

Woodloes Primary

	Year 3	Year 4	Year 5	Year 6
Autumn 1	<p style="text-align: center;">Dodgeball</p> <ul style="list-style-type: none"> • Use space effectively in games • Change direction in games showing balance and control • Use a variety of throwing techniques in a game • Use tactics as part of a team • <i>Encourage and work with others</i> • <i>Use game rules showing honesty and fairness</i> • <i>Select from a wider range of actions for a task</i> 	<p style="text-align: center;">Tag rugby</p> <ul style="list-style-type: none"> • Create and use space in games • Change direction with control to gain advantage in games • Catch a ball passed by a teammate in a game • Use a wider range of throwing techniques in games • Pass a ball accurately to a teammate in a game • Use tactics to benefit their team in a game • <i>Self manage simple activities</i> • <i>Use game rules showing honesty and fairness</i> • <i>Make quick decisions when selecting appropriate actions</i> 	<p style="text-align: center;">Quiksticks</p> <ul style="list-style-type: none"> • Create and use space for self and others in games • Change direction using different techniques to gain advantage • Dribble for advantage in games when under pressure • Pass accurately to teammates under pressure • Receive a pass from a teammate under pressure • Attempt pass interceptions • Use attacking and defensive positioning • Understand game tactics and apply them appropriately • <i>Leadership skills</i> • <i>Effective communication</i> • <i>Compete within rules, use fair play when playing independently</i> • <i>Select and apply appropriate skills under pressure</i> • <i>Recognise and explain decisions in games</i> 	<p style="text-align: center;">N/a</p>

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	Year 3	Year 4	Year 5	Year 6
Autumn 2	<p>Handball</p> <ul style="list-style-type: none"> • Use space effectively in games • Catch a ball passed by a teammate or partner • Use a variety of throwing techniques in games • Pass a ball to a partner or teammate • Use simple tactics as part of a team • <i>Self manage simple activities</i> • <i>Use game rules showing honesty and fairness</i> • <i>Make quick decisions when selecting appropriate actions</i> 	<p>Dodgeball</p> <ul style="list-style-type: none"> • Change direction / dodge • Throwing techniques • Catching in games • Throwing accuracy • Team tactics • <i>Encourage and work with others</i> • <i>Use game rules showing honesty and fairness</i> • <i>Select from a wider range of actions for a task</i> 	<p>Gymnastics</p> <ul style="list-style-type: none"> • Show increasing control and consistency when performing balances and moving from one balance to another • Demonstrate the use of strength to improve the quality of poses and actions and increase the range of poses and actions they can attempt • Use flexibility to improve the quality of poses and actions and increase the range of transitions used to link them • Plan and perform more complex sequences of movements individually or with a partner showing good control and technique • <i>Share ideas with others and agree on a method for approaching a task</i> • <i>Reflect on their own performance and suggest areas for improvement</i> • <i>Critically analyse the performance of others using correct terminology and provide sensitive feedback</i> 	<p>N/a</p>

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Spring 1	<p>Gymnastics</p> <ul style="list-style-type: none"> • Perform a wider range of balances with increasing stability and control • Begin to demonstrate some strength and control when taking weight on different body parts for longer periods of time • Demonstrate increased extension and flexibility in poses and actions • Create routines choosing actions which flow together well on the floor and on apparatus • <i>Work with others to achieve a shared goal</i> • <i>Persevere with a task when it proves challenging</i> • <i>Show empathy when giving feedback</i> • <i>Select form a wider range of actions in response to a task</i> • <i>Provide appropriate feedback using key terminology correctly</i> 	<p>Gymnastics</p> <ul style="list-style-type: none"> • Perform balances individually and with a partner using appropriate body tension, showing control and stability. • Demonstrate increasing strength and control when taking weight on different body parts and explore taking the weight of others • Demonstrate increased extension and flexibility in more complex poses and actions • Plan and perform sequences of movements individually or with a partner showing increased control and technique • <i>Work with others to achieve a shared goal</i> • <i>Persevere with a task when it proves challenging</i> • <i>Show empathy when giving feedback</i> • <i>Select form a wider range of actions in response to a task</i> • <i>Provide appropriate feedback using key terminology correctly</i> 	N/a	<p>Gymnastics</p> <ul style="list-style-type: none"> • Perform and combine more complex balances with a good level of control, technique and fluency • Demonstrate more complex actions with a good level of strength and flexibility • Confidently transition between actions demonstrating an appropriate level of control for the complexity of the action • Plan and perform a sequence of more complex actions incorporation a wide range of skills with control, precision and fluency • <i>Share ideas with others and agree on a method for approaching a task</i> • <i>Reflect on their own performance and suggest areas for improvement</i> • <i>Critically analyse the performance of others using correct terminology and provide sensitive feedback</i>

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Spring 2	<p>Football</p> <ul style="list-style-type: none"> • Use space effectively in game situations • Dribble a ball with feet and keep possession in a game situation • Pass a ball with some accuracy to a partner using a kick • Use simple tactics individually and as part of a team • <i>Self manage simple activities</i> • <i>Use game rules showing honesty and fairness</i> • <i>Make quick decisions when selecting appropriate actions</i> 	<p>Hockey</p> <ul style="list-style-type: none"> • Create and use space in games • Change direction with a ball under control to gain advantage • Pass a ball accurately to a teammate in a game using equipment • Receive a pass using equipment from a teammate in a game • Link dribbling with other actions • Use tactics to benefit their team in a game • <i>Self manage simple activities</i> • <i>Use game rules showing honesty and fairness</i> • <i>Make quick decisions when selecting appropriate actions</i> 	N/a	<p>Football</p> <ul style="list-style-type: none"> • Create and use space for self and others under pressure • Change direction to gain advantage under pressure • Use dribbling to change the pace of a game • Use varied passing techniques to outwit opponents • Receive a ball from a teammate considering next move • Pass interception • Use of tactics, evaluation and adaptation • <i>Leadership skills</i> • <i>Effective communication</i> • <i>Compete within rules, use fair play when playing independently</i> • <i>Select and apply appropriate skills under pressure</i> • <i>Recognise and explain decisions in games</i>

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Summer 1	<p style="text-align: center;">Athletics</p> <ul style="list-style-type: none"> • Running technique, understand role of different body parts • Run at different speeds at appropriate times • Jumping technique for distance, understand how different body parts are used • Link running and jumping • Throwing technique with ball/howler • <i>Encourage and motivate others</i> • <i>Understand personal goals and work towards them</i> • <i>Use key vocabulary in feedback</i> 	<p style="text-align: center;">Cricket</p> <ul style="list-style-type: none"> • Understand space in the context of fielding and use it effectively • Bowl a cricket ball with some knowledge of technique • Use a range of throwing techniques when fielding • Catch a ball under pressure • Strike a ball with a bat using different techniques • Use tactics effectively to benefit their team • <i>Work with others to self manage simple activities</i> • <i>Use game rules with an awareness of honesty and fairness</i> • <i>Make faster, more complex decisions when selecting actions</i> 	<p>N/a</p>	<p style="text-align: center;">Cricket</p> <ul style="list-style-type: none"> • Understand space in fielding and change formation as appropriate to situation • Accurately bowl a cricket ball using correct technique • Use a wider range of throwing techniques when fielding • Catch a ball in a game and show clear awareness of next move • Strike a ball with a bat using a range of techniques, aiming accurately into an area which gives them an advantage in a game • Work with others to develop tactics, then evaluate their effectiveness and adapt as necessary • <i>Show leadership skills with awareness of inclusion for all</i> • <i>Show clear, effective communication skills</i> • <i>Compete within game rules, showing fair play when working independently</i> • <i>Select and apply appropriate skills under pressure</i> • <i>Recognise and explain decisions when playing games</i>
Summer 2	<p style="text-align: center;">Rounders</p> <ul style="list-style-type: none"> • Run, stop, change direction • Understand space in the context of fielding • Use a range of throwing techniques • Catch a ball with one or two hands • Strike a ball with a bat using different techniques • Use individual and team tactics • <i>Work with others to self manage simple activities</i> • <i>Use game rules with an awareness of honesty and fairness</i> • <i>Make faster, more complex decisions when selecting actions</i> 	<p style="text-align: center;">Athletics</p> <ul style="list-style-type: none"> • Adapt running style for different distances • Articulate, at a basic level, an understanding of running technique • Jumping technique linked with running • Realistic target setting • Throwing technique with ball/howler, articulate using correct vocabulary • <i>Encourage and motivate others</i> • <i>Understand personal goals and work towards them</i> • <i>Use key vocabulary in feedback</i> 	<p style="text-align: center;">Tennis</p> <ul style="list-style-type: none"> • Move effectively in a playing space • Strike a ball accurately with a racket in a competitive situation • Understand effective strategy in an individual game • Track a ball played by an opponent and move to return it • <i>Compete within game rules, fair play</i> • <i>Apply appropriate skills under pressure</i> 	<p>N/a</p>