,	exploring the skills for	opponents.	performance, time and			
	perform with	hitting a ball and how	inclusion and trust.	Pupils are taught how	record scores.			
	confidence using	to score points.	They will learn how to	to strike a ball and				
	smooth controlled		orientate a map,	avoid fielders to run				
	actions.		identifying key symbols	between wickets to				
			and follow routes.	score runs.				
Key skill	Key skill	Key skill	Key skill	Key skill	Key skill			
 Physical – Thow, 	Physical –	Physical –	Physical –	Physical –	Physical –			
catch, dodge	Point and	Forhand,	Balance, co-	Underarm and	Sprint, jump			
and jump.	patch	backhand,	ordination, run	overthrow	for distance,			
 Social- Respect, 	balances,	throwing,	at speed and	throwing,	push throw,			
co-operation	jumps, striaght	catching and	run over	overarm	and pull throw			
and	roll, barrel roll	rallying.	distance.	bowling,	 Social- 			
communication.	and foreward	 Social- Co- 	 Social- 	batting, two	Collaborate			
	roll.	operation,	Communication,	handed pick				



 Thinking- Comprehension, select and apply and tactics. 	 Emotional- Perseverance, confidence and 	 Emotional- Comprehension, decision making, select and apply, 	 Emotional- Determination, trust, confidence and honesty. Thinking – 	Collaboration and communication and respect. • Emotional- Perserverance.,	Determination and perseverance Thinking - Observe and provide
	independence. Thinking – observe and provide feedback, creativity and select and apply skills.	understand rules, use tactics and reflection. Thinking	Problem solving, evaluate, reflection, create, comprehension and select and apply.	honesty and determination. Thinking — Observing and providing feedback and applying strategies.	feedback, comprehension and explore technique.
, , ,	Vocabulary progression	Vocabulary progression	Vocabulary progression	Vocabulary progression	Vocabulary progression
Throw Dodge Defend Block Attack Possession Protect Opposition	New vocabulary Body tension Extend Landing positions Patch Take off Contrast Flow Match Point Pike	New vocabulary Bankhand Control Competition Co-operation Face Court Forehand Opponent Rally Tactic	New vocabulary Collaborate Honest Discuss Interrupt Symbol Teamwork Trust Compass	Prior vocabulary Prior vocabulary Batter Bowler Fielder Hit Overarm Track Underarm Sending and receiving Backstop	Prior vocabulary Control Further Leap Overarm Quickly Time Underarm Walk Aim Distance



Straddle	Runs	Far
Tuck	Tactics	Height
	Collect	Landing
	Stump	Sprint
	Teammate	Take off
	New vocabulary	New vocabulary
		Accuracy
	Accuracy	Baton
	Grip	Event
	No ball	Personal best
	Barrier	Power
	Technique	Relay
	Strike	Speed
	Tournament	Strength
	Wicket	Technique
	Umpire	



		PE in	Year 4		
<u>Basketball</u>	<u>Yoga</u>	<u>Tennis</u>	<u>Fitness</u>	Rounders	<u>Athletics</u>
In this unit pupils	Pupils learn about	In this unit pupils	Pupils will take part in	In this unit pupils	pupils will develop
develop their	mindfulness and body	develop their	a range of activities	explore their	basic running, jumping
understanding of the	awareness. They learn	understanding of the	that explore and	understanding of the	and throwing
attacking and	yoga poses and	principles of net and	develop different	principles of striking	techniques. They are
defending principles of	techniques that will	wall games. In all	areas of their health	and fielding. Pupils	set challenges for
invasion games. In all	help them to connect	games activities, pupils	and fitness. Pupils will	learn how to score	distance and time that
game's activities,	their mind and body.	must think about how	be given opportunities	points by striking a ball	involve using different
pupils must think	The unit looks to	they use skills,	to work at their	into space and running	styles and
about how they use	improve wellbeing by	strategies and tactics	maximum and	around cones or bases.	combinations of
skills, strategies and	building strength,	to outwit the	improve their fitness	They focus on	running, jumping and
tactics to outwit the	flexibility and balance.	opposition. Pupils are	levels, recognising	developing throwing,	throwing. In the
opposition. The Pupils		given opportunities to	how the activities	catching and batting	athletic activities,
will maintain		play games	make them feel. They	skills. In all game's	pupils think about how
possession and moving		independently.	will need to persevere	activities, pupils must	to achieve their
the ball towards goal			when they get tired or	think about how they	greatest possible
to score.			when they find a	use skills, strategies and	speed, distance or
			challenge hard and are	tactics to outwit the	accuracy and learn how
			encouraged to support	opposition.	to persevere to achieve
			others to do the same.		their personal best.
<u>Key skill</u>	<u>Key skill</u>	Key skill	<u>Key skill</u>	Key skill	Key skill
• Physical –	Physical —	Physical —	Physical –	Physical —	 Physical - Pace,
Pace, sprint,	Balance,	Throwing,	Agility,	Underarm and	sprint, jump for
jump for	flexibility,	catching,	balance, co-	overarm throw,	distance and
distance and	strength co-	forehand,	ordination,	catch, bowl,	throw for
throw for	ordination.	backhand, and	speed,	track a ball, field	distance.
distance.	• Social -	rallying.	stamina, and	and retrieve a	• Social-
	Working	• Social- Co-	strength	ball, and bat.	Collaboration
	safely,	operation,			and leadership.



 Social- Collaboration and leadership. Emotional- Perseverance determination and honesty. Thinking- Reflection, observing and providing feedback, exploring ideas and comprehension 	supporting others, sharing ideas, collaboration, and respect Emotional-Confidence, determination, integrity, and focus Thinking-Recall, creativity, selecting actions, providing feedback, and reflection.	support and encourage others, collaboration, and respect. • Emotional-Perseverance, honesty, and determination. • Thinking-Identifying strengths and areas for improvement, reflection, select and apply, comprehension, and use tactics.	 Social- Support others, work safely and communication Emotional-Perseverance, determination and honesty. Thinking-Identify areas of strength and areas for development. 	 Social- Collaboration, communication, co-operate, support and encourage others. Emotional- Honesty, fair play, confidence and determination. Thinking- Comprehension, select and apply skills, tactics and make decisions. 	 Emotional- Perseverance, determination and honesty. Thinking- Reflection, observing and providing feedback, exploring ideas, comprehension.
Vocabulary progression	Vocabulary progression	Vocabulary progression	Vocabulary progression	Vocabulary progression	Vocabulary progression



Prior vocabulary	Prior vocabulary				
Control	Feel	Control	Speed	Bowler	Control
Ready position	Сору	Competition	Sprint	Fielder	Further
Soft	Breath	Co-operation	Steady	Hit	Leap
Swing	Listen	Face	Time	Overarm	Overarm
Track	Slowly	Court	Tired	Track	Quickly
Underarm	Focus	Forehand	Breathing	Underarm	Time
	Pose	Opponent		Sending and receiving	Underarm
New vocabulary	Stretch	Rally	New vocabulary	Backstop	Walk
Release		Tactic	Technique	Runs	Aim
Consistently	New vocabulary		Progress	Tactics	Distance
Select	Gratitude	New vocabulary	Muscle	Collect	Far
Technique	Mindfulness	Outwit	Co-ordination	Stump	Height
Control	Stable	Receiver	Stamina	Teammate	Landing
Persevere	Well-being	Court	Healthy	Accuracy	Sprint
	Control	Backhand		Grip	Take off
	Grounded	Forehand		No ball	Accuracy
				Barrier	Baton
				Technique	Event
				Strike	Personal best
				Tournament	Power
				Wicket	Relay
				Umpire	Speed
					Strength
				New vocabulary	Technique
				Stance	
				Two-handed pick up	New vocabulary
				Retrieve	Stamina
				Technique	Officiate
				Opposition	Perseverance



		Stumped Short barrier	Determination Personal best
			Accuracy



PE in Year 5 Football Volleyball Y5/Y6 OOA Crikcet **Athletics** Dance In this unit pupils In dance, pupils think OAA (outdoor In this unit pupils In this unit, pupils are In this unit pupils develop their about how to use develop their adventurous develop their set challenges for understanding of the movement to explore understanding of the activities) allows understanding of the distance and time attacking and and communicate principles of net and pupils to develop principles of striking that involve using ideas and issues, and wall games. In all problem solving skills and fielding. They different styles and defending principles of invasion games. In their own feelings games activities, through a range of expand on their combinations of pupils must think challenges. Pupils all games activities, and thoughts. As they knowledge of the running, jumping and pupils must think work, they develop about how they use work independently, different roles of throwing. As in all about how they use as a pair and in a bowler, wicket athletic activities, an awareness of the skills, strategies and small group to plan, keeper, fielder and pupils think about skills, strategies and historical and cultural tactics to outwit the origins of different explore, solve, reflect batter. In all games tactics to outwit the opposition. In how to achieve their opposition. In football dances. Pupils will be volleyball, they do and improve on activities, pupils have greatest possible pupils do this by provided with the this by placing an strategies. Pupils to think about how speed, height, maintaining opportunity to create object away from an learn what makes a they use skills. distance or accuracy good team and and learn how to possession and and perform their opponent to make it strategies and tactics moving the ball difficult for them to explore key skills such work. They will be to outwit the persevere to achieve towards goal to asked to provide opposition. In their personal best. return. as inclusion and trust. feedback using the Pupils begin to learn They learn how to cricket, pupils score. correct dance achieve this by improve by to orientate a map, terminology and will identify key symbols striking a ball and identifying areas of be able to use this and draw and follow trying to avoid strength as well as feedback to improve areas to develop. fielders, so that they routes. their work Pupils are also given can run between opportunities to lead wickets to score when officiating as runs. well as observe and provide feedback to others.



Key skill Key skill	<u>(ey skill</u>	Key skill	Key skill	<u>Key skill</u>	Key skill
 Physical – Dribble, pass, receive, track and tackle. 	 Physical – Actions, dynamics, space and 	 Physical – Problem solving, evaluate, 	 Physical – Balance, co- ordination, run at speed, 	Physical – Deep and close catch, underarm	Physical – Pace, sprint, relay changeovers,
 Social- Communicatio n, respect, collaboration, and co- operation Emotional- Honesty, persevere and determination Thinking- Assess, explore, decision making, select and apply. 	relationships Social- Collaboration, consideration and awareness of others, inclusion, respect and leadership. Emotional- Empathy, confidence and perseverance. Thinking- Creativity, observe and provide feedback, use feedback to improve, comprehensio n, select and	reflect, select and apply, comprehensio n and create Social-Communicatio n, respect, support and encourage others. Emotional-Perseverance, honesty and determination Thinking-Perseverance, honesty and determination.	run over and distance. Social-Communication, co-operation, inclusion and collaboration. Emotional-Determination, trust, confidence and honesty. Thinking-Problem solving, evaluate, reflect, select and apply, comprehension, and create.	and overarm throw, overarm bowl, long and short barrier and batting. • Social-Collaboration, communicati on and respect. • Emotional-Honesty and perseverance • Thinking-Observation, provide feedback, select and apply skills, tactics, and assessing.	jump for distance, push throw and pull throw. • Social-Collaboration, negotiation, communication and supporting others. • Emotional-Perseverance, confidence, concentration and determination • Thinking-Observing and providing feedback, selecting and applying,



					comprehensio
					n.
Vocabulary	Vocabulary	Vocabulary	Vocabulary	Vocabulary	Vocabulary
progression	progression	progression	progression	progression	progression
Prior vocabulary					
Control	Create	Control	Collaborate	Bowler	Control
Competition	Dynamics	Competition	Honest	Fielder	Further
Co-operation	Expression	Co-operation	Discuss	Hit	Leap
Face	Matching	Face	Interrupt	Overarm	Overarm
Court	Perform	Court	Symbol	Track	Quickly
Forehand	Mirroring	Forehand	Teamwork	Underarm	Time
Opponent	Speed	Opponent	Trust	Sending and	Underarm
Rally	Unison	Rally	Compass	receiving	Walk
Tactic		Tactic		Backstop	Aim
Outwit	New Vocabulary	Outwit	New Vocabulary	Runs	Distance
Receiver	Formation	Receiver	Collaborate	Tactics	Far
Court	Posture	Court	Tactical	Collect	Height
Backhand	Performance	Backhand	Control card	Stump	Landing
Forehand	Canon	Forehand	Orienteering	Teammate	Sprint
	Relationship		Navigation	Accuracy	Take off
New Vocabulary		New Vocabulary	Collective	Grip	Accuracy
Tactics		Volley		No ball	Baton
Offside		Tactics		Barrier	Event
Control		Footwork		Technique	Personal best
Foul		Continuously		Strike	Power
Support		Set		Tournament	Relay
Pressure		Dig		Wicket	Speed
Obstruction		Co-operatively		Umpire	Strength
Onside				Stance	Technique



	Two-handed pick up	Stamina
	Retrieve	Officiate
	Technique	Perseverance
	Opposition	Determination
	Stumped	Personal best
	Short barrier	Accuracy
	New vocabulary	New vocabulary
	Overtake	Approach
	Pressure	Changeover
	Tracking	Consistent
	Backing up	Dominant
	Outwit	Drive
	Support tactics	Field
		Force
		Javelin
		Momentum
		Shotput
		Track



	PE in Year 6					
<u>Netball</u>	<u>Gymnastics</u>	Badminton Y5/Y6	<u>Fitness</u>	<u>Rounders</u>	<u>Athletics</u>	
In this unit pupils	In this unit, pupils	n this unit pupils	In this unit pupils will	. In this unit pupils	In this unit, pupils are	
develop their	use their	develop their	take part in a range of	develop their	set challenges for	
understanding of	knowledge of	understanding of the	activities that explore	understanding of the	distance and time that	
the attacking and	compositional	principles of net and	and develop different	principles of striking	involve using different	
defending principles	principles e.g. how	wall games. In all	areas of their health	and fielding. Pupils	styles and	
of invasion games.	to use variations in	games activities,	and fitness. They will	develop the quality and	combinations of	
In all game's	level, direction and	pupils have to think	learn different	consistency of their	running, jumping and	
activities, pupils	pathway, how to	about how they use	components of fitness	fielding skills and	throwing. As in all	
have to think about	combine and link	skills, strategies and	including speed,	understanding of when	athletic activities,	
how they use skills,	actions, how to	tactics to outwit the	stamina, strength, co-	to use them such as	pupils think about how	
strategies and	relate to a partner	opposition. In	ordination, balance and	throwing underarm and	to achieve their	
tactics to outwit the	and apparatus,	badminton, they do	agility. Pupils will be	overarm, catching and	greatest possible	
opposition. In	when developing	this by placing an	given opportunities to	retrieving a ball. They	speed, distance or	
netball pupils do this	sequences. They	object away from an	work at their maximum	expand on their	accuracy and learn how	
by maintaining	build trust when	opponent to make it	and improve on their	knowledge of how to	to persevere to achieve	
possession and	working	difficult for them to	personal fitness levels.	play the different roles	their personal best.	
moving the ball	collaboratively in	return.	They will need to	of bowler, backstop,	They learn how to	
towards goal to	larger groups,		persevere when they	fielder and batter and	improve by identifying	
score. Pupils	using formations		get tired or when they	to apply tactics in these	areas of strength as	
develop their	to improve the		find a challenge hard	positions. In all game's	well as areas to	
understanding of	aesthetics of their		and are encouraged to	activities, pupils must	develop.	
the importance of	performances. In		support others to do	think about how they		
fair play and honesty	gymnastics, pupils		the same. Pupils are	use skills, strategies and		
while self-managing	develop		asked to recognise	tactics to outwit the		
games and learning	performance skills		areas in which they	opposition.		
and abiding by key	considering the		make the most			
rules, as well as			improvement			



evaluating their own and others' performances. Key skill Physical — Social- Emotional- Thinking-	quality and control of their actions. Key skill Physical — Social- Emotional- Thinking-	Key skill Physical — Underarm clear, overarm clear, s Social- Emotional- Thinking-	Key skill Physical — Agility, balance, co-ordination, speed, stamina and strength. Social- support and encourage others. Emotional-Perseverance and determination. Thinking-Observation, analysis and comprehension.	Key skill Physical — Throw, catch, bowl, bat, and field. Social- Communication, collaboration, respect and co- operation. Emotional- Honesty, self- regulation and sportsmanship. Thinking- Select and apply skills, reflection, assess, and tactics.	Key skill Physical – Pace, sprint, jump for distance, push throw and fling throw Social-Negotiating, collaborating and respect. Emotional-Empathy, perseverance and determination. Thinking-Observing and providing feedback and comprehension.
Vocabulary progression	Vocabulary progression	Vocabulary progression	Vocabulary progression	Vocabulary progression	Vocabulary progression
Prior vocabulary	Prior vocabulary	Prior vocabulary	Prior vocabulary	Prior vocabulary	Prior vocabulary
Control	Body tension	Control	Speed	Bowler	Control
Competition	Extend	Competition	Sprint	Fielder	Further



Co-operation	Landing positions	Co-operation	Steady	Hit	Leap
Face	Patch	Face	Time	Overarm	Overarm
Court	Take off	Court	Tired	Track	Quickly
Forehand	Contrast	Forehand	Breathing	Underarm	Time
Opponent	Flow	Opponent	Technique	Sending and receiving	Underarm
Rally	Match	Rally	Progress	Backstop	Walk
Tactic	Point	Tactic	Muscle	Runs	Aim
Outwit	Pike	Outwit	Co-ordination	Tactics	Distance
Receiver	Straddle	Receiver	Stamina	Collect	Far
Court	Tuck	Court	Healthy	Stump	Height
Backhand		Backhand		Teammate	Landing
Forehand	New Vocabulary	Forehand	New vocabulary	Accuracy	Sprint
Tactics	Aesthetics	Volley	Abdominals	Grip	Take off
Offside	Competent	Tactics	Analyse	No ball	Accuracy
Control	Contrasting	Footwork	Calves	Barrier	Baton
Foul	Counter balance	Continuously	Engage	Technique	Event
Support	Engage	Set	Quadriceps	Strike	Personal best
Pressure	Execution	Dig	Rhythm	Tournament	Power
Obstruction	Handstand	Co-operatively		Wicket	Relay
Onside	Refine			Umpire	Speed
	Vault	New Vocabulary		Stance	Strength
New vocabulary	Formation	Abide		Two-handed pick up	Technique
Abide		Appropriate		Retrieve	Stamina
Consecutive		Direct		Technique	Officiate
Transition		Doubles		Opposition	Perseverance
Assess		Footwork		Stumped	Determination
Ball side		Limit		Short barrier	Personal best
Dictate		Opposing		Overtake	Accuracy
Draw		Placement		Pressure	Approach
Extend		Service		Tracking	Changeover



React	Recover	Backing up	Consistent
	Prepare	Outwit	Dominant
	Stance	Support tactics	Drive
	Thrust		Field
		New vocabulary	Force
		Abide	Javelin
		Appropriate	Momentum
		Assess	Shotput
		Collaborate	Track
		Consecutive	
		Consistently	New vocabulary
			Discus
			Explosive
			Fling
			Grip
			Maximum
			Meet
			Pattern
			Phase
			Release
			Rhythm
			Stance
			Strategy