

Links to the PE National Curriculum

- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Develop running, jumping, throwing and catching in isolation and in combination.
- Develop flexibility, strength, technique, control and balance.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Official Athletic Events

Running

Sprinting

100m, 200m, 400m

Hurdles

Relay

Middle distance

800m, 1500m

Long distance

5,000, 10,000

Steeplechase

Jumping

Long jump

Jump for distance

Triple jump

Jump for distance

High jump

Jump for height

Pole vault

Jump for height

Throwing

Discus

Fling throw

Shot

Push throw

Hammer

Fling throw

Javelin

Pull throw

Key Vocabulary:

technique • compete • continuous pace • flight

determination • personal best • momentum • stride

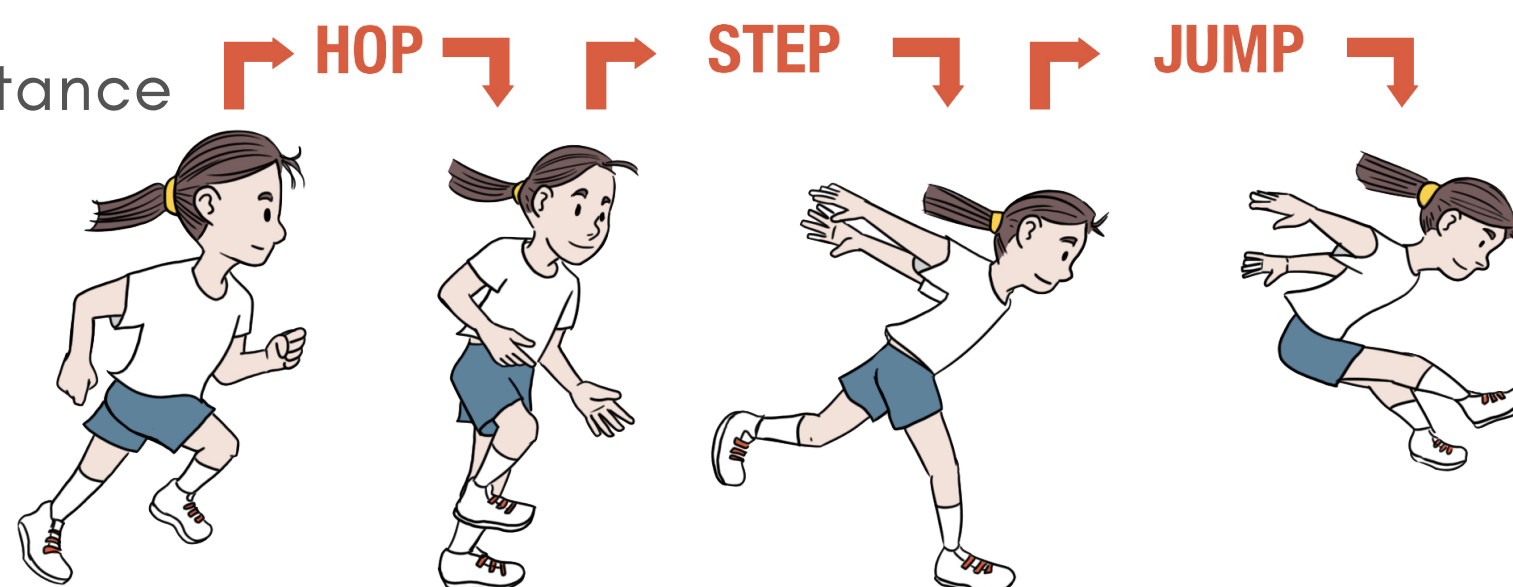
downsweep • upsweep • officiate • rhythm

Key Skills: Physical

- Pacing
- Sprinting technique
- Relay changeovers
- Jumping for height
- Jumping for distance - long jump, triple jump
- Push throw for distance - shot put, javelin
- Pull throw for distance

Key Skills: S.E.T

- Social: Collaborating with others
- Social: Supporting others
- Emotional: Perseverance
- Emotional: Determination
- Thinking: Observing and providing feedback



Teacher Glossary

Changeover: where a baton is passed from one person to another

Downsweep: in relay when the performer passes the baton in a downward action

Upsweep: when the performer passes the baton in an upward action

Flight: the time the performer spends in the air in jumping events

Hop: take off on one foot and land on the same foot

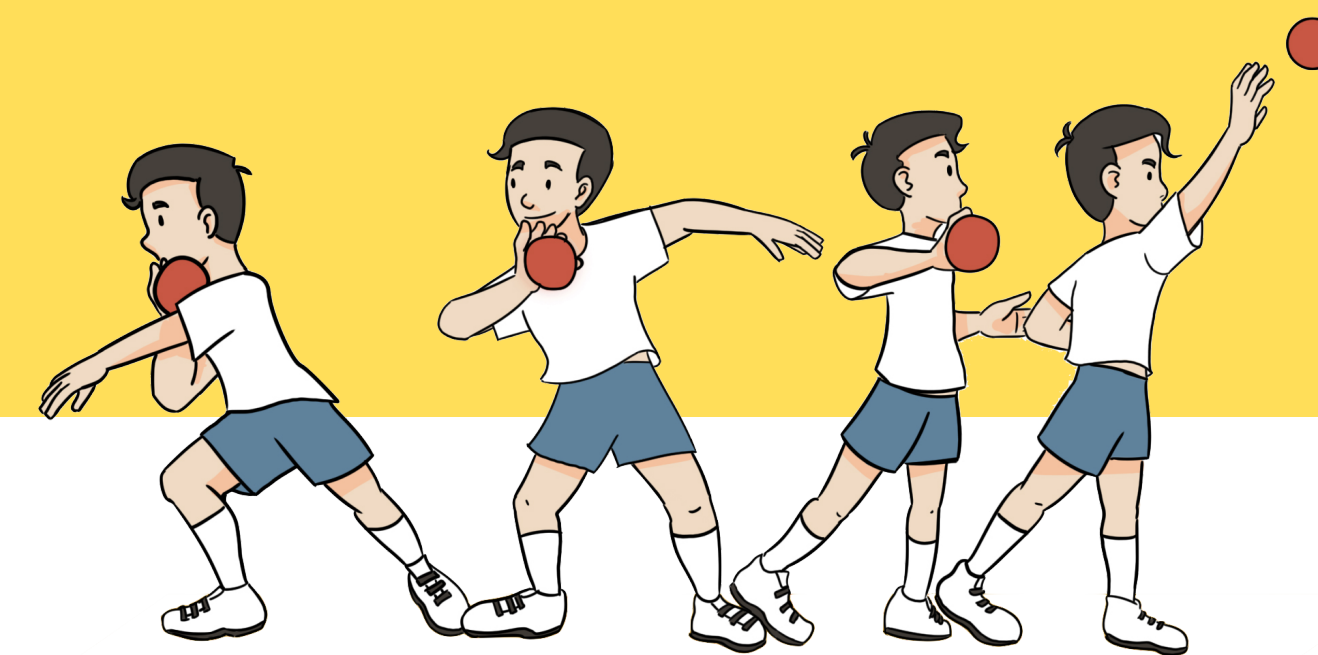
Leap: take off on one foot and land on the other. Also known as a step in triple jump

Jump: take off and land on two feet

Pull throw: when the performer pulls the item through the air

Push throw: when the performer pushes the item through the air

Where this unit sits



Assessment Criteria

Year 4

- I can demonstrate the difference in sprinting and jogging techniques.
- I can explain what happens in my body when I warm up.
- I can identify when I was successful and what I need to do to improve.
- I can jump for distance with balance and control.
- I can throw with some accuracy and power to a target area.
- I show determination to improve my personal best.
- I support and encourage others to work to their best.

Year 5

- I can choose the best pace for a running event.
- I can identify good athletic performance and explain why it is good.
- I can perform a range of jumps showing some technique.
- I can show control at take-off and landing in jumping activities.
- I can take on the role of coach, official and timer when working in a group.
- I can use feedback to improve my sprinting technique.
- I persevere to achieve my personal best.
- I show accuracy and power when throwing for distance.

Year 6

- I can compete within the rules showing fair play and honesty.
- I can help others to improve their technique using key teaching points.
- I can identify my own and others' strengths and areas for development and can suggest ways to improve.
- I can perform jumps for distance using good technique.
- I can select and apply the best pace for a running event.
- I can show accuracy and good technique when throwing for distance.
- I understand that there are different areas of fitness and how this helps me in different activities.
- I use different strategies to persevere to achieve my personal best.

Progression of Skills Ladder

Other units that progress into this activity are:

- **Ball Skills**
- **Fundamentals**
- **Games**

<p>Running Demonstrate a clear understanding of pace and use it to develop their own and others sprinting technique.</p>	<p>Year 6</p>	<p>Jumping Develop power, control and technique in the triple jump.</p>	<p>Throwing Develop power, control and technique when throwing discus and shot put.</p>		
<p>Running Apply fluency and co-ordination when running for speed in relay changeovers.</p>		<p>Running Effectively apply speeds appropriate for the event.</p>	<p>Jumping Develop power, control and consistency in jumping for distance.</p>	<p>Jumping Explore technique and rhythm in the triple jump.</p>	<p>Throwing Develop technique and power in javelin and shot put.</p>
<p>Running Develop an understanding of speed and pace in relation to distance.</p>		<p>Running Develop power and speed in the sprinting technique.</p>	<p>Jumping Develop technique when jumping for distance.</p>	<p>Throwing Explore power and technique when throwing for distance in a pull and heave throw.</p>	



Links to the PE National Curriculum

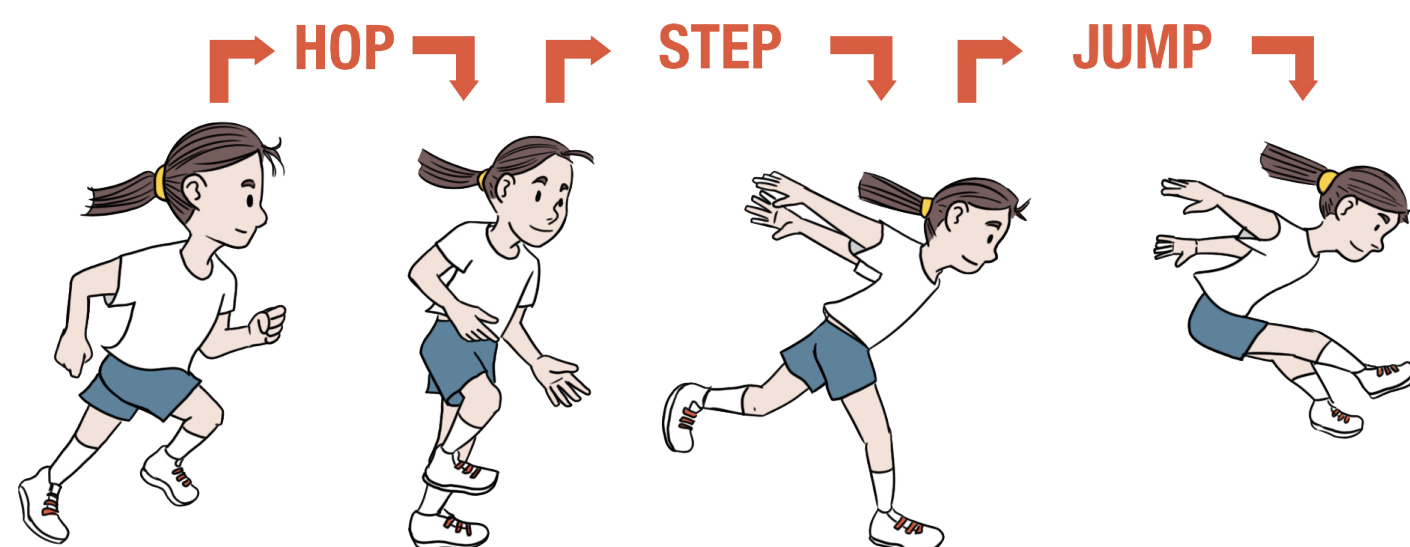
- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Develop running, jumping, throwing and catching in isolation and in combination.
- Develop flexibility, strength, technique, control and balance.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Key Skills: Physical

- Pacing
- Sprinting
- Running over obstacles - hurdles
- Jumping for distance - triple jump
- Jumping for height - high jump
- Fling throwing for distance - discus
- Push throwing for distance - shot put

Key Skills: S.E.T

- Social: Negotiating
- Social: Collaborating with others
- Emotional: Perseverance
- Emotional: Determination
- Thinking: Observing and providing feedback



Official Athletic Events

Running

Sprinting

100m, 200m, 400m

Hurdles

Relay

Middle distance

800m, 1500m

Long distance

5,000, 10,000

Steeplechase

Jumping

Long jump

Jump for distance

Triple jump

Jump for distance

High jump

Jump for height

Pole vault

Jump for height

Throwing

Discus

Fling throw

Shot

Push throw

Hammer

Fling throw

Javelin

Pull throw

Key Vocabulary:

technique ● **control** ● **force** ● **continuous pace**
trajectory ● **stride** ● **momentum** ● **officiate**
flight ● **compete** ● **rotation** ● **transfer of weight**

Teacher Glossary

Lead leg: refers to the leg that clears the hurdle first

Trail leg: refers to the leg that clears the hurdle second

Changeover: where a baton is passed from one person to another

Flight: the time the performer spends in the air in jumping events

Hop: take off on one foot and land on the same foot

Leap: take off on one foot and land on the other. Also known as a step in triple jump

Jump: take off and land on two feet

Push throw: when the performer pushes the item through the air

Where this unit sits



Assessment Criteria

Year 5

- I can choose the best pace for a running event.
- I can identify good athletic performance and explain why it is good.
- I can perform a range of jumps showing some technique.
- I can show control at take-off and landing in jumping activities.
- I can take on the role of coach, official and timer when working in a group.
- I can use feedback to improve my sprinting technique.
- I persevere to achieve my personal best.
- I show accuracy and power when throwing for distance.

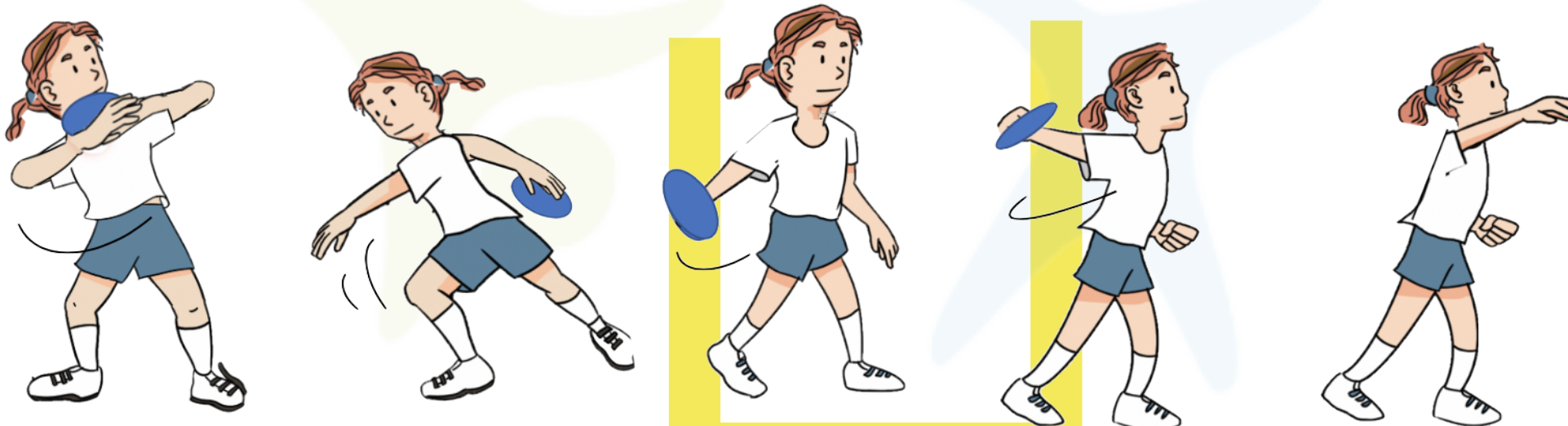
Year 6

- I can compete within the rules showing fair play and honesty.
- I can help others to improve their technique using key teaching points.
- I can identify my own and others' strengths and areas for development and can suggest ways to improve.
- I can perform jumps for distance using good technique.
- I can select and apply the best pace for a running event.
- I can show accuracy and good technique when throwing for distance.
- I understand that there are different areas of fitness and how this helps me in different activities.
- I use different strategies to persevere to achieve my personal best.

KS3 PE NC Subject Content

- Build on and embed the physical development and skills learnt in Key Stages 1 and 2.
- Become more competent, confident and expert in their techniques.
- Understand what makes a performance effective.
- Develop confidence and interest to get involved in exercise, sports and activities out of school and in later life.
- Understand and apply the long term health benefits of physical activity.

Progression of Skills Ladder



Other units that progress into this activity are:

- **Ball Skills**
- **Fundamentals**
- **Games**

Running

Demonstrate a clear understanding of pace and use it to develop their own and others sprinting technique.

Running

Apply fluency and co-ordination when running for speed in relay changeovers.

Running

Effectively apply speeds appropriate for the event.

Jumping

Develop power, control and consistency in jumping for distance.

Year 6

Jumping

Develop power, control and technique in the triple jump.

Throwing

Develop power, control and technique when throwing discus and shot put.

Year 5

Jumping

Explore technique and rhythm in the triple jump.

Throwing

Develop technique and power in javelin and shot put.

Links to the PE National Curriculum

- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination.
- Pupils should be taught to play competitive games, modified where appropriate [for example badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.

Key Skills: Physical

- Ready position
- Grip
- Forehand
- Backhand
- Serve
- Footwork

Key Skills: S.E.T

- Social: Communication
- Social: Respect
- Social: Supporting and encouraging others
- Emotional: Confidence
- Emotional: Perseverance
- Emotional: Honesty
- Thinking: Using tactics
- Thinking: Selecting and applying skills
- Thinking: Identifying strengths and areas for development

Key principles of net and wall games

Attacking	Defending
Score points	Limit points
Create space	Deny space
Placement of an object	Consistently return an object

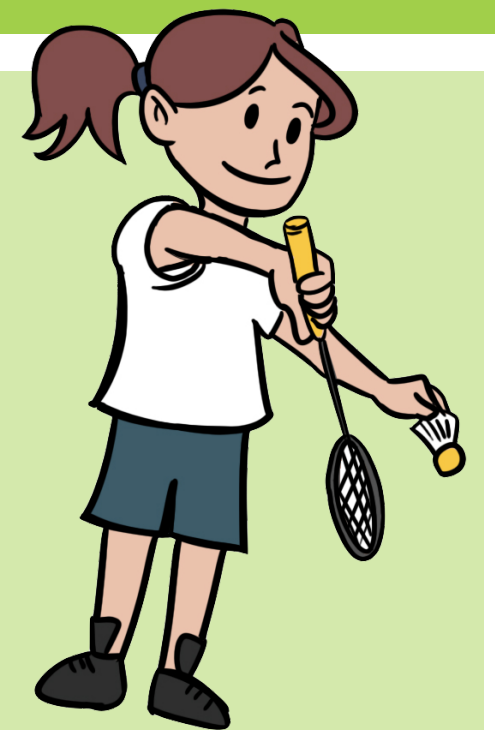


How to score

- A match consists of the best of 3 games of 21 points per game.
- Every time there is a serve, there is a point scored.

A player wins a point when :

- Opponent hits the shuttlecock into the net.
- Opponent hits the shuttlecock out of the court area.
- Opponent misses the shuttlecock and it lands on the floor in the court area.



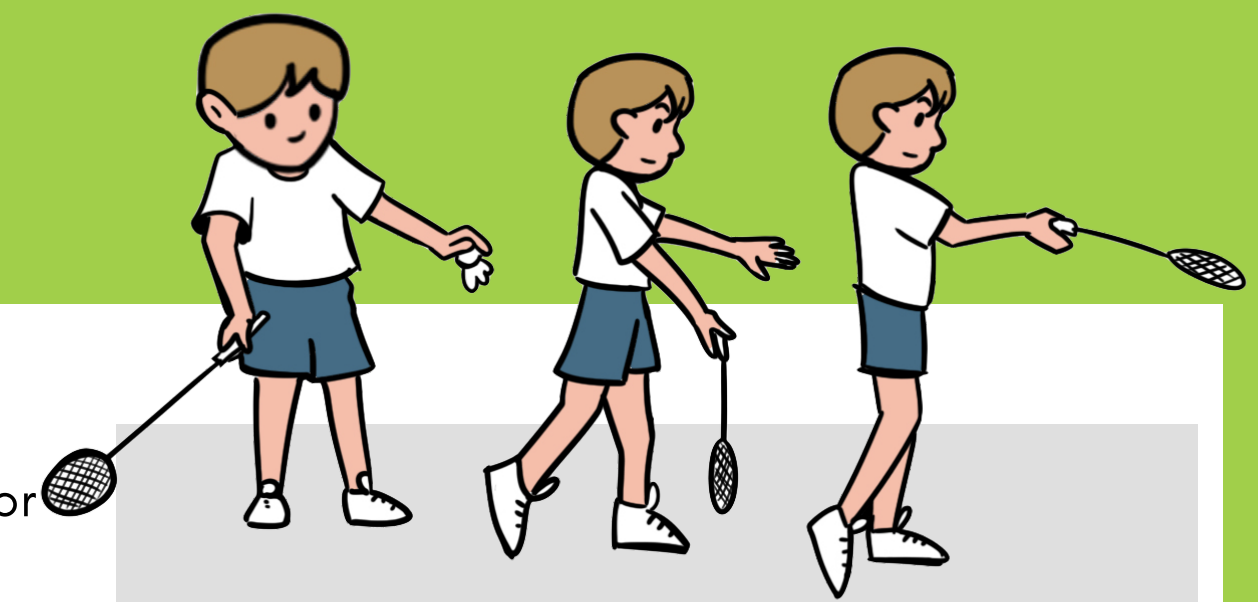
Key Vocabulary:

- backhand
- forehand
- rally
- ready position
- opponent
- control
- co-operatively
- return
- defensive
- attacking
- ready position
- outwit
- serve
- attacking
- continuously

Teacher Glossary

- Head face:** The head face of the racket is the part with the strings on, it is used to hit the shuttlecock.
- Chasse:** A chasse step allows a player to move and cover a short distance efficiently on the court.
- Baseline:** The line indicating the back of the court.
- Follow through:** Describes the path of the racket following its contact with the shuttle. It is an important technique of producing controlled strokes.
- Defence:** Playing defensively generally means hitting shots upwards and lofty as it gives players time to recover.
- Forecourt:** The forecourt area is the front third of the court. It is the region between the short service line and the net.
- Backcourt:** The backcourt area is the section around the boundary lines in the back third of the court.

Where this unit sits



Assessment Criteria

Assessment criteria for the Net and Wall Games units in Year 4

Year 4

- I am developing a wider range of skills and I am beginning to use these under some pressure.
- I can identify when I was successful and what I need to do to improve.
- I can use feedback provided to improve my work.
- I can work cooperatively with others to manage our game.
- I understand the need for tactics and can identify when to use them in different situations.
- I understand the rules of the game and I can apply them honestly most of the time.
- I understand there are different skills for different situations and I am beginning to apply this.

- I can select the appropriate action for the situation and make this decision quickly.
- I can use a wider range of skills with increasing control under pressure.
- I can use feedback provided to improve the quality of my work.
- I can use the rules of the game consistently to play honestly and fairly.
- I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.
- I can work in collaboration with others so that games run smoothly.
- I recognise my own and others strengths and areas for development and can suggest ways to improve

- Build on and embed the physical development and skills learnt in Key Stages 1 and 2.
- Become more competent, confident and expert in their techniques.
- Understand what makes a performance effective.
- Develop confidence and interest to get involved in exercise, sports and activities out of school and in later life.
- Understand and apply the long term health benefits of physical activity.

KS3 PE NC Subject Content

Year 5

Year 6

Progression of Skills Ladder

Other units that progress into this activity are:

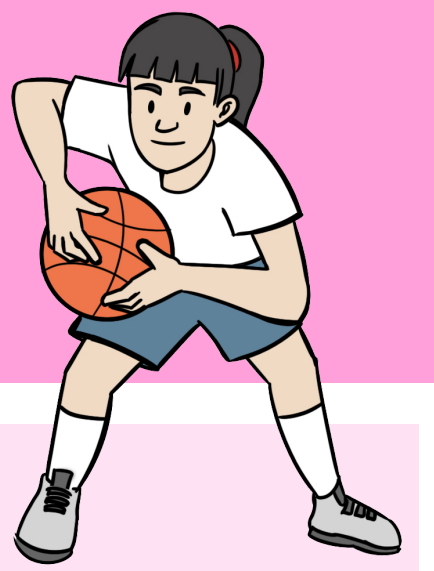
Net and Wall Games
Games
Ball Skills
Fundamentals
Sending and Receiving

	Year 5	Year 6
Shots	Demonstrate increased success and technique in selecting and applying the appropriate shot for the situation.	Successfully apply a variety of shots to keep a continuous rally.
Serving	Serve accurately and consistently. Beginning to apply tactics to their serve.	
Rallying	Use a variety of shots to keep a continuous rally.	
Footwork	Demonstrate effective footwork patterns to move around the court.	Demonstrate a variety of footwork patterns relevant to the game they are playing.
Shots	Develop the range of shots used in the games they play.	
Serving	Develop their range of serving techniques appropriate to the game they are playing.	
Rallying	Develop rallying using both forehand and backhand with increased technique.	
Footwork	Begin to use appropriate footwork patterns to move around the court.	
Shots	Demonstrate increased technique when using shots both co-operatively and competitively.	
Serving	Develop technique in serving underarm with increased consistency.	
Rallying		
Footwork		

Year 6

Year 5

Year 4



Links to the PE National Curriculum

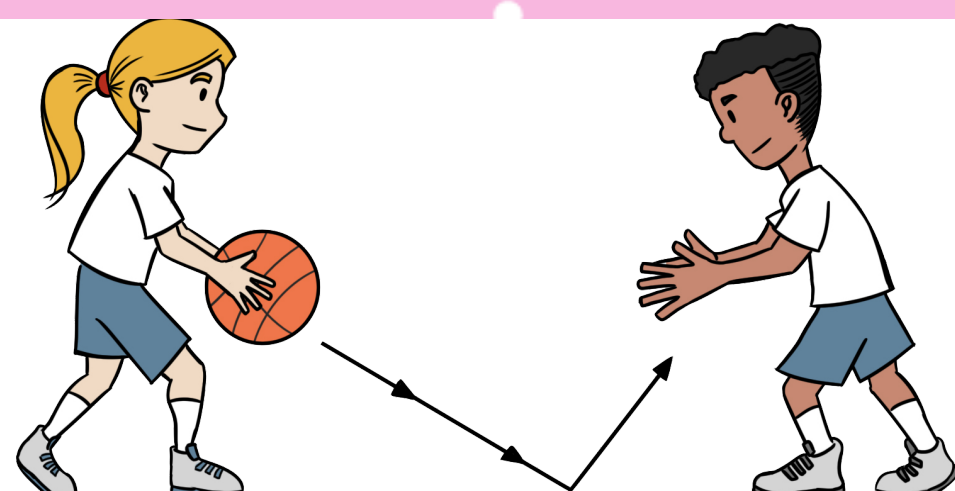
- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination.
- Pupils should be taught to play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.

Key Skills: Physical

- Throwing
- Catching
- Dribbling
- Intercepting
- Shooting

Key Skills: S.E.T

- Social: Communication
- Social: Collaboration
- Emotional: Perseverance
- Emotional: Honesty and fair play
- Thinking: Planning strategies and using tactics
- Thinking: Observing and providing feedback



Key Rules

- **Double dribble:** dribbling the ball with both hands at the same time or picking up the dribble and then dribbling again is a double dribble. Violation: opponent's team takes the ball from nearest side line.
- **Traveling:** taking more than 'a step and a half' without dribbling the ball is traveling. Moving your pivot foot once you've stopped dribbling is traveling. Violation: opponent's team takes the ball from nearest side line.
- **Out of hands:** you cannot knock the ball out of someone else's hands in any situation.

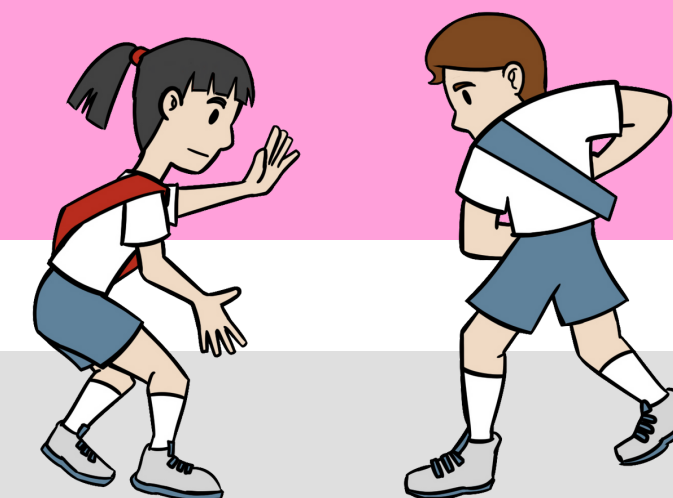
Key Vocabulary:

- referee
- set shot
- opponent
- double dribble
- possession
- rebound
- tactics
- conceding
- outwit
- set shot
- traveling
- foul
- jump shot

Teacher Glossary

- Interception:** catching a pass made by an opposing player
- Possession:** when a team has the ball, they are in possession
- Marking:** when a player defends an opponent
- Getting free:** when an attacking player moves to lose their defender
- V dribble:** dribbling the ball from one hand to the other usually used to get past a defender
- Protective dribbling:** when an attacker protects the ball they are dribbling by turning their back to the defender and holding their non-dribbling arm out
- Foul:** when a player contacts an opponent

Where this unit sits



Assessment Criteria

- I can delay an opponent and help to prevent the other team from scoring.
- I can dribble, pass, receive and shoot the ball with increasing control.
- I can move to space to help my team to keep possession and score goals.
- I can provide feedback using key terminology and understand what I need to do to improve.
- I can use simple tactics to help my team score or gain possession.
- I share ideas and work with others to manage our game.
- I understand the rules of the game and I can use them often and honestly.

Year 4

- I can communicate with my team and move into space to keep possession and score.
- I can dribble, pass, receive and shoot the ball with some control under pressure.
- I can identify when I was successful and what I need to do to improve.
- I can use tracking and intercepting when playing in defence.
- I understand the need for tactics and can identify when to use them in different situations.
- I understand the rules of the game and I can apply them honestly most of the time.
- I understand there are different skills for different situations and I am beginning to apply this.

Year 5

- I can create and use space to help my team.
- I can dribble, pass, receive and shoot the ball with increasing control under pressure.
- I can select the appropriate action for the situation and make this decision quickly.
- I can use the rules of the game honestly and consistently.
- I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.
- I can work in collaboration with others so that games run smoothly.
- I recognise my own and others strengths and areas for development and can suggest ways to improve.
- I understand when to use different styles of defence in game situations.

Year 6

- Build on and embed the physical development and skills learnt in Key Stages 1 and 2.
- Become more competent, confident and expert in their techniques.
- Understand what makes a performance effective.
- Develop confidence and interest to get involved in exercise, sports and activities out of school and in later life.
- Understand and apply the long term health benefits of physical activity.

KS3 PE NC Subject Content

Progression of Skills Ladder

Other units that progress into this activity are:

- Games**
- Ball Skills**
- Fundamentals**
- Invasion Games**
- Sending and Receiving**

Sending & receiving
Develop making quick decisions about when, how and who to pass to.

Dribbling
Dribble consistently using a range of techniques with increasing control under pressure.

Year 6

Attacking
Explore creating attacking tactics with others in response to the game.

Defending
Explore creating and applying defending tactics with others in response to the game.

Space
Move to the correct space when transitioning from attack to defence.

Sending & receiving
Develop control when S&R under pressure.

Dribbling
Select and apply a variety of dribbling techniques to game situations.

Year 5

Attacking
Explore creating tactics with others and applying them to game situations.

Defending
Develop tracking and marking with a variety of techniques and increased success.

Space
Move to create space for themselves and others in their team.

Sending & receiving
Develop passing to a teammate using a variety of techniques appropriate to the game.

Dribbling
Develop control whilst dribbling under pressure.

Year 4

Attacking
Develop decision making around when to pass and when to shoot.

Defending
Develop defending one on one and know when to win the ball.

Space
Move into space to help their team keep possession and score goals.



Links to the PE National Curriculum

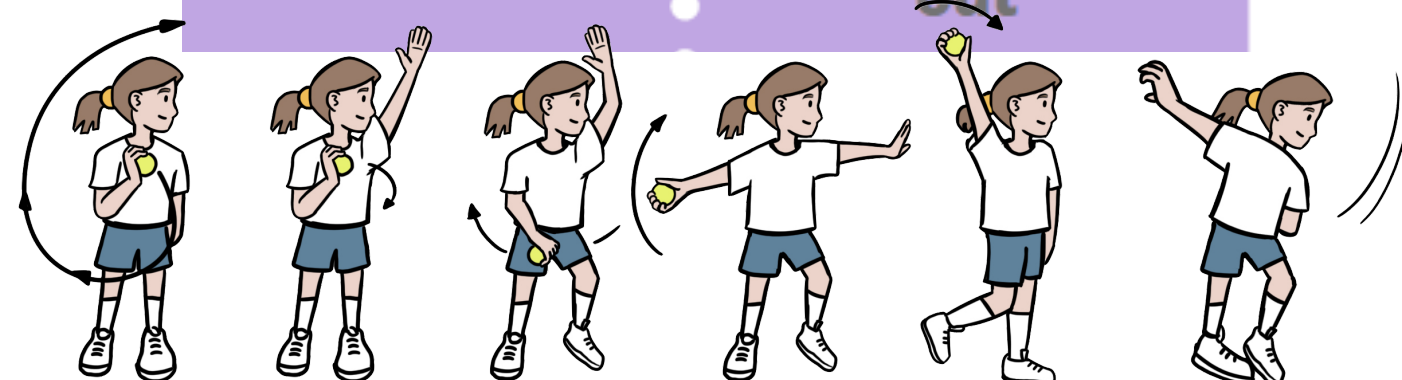
- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination.
- Pupils should be taught to play competitive games, modified where appropriate [for example badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.

Key Skills: Physical

- Underarm and overarm throwing
- Catching
- Over and underarm bowling
- Long and short barrier
- Batting

Key Skills: S.E.T

- Social: Collaboration and communication
- Social: Respect
- Emotional: Honesty
- Thinking: Observing and providing feedback
- Thinking: Selecting and applying strategies



A player is out if:

- **Bowled out:** The bowler bowls a ball that hits the wicket.
- **Caught out:** The batter hits the ball and the ball is caught by the bowler or a fielder before it hits the ground.
- **Run out:** The batters, when going for a run, fall short of the crease and the stumps are hit by the fielding team.
- **Stumped out:** The wicket keeper can stump the wicket off a bowled ball if the batter has moved beyond their crease.
- **Hit wicket:** The batter hits their own wicket.
- **LBW:** The ball hits the batter's **L**eg **B**efore the **W**icket when the ball is travelling towards the wicket.

Key Vocabulary:

- strike
- batting
- wicket keeper
- fielding
- wicket
- tracking
- consistently
- tracking
- retrieve
- support
- obstruction

Teacher Glossary

Fielder: A player on the fielding team, especially one other than the bowler or backstop / wicket keeper.

Batter: A player on the batting team.

Runs: The unit of scoring.

Bowler: The player who starts the game by bowling to the batter.

Wicket Keeper: The player on the fielding side who stands behind the wicket.

Innings: One player's or one team's turn to bat (or bowl).

An over: The delivery of six consecutive legal balls by one bowler.

Crease: The lines in front of the wickets that mark positions for the bowler and batter.

Where this unit sits

Assessment Criteria

Year 4

- I am able to bowl a ball with some accuracy, and consistency.
- I am learning the rules of the game and I am beginning to use them to play honestly and fairly.
- I can communicate with my teammates to apply simple tactics.
- I can persevere when learning a new skill.
- I can provide feedback using key terminology and understand what I need to do to improve.
- I can strike a bowled ball after a bounce.
- I can use overarm and underarm throwing, and catching skills with increasing accuracy.
- I share ideas and work with others to manage our game.

Year 5

- I am developing a wider range of fielding skills and I am beginning to use these under some pressure.
- I can identify when I was successful and what I need to do to improve.
- I can strike a bowled ball with increasing consistency.
- I can work co-operatively with others to manage our game.
- I understand the need for tactics and can identify when to use them in different situations.
- I understand the rules of the game and I can apply them honestly most of the time.
- I understand there are different skills for different situations and I am beginning to use this.

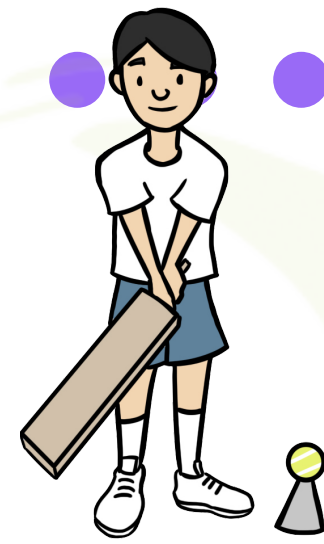
Year 6

- I can select the appropriate action for the situation.
- I can strike a bowled ball with increasing consistency and accuracy.
- I can use a wider range of fielding skills with increasing control under pressure.
- I can use the rules of the game consistently to play fairly.
- I can work in collaboration with others so that games run smoothly.
- I recognise my own and others strengths and areas for development and can suggest ways to improve.
- I understand and can apply some tactics in the game as a batter, bowler and fielder.

KS3 PE NC Subject Content

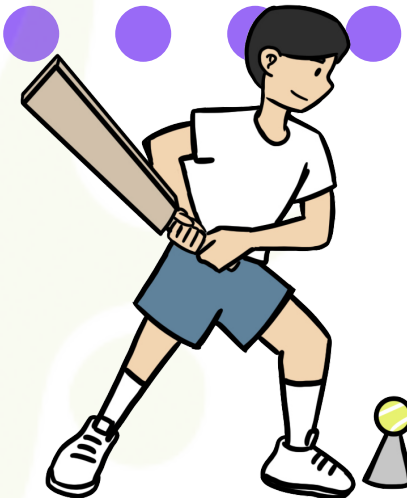
- Build on and embed the physical development and skills learnt in Key Stages 1 and 2.
- Become more competent, confident and expert in their techniques.
- Understand what makes a performance effective.
- Develop confidence and interest to get involved in exercise, sports and activities out of school and in later life.
- Understand and apply the long term health benefits of physical activity.

Progression of Skills Ladder



Striking

Strike a bowled ball with increasing accuracy and consistency.

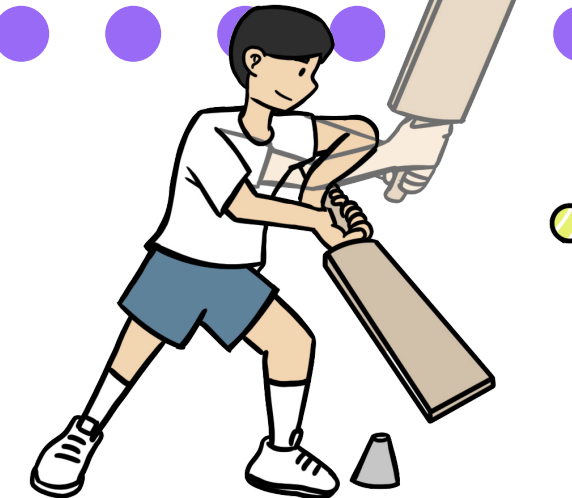


Fielding

Consistently select and apply the appropriate fielding action for the situation.



Year 6



Throwing

Consistently make good decisions on who and when to pass to in order to get batters out.

Catching

Consistently demonstrate good technique in catching skills under pressure.

Other units that progress into this activity are:

- Games
- Ball Skills
- Fundamentals
- Striking and Fielding
- Sending and Receiving

Striking

Explore defensive and driving hitting techniques and directional batting.

Fielding

Develop over and underarm bowling technique. Select and apply long and short barriers appropriate to the situation.

Striking

Develop batting technique consistent with the rules of the game.

Fielding

Develop bowling with some consistency, abiding by the rules of the game.

Year 5

Throwing

Demonstrate clear technique when using a variety of throws under pressure.

Catching

Explore catching skills (close/deep and wicket keeping) and apply these with some consistency in game situations.

Year 4

Throwing

Use overarm and underarm throwing with increased consistency in game situations.

Catching

Beginning to catch with one and two hands with some consistency in game situations.



Links to the PE National Curriculum

- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- Pupils should be taught to develop flexibility, strength, technique, control and balance.
- Pupils should be taught to perform dances using a range of movement patterns.

Key Skills: Physical

- Performing a variety of dance actions
- Using canon, unison, formation, dynamics, character, structure, space, emotion, matching, mirroring, transitions

Key Skills: S.E.T

- Social: Collaboration
- Social: Consideration and awareness of others
- Social: Inclusion
- Social: Respect
- Social: Leadership
- Emotional: Empathy
- Emotional: Confidence
- Thinking: Creating
- Thinking: Observing and providing feedback
- Thinking: Using feedback to improve
- Thinking: Selecting and applying skills

Key Vocabulary:

• levels • actions • formation • timing

• relationship • performance • expression

• unison • posture • dynamics • canon

Performance Ideas

Performing in front of the class can be a daunting task for some pupils. Be mindful to introduce this gradually by encouraging pupils to perform without forcing them. Performance is an important part of dance but can also be time consuming if not structured correctly.

Performing, some good ideas:

- Create an environment in which pupils feel safe to perform by teaching the audience how to be respectful.
- Help the audience to structure their feedback with positive comments first, followed by areas to improve.
- Encourage pupils to use the correct dance terminology in their feedback.
- Ways to perform: half the class to the other half, one individual to another, one pair to another, three groups at a time etc.

Teacher Glossary

Counts: A performer uses counts to stay in time with the music and / or other performers.

Action: The movement a dancer does e.g. travel, jump, kick.

Level: High, medium and low.

Pathway: Designs traced in space (on the floor or in the air).

Unison: Two or more dancers performing the same movement at the same time.

Dynamics: How a movement is performed e.g. robotically, softly.

Action and reaction: One movement has an effect on another movement e.g. push/pull, up/down, forward/backward.

Space: The 'where' of movement such as levels, directions, pathways, shapes.

Formation: Where dancers are in relation to each other.

Canon: Performing the same movement, motif or phrase one after the other.

Where this unit sits



Assessment Criteria

Year 4

- I can choose actions and dynamics to convey a character or idea.
- I can copy and remember set choreography.
- I can provide feedback using appropriate language relating to the lesson.
- I can respond imaginatively to a range of stimuli relating to character and narrative.
- I can use changes in timing and spacing to develop a dance.
- I can use counts to keep in time with others and the music.
- I can use simple movement patterns to structure dance phrases on my own, with a partner and in a group.
- I show respect for others when working as a group and watching others perform.

Year 5

- I can accurately copy and repeat set choreography.
- I can choreograph phrases individually and with others considering actions and dynamics.
- I can confidently perform different styles of dance, clearly and fluently, showing
- I can lead a group through short warm-up routines.
- I can refine the way I use actions, dynamics, relationships and space in my dance in response to a stimulus.
- I can suggest ways to improve my own and other people's work using key terminology.
- I can use counts when choreographing to stay in time with others and the music.
- I can use feedback provided to improve my work.

Year 6

- I can choreograph a dance and work safely using a prop.
- I can lead a small group through a short warm-up routine.
- I can perform dances confidently and fluently with accuracy and good timing.
- I can refine the way I use actions, dynamics and relationships to represent ideas, emotions, feelings and characters.
- I can use appropriate language to evaluate and refine my own and others' work.
- I can use feedback provided to improve the quality of my work.
- I can work creatively and imaginatively on my own, with a partner and in a group to choreograph and structure dances.

Progression of Skills Ladder

<p>Actions Show controlled movements which express emotion and feeling.</p>	<p>Dynamics Explore, improvise and combine movement dynamics to express ideas fluently, effectively on their own, with a partner or in a small group.</p>	<p>Year 6</p>	<p>Space and Relationships Use a variety of basic compositional principles when creating their own dances.</p>	<p>Performance Demonstrate a clear understanding of timing in relation to the music and other dancers throughout their performance.</p>		
<p>Actions Choreograph planned dances by using, adapting and developing actions and steps from different dance styles.</p>	<p>Dynamics Confidently use dynamics to express different dance styles.</p>		<p>Year 5</p>	<p>Space Use direction and patterning to express different dance styles.</p>	<p>Relationships Confidently use formations, canon and unison to express a dance idea.</p>	<p>Performance Perform dances expressively, using a range of performance skills, showing accuracy and fluency.</p>
<p>Actions Respond imaginatively to a range of stimuli related to character and narrative.</p>	<p>Dynamics Change dynamics confidently within a performance to express changes in character.</p>		<p>Year 4</p>	<p>Space Confidently use changes in level, direction and pathway.</p>	<p>Relationships Use action and reaction to represent an idea.</p>	<p>Performance Perform complex dances that communicate narrative and character well, performing clearly and fluently.</p>



Links to the PE National Curriculum

- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- Pupils should be taught to develop flexibility, strength, technique, control and balance.
- Pupils should be taught to perform dances using a range of movement patterns.

Key Skills: Physical

- Performing a variety of dance actions
- Using canon, unison, formation, dynamics, character, emotion, transitions, matching & mirroring



Key Skills: S.E.T

- Social: Sharing ideas
- Social: Consideration of others
- Social: Inclusion
- Social: Respect
- Social: Leadership
- Social: Supporting others
- Emotional: Empathy
- Emotional: Confidence
- Thinking: Observing & providing feedback
- Thinking: Using feedback to improve
- Thinking: Selecting & applying skills

Key Vocabulary:

- levels • actions • formation • timing
- phrase • performance • expression
- unison • posture • dynamics • canon
- choreograph • contrast • structure

Performance Ideas

Performing in front of the class can be a daunting task for some pupils. Be mindful to introduce this gradually by encouraging pupils to perform without forcing them. Performance is an important part of dance but can also be time consuming if not structured correctly.

Performing, some good ideas:

- Create an environment in which pupils feel safe to perform by teaching the audience how to be respectful.
- Help the audience to structure their feedback with positive comments first, followed by areas to improve.
- Encourage pupils to use the correct dance terminology in their feedback.
- Ways to perform: half the class to the other half, one individual to another, one pair to another, three groups at a time etc.

Teacher Glossary

Counts: A performer uses counts to stay in time with the music and / or other performers.

Action: The movement a dancer does e.g. travel, jump, kick.

Level: High, medium and low.

Pathway: Designs traced in space (on the floor or in the air).

Unison: Two or more dancers performing the same movement at the same time.

Dynamics: How a movement is performed e.g. robotically, softly.

Action and reaction: One movement has an effect on another movement e.g. push/pull, up/down, forward/backward.

Space: The 'where' of movement such as levels, directions, pathways, shapes.

Formation: Where dancers are in relation to each other.

Canon: Performing the same movement, motif or phrase one after the other.

Structure: The way in which a dance is ordered or organised.

Phrase: A short sequence of linked movements.

Where this unit sits



Assessment Criteria

Year 5

- I can accurately copy and repeat set choreography.
- I can choreograph phrases individually and with others considering actions and dynamics.
- I can confidently perform different styles of dance, clearly and fluently, showing
- I can lead a group through short warm-up routines.
- I can refine the way I use actions, dynamics, relationships and space in my dance in response to a stimulus.
- I can suggest ways to improve my own and other people's work using key terminology.
- I can use counts when choreographing to stay in time with others and the music.
- I can use feedback provided to improve my work.

Year 6

- I can choreograph a dance and work safely using a prop.
- I can lead a small group through a short warm-up routine.
- I can perform dances confidently and fluently with accuracy and good timing.
- I can refine the way I use actions, dynamics and relationships to represent ideas, emotions, feelings and characters.
- I can use appropriate language to evaluate and refine my own and others' work.
- I can use feedback provided to improve the quality of my work.
- I can work creatively and imaginatively on my own, with a partner and in a group to choreograph and structure dances.

KS3 PE NC Subject Content

- Build on and embed the physical development and skills learnt in Key Stages 1 and 2.
- Become more competent, confident and expert in their techniques.
- Understand what makes a performance effective.
- Develop confidence and interest to get involved in exercise, sports and activities out of school and in later life.
- Understand and apply the long term health benefits of physical activity.

Progression of Skills Ladder



Actions

Show controlled movements which express emotion and feeling.

Dynamics

Explore, improvise and combine movement dynamics to express ideas fluently, effectively on their own, with a partner or in a small group.

Space and Relationships

Use a variety of basic compositional principles when creating their own dances.

Performance

Demonstrate a clear understanding of timing in relation to the music and other dancers throughout their performance.

Year 6

Actions

Choreograph planned dances by using, adapting and developing actions and steps from different dance styles.

Dynamics

Confidently use dynamics to express different dance styles.

Space

Use direction and patterning to express different dance styles.

Relationships

Confidently use formations, canon and unison to express a dance idea.

Performance

Perform dances expressively, using a range of performance skills, showing accuracy and fluency.

Year 5

Links to the PE National Curriculum

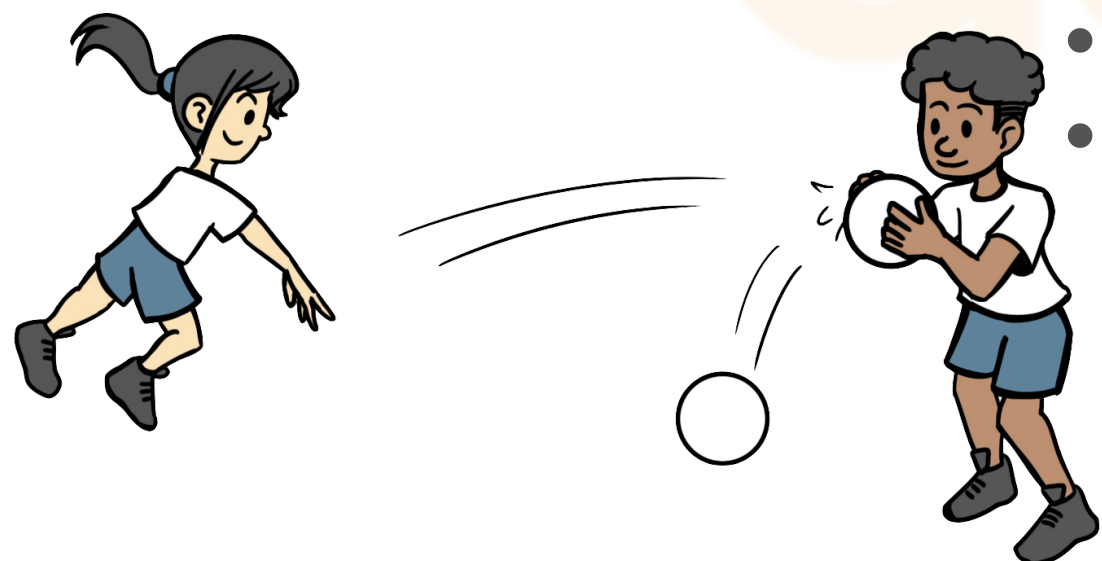
- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- They should enjoy communicating, collaborating and competing with each other.
- Pupils should be taught to:
- use running, jumping, throwing and catching in isolation and in combination.
- play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending

Key Skills: Physical

- Throwing
- Catching
- Dodging
- Blocking

Key Skills: S.E.T

- Social: Collaboration
- Social: Respect
- Social: Leadership
- Emotional: Honesty
- Emotional: Determination
- Emotional: Confidence
- Thinking: Decision making
- Thinking: Selecting and applying tactics



A player is 'out' when:

- A LIVE ball hits their body (shoulders or below) or their clothing.
- An opposition player catches a LIVE ball they have thrown. So, if a player throws it and their opponent catches it cleanly then they are out and one of their opponents' team comes back in.
- An opposition player catches a LIVE ball they have thrown. So, if a player throws it and their opponent catches it cleanly then they are out and one of their opponents' team comes back in.
- Once a player is out, they must leave the court immediately and go to the queue of players already eliminated from their team OUTSIDE and BEHIND the court area.

Key Vocabulary:

- | | | |
|----------------|--------------|------------------|
| • pressure | • tactics | • opponent |
| • officiate | • referee | • fair play |
| • consistently | • outwit | • sportsmanship |
| • support | • tournament | • co-operatively |

Teacher Glossary

- Live Ball:** A "LIVE" ball is one that has not bounced or hit a wall/ceiling.
- End Zone:** The areas at the back of the court where players must stand at the start of a game.
- Target:** Any 'live' player on the opposing team.
- Dead Zone:** The area that runs through the centre of the court. Only a players hands are allowed in the dead zone.

Where this unit sits

Year 4

- I understand the rules of the game and I can use them often and honestly.
- I can catch with increasing consistency.
- I can communicate with my teammates to apply simple tactics.
- I can provide feedback using key terminology and understand what I need to do to improve.
- I can return to the ready position to defend myself.
- I can throw with some accuracy at a target.
- I share ideas and work with others to manage our game.

Year 5

- I am developing a wider range of skills and I am beginning to use these under some pressure.
- I can identify when I was successful and what I need to do to improve.
- I can throw accurately at a target.
- I can work co-operatively with others to manage our game.
- I understand the need for tactics and can identify when to use them in different situations.
- I understand the rules of the game and I can apply them honestly most of the time.
- I understand there are different skills for different situations and I am beginning to use these.

Assessment Criteria Year 6

- I can officiate and help to manage a game by refereeing.
- I can select the appropriate action for the situation and make this decision quickly.
- I can use a wider range of skills with increasing control under pressure.
- I can use the rules of the game consistently to play honestly and fairly.
- I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.
- I can work in collaboration with others so that games run smoothly.
- I recognise my own and others strengths and areas for development and can suggest ways to improve.

KS3 PE NC Subject Content

- Build on and embed the physical development and skills learnt in Key Stages 1 and 2.
- Become more competent, confident and expert in their techniques.
- Understand what makes a performance effective.
- Develop confidence and interest to get involved in exercise, sports and activities out of school and in later life.
- Understand and apply the long term health benefits of physical activity.

Progression of Skills Ladder

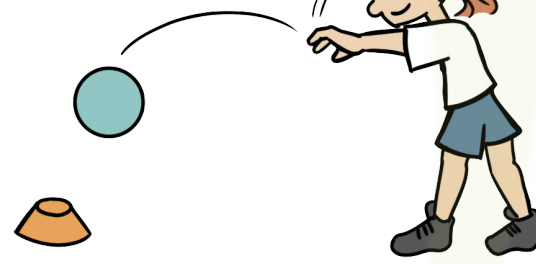
Other units that progress into this activity:

- Games
- Ball Skills
- Fundamentals
- Target Games
- Sending & Receiving



Throwing

Consistently make good decisions on who and when to throw at in order to get opponents out.



Catching

Make quick decisions on when to catch and when to dodge.



Striking (Golf)

Successfully select and apply a wider range of striking techniques appropriate to the situation.



-
-
-
-
-
-
-

Throwing

Demonstrate clear technique when throwing under pressure.

Catching

Demonstrate good technique and consistency in catching skills under pressure.

Throwing

Throw with increasing accuracy and success in game situations.

Catching

Catch with increasing consistency in game situations.

Year 6

Year 5

Year 4

Striking (Golf)

Develop a wider range of striking techniques and begin to use them under pressure.

Striking (Golf)

Explore striking techniques appropriate to the situation.



Links to the PE National Curriculum

- Pupils should develop an understanding of how to improve in different physical activities and learn how to evaluate and recognise their own success.
- Pupils should be taught to develop flexibility, strength, technique, control and balance.
- Pupils should be taught to compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Key Questions...

- How does exercise affect our body?
- Can you describe what happens in your body when you warm up?
- Can you identify other activities that can increase stamina, strength, agility and flexibility?
- What muscles can you feel working during the different activities you do?

Key Vocabulary:

Encourage pupils to use this language in your lessons.

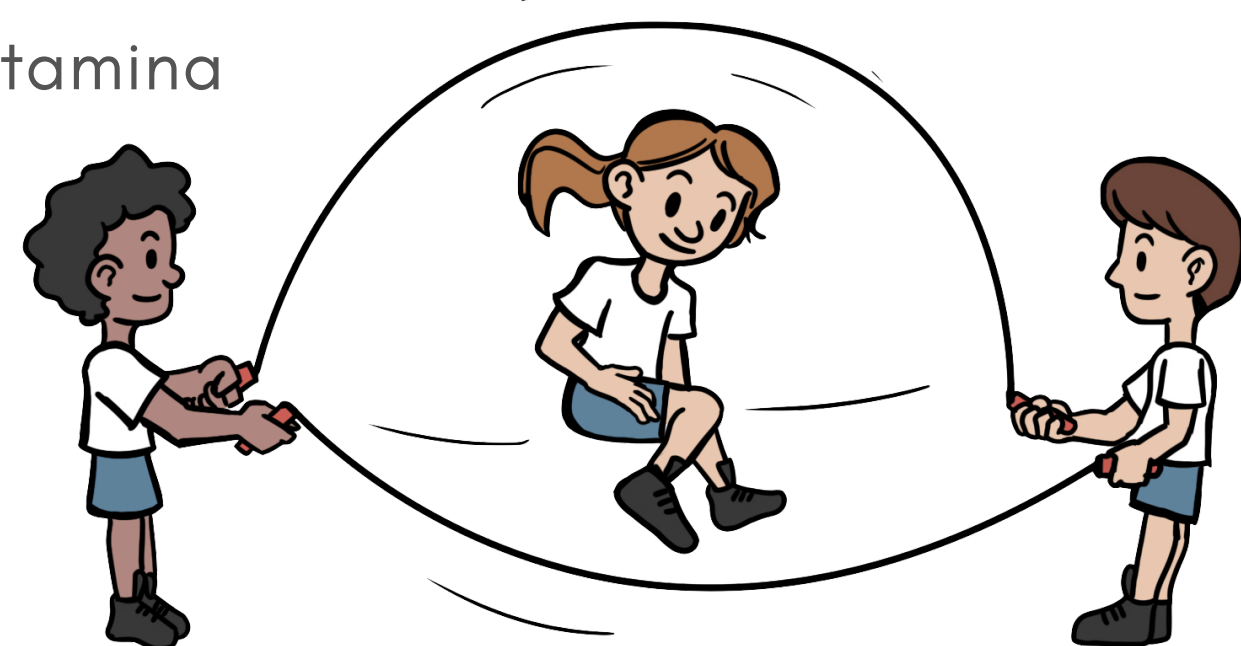
- | | | |
|------------------|-------------|-----------|
| • agility | • technique | • speed |
| • balance | • control | • power |
| • generate force | • strength | • analyse |
| • continuous | • stamina | • measure |
| • co-ordination | • component | • record |

Key Skills: Physical

- Strength
- Speed
- Power
- Agility
- Coordination
- Balance
- Stamina

Key Skills: S.E.T

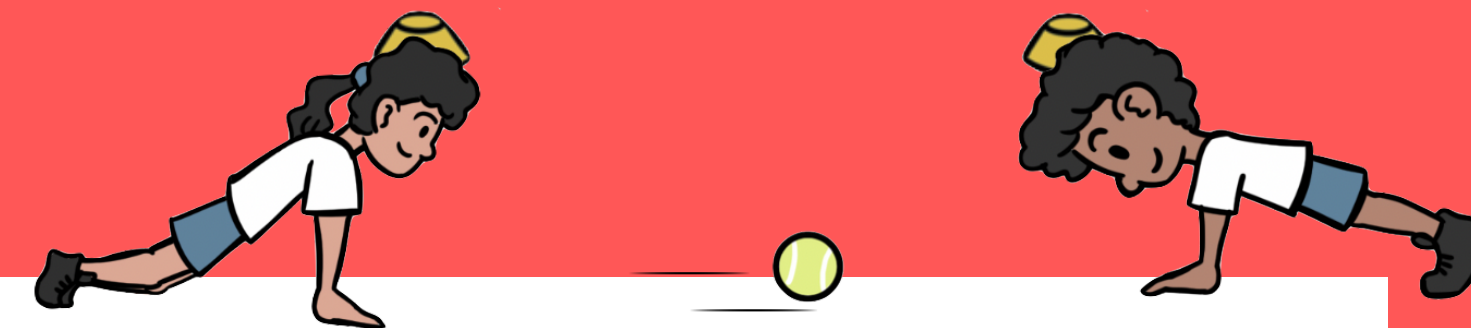
- Social: Supporting and encouraging others
- Social: Working collaboratively
- Emotional: Perseverance
- Emotional: Determination
- Thinking: Analysing data



Teacher Glossary

- Agility:** The ability to change direction quickly and easily.
- Balance:** The ability to stay upright or stay in control of body movement.
- Co-ordination:** The ability to move two or more body parts at the same time, under control, smoothly and efficiently.
- Stamina:** The ability to move for sustained periods of time.
- Power:** Speed and strength combined.

Where this unit sits



Year 4

- I can collect and record my scores and identify areas I need to improve.
- I can use key points to help me to improve my sprinting technique.
- I share ideas and work with others to manage activities.
- I show balance when changing direction at speed.
- I show control when completing activities to improve balance.
- I show determination to continue working over a period of time.
- I understand there are different areas of fitness and that each area challenges my body differently.

Year 5

- I can analyse my fitness scores to identify areas for improvement.
- I can choose the best pace for a running event and maintain speed.
- I can encourage and motivate others to work to their personal best.
- I can identify how different activities can benefit my physical health.
- I can work with others to manage activities.
- I understand the different components of fitness and how to test them.
- I understand what my maximum effort looks and feels like and I am determined to achieve it.

Assessment Criteria

Year 6

- I can change my running technique to adapt to different distances.
- I can collect, record and analyse scores to identify areas where I have made the most improvement.
- I can work with others to organise, manage and record information at a station.
- I encourage and motivate others to work to their best.
- I understand that there are different areas of fitness and how this helps me in different activities.
- I understand the different components of fitness and ways to test and develop them.
- I work to my maximum consistently when presented with challenges.

KS3 PE NC Subject Content

- Build on and embed the physical development and skills learnt in Key Stages 1 and 2.
- Become more competent, confident and expert in their techniques.
- Understand what makes a performance effective.
- Develop confidence and interest to get involved in exercise, sports and activities out of school and in later life.
- Understand and apply the long term health benefits of physical activity.

Progression of Skills Ladder

	Agility	Balance	Coordination		Speed	Strength	Stamina
Year 6	Change direction with a fluent action and can transition smoothly between varying speeds.	Show fluency and control when travelling, landing, stopping and changing direction.	Can coordinate a range of body parts with a fluent action at a speed appropriate to the challenge.		Can adapt running technique to meet the needs of the distance.	Can complete body weight exercises for increased repetitions, with control and fluency.	Use their breath to increase their ability to move for sustained periods of time.
Year 5	Demonstrate improved body posture and speed when changing direction.	Change their body position to maintain a controlled centre of gravity.	Demonstrate increased speed when coordinating their bodies.		Identify the best pace for a set distance or time.	Demonstrate increased technique in body weight exercises.	Use their breath to increase their ability to move for sustained periods of time.
Year 4	Show balance when changing direction at speed.	Show control whilst completing activities which challenge balance.	Explore increased speed when coordinating their bodies.		Demonstrate improved sprinting technique.	Identify activities which help to strengthen different muscle groups.	Demonstrate using their breath to maintain their work rate.

Other units that progress into this activity are:

Gymnastics Fundamentals

Links to the PE National Curriculum

- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination.
- Pupils should be taught to play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.

Key Skills: Physical

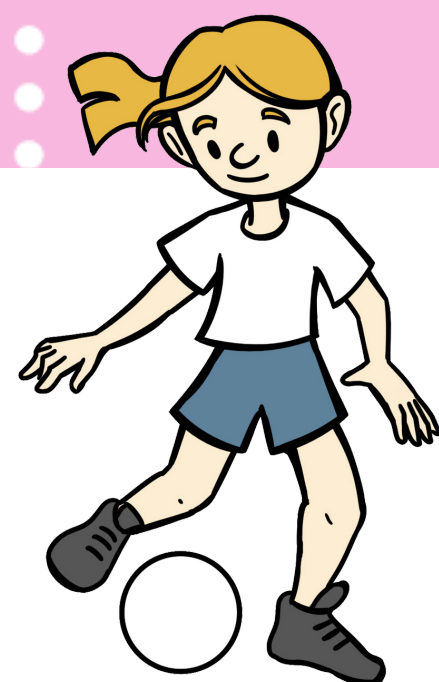
- Dribbling
- Passing
- Ball control
- Tracking / jockeying
- Turning
- Goalkeeping
- Receiving

Key Skills: S.E.T

- Social: Communication
- Social: Collaboration
- Social: Cooperation
- Social: Respect
- Emotional: Honesty
- Emotional: Perseverance
- Thinking: Selecting and applying tactics
- Thinking: Decision making

Key principles of invasion games

Attacking	Defending
Score goals	Stop goals
Create space	Deny space
Maintain possession	Gain possession
Move the ball towards goal	



Key Rules

- **Hand ball:** when a player handles the ball with any part of their arm.
- **Goal kick:** A goal kick is awarded to the defending team when the ball goes out of the field of play by crossing, either on the ground or in the air, the goal line, without a goal being scored, when the last person to touch the ball was from the attacking team.
- **Free kick:** is awarded to the opposing team if a player kicks, trips, holds or plays in a dangerous manner.
- **A penalty kick:** is awarded if any of the above offences is committed by a player inside his/her own penalty area, irrespective of the position of the ball, provided it is in play.

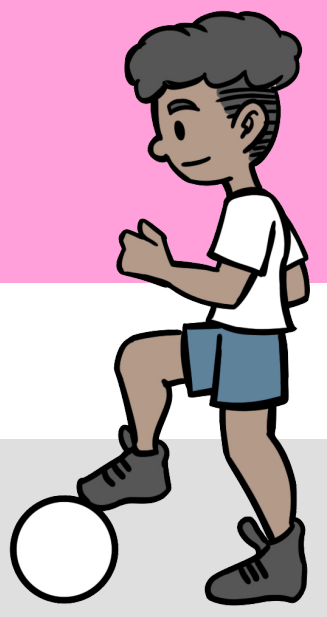
Key Vocabulary:

- control
- tactics
- opponent
- intercepting
- possession
- tracking
- consistently
- conceding
- outwit
- pressure
- foul
- touch
- possession
- outwit

Teacher Glossary

- Interception:** intercepting a pass made by an opposing player
- Possession:** when a team has the ball they are in possession
- Marking:** when a player defends an opponent
- Getting free:** when an attacking player moves to lose their defender
- Foul:** an act by a player that breaks the rules of the game
- Throw in:** A throw in is awarded when the whole of the ball passes over the side line, either on the ground or in the air. It is awarded from the point where it crossed the side line to the opponents of the player who last touched the ball

Where this unit sits



Assessment Criteria

- I can dribble, pass, receive and shoot the ball with increasing control.
- I can move to space to help my team to keep possession and score goals.
- I can delay an opponent and help to prevent the other team from scoring.
- I share ideas and work with others to manage our game.
- I can provide feedback using key terminology and understand what I need to do to improve.
- I am learning the rules of the game and I am beginning to use them to play honestly and fairly.
- I can use simple tactics to help my team score or gain possession.

Year 4

- I can communicate with my team and move into space to keep possession and score.
- I can dribble, pass, receive and shoot the ball with some control under pressure.
- I can identify when I was successful and what I need to do to improve.
- I can often make the correct decision of who to pass to and when.
- I can use tracking and intercepting when playing in defence.
- I understand the need for tactics and can identify when to use them in different situations.
- I understand the rules of the game and I can use them most of the time to play honestly and fairly.
- I understand there are different skills for different situations and I am beginning to apply this.

Year 5

- I can create and use space to help my team.
- I can dribble, pass, receive and shoot the ball with increasing control under pressure.
- I can select the appropriate action for the situation and make this decision quickly.
- I can use marking, tackling and/or interception to improve my defence.
- I can use the rules of the game consistently to play honestly and fairly.
- I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.
- I recognise my own and others strengths and areas for development and can suggest ways to improve.

Year 6

- Build on and embed the physical development and skills learnt in Key Stages 1 and 2.
- Become more competent, confident and expert in their techniques.
- Understand what makes a performance effective.
- Develop confidence and interest to get involved in exercise, sports and activities out of school and in later life.
- Understand and apply the long term health benefits of physical activity.

KS3 PE NC Subject Content

Progression of Skills Ladder

Other units that progress into this activity are:

- Games**
- Ball Skills**
- Fundamentals**
- Invasion Games**
- Sending and Receiving**

Sending & receiving

Develop making quick decisions about when, how and who to pass to.

Dribbling

Dribble consistently using a range of techniques with increasing control under pressure.

Year 6

Attacking

Explore creating attacking tactics with others in response to the game.

Defending

Explore creating and applying defending tactics with others in response to the game.

Space

Move to the correct space when transitioning from attack to defence.

Year 5

Attacking

Explore creating tactics with others and applying them to game situations.

Defending

Develop tracking and marking with a variety of techniques and increased success.

Space

Move to create space for themselves and others in their team.

Year 4

Sending & receiving

Develop passing to a teammate using a variety of techniques appropriate to the game.

Dribbling

Develop control whilst dribbling under pressure.

Attacking

Develop decision making around when to pass and when to shoot.

Defending

Develop defending one on one and know when to win the ball.

Space

Move into space to help their team keep possession and score goals.



Links to the PE National Curriculum

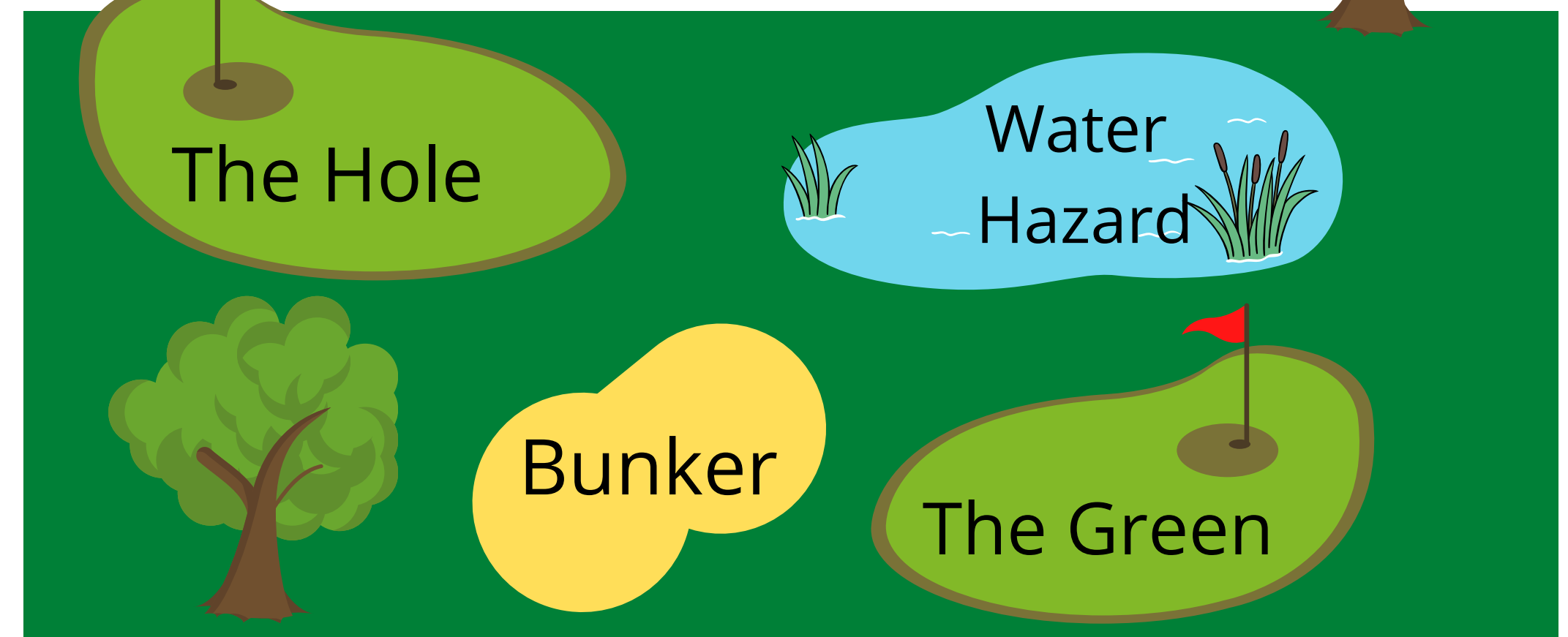
- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- They should enjoy communicating, collaborating and competing with each other.
- Pupils should be taught to:
- play competitive games, modified where appropriate

Key Skills: Physical

- Balancing
- Coordination
- Accuracy
- Striking

Key Skills: S.E.T

- Social: Taking turns
- Social: Supporting and encouraging others
- Social: Respect
- Social: Communication
- Social: Sharing and agreeing on ideas
- Emotional: Challenging myself
- Emotional: Perseverance
- Emotional: Honesty
- Emotional: Being proud of their work
- Thinking: Selecting and applying skills
- Thinking: Identifying strengths and areas for development
- Thinking: Creativity



Key Vocabulary:

- par
- strike
- consistently
- accurately
- putt
- hole
- align
- swing
- drive
- swing
- hazard
- chipping
- power
- bunker

Teacher Glossary

Putt: A putt is a short shot played when the ball is on the green (near the hole).

Chipping: Aim of chipping in golf is to carry the ball onto or as close to the green (where the hole is) as possible. Chipping also allows the ball to roll towards the hole. It's a shot that should roll further than it flies.

Drive: A drive focuses on sending the ball a long distance to get the ball closer to the green.

Tee: A tee is normally used for the first stroke of each hole. Players hit the ball from something called a tee.

Where this unit sits

Assessment Criteria

Year 4

- I can hold all equipment correctly.
- I can provide feedback using key terminology and understand what I need to do to improve.
- I can show how to aim using a putting club.
- I can strike a ball with increasing consistency.
- I can use different actions for different shots.
- I share ideas and work with others to manage our game.

Year 5

- I am developing a wider range of skills and I am beginning to use these under some pressure.
- I can hold all equipment correctly depending on the shot I am using.
- I can identify different areas of the golf course.
- I can identify when I was successful and what I need to do to improve.
- I can use feedback provided to improve my work.
- I can work cooperatively with others to manage our game.
- I understand there are different skills for different situations and I am beginning to use these

Year 6

- I can identify different areas of the golf course.
- I can show control of distance when chipping and putting.
- I can use a wider range of skills with increasing control under pressure.
- I can use feedback provided to improve the quality of my work.
- I can use the rules of the game consistently to play honestly and fairly.
- I can work in collaboration with others so that games run smoothly.
- I recognise my own and others strengths and areas for development and can suggest ways to improve.

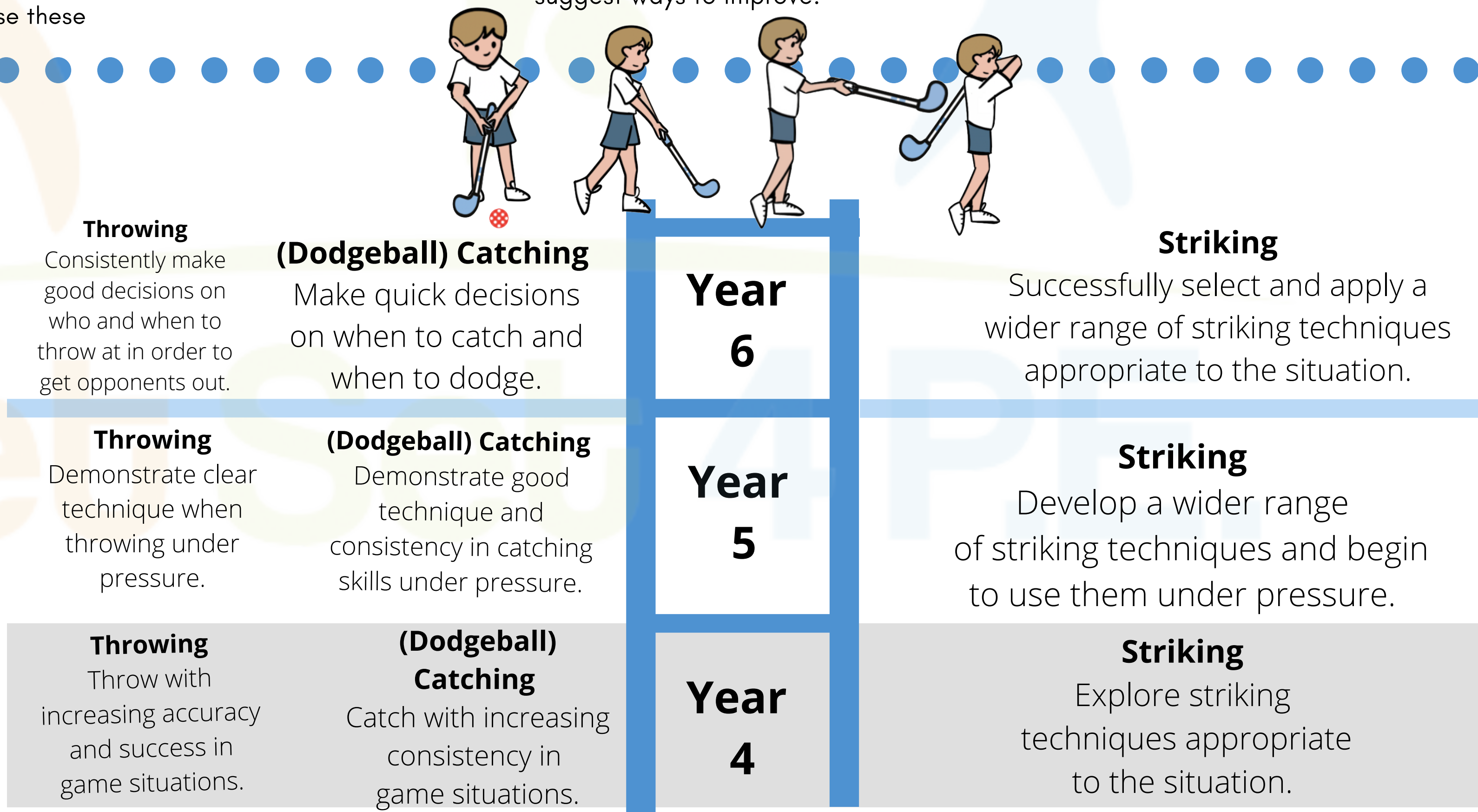
KS3 PE NC Subject Content

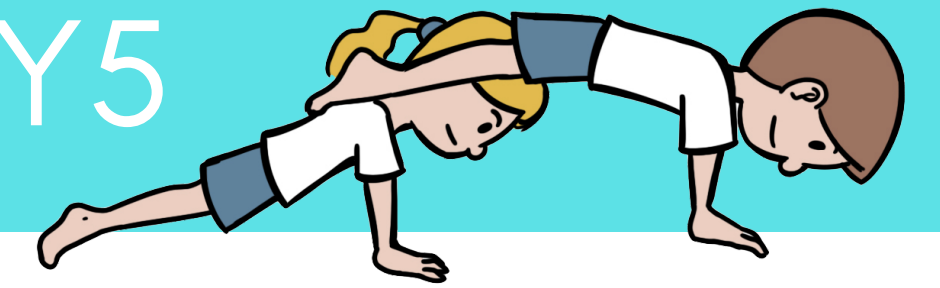
- Build on and embed the physical development and skills learnt in Key Stages 1 and 2.
- Become more competent, confident and expert in their techniques.
- Understand what makes a performance effective.
- Develop confidence and interest to get involved in exercise, sports and activities out of school and in later life.
- Understand and apply the long term health benefits of physical activity.

Progression of Skills Ladder

Other units that progress into this activity:

- Games
- Ball Skills
- Target Games
- Fundamentals
- Striking & Fielding
- Sending & Receiving





Links to the PE National Curriculum

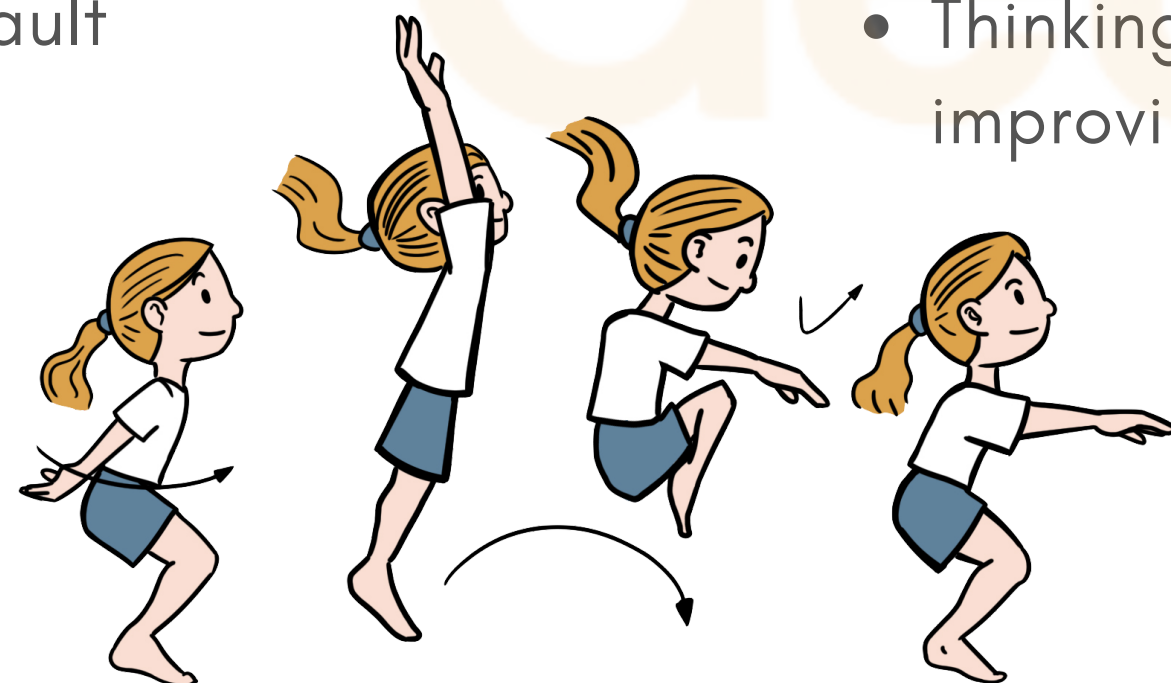
- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- Pupils should be taught to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].

Key Skills: Physical

- Straddle roll
- Forward roll
- Backward roll
- Counter balance
- Counter tension
- Bridge
- Shoulder stand
- Handstand
- Cartwheel
- Vault

Key Skills: S.E.T

- Social: Responsibility
- Social: Collaboration
- Social: Communication
- Social: Respect
- Emotional: Confidence
- Thinking: Observing and providing feedback
- Thinking: Selecting and applying actions
- Thinking: Evaluating and improving sequences



Ways to improve a sequence

- **Level:** Use a variety of levels. Can you explore that balance, shape, jump on a different level?
- **Action:** Include a variety of actions such as a jump, balance, travel, shape.
- **Balance:** Hold your balances with good extension and clear shapes for 3 - 5 seconds.
- **Body tension:** Squeeze your muscles to create and hold strong clear shapes.
- **Direction:** Vary the direction used within a sequence e.g. forwards, backwards, sideways.
- **Speed:** Vary the speed used within a sequence e.g. fast and slow.
- **Pathway:** Change the path that is used e.g. straight, L shaped, diagonal etc.
- **Timing:** Use canon and synchronisation in the performance.

Key Vocabulary:

- **symmetrical**
- **asymmetrical**
- **extension**
- **rotation**
- **synchronisation**
- **canon**
- **inverted**
- **progression**
- **aesthetics**

Teacher Glossary

- Shapes:** E.g. tuck, pike, straddle, dish, arch, star, front support, back support.
- Pathway:** Designs traced in space (on the floor or in the air).
- Sequence:** A number of actions linked together.
- Body tension:** Squeezing muscles to help to stay strong when performing actions. Having good body tension improves the quality of an action.
- Inverted movement:** An action where the hips go above the head such as a shoulder stand, bridge and cartwheel.
- Canon:** When performers complete the same physical action one after the other.
- Synchronisation:** When performers complete the same physical action at the same time.

Where this unit sits



Assessment Criteria

Year 4

- I can explain what happens to my body when I exercise and how this helps to make me healthy.
- I can identify some muscle groups used in gymnastic activities.
- I can plan and perform sequences with a partner that include a change of level and shape.
- I can provide feedback using appropriate language relating to the lesson.
- I can safely perform balances individually and with a partner.
- I can watch, describe and suggest possible improvements to others' performances and my own.
- I understand how body tension can improve the control and quality of my movements.

Year 5

- I can create and perform sequences using apparatus, individually and with a partner.
- I can lead a partner through short warm-up routines.
- I can use canon and synchronisation, and matching and mirroring when performing with a partner and a group and say how it affects the performance.
- I can use feedback provided to improve my work.
- I can use set criteria to make simple judgments about performances and suggest ways they could be improved.
- I can use strength and flexibility to improve the quality of a performance.
- I can work safely when learning a new skill to keep myself and others safe.

Year 6

- I can combine and perform gymnastic actions, shapes and balances with control and fluency.
- I can create and perform sequences using compositional devices to improve the quality.
- I can lead a small group through a short warm-up routine.
- I can use appropriate language to evaluate and refine my own and others' work.
- I can work collaboratively with others to create a sequence.
- I understand how to work safely when learning a new skill.
- I understand what counter balance and counter tension is and can show examples with a partner.

Progression of Skills Ladder

<p>Shapes Combine and perform gymnastic shapes more fluently and effectively.</p>	<p>Inverted movements Develop control in progressions of a cartwheel and a headstand.</p>	<p>Balances Explore counter balances and counter tension balances.</p>	<p>Year 6</p>	<p>Rolls Develop fluency and consistency in the straddle, forward and backward roll.</p>	<p>Jumps Combine and perform a range of gymnastic jumps more fluently and effectively,.</p>
<p>Shapes Perform shapes consistently and fluently to a high standard, sometimes linked with other gymnastic actions.</p>	<p>Inverted movements Explore progressions of a cartwheel.</p>	<p>Balances Explore symmetrical and asymmetrical balances.</p>	<p>Year 5</p>	<p>Rolls Develop control and fluency in the straight, barrel, forward, straddle and backward roll.</p>	<p>Jumps Select a range of jumps to include in sequence work.</p>
<p>Shapes Develop the range of shapes they use in their sequences.</p>	<p>Inverted movements Develop strength in bridge and shoulder stand.</p>	<p>Balances Develop control and fluency in individual and partner balances.</p>	<p>Year 4</p>	<p>Rolls Develop the straight, barrel, forward and straddle roll and perform with increased control.</p>	<p>Jumps Develop control in performing and landing rotation jumps.</p>



Links to the PE National Curriculum

- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- Pupils should be taught to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].

Key Skills: Physical

- Straddle roll
- Forward roll
- Backward roll
- Counter balance
- Counter tension
- Bridge
- Shoulder stand
- Handstand
- Cartwheel
- Headstand
- Vault

Key Skills: S.E.T

- Social: Responsibility
- Social: Responsibility
- Social: Collaboration
- Social: Communication
- Social: Respect
- Emotional: Confidence
- Thinking: Observing and providing feedback
- Thinking: Selecting and applying actions
- Thinking: Evaluating and improving sequences



Ways to improve a sequence

- **Level:** Use a variety of levels. Can you explore that balance, shape, jump on a different level?
- **Action:** Include a variety of actions such as a jump, balance, travel, shape.
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- **Body tension:** Squeeze your muscles to create and hold strong clear shapes.
- **Direction:** Vary the direction used within a sequence e.g. forwards, backwards, sideways.
- **Speed:** Vary the speed used within a sequence e.g. fast and slow.
- **Pathway:** Change the path that is used e.g. straight, L shaped, diagonal etc.
- **Timing:** Use canon and synchronisation in the performance.

Key Vocabulary:

- momentum • counter balance • aesthetics
- formation • synchronisation • stability
- inverted • progression • counter tension

Teacher Glossary

Counter balance: A balance where a person uses another person's weight to stay balanced by pushing against them.

Counter tension: A balance where a person uses another person's weight to stay balanced by pulling away from them.

Pathway: Designs traced in space (on the floor or in the air).

Inverted movement: An action where the hips go above the head such as a shoulder stand, bridge and cartwheel.

Canon: When performers complete the same physical action one after the other.

Synchronisation: When performers complete the same physical action at the same time.

Formation: Where you are in the space in relation to others.

Where this unit sits

Assessment Criteria

Year 5

- I can create and perform sequences using apparatus, individually and with a partner.
- I can lead a partner through short warm-up routines.
- I can use canon and synchronisation, and matching and mirroring when performing with a partner and a group and say how it affects the performance.
- I can use feedback provided to improve my work.
- I can use set criteria to make simple judgments about performances and suggest ways they could be improved.
- I can use strength and flexibility to improve the quality of a performance.
- I can work safely when learning a new skill to keep myself and others safe.

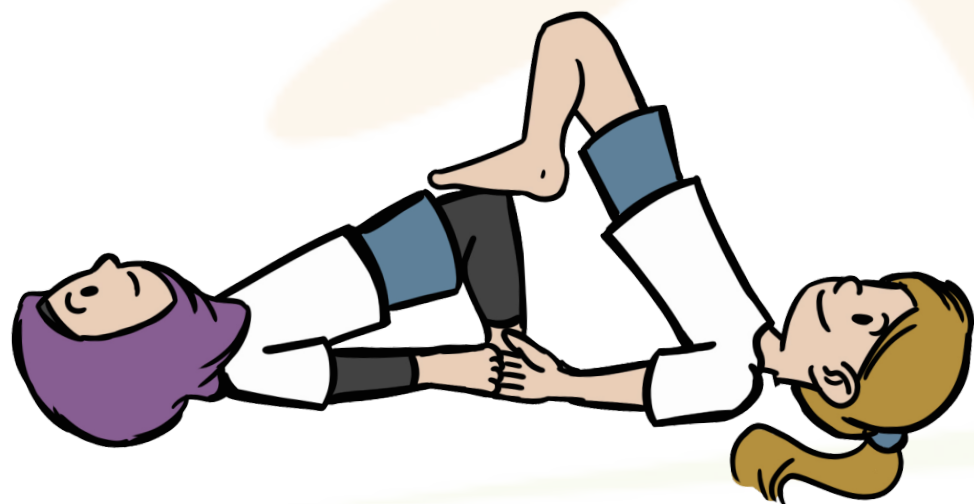
Year 6

- I can combine and perform gymnastic actions, shapes and balances with control and fluency.
- I can create and perform sequences using compositional devices to improve the quality.
- I can lead a small group through a short warm-up routine.
- I can use appropriate language to evaluate and refine my own and others' work.
- I can work collaboratively with others to create a sequence.
- I understand how to work safely when learning a new skill.
- I understand what counter balance and counter tension is and can show examples with a partner.

KS3 PE NC Subject Content

- Build on and embed the physical development and skills learnt in Key Stages 1 and 2.
- Become more competent, confident and expert in their techniques.
- Understand what makes a performance effective.
- Develop confidence and interest to get involved in exercise, sports and activities out of school and in later life.
- Understand and apply the long term health benefits of physical activity.

Progression of Skills Ladder



Shapes

Combine and perform gymnastic shapes more fluently and effectively.

Inverted movements

Develop control in progressions of a cartwheel and a headstand.

Balances

Explore counter balances and counter tension balances.

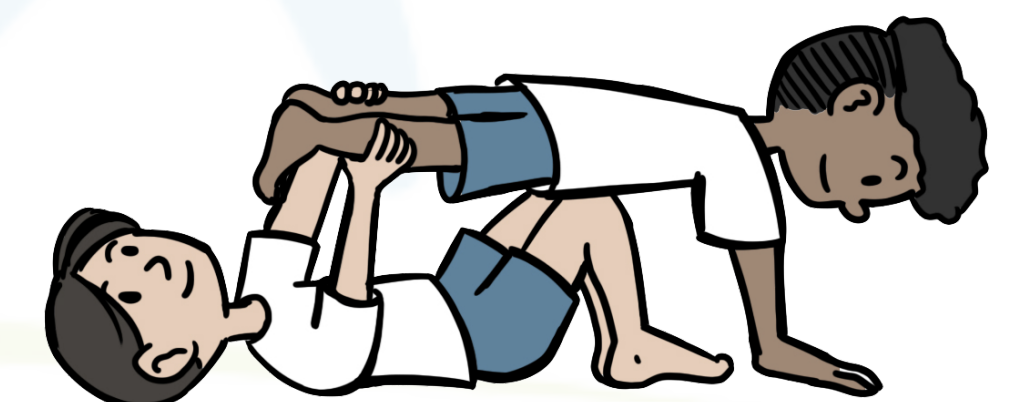
Year 6

Rolls

Develop fluency and consistency in the straddle, forward and backward roll.

Jumps

Combine and perform a range of gymnastic jumps more fluently and effectively.



Shapes

Perform shapes consistently and fluently to a high standard, sometimes linked with other gymnastic actions.

Inverted movements

Explore progressions of a cartwheel.

Balances

Explore symmetrical and asymmetrical balances.

Year 5

Rolls

Develop control and fluency in the straight, barrel, forward, straddle and backward roll.

Jumps

Select a range of jumps to include in sequence work.



Links to the PE National Curriculum

- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination.
- Pupils should be taught to play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.

Key Rules

The rule of three:

- You can hold the ball for three seconds if not moving.
- You can take three steps with the ball then option to pass, shoot or dribble followed by option to use an additional three steps.
- You must be three steps away at a throw in.

Other rules:

- Games start from the centre of the court.
- The conceding team start from the centre of the court after a goal is scored.
- Double dribble - dribbling the ball with two hands at the same time and / or dribbling the ball, catching it and then dribbling again is called double dribble.

Key Vocabulary:

- **pressure**
- **delay**
- **control**
- **tactics**
- **support**
- **release**
- **angle**
- **reaction**
- **principle**
- **inclusion**
- **create**
- **close down**
- **transfer**

Key Skills: Physical

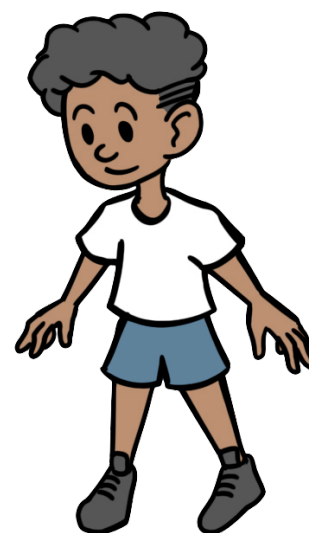
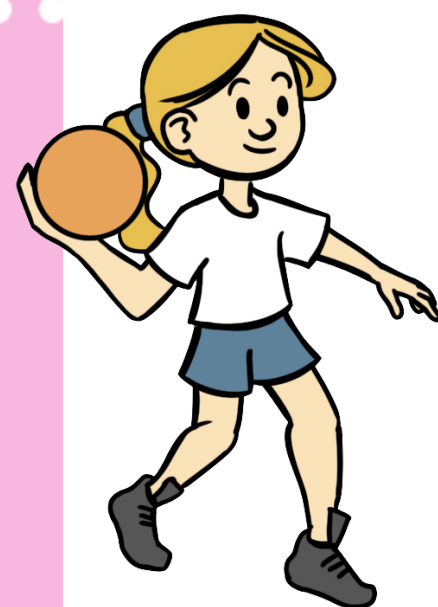
- Throwing and catching
- Moving with the ball
- Dribbling
- Intercepting
- Shooting

Key Skills: S.E.T

- Social: Collaboration
- Social: Communication
- Emotional: Honesty and Fair Play
- Emotional: Perseverance
- Thinking: Planning strategies and using tactics
- Thinking: Observing and provide feedback

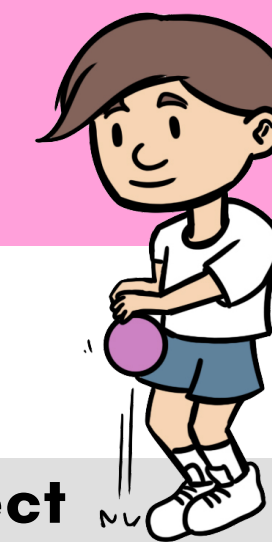
Key principles of invasion games

- | | | |
|-----------------------------------|---|------------------------|
| Attacking | • | Defending |
| Score goals | • | Stop goals |
| Create space | • | Deny space |
| Maintain possession | • | Gain possession |
| Move the ball towards goal | • | |



Teacher Glossary

- Interception:** when a player takes possession of the ball away from the opposition as the ball is passed.
- Possession:** when a team has the ball they are in possession.
- Marking:** when a player defends an opponent.
- Principle:** these are the attacking and defending foundations that make up a game. Please see principles on the left.
- Close down:** used in defence to deny a space to an opponent or to make an angle smaller making it harder for the attack.



Assessment Criteria

Year 4

- I can self-manage a match with my teammates and officiate a match by applying the basic rules.
- I can delay an opponent and help to prevent the other team from scoring.
- I can move to space to help my team to keep possession and score goals.
- I can provide feedback using key terminology and understand what I need to do to improve.
- I can throw, catch, dribble and shoot the ball with increasing control.
- I can use simple tactics to help my team gain possession.
- I share ideas and work with others to manage our game.
- I understand the rules of the game and I can use them often and honestly.

Year 5

- I can lead others and contribute my ideas to group work.
- I use feedback provided to improve my work.
- I can apply defensive skills individually and as a team to gain possession, deny space and stop goals.
- I can dribble, pass, receive and shoot the ball with some control under pressure.
- I communicate with my team and move into space to help to maintain possession.
- I understand the need for tactics and can identify when to use them in different situations.
- I understand the rules and can apply them honestly most of the time including when refereeing.

Year 6

- I am confident to lead others and can contribute appropriate ideas to group work.
- I can confidently apply defensive skills individually and as a team to gain possession, deny space and stop goals.
- I can create and use space to help my team to maintain possession and create scoring opportunities.
- I can perform a range of skills with control and can select the appropriate action for the situation under pressure.
- I can work in collaboration with others to self-manage games so that they run smoothly.
- I recognise my own and others' strengths and areas for development and can suggest ways to improve.
- I use the rules of the game honestly and consistently when playing and refereeing.

KS3 PE NC Subject Content

- Build on and embed the physical development and skills learnt in Key Stages 1 and 2.
- Become more competent, confident and expert in their techniques.
- Understand what makes a performance effective.
- Develop confidence and interest to get involved in exercise, sports and activities out of school and in later life.
- Understand and apply the long term health benefits of physical activity.

Progression of Skills Ladder

Other units that progress into this activity are:

- Games
- Ball Skills
- Fundamentals
- Invasion Games
- Sending and Receiving

	Sending & receiving	Dribbling	Year 6	Attacking	Defending	Space
	Develop making quick decisions about when, how and who to pass to.	Dribble consistently using a range of techniques with increasing control under pressure.		Explore creating attacking tactics with others in response to the game.	Explore creating and applying defending tactics with others in response to the game.	Move to the correct space when transitioning from attack to defence.
	Sending & receiving	Dribbling	Year 5	Attacking	Defending	Space
	Develop control when S&R under pressure.	Select and apply a variety of dribbling techniques to game situations.		Explore creating tactics with others and applying them to game situations.	Develop tracking and marking with a variety of techniques and increased success.	Move to create space for themselves and others in their team.
	Sending & receiving	Dribbling	Year 4	Attacking	Defending	Space
	Develop passing to a teammate using a variety of techniques appropriate to the game.	Develop control whilst dribbling under pressure.		Develop decision making around when to pass and when to shoot.	Develop defending one on one and know when to win the ball.	Move into space to help their team keep possession and score goals.



Links to the PE National Curriculum

- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination.
- Pupils should be taught to play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.

Key Skills: Physical

- Dribbling
- Passing
- Receiving
- Tackling
- Creating and using space
- Shooting

Key Skills: S.E.T

- Social: Communication
- Social: Collaboration
- Emotional: Perseverance
- Emotional: Honesty and fair play
- Thinking: Planning strategies and using tactics
- Thinking: Observing and providing feedback
- Thinking: Selecting and applying skills

Key principles of invasion games

Attacking	Defending
Score goals	Stop goals
Create space	Deny space
Maintain possession	Gain possession
Move the ball towards goal	



Key Rules

- **Foot:** Players must try not to let the ball hit their feet. If the ball touches a player's foot and it breaks down play or creates a disadvantage, the opposition is awarded a Free Pass.
- **Back sticks:** A player can only use one side of their stick (the face of the stick) to hit the ball.
- **High stick:** When a player attempts to play at any high ball (over knee height) with the stick.
- **Obstruction:** When a player uses either their stick or their body to block or keep another player from hitting the ball.

Key Vocabulary:

- obstruction
- conceding
- block tackle
- trapping the ball
- possession
- attack
- support
- interception
- jab tackle
- consistently
- bully off
- defence

Teacher Glossary

Interception: When a player takes possession of the ball away from the opposition as the ball is passed

Possession: when a team has the ball they are in possession

Bully off: used to restart a game after a stoppage.

Trapping the ball: getting down low to stop and receive a pass on the stick with control

Centre pass: A pass used to begin the game or the second half, or to restart play following a goal



Assessment Criteria

Year 4

- I can delay an opponent and help to prevent the other team from scoring.
- I can dribble, pass, receive and shoot the ball with increasing control.
- I can move to space to help my team to keep possession and score goals.
- I can provide feedback using key terminology and understand what I need to do to improve.
- I can use simple tactics to help my team score or gain possession.
- I share ideas and work with others to manage our game.
- I understand the rules of the game and I can use them often and honestly.

Year 5

- I can communicate with my team and move into space to keep possession and score.
- I can dribble, pass, receive and shoot the ball with some control under pressure.
- I can identify when I was successful and what I need to do to improve.
- I can use tracking, tackling and intercepting when playing in defence.
- I know what position I am playing in and how to contribute when attacking and defending.
- I understand the need for tactics and can identify when to use them in different situations.
- I understand the rules of the game and I can use them most of the time to play fairly and honestly.
- I understand there are different skills for different situations and I am beginning to apply this.

Year 6

- I can create and use space to help my team.
- I can dribble, pass, receive and shoot the ball with increasing control. under pressure.
- I can select the appropriate action for the situation and make this decision quickly.
- I can use marking, tackling and/or interception to improve my defence.
- I can use the rules of the game consistently to play honestly and fairly.
- I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.
- I can work in collaboration with others so that games run smoothly.
- I recognise my own and others strengths and areas for development and can suggest ways to improve.

KS3 PE NC Subject Content

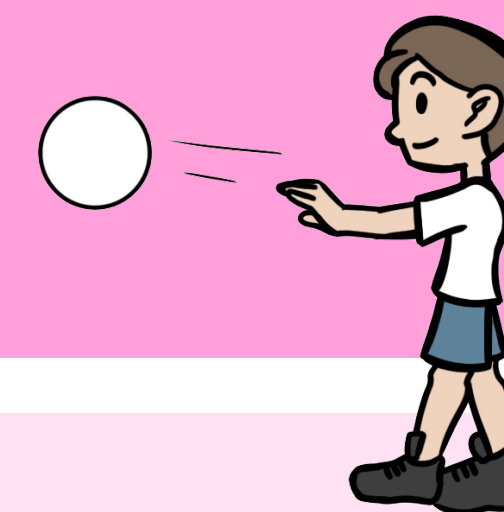
- Build on and embed the physical development and skills learnt in Key Stages 1 and 2.
- Become more competent, confident and expert in their techniques.
- Understand what makes a performance effective.
- Develop confidence and interest to get involved in exercise, sports and activities out of school and in later life.
- Understand and apply the long term health benefits of physical activity.

Progression of Skills Ladder

Other units that progress into this activity are:

- Games
- Ball Skills
- Fundamentals
- Invasion Games
- Sending and Receiving

	Sending & receiving	Dribbling	Year 6	Attacking	Defending	Space
	Develop making quick decisions about when, how and who to pass to.	Dribble consistently using a range of techniques with increasing control under pressure.		Explore creating attacking tactics with others in response to the game.	Explore creating and applying defending tactics with others in response to the game.	Move to the correct space when transitioning from attack to defence.
	Sending & receiving Develop control when S&R under pressure.	Dribbling Select and apply a variety of dribbling techniques to game situations.	Year 5	Attacking Explore creating tactics with others and applying them to game situations.	Defending Develop tracking and marking with a variety of techniques and increased success.	Space Move to create space for themselves and others in their team.
	Sending & receiving Develop passing to a teammate using a variety of techniques appropriate to the game.	Dribbling Develop control whilst dribbling under pressure.	Year 4	Attacking Develop decision making around when to pass and when to shoot.	Defending Develop defending one on one and know when to win the ball.	Space Move into space to help their team keep possession and score goals.



Links to the PE National Curriculum

- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination.
- Pupils should be taught to play competitive games, modified where appropriate [for example badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending

Key Rules

- **Footwork:** The first foot to touch the ground when a player receives the ball is known as the landing foot. If both feet are already on the ground, a player can choose their landing foot. The landing foot must remain on the ground, the other foot may be moved in any direction, pivoting on the landing foot.
- **Held ball:** In 5-a-side, a player has 4 seconds to pass or shoot, otherwise a free pass is awarded to the opposing team.
- **Contact:** A player is not allowed to contact an opponent.
- **Obstruction:** A defender must be 1m away from the ball carrier before they put their arms up, otherwise a penalty pass is awarded to the opposing team.

Key Vocabulary:

- rebound
- possession
- attack
- contact
- obstruction
- defend
- contest
- conceding
- interception
- consecutive
- consistently
- turnover

Key Skills: Physical

- Passing
- Catching
- Footwork
- Intercepting
- Shooting
- Dodging

Key principles of invasion games

Attacking	Defending
Score goals	Stop goals
Create space	Deny space
Maintain possession	Gain possession
Move the ball towards goal	

Key Skills: S.E.T

- Social: Communication
- Social: Collaboration
- Emotional: Perseverance
- Emotional: Honesty and fair play
- Thinking: Planning strategies and using tactics
- Thinking: Selecting and applying skills
- Thinking: Decision making



Teacher Glossary

- Possession:** when a team has the ball they are in possession
- Interception:** catching a pass made by an opposing player
- Turnover:** when a team not in possession of the ball gains possession
- Marking:** when a player defends an opponent
- Getting free:** when an attacking player moves to lose their defender
- Rebound:** when a player attempts to shoot a goal but the ball hits the goalpost and bounces back into play

Where this unit sits

Assessment Criteria

- I can use simple tactics to help my team score or gain possession.
- I understand the rules of the game and I can use them often and honestly.
- I can defend one on one and know when to win the ball.
- I can explain what happens to my body when I exercise and how this helps to make me healthy.
- I can move to space to help my team to keep possession and score goals.
- I can pass, receive and shoot the ball with increasing control.
- I can provide feedback using key terminology and understand what I need to do to improve.
- I share ideas and work with others to manage our game.

Year 4

- I can communicate with my team and move into space to keep possession and score.
- I can identify when I was successful and what I need to do to improve.
- I can pass, receive and shoot the ball with some control under pressure.
- I can stay with an opponent and I confident to attempt to intercept.
- I know what position I am playing in and how to contribute when attacking and defending.
- I understand the need for tactics and can identify when to use them in different situations.
- I understand the rules of the game and I can apply them honestly most of the time.
- I understand there are different skills for different situations and I am beginning to apply this.

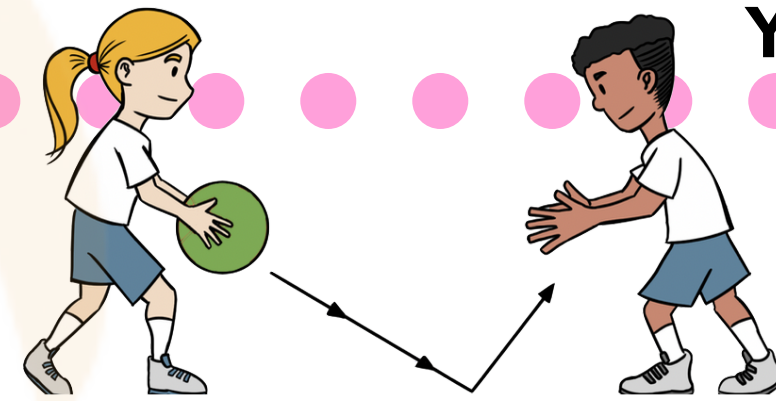
Year 5

- I can create and use space to help my team.
- I can pass, receive and shoot the ball with increasing control under pressure.
- I can select the appropriate action for the situation and make this decision quickly.
- I can use marking, and/or interception to improve my defence.
- I can use the rules of the game consistently to play honestly and fairly.
- I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.
- I can work in collaboration with others so that games run smoothly.
- I recognise my own and others strengths and areas for development and can suggest ways to improve.

Year 6

- Build on and embed the physical development and skills learnt in Key Stages 1 and 2.
- Become more competent, confident and expert in their techniques.
- Understand what makes a performance effective.
- Develop confidence and interest to get involved in exercise, sports and activities out of school and in later life.
- Understand and apply the long term health benefits of physical activity.

KS3 PE NC Subject Content



Progression of Skills Ladder

	<p>Sending & receiving Develop making quick decisions about when, how and who to pass to.</p>	<p>Attacking Explore creating attacking tactics with others in response to the game.</p>	Year 6	<p>Defending Explore creating and applying defending tactics with others in response to the game.</p>	<p>Space Move to the correct space when transitioning from attack to defence.</p>
	<p>Sending & receiving Develop control when S&R under pressure.</p>	<p>Attacking Explore creating tactics with others and applying them to game situations.</p>	Year 5	<p>Defending Develop tracking and marking with a variety of techniques and increased success.</p>	<p>Space Move to create space for themselves and others in their team.</p>
	<p>Sending & receiving Develop passing to a teammate using a variety of techniques appropriate to the game.</p>	<p>Attacking Develop decision making around when to pass and when to shoot.</p>	Year 4	<p>Defending Develop defending one on one and know when to win the ball.</p>	<p>Space Move into space to help their team keep possession and score goals.</p>

Other units that progress into this activity are:

- Games**
- Ball Skills**
- Fundamentals**
- Invasion Games**
- Sending and Receiving**

Links to the PE National Curriculum

- Pupils should enjoy communicating, collaborating and competing with each other.
- Pupils should take part in outdoor and adventurous activity challenges both individually and within a team.

Key Skills: Physical

- Stamina
- Running

Key Skills: S.E.T

- Social: Communication
- Social: Teamwork
- Social: Trust
- Social: Inclusion
- Social: Listening
- Emotional: Confidence
- Thinking: Planning
- Thinking: Map reading
- Thinking: Decision making
- Thinking: Problem solving



Why OAA?

Team building games are a great tool for helping your pupils learn to work together, listen carefully, communicate clearly, and think creatively. They also give your pupils the chance to get to know each other, build trust as a class and develop vital life skills.

Top tips for teaching Team Building:

- Encourage your class to think independently whilst working collaboratively.
- Mix up who the children work with. Working with children whom they have different relationships with allows them to develop a new set of social skills.
- Build on the learning in the lessons by identifying when these positive behaviours are used in different situations throughout the school day.

Key Vocabulary:

- | | | |
|----------------------------|-----------------------|---------------------|
| • tactical | • orienteering | • leader |
| • control card | • navigation | • orientate |
| • critical thinking | • location | • strategy |
| • co-operatively | • Symbol | • boundaries |

Teacher Glossary

Orientate: To find your location in relation to a map.

Control: Is what the pupils are looking for and are referenced on a map.

Course: The route chosen for the controls which need to be visited in order.

Symbol: A sign, shape or object representative of different features on a map. E.g. a triangle for a mountain.

Strategy: A plan of action to complete a set task or challenge.

Where this unit sits



Assessment Criteria

Year 4

- I can accurately follow and give instructions.
- I can confidently communicate ideas and listen to others.
- I can identify key symbols on a map and use a key to help navigate around a grid.
- I can plan and apply strategies to solve problems.
- I can reflect on when and why I was successful at solving challenges.
- I can work collaboratively and effectively with a partner and a small group.

Year 5

- I am inclusive of others and can share job roles.
- I can navigate around a course using a map.
- I can orientate a map confidently.
- I can reflect on when I was successful at solving challenges and alter my methods in order to improve.
- I can use critical thinking to approach a task.
- I can work effectively with a partner and a small group, sharing ideas and agreeing on a team strategy.

Year 6

- I am inclusive of others, can share job roles and lead when necessary.
- I can orientate a map efficiently to navigate around a course.
- I can pool ideas within a group, selecting and applying the best method to solve a problem.
- I can use critical thinking skills to form ideas and strategies to solve challenges.
- I can work effectively with a partner and a group to solve challenges.
- With increasing accuracy, I can reflect on when and how I successful at solving challenges and alter my methods in order to improve.

KS3 PE NC Subject Content

- Build on and embed the physical development and skills learnt in Key Stages 1 and 2.
- Become more competent, confident and expert in their techniques.
- Understand what makes a performance effective.
- Develop confidence and interest to get involved in exercise, sports and activities out of school and in later life.
- Understand and apply the long term health benefits of physical activity.

Progression of Skills Ladder

Other units that progress into this activity are:

**Games
Team Building
Introduction to PE**

Problem Solving

Pool ideas within a group, selecting and applying the best method to solve a problem.

Navigational Skills

Orientate a map efficiently to navigate around a course.

Year 6

Communication

Inclusively communicate with others, share job roles and lead when necessary.

Reflection

With increasing accuracy they reflect on when and how they were successful at solving challenges and alter their methods in order to improve.

Problem Solving

Explore tactical planning within a team to overcome increasingly challenging tasks.

Navigational Skills

Develop navigational skills and map reading in increasingly challenging tasks including map orientation.

Year 5

Communication

Explore a variety of communication methods with increasing success.

Reflection

Reflect on when they were successful at solving challenges and alter their methods in order to improve.

Problem Solving

Plan independently and in small groups, implementing a strategy with increased success.

Navigational Skills

Identify key symbols on a map and use a key to help navigate around a grid.

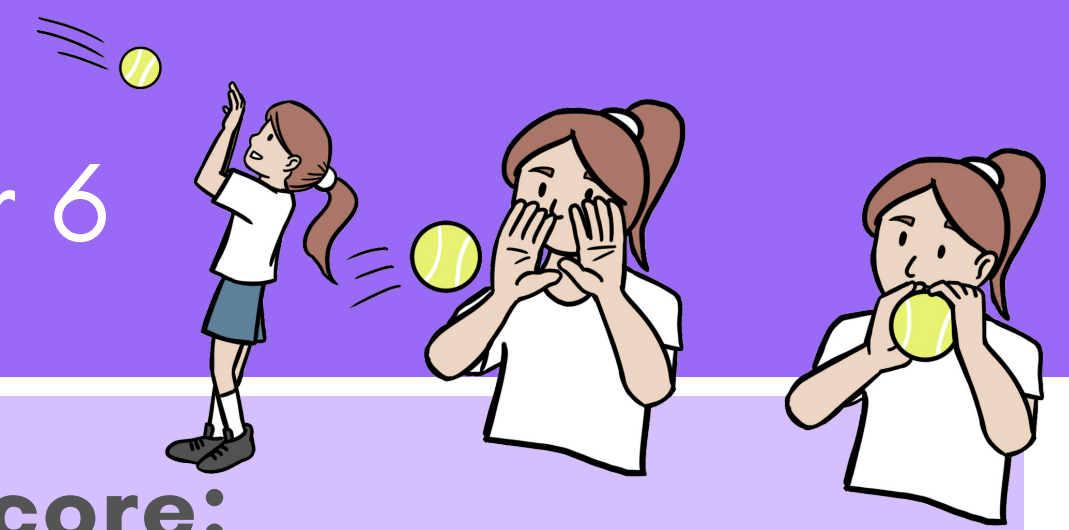
Year 4

Communication

Confidently communicate ideas and listen to others.

Reflection

With increased accuracy, critically reflect on when and why they were successful at solving challenges.



Links to the PE National Curriculum

- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination.
- Pupils should be taught to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.

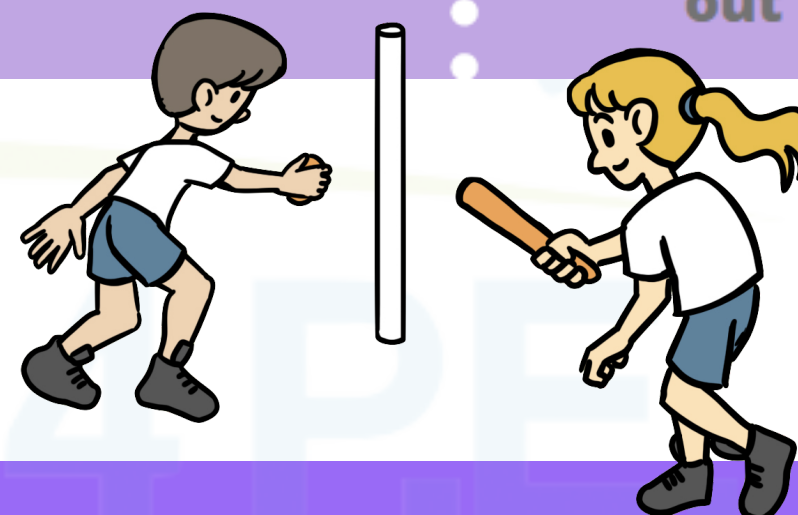
Key Skills: Physical

- Throwing
- Catching
- Bowling
- Tracking, fielding & retrieving a ball
- Batting

Key Skills: S.E.T

- Social: Organising & self-managing a game
- Social: Respect
- Social: Supporting & encouraging others
- Social: Communicating ideas & reflecting with others
- Emotional: Honesty & fair play
- Emotional: Confident to take risks
- Emotional: Managing emotion
- Thinking: Decision making
- Thinking: Using tactics
- Thinking: Identifying how to improve
- Thinking: Selecting skills

Key principles of striking and fielding games	
Attacking	Defending
Score points	Limit points
Placement of an object	Deny space
Avoid getting out	Get opponents out



How to score:

Scoring:

- One rounder for hitting the ball and running to base four without stopping.
- Half a rounder for hitting the ball and running to base number two without stopping.
- Half a rounder for not hitting the ball and running to base four without stopping.
- Half a rounder for two consecutive 'no balls' from the bowler.
- Half a rounder for obstruction. E.g. if a fielder is standing in the path of a batter

A player is out if:

- Caught out: by a fielder before the ball touches the floor.
- Stumped out: by a fielder at the base the batter is running to.
- Run out: meaning the batter has run to a base where another batter is standing.
- Running inside the bases.

Key Vocabulary:

- strike
- fielding
- co-operatively
- consistently
- pressure
- batting
- retrieve
- overtake
- outwit
- backing up
- continuous
- consecutive
- obstruction

Teacher Glossary

Fielder: A player on the fielding team, especially one other than the bowler or backstop.

Batter: A player on the batting team.

Rounder: The unit of scoring.

Bowler: The player who starts the game by bowling to the batter.

Backstop: The player on the fielding side who stands behind the live batter (the batter who is batting).

Where this unit sits

Assessment Criteria

Year 4

- I am able to bowl a ball with some accuracy, and consistency.
- I am learning the rules of the game and I am beginning to use them to play honestly and fairly.
- I can communicate with my teammates to apply simple tactics.
- I can explain what happens to my body when I exercise and how this helps to make me healthy.
- I can provide feedback using key terminology and understand what I need to do to improve.
- I can strike a bowled ball with adapted equipment (e.g. a tennis racket).
- I can use overarm and underarm throwing and catching skills with increasing accuracy.
- I share ideas and work with others to manage our game.

Year 5

- I am beginning to strike a ball with a rounders bat.
- I am developing a wider range of fielding skills and I am beginning to use these under some pressure.
- I can identify when I was successful and what I need to do to improve.
- I can work co-operatively with others to manage our game.
- I understand the need for tactics and can identify when to use them in different situations.
- I understand the rules of the game and I can apply them honestly most of the time.
- I understand there are different skills for different situations and I am beginning to use this.

Year 6

- I can strike a bowled ball with increasing consistency.
- I can use a wider range of skills with increasing control under pressure.
- I can use the rules of the game consistently to play fairly.
- I can work collaboratively with others to get batters out.
- I can work in collaboration with others so that games run smoothly.
- I recognise my own and others strengths and areas for development and can suggest ways to improve.
- I understand and can apply some tactics in the game as a batter, bowler and fielder.

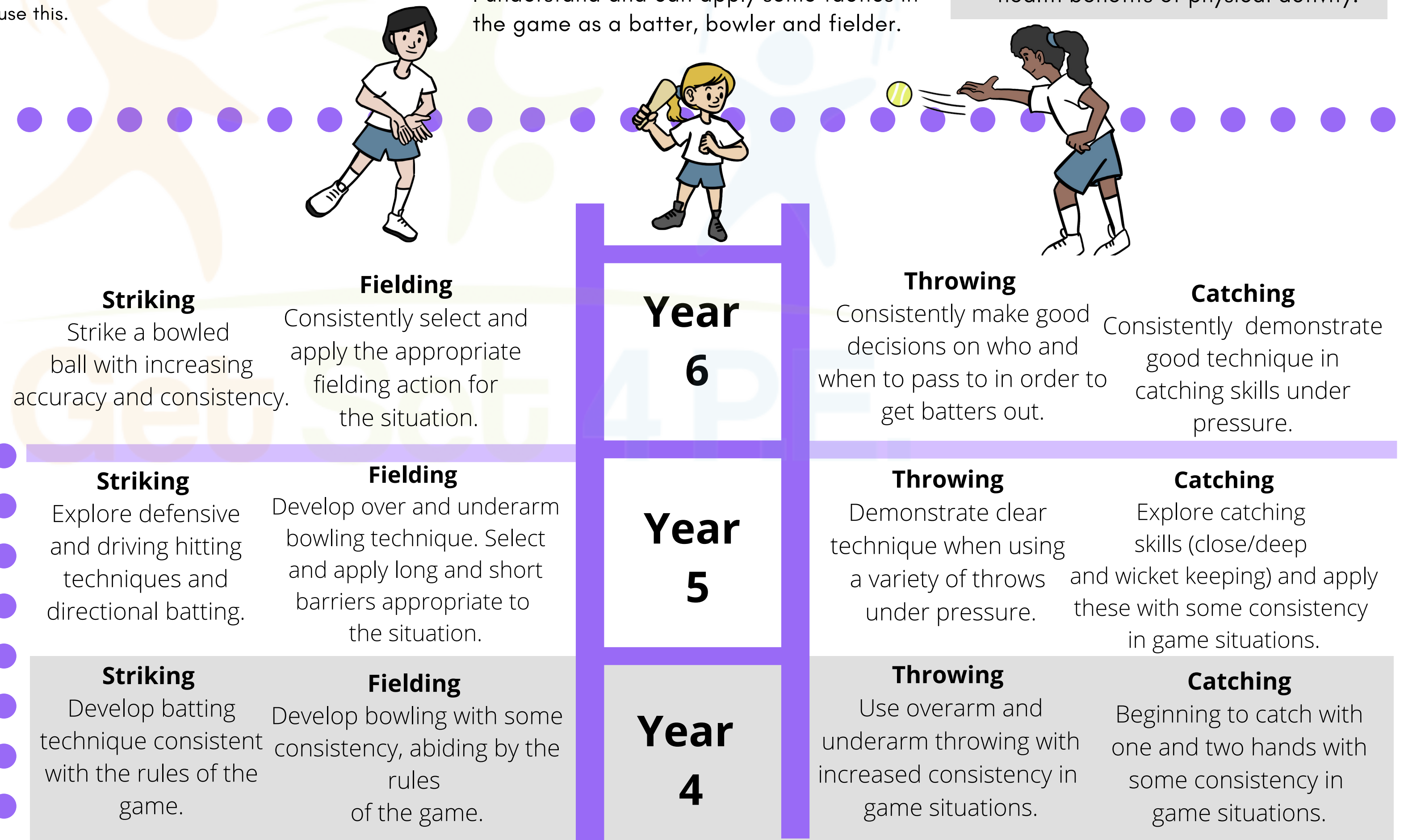
KS3 PE NC Subject Content

- Build on and embed the physical development and skills learnt in Key Stages 1 and 2.
- Become more competent, confident and expert in their techniques.
- Understand what makes a performance effective.
- Develop confidence and interest to get involved in exercise, sports and activities out of school and in later life.
- Understand and apply the long term health benefits of physical activity.

Progression of Skills Ladder

Other units that progress into this activity are:

Games
Ball Skills
Fundamentals
Striking and Fielding
Sending and Receiving



Links to the PE National Curriculum

All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to:

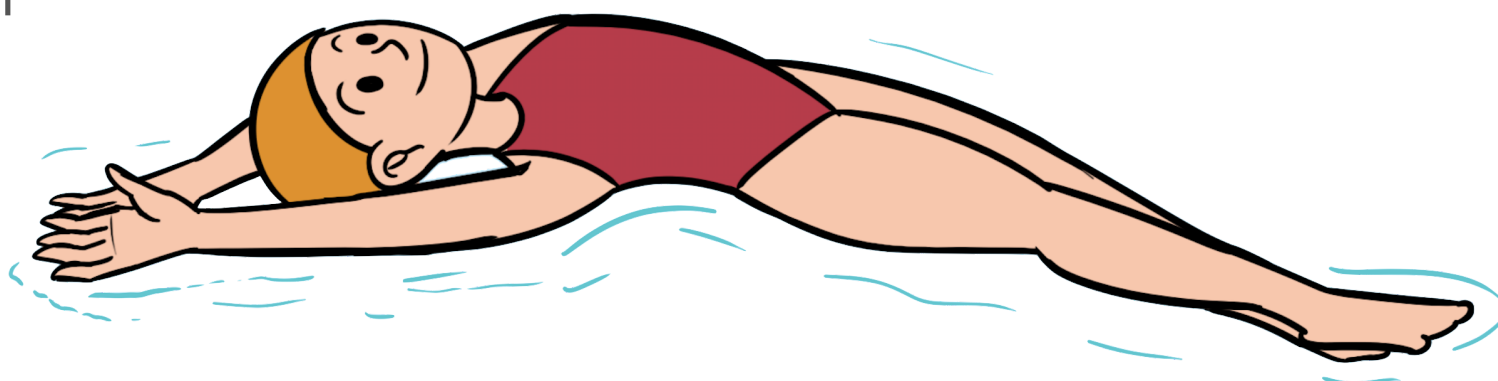
- swim competently, confidently and proficiently over a distance of at least 25 metres.
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke].
- perform safe self-rescue in different water-based situations.

Key Skills: Physical

- Rotation
- Sculling
- Treading water
- Gliding
- Front crawl
- Backstroke
- Breaststroke
- Surface dives
- Floating
- Huddle and H.E.L.P. position

Key Skills: S.E.T

- Social: Communication
- Social: Supporting and encouraging others
- Emotional: Determination
- Thinking: Creating
- Thinking: Decision making
- Thinking: Using tactics



Top Tips for Teachers

- Use the time you have travelling to and from the pool to discuss water safety. Find resources from Swim England in the resource bank to support this.
- It is recommended that all pupils wear swimming hats. Goggles are recommended for KS2.
- Have a range of buoyancy equipment available for less confident swimmers such as arm discs, swim belts and noodles.
- The Get Set 4 PE swimming plans are written for group sizes of 12. These can be taught for more or less pupils but you will need to be mindful of the equipment required and ratios of adults to pupils.
- The Year 1/2 SOW is written for beginner swimmers, the Y3/4 SOW is written for developing swimmers and the Y5/6 SOW is written for intermediate swimmers.
- When selecting lesson plans to teach, consider the level of your swimmers not necessarily the age.
- Always check the safety and pool guidelines of the facility you use before teaching.

Key Vocabulary:

- | | | |
|------------------------|-----------------------|---------------------|
| • personal best | • flutter kick | • exhale |
| • somersault | • surface | • inhale |
| • endurance | • propel | • continuous |
| • streamline | • synchronised | • retrieve |

Teacher Glossary

- Dolphin kick:** A dolphin kick is usually used for the butterfly stroke. Created by whipping motion with the legs.
- Body roll:** When a swimmer rotates their body from side to side.
- Glide:** When a swimmer coasts with a pause in their stroke.
- Stroke:** A style of swimming. There are four competitive strokes: butterfly, backstroke, breaststroke, freestyle.
- Flutter kick:** A kick used in crawl and backstroke in which the legs are extended straight back and alternately moved up and down with a slight bend in the knee on the upward movement.
- Sculling:** Using quick movements of the hands to keep the head above the water. Sculling can be done head first or feet first.
- Treading water:** A survival technique used to keep the head above the water.



Assessment Criteria

Year 3 and Year 4

All KS2 Swimming works towards achieving the same assessment criteria as that which is set out in the National Curriculum.

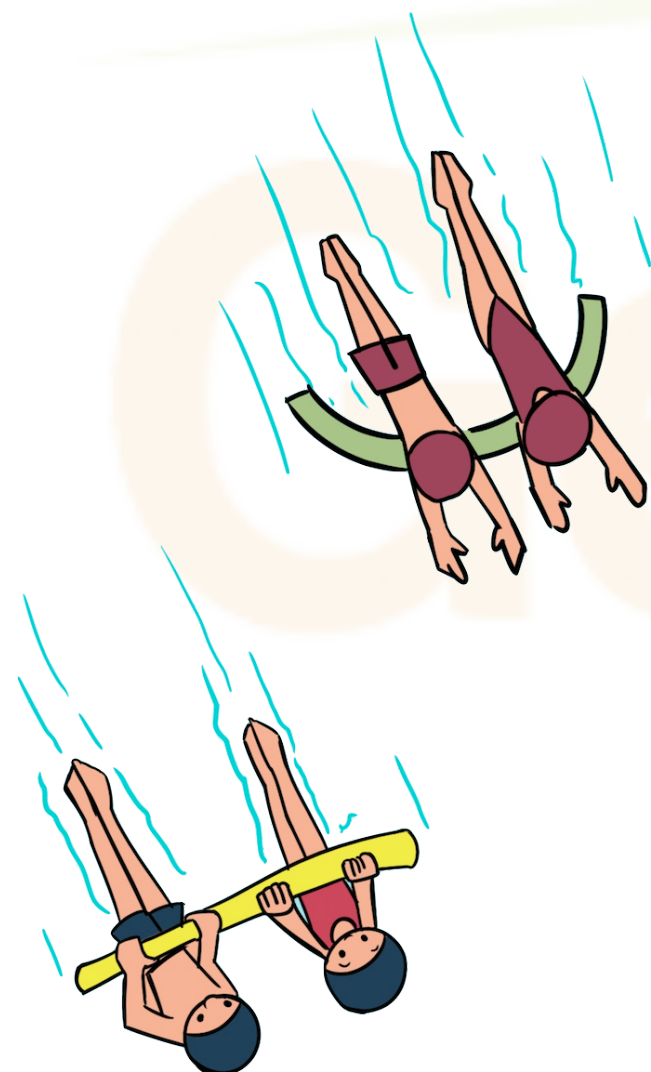
Year 5 and Year 6

- I can swim competently, confidently and proficiently over a distance of at least 25 metres.
- I can use a range of strokes effectively [for example, front crawl, backstroke and breaststroke].
- I can perform safe self-rescue in different water-based situations.

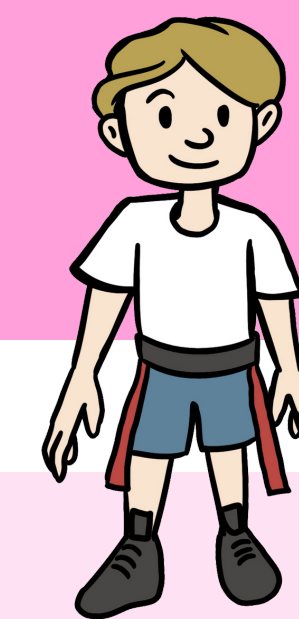
KS3 PE NC Subject Content

- Build on and embed the physical development and skills learnt in Key Stages 1 and 2.
- Become more competent, confident and expert in their techniques.
- Understand what makes a performance effective.
- Develop confidence and interest to get involved in exercise, sports and activities out of school and in later life.
- Understand and apply the long term health benefits of physical activity.

Progression of Skills Ladder



<p>Strokes Identify their personal best in a range of strokes. Successfully select and apply their fastest stroke over a distance of 25m.</p>	<p>Year 6</p>	<p>Breathing Demonstrate a smooth and consistent breathing technique in a range of strokes over a distance of 25m.</p>	<p>Water Safety Can select and apply the appropriate survival technique for the situation.</p>
<p>Strokes Demonstrate increased technique in a range of stokes, swimming over a distance of 25m.</p>	<p>Year 5</p>	<p>Breathing Explore underwater breaststroke breathing technique over a distance of 25m.</p>	<p>Water Safety Demonstrate a good understanding of water safety. Explore safety techniques to include the H.E.LP and huddle positions.</p>
<p>Strokes Explore technique for specific strokes to include head above water breaststroke, backstroke and front crawl.</p>	<p>Year 4</p>	<p>Breathing Demonstrate improved breathing technique in front crawl.</p>	<p>Water Safety Are comfortable with some personal survival techniques to include survival strokes such as sculling and treading water.</p>



Links to the PE National Curriculum

- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination.
- Pupils should be taught to play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.

Key Skills: Physical

- Throwing
- Catching
- Running
- Dodging
- Scoring

Key Skills: S.E.T

- Social: Communication
- Social: Collaboration
- Social: Inclusion
- Emotional: Honesty and fair play
- Emotional: Perseverance
- Emotional: Confidence
- Thinking: Planning strategies and using tactics
- Thinking: Observing and providing feedback
- Thinking: Selecting and applying skills



Key Rules

- **Tag:** Only the ball carrier may be 'tagged'. A tagged player has 3 steps or 3 seconds to pass the ball.
- **Offside rule:** When a tag is made, all defending players must get to an onside position. Onside is in front of the ball carrier, offside is behind the ball carrier.
- **Try:** To score, the ball must be placed down under control over the try line, this is called a try.
- **Forward pass:** Forward passes are not allowed and will be penalised by a free pass being given to the non-offending team. A forward pass is any pass where the ball travels in the direction of the teams scoring line (try line).

Key Vocabulary:

- | | | |
|-------------|--------------|-------------|
| • defence | • onside | • offside |
| • opponent | • possession | • attack |
| • formation | • dictate | • shut down |
| • pressure | • turnover | • support |
| • receiver | | |

Teacher Glossary

- Interception:** When a player takes possession of the ball away from the opposition as the ball is passed
- Possession:** When a team has the ball they are in possession
- Marking:** When a player defends an opponent
- Try line:** The line behind which a player must place the ball in order to score a try
- Formation:** The position in which a team stands
- Shut down:** When a defending player shuts down or limits the space or movement of the attacker
- Try:** The unit of scoring in tag rugby
- Tag:** When a player pulls the tag of the opposition who is in possession of the ball

Where this unit sits

Assessment Criteria

- I understand the rules of the game and I can use them often and honestly.
- I can delay an opponent and help prevent the other team from scoring.
- I can explain what happens to my body when I exercise and how this helps to make me healthy.
- I can help my team keep possession and score tries when I play in attack.
- I can pass and receive the ball with increasing control.
- I can provide feedback using key terminology and understand what I need to do to improve.
- I can use simple tactics to help my team score or gain possession.
- I share ideas and work with others to manage our game.

Year 4

- I can communicate with my team and move into space to keep possession and score.
- I can identify when I was successful and what I need to do to improve.
- I can pass and receive the ball with some control under pressure.
- I can tag opponents and close down space.
- I know what position I am playing in and how to contribute when attacking and defending.
- I understand the need for tactics and can identify when to use them in different situations.
- I understand the rules of the game and I can apply them honestly most of the time.
- I understand there are different skills for different situations and I am beginning to apply this.

Year 5

- I can create and use space to help my team.
- I can pass and receive the ball with increasing control under pressure.
- I can select the appropriate action for the situation and make this decision quickly.
- I can tag opponents individually and when working within a unit.
- I can use the rules of the game consistently to play honestly and fairly.
- I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.
- I can work in collaboration with others so that games run smoothly.
- I recognise my own and others strengths and areas for development and can suggest ways to improve.

Year 6

- Build on and embed the physical development and skills learnt in Key Stages 1 and 2.
- Become more competent, confident and expert in their techniques.
- Understand what makes a performance effective.
- Develop confidence and interest to get involved in exercise, sports and activities out of school and in later life.
- Understand and apply the long term health benefits of physical activity.

KS3 PE NC Subject Content

Progression of Skills Ladder

Other units that progress into this activity are:

- Games**
- Ball Skills**
- Fundamentals**
- Invasion Games**
- Sending and Receiving**

Sending & receiving

Develop making quick decisions about when, how and who to pass to.

Attacking

Explore creating attacking tactics with others in response to the game.

Defending

Explore creating and applying defending tactics with others in response to the game.

Space

Move to the correct space when transitioning from attack to defence.

Sending & receiving

Develop control when S&R under pressure.

Attacking

Explore creating tactics with others and applying them to game situations.

Defending

Develop tracking and marking with a variety of techniques and increased success.

Space

Move to create space for themselves and others in their team.

Sending & receiving

Develop passing to a teammate using a variety of techniques appropriate to the game.

Attacking

Develop decision making around when to pass and when to shoot.

Defending

Develop defending one on one and know when to win the ball.

Space

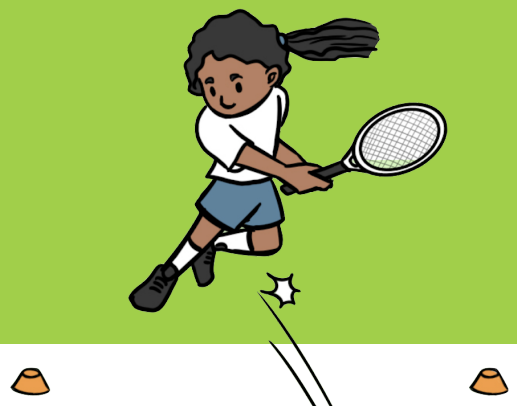
Move into space to help their team keep possession and score goals.



Year 6

Year 5

Year 4



Links to the PE National Curriculum

- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination.
- Pupils should be taught to play competitive games, modified where appropriate [for example badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.

Key Skills: Physical

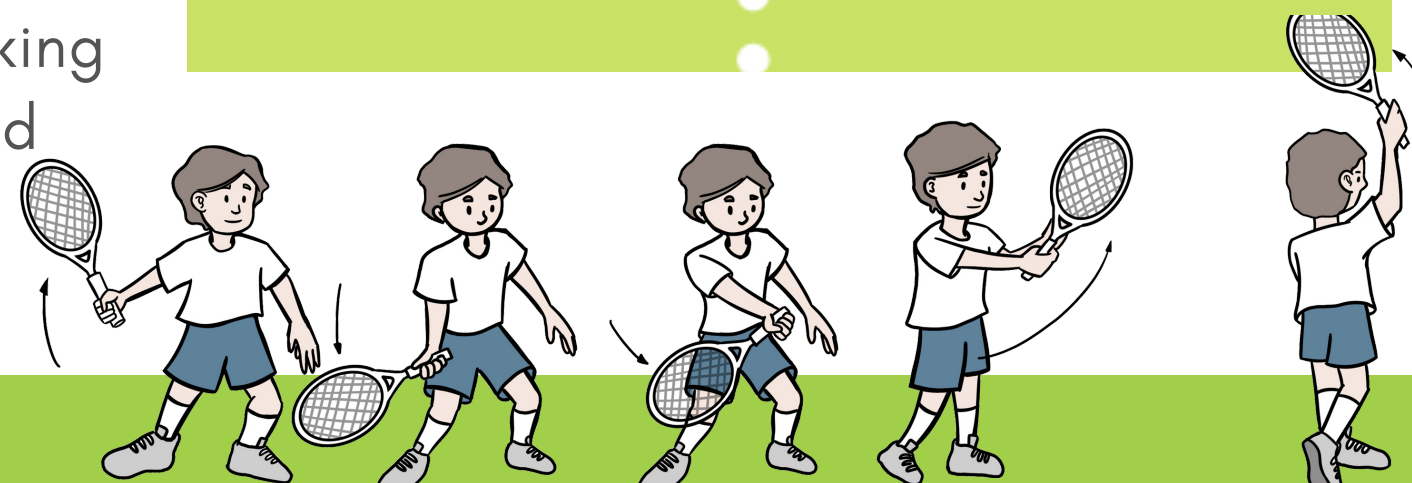
- Forehand groundstroke
- Backhand groundstroke
- Forehand volley
- Backhand volley
- Underarm serve

Key Skills: S.E.T

- Social: Collaboration
- Social: Communication
- Social: Respect
- Emotional: Honesty
- Thinking: Decision making
- Thinking: Selecting and applying tactics

Key principles of net and wall games

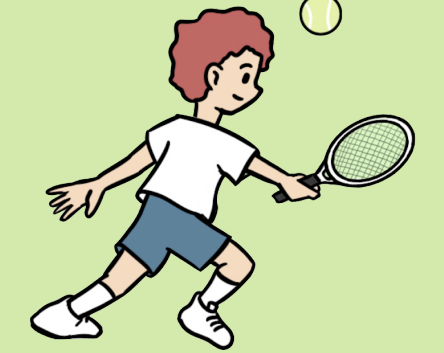
Attacking	Defending
Score points	Limit points
Create space	Deny space
Placement of an object	Consistently return an object



How to win a point

A player wins a point when :

- Opponent hits the ball in the net.
- Opponent hits the ball out of the court area.
- Opponent misses the ball.
- Ball bounces twice.
- Opponent does a double fault (meaning if they serve the ball and it hits the net, doesn't land on their opponent's side, they can have another go. If they miss again it is a double fault.)



Key Vocabulary:

• ready position • return • serve • outwit

• control • opponent • forehand • backhand

• volley • co-operatively • continuously

Teacher Glossary

Forehand: A stroke where the player hits the ball with their palm facing forward.

Backhand: A stroke where the player hits the ball with a swing that comes across their body.

Volley: When a player hits the ball before it bounces on the floor.

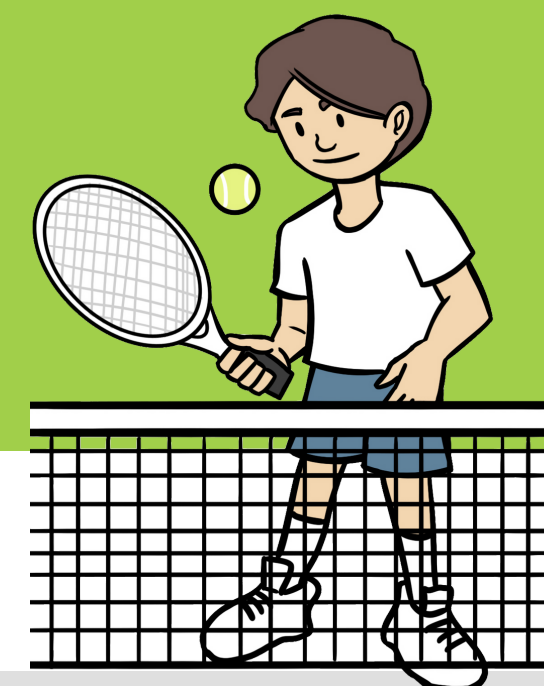
Ace: A serve that is a winner without the receiving player able to return the ball.

Baseline: The line indicating the back of the court.

Service line: The line that the ball must bounce before when serving.

Face: The top part of the racket that has the strings and is meant to hit the ball.

Where this unit sits



Assessment Criteria

Year 4

- I understand the rules of the game and I can use them often and honestly.
- I can communicate with my teammates to apply simple tactics.
- I can explain what happens to my body when I exercise and how this helps to make me healthy.
- I can provide feedback using key terminology and understand what I need to do to improve.
- I can return to the ready position to defend my own court.
- I can sometimes play a continuous game.
- I can use a range of basic racket skills.
- I share ideas and work with others to manage our game.

Year 5

- I am developing a wider range of skills and I am beginning to use these under some pressure.
- I can identify how different activities can benefit my physical health.
- I can identify when I was successful and what I need to do to improve.
- I can use feedback provided to improve my work.
- I can work cooperatively with others to manage our game.
- I understand the need for tactics and can identify when to use them in different situations.
- I understand the rules of the game and I can apply them honestly most of the time.
- I understand there are different skills for different situations and I am beginning to apply this.

Year 6

- I can select the appropriate action for the situation and make this decision quickly.
- I can use a wider range of skills with increasing control under pressure.
- I can use feedback provided to improve the quality of my work.
- I can use the rules of the game consistently to play honestly and fairly.
- I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.
- I can work in collaboration with others so that games run smoothly.
- I recognise my own and others strengths and areas for development and can suggest ways to improve.
- I understand that there are different areas of fitness and how this helps me in different activities.

Progression of Skills Ladder

Other units that progress into this activity are:

Games

Net and Wall Games

Ball Skills

Fundamentals

Sending and Receiving

<p>Shots Demonstrate increased success and technique in selecting and applying the appropriate shot for the situation.</p>	<p>Serving Serve accurately and consistently. Beginning to apply tactics to their serve.</p>	<p>Year 6</p>	<p>Rallying Successfully apply a variety of shots to keep a continuous rally.</p>	<p>Footwork Demonstrate a variety of footwork patterns relevant to the game they are playing.</p>	
<p>Shots Develop the range of shots used in the games they play.</p>	<p>Serving Develop their range of serving techniques appropriate to the game they are playing.</p>		<p>Year 5</p>	<p>Rallying Use a variety of shots to keep a continuous rally.</p>	<p>Footwork Demonstrate effective footwork patterns to move around the court.</p>
<p>Shots Demonstrate increased technique when using shots both cooperatively and competitively.</p>	<p>Serving Develop technique in serving underarm with increased consistency.</p>		<p>Year 4</p>	<p>Rallying Develop rallying using both forehand and backhand with increased technique.</p>	<p>Footwork Begin to use appropriate footwork patterns to move around the court.</p>

Links to the PE National Curriculum

- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination.
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Key Skills: Physical

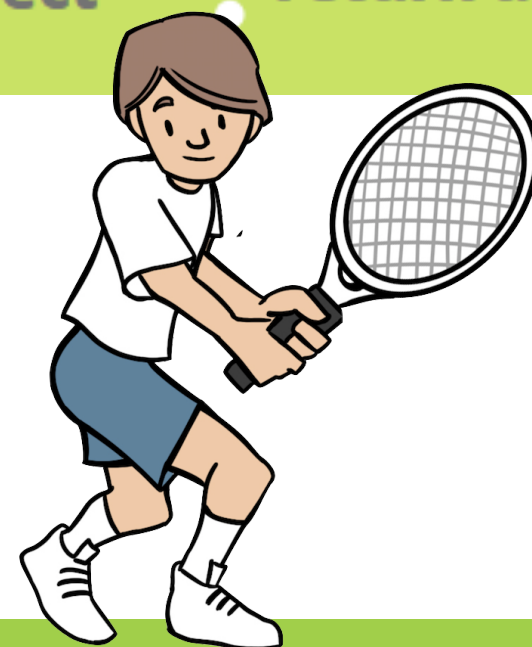
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- Emotional: Perseverance
- Thinking: Decision making
- Thinking: Selecting and applying tactics
- Thinking: Evaluating and improving

Key principles of net and wall games

Attacking	Defending
Score points	Limit points
Create space	Deny space
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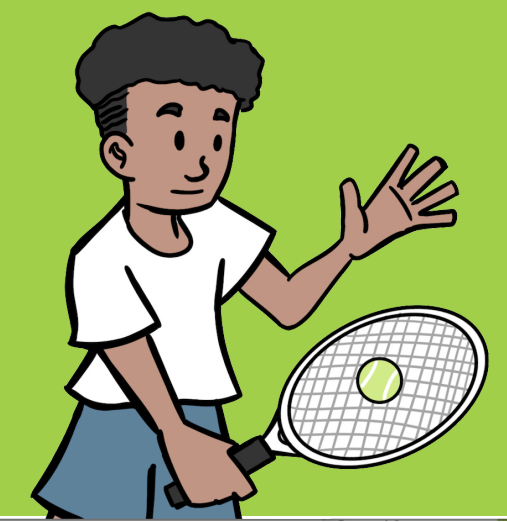
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Baseline: The line indicating the back of the court.

Service line: The line that the ball must bounce before when serving.

Face: The top part of the racket that has the strings and is meant to hit the ball.

Where this unit sits



Assessment Criteria

Year 5

- I am developing a wider range of skills and I am beginning to use these under some pressure.
- I can identify how different activities can benefit my physical health.
- I can identify when I was successful and what I need to do to improve.
- I can use feedback provided to improve my work.
- I can work cooperatively with others to manage our game.
- I understand the need for tactics and can identify when to use them in different situations.
- I understand the rules of the game and I can apply them honestly most of the time.
- I understand there are different skills for different situations and I am beginning to apply this.

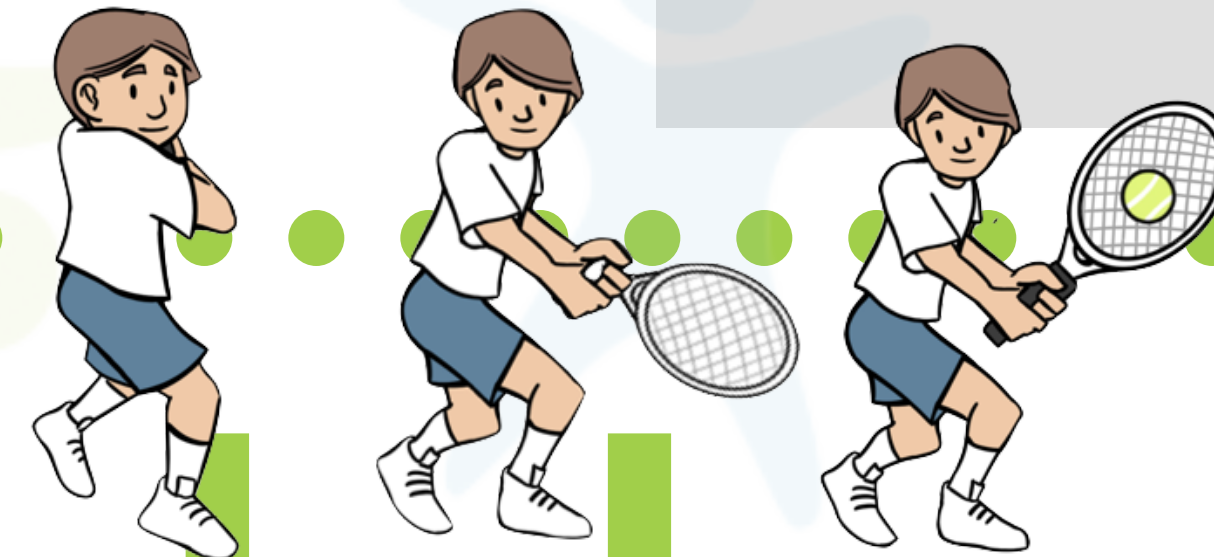
Year 6

- I can select the appropriate action for the situation and make this decision quickly.
- I can use a wider range of skills with increasing control under pressure.
- I can use feedback provided to improve the quality of my work.
- I can use the rules of the game consistently to play honestly and fairly.
- I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.
- I can work in collaboration with others so that games run smoothly.
- I recognise my own and others strengths and areas for development and can suggest ways to improve.
- I understand that there are different areas of fitness and how this helps me in different activities.

KS3 PE NC Subject Content

- Build on and embed the physical development and skills learnt in Key Stages 1 and 2.
- Become more competent, confident and expert in their techniques.
- Understand what makes a performance effective.
- Develop confidence and interest to get involved in exercise, sports and activities out of school and in later life.
- Understand and apply the long term health benefits of physical activity.

Progression of Skills Ladder



Shots

Demonstrate increased success and technique in selecting and applying the appropriate shot for the situation.

Serving

Serve accurately and consistently. Beginning to apply tactics to their serve.

Rallying

Successfully apply a variety of shots to keep a continuous rally.

Footwork

Demonstrate a variety of footwork patterns relevant to the game they are playing.

Year 6

Shots

Develop the range of shots used in the games they play.

Serving

Develop their range of serving techniques appropriate to the game they are playing.

Year 5

Rallying

Use a variety of shots to keep a continuous rally.

Footwork

Demonstrate effective footwork patterns to move around the court.

Other units that progress into this activity are:

Games

Net and Wall Games

Ball Skills

Fundamentals

Sending and Receiving



Links to the PE National Curriculum

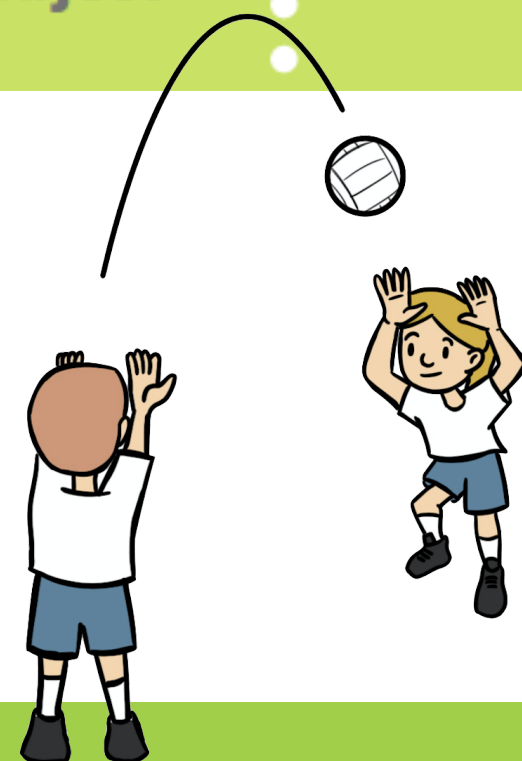
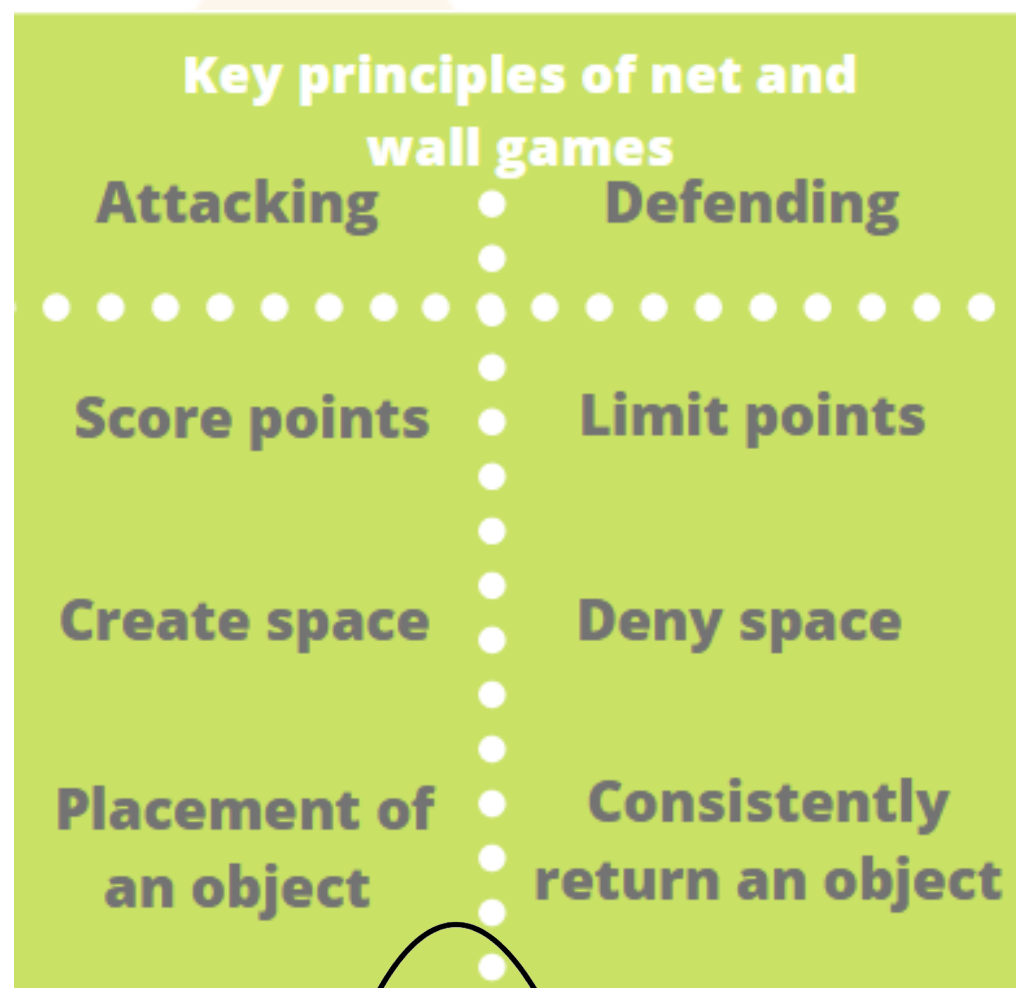
- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination.
- Pupils should be taught to play competitive games, modified where appropriate [for example badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.

Key Skills: Physical

- Ready position
- Serve
- Volley
- Set
- Dig

Key Skills: S.E.T

- Social: Communication
- Social: Respect
- Social: Supporting and encouraging others
- Emotional: Confidence
- Emotional: Perseverance
- Emotional: Honesty
- Thinking: Using tactics
- Thinking: Selecting and applying skills
- Thinking: Identifying strengths and areas for development



A rally is won when:

- The ball is not returned over the net within three hits.
- The receiving team lets the ball hit the ground.
- A player makes contact with the net.
- The ball lands outside the court area.
- A player touches the ball twice in a row.

Rotation and scoring:

- One team starts with service and the pupil who is at the back on the right starts with the serve.
- That pupil continues to serve for their team until they lose a rally.
- If the non-serving team wins the rally, they win the right to serve but not the point.
- Players rotate clockwise after winning the right to serve

Key Vocabulary:

- control
- return
- co-operatively
- deep
- serve
- dig
- defensive
- ready position
- consistently
- volley
- set
- opponent
- attack

Teacher Glossary

Attack: The offensive action of hitting the ball.

Baseline: The line indicating the back of the court.

Deep: Refers to sending the ball away from the net, toward the baseline of the opponent's court.

Serve: An action to put the ball into play.

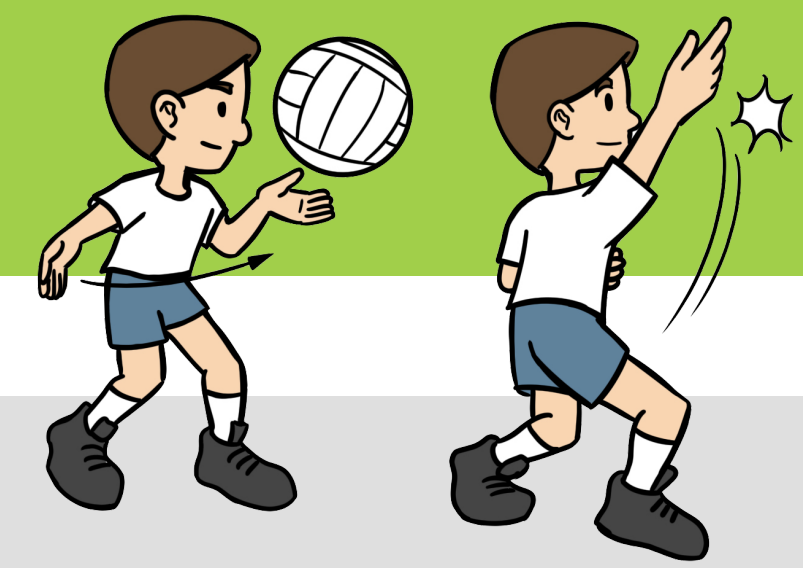
Ready position: The stance a player takes to get ready to move. Feet shoulder width apart, knees bent.

Dig: A defensive move used to keep the ball from hitting the floor after an opponent makes a hard downward hit.

Volley: A return of the ball before it touches the ground.

Set: An overhead contact of the ball, usually the second contact in a rally.

Where this unit sits



Assessment Criteria

Assessment criteria for the Net and Wall Games units in Year 4

Year 4

- I am developing a wider range of skills and I am beginning to use these under some pressure.
- I can identify when I was successful and what I need to do to improve.
- I can use feedback provided to improve my work.
- I can use the rules to referee a game.
- I can work co-operatively with others to manage our game.
- I understand the need for tactics and can identify when to use them in different situations.
- I understand the rules of the game and I can apply them honestly most of the time.
- I understand there are different skills for different situations and I am beginning to use these.

Year 5

- I am confident to make decisions when refereeing.
- I can select the appropriate action for the situation and make this decision quickly.
- I can use a wider range of skills with increasing control under pressure.
- I can use feedback provided to improve the quality of my work.
- I can use the rules of the game consistently to play honestly and fairly.
- I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.
- I can work in collaboration with others so that games run smoothly.
- I recognise my own and others strengths and areas for development and can suggest ways to improve.

Year 6

- Build on and embed the physical development and skills learnt in Key Stages 1 and 2.
- Become more competent, confident and expert in their techniques.
- Understand what makes a performance effective.
- Develop confidence and interest to get involved in exercise, sports and activities out of school and in later life.
- Understand and apply the long term health benefits of physical activity.

KS3 PE NC Subject Content

Progression of Skills Ladder

Other units that progress into this activity are:

- Games
- Net and Wall Games
- Ball Skills
- Fundamentals
- Sending and Receiving

	Shots	Serving	Year	Rallying	Footwork
	Demonstrate increased success and technique in selecting and applying the appropriate shot for the situation.	Serve accurately and consistently. Beginning to apply tactics to their serve.	6	Successfully apply a variety of shots to keep a continuous rally.	Demonstrate a variety of footwork patterns relevant to the game they are playing e.g. a split step and a chasse.
	Develop the range of shots used in the games they play.	Develop their range of serving techniques appropriate to the game they are playing.	5	Use a variety of shots to keep a continuous rally.	Demonstrate effective footwork patterns to move around the court.
	Demonstrate increased technique when using shots both cooperatively and competitively.	Develop technique in serving underarm with increased consistency.	4	Develop rallying using both forehand and backhand with increased technique.	Begin to use appropriate footwork patterns to move around the court.



Links to the PE National Curriculum

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.

- Pupils should be taught to develop flexibility, strength, technique, control and balance.

Top Tips for Teachers

- Repetition helps to reinforce learning. Repeat poses to allow the children to build on their yoga practise.
- Children will find it hard to concentrate for long periods of time. Mix up your teaching and know that children will be able to remain focused for different lengths of time and that that is ok.
- Keep safety in mind and ensure children work at a level they feel comfortable with.
- Use the word "try" so that the children learn to appreciate the process rather than the result.

Key Skills: Physical

- Balance
- Strength
- Flexibility
- Coordination

Key Skills: S.E.T

- Social: Leadership
- Social: Sharing ideas
- Social: Working safely
- Emotional: Confidence
- Emotional: Working independently
- Thinking: Creating
- Thinking: Selecting and applying actions
- Thinking: Observing and providing feedback



Key Vocabulary:

- | | | |
|--------------------------|---------------------|-------------------|
| • quality | • notice | • calm |
| • develop | • high lunge | • fluidity |
| • salutation | • transition | • practice |
| • collaboratively | • connected | • aware |

Teacher Glossary

Mindfulness: The process of purposely bringing one's attention to experiences occurring in the present moment.

Asana: Refers to physical poses and postures.

Pranayama: Refers to breathing techniques. Prana is our life force, our breath.

Namaste: In yoga this means 'the divine in me acknowledges the divine in you' and is a respectful way to start or end a class.

Where this unit sits



Assessment Criteria

Year 4

- I can describe how yoga makes me feel and can talk about the benefits of yoga.
- I can link poses together to create a yoga flow.
- I can provide feedback using key terminology and understand what I need to do to improve.
- I can transition from pose to pose in time with my breath.
- I can work collaboratively and effectively with others.
- I demonstrate yoga poses which show clear shapes.
- I show increasing control and balance when moving from one pose to another.

Year 5

- I am confident to lead others through poses and flows.
- I can create a yoga flow working safely with a partner.
- I can identify how different activities can benefit my physical health.
- I can move with control from one pose to another demonstrating good balance.
- I can provide feedback to others using key terminology.
- I can use feedback provided to improve my work.
- I can use my breath to move from pose to pose.
- I show strength and flexibility whilst holding yoga poses.

Year 6

- I am confident to lead others, demonstrating poses and teaching them my flow.
- I can use feedback provided to improve the quality of my work.
- I can use my breath to transition from one pose to another with control.
- I can use yoga poses to improve my flexibility, strength and balance.
- I choose poses which link easily from one to the other to help my sequence flow.
- I recognise my own and others strengths and areas for development and can suggest ways to improve.
- I understand that there are different areas of fitness and how this helps me in different activities.

KS3 PE NC Subject Content

- Build on and embed the physical development and skills learnt in Key Stages 1 and 2.
- Become more competent, confident and expert in their techniques.
- Understand what makes a performance effective.
- Develop confidence and interest to get involved in exercise, sports and activities out of school and in later life.
- Understand and apply the long term health benefits of physical activity.

Progression of Skills Ladder

Other units that progress into this activity are:

Fundamentals
Gymnastics

		Year 6		
	<p>Balance Link combinations of poses for balance with increased control in transition.</p>	<p>Flexibility Confidently transition from one pose to another showing extension connected to their breath.</p>	<p>Strength Explore poses that challenge their strength and work to maintain increased control and strength when in and transitioning between poses.</p>	<p>Mindfulness Explore methods they can use to control how they feel with some success.</p>
	<p>Balance Use their breath to maintain balance within a pose.</p>	<p>Flexibility Develop flexibility by connecting their movement with their breath.</p>	<p>Strength Demonstrate increased control and strength when in and transitioning between poses.</p>	<p>Mindfulness Understand that there are methods they can use to control how they feel.</p>
	<p>Balance Explore using their breath to maintain balance within a pose.</p>	<p>Flexibility Demonstrate increased extension in their poses.</p>	<p>Strength Demonstrate increased control and strength when in a pose.</p>	<p>Mindfulness Can engage with mindfulness activities with increased focus.</p>
		Year 5		
		Year 4		