



# PE CYCLE A&B

PE CYCLE A&B						
	AUTUMN		SPRING		SUMMER	
EYFS	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
	<p>COOPERATION GAMES</p> <p>BIG QUESTION: Can you cooperate and listen to instructions when using the parachute?</p>	<p>BALL SKILLS</p> <p>BIG QUESTION: Can I throw and catch a large ball?</p>	<p>BALL SKILLS – AIM, PUSH, THROW, PAT OR KICK</p> <p>BIG QUESTIONS: Can you improve your ball control skills?</p>	<p>BALANCE</p> <p>BIG QUESTION: Can I move with confidence?</p>	<p>OBSTACLE ACTIVITIES</p> <p>BIG QUESTION: Can I move under, over, through and around equipment?</p>	<p>TEAM RACES</p> <p>BIG QUESTION: Can I try my best in a race and enjoy taking part even if I don't win?</p>
	<p>EXPLORING MOVEMENT</p> <p>BIG QUESTION: Can you run, skip, hop, crawl or roll?</p>	<p>BALANCE</p> <p>BIG QUESTION: Can you use a range of wheeled resources, showing balance and confidence?</p>	<p>GYMNASTICS (BALANCE)</p> <p>BIG QUESTION: Can you balance when working on a line?</p>	<p>DANCING</p> <p>BIG QUESTION: Can you can move your body in time with the music?</p>	<p>EXPLORING MOVEMENT</p> <p>BIG QUESTION: Can you spin, rock, tilt, fall, slide and bounce with confidence?</p>	<p>GYMNASTICS</p> <p>BIG QUESTION: Can I balance my body in different ways?</p>
YEAR 1	AUTUMN 1	AUTUMN 1	SPRING 1	SPRING 1	SUMMER 1	SUMMER 1
	<p>SENDING - THROWING</p> <p>BIG QUESTION: Can you throw accurately?</p>	<p>GYMNASTICS – JUMPING</p> <p>BIG QUESTION: Can you jump in a variety of ways?</p>	<p>SENDING – WITH EQUIPMENT</p> <p>BIG QUESTION: Can you send a ball with various equipment?</p>	<p>GYMNASTICS - BALANCE</p> <p>BIG QUESTION: Can you balance in a variety of ways?</p>	<p>ATHLETICS - RUNNING</p> <p>BIG QUESTION: Can you run with control at various speeds?</p>	<p>ATTACKING SKILLS</p> <p>BIG QUESTION: Can you move effectively with a ball?</p>
	<p>PRIOR LEARNING: EYFS throwing and catching;</p> <p>NEXT STEPS: sending with equipment Y1; sending and receiving Y2; sending</p>	<p>PRIOR LEARNING: EYFS climbing outdoor equipment; different ways of moving; skipping</p>	<p>PRIOR LEARNING: EYFS; sending – throwing Y1</p> <p>NEXT STEPS: sending and receiving Y2; sending and receiving with equipment</p>	<p>PRIOR LEARNING: EYFS balance bikes; gymnastics balance</p> <p>NEXT STEPS: gymnastics – balance Y2; gymnastics –</p>	<p>PRIOR LEARNING: EYFS races; obstacle races with children moving over, under, through and around equipment</p>	<p>PRIOR LEARNING: EYFS aiming, dribbling, pushing, throwing</p> <p>NEXT STEPS: invasion games Y2; net and wall Y2;</p>

	and receiving with equipment Y2; striking and fielding Y3; athletics – throwing Y3; striking and fielding Y4; athletics – throwing Y5; striking and fielding Y5; striking and fielding Y6	NEXT STEPS: athletics – jumping Y1; gymnastics – jumping Y2; athletics – running and jumping Y3; gymnastics – jumping and rolling Y3; gymnastics – jumping and flight Y4; athletics – jumping Y4; gymnastics Y5; gymnastics – vaulting and flight Y5; athletics – jumping and running Y5; gymnastics – vaulting Y6	Y2; striking and fielding Y3; athletics – throwing Y3; striking and fielding Y4; athletics – throwing Y5; striking and fielding Y5; striking and fielding Y6	balance Y3; gymnastics – rolling and balance Y4; gymnastics Y5; gymnastics Y6	NEXT STEPS: athletics – running Y2; athletics – running Y4; athletics – jumping and running Y5; athletics – running Y6	net and wall Y3; invasion games Y3; invasion games Y4; net and wall Y4; net and wall Y5; invasion games Y5; net and wall Y6; invasion games Y6
	VOCABULARY: bounce, throw, pass, overarm, underarm, roll, travel, stillness, direction, control, over, under, grip, safety	VOCABULARY: Stretched, curled, tucked, turn, speed, fast, slow, travel, stillness, extension, direction, space, take off, landing, control, over, under, sequence	VOCABULARY: strike, target, shoot, score, aim, bounce, throw, pass, overarm, underarm, roll, strike, forwards, backwards, sideways, target, shoot, score, aim, safety.	VOCABULARY: stillness, balance, extension, travel, direction, control, over, under, through, hang, grip, sequence, stretched, curled, tucked, turn, forwards, backwards, sideways, space, control, on	VOCABULARY: walk, jog, run, hop, skip, jump, forwards, backwards, sideways, speed, fast, slow, pulse rate, heartbeat	VOCABULARY: bounce, throw, pass, catch, overarm, underarm, roll, strike
	ENQUIRY QUESTIONS: 1. Can you demonstrate mobility and co-ordination? 2. Can you throw with speed and agility? 3. Can you apply appropriate effort to control an objects flight? 4. Can you roll a ball accurately?	ENQUIRY QUESTIONS: 1. What are the names of the shapes that we use in gymnastics? 2. Can you find ways of travelling using the shapes we have learned? 3. Can you jump and use these shapes? 4. Can you travel on/across/off	ENQUIRY QUESTIONS: 1. Can you throw a ball from a pop lacrosse stick? 2. Can you hit a golf ball from a stationary position? 3. Can you move with a hockey ball and shoot at a target? 4. Can you hit a baseball from a batting tee?	ENQUIRY QUESTIONS: 1. How can we balance on different body parts? 2. How many large parts of your body can you balance on? (patches) 3. How many small parts of your body can you balance on? (points) 4. Can you perform balances using low level equipment?	ENQUIRY QUESTIONS: 1. Can you travel with control using various stride lengths? 2. Can you control movements in response to specific instructions? 3. Can you walk and run with good balance and posture? 4. Can you copy movements with co-ordination and control?	ENQUIRY QUESTIONS: 1. Can you travel in different directions with control? 2. Can you travel with a ball in different ways? (dribble, hold, bouncing) 3. Can you dribble a ball in different directions? 4. Can you travel with a ball in ball in different

<p>5. Can you throw with accuracy?</p> <p>6. Can you use an underarm action to throw accurately at a target?</p>	<p>apparatus showing these shapes?</p> <p>5. What is a jumping sequence?</p> <p>6. Can you perform your sequence on floor/mats/apparatus?</p>	<p>5. Can you hit a moving tennis ball?</p> <p>6. Can you use a smaller bat to hit a smaller ball? (table tennis)</p>	<p>5. Can you perform balances on higher level equipment?</p> <p>6. Can you make a sequence of balances?</p>	<p>5. Can you start, stop and change pace with control in response to instructions?</p> <p>6. Can you run on a curve with co-ordination and control?</p>	<p>directions? (pop lacrosse)</p> <p>5. Can you travel and pass the ball to another player? (football, basketball)</p> <p>6. Can you use your travelling and passing skills in a game?</p>
<b>AUTUMN 2</b>	<b>AUTUMN 2</b>	<b>SPRING 2</b>	<b>SPRING 2</b>	<b>SUMMER 2</b>	<b>SUMMER 2</b>
<p>RECEIVING – CATCHING</p> <p>BIG QUESTION: Can you catch a variety of balls?</p>	<p><b>DANCE</b></p> <p>BIG QUESTION: Can you dance to a rhythm?</p>	<p>RECEIVING – WITH EQUIPMENT</p> <p>BIG QUESTION: Can you receive a ball with various equipment?</p>	<p>GYMNASTICS – ROLLING</p> <p>BIG QUESTION: Can you roll in a variety of ways?</p>	<p>ATHLETICS – JUMPING</p> <p>BIG QUESTION: Can you jump in a variety of ways?</p>	<p>STRIKING AND FIELDING</p> <p>BIG QUESTION: Can you strike and field a ball?</p>
<p>PRIOR LEARNING: EYFS ball skills catching; aiming, pushing, throwing, catching, patting</p> <p>NEXT STEPS: receiving with equipment Y1; sending and receiving Y2; striking and fielding Y2; sending and receiving with equipment Y2; striking and feilding Y3; athletics throwing Y3; striking and fielding Y4; athletics throwing Y5; striking and fielding Y5; striking and fielding Y6</p>	<p>PRIOR LEARNING: EYFS dance/moving to music</p> <p>NEXT STEPS: dance Y2; dance Y3; dance Y4; Scottish dance Y5; line dancing Y6</p>	<p>PRIOR LEARNING: EYFS, receiving Y1</p> <p>NEXT STEPS: sending and receiving Y2; striking and fielding Y2; sending and receiving with equipment Y2; striking and feilding Y3; athletics throwing Y3; striking and fielding Y4; athletics throwing Y5; striking and fielding Y5; striking and fielding Y6</p>	<p>PRIOR LEARNING: EYFS rock, tilt, roll</p> <p>NEXT STEPS: gymnastics rolling Y2; gymnastics jumping and rolling Y3; gymnastics jumping and rolling Y4; gymnastics Y5; gymnastics Y6</p>	<p>PRIOR LEARNING: EYFS</p> <p>NEXT STEPS: gymnastics – jumping Y2; athletics – jumping Y2; athletics – running and jumping Y3; gymnastics – jumping and rolling Y3; gymnastics – jumping and flight Y4; athletics – jumping Y4; gymnastics Y5; gymnastics – vaulting and flight Y5; athletics – jumping and running Y5; gymnastics – vaulting Y6</p>	<p>PRIOR LEARNING: sending throwing Y1; sending with equipment Y1; receiving – catching Y1; receiving with equipment Y1</p> <p>NEXT STEPS: sending and receiving Y2; sending and receiving with equipment Y2; striking and fielding Y3; athletics – throwing Y3; striking and fielding Y4; athletics – throwing Y5; striking and fielding Y5; striking and fielding Y6</p>

	<p>VOCABULARY: catch, bounce, track, rebound, cup</p>	<p>VOCABULARY: rhythm, forwards, backwards, sideways, stretched, curled, tucked, turn, spin, speed, fast, slow, stillness, balance, extension, travel, direction, take off, landing, control, over, under, through, sequence</p>	<p>VOCABULARY: grip, block, stop, catch, return</p>	<p>VOCABULARY: log (pencil) roll, teddy bear roll, rock, forwards, backwards, sideways, stretched, curled, tucked, turn, speed, fast, slow, stillness, extension, rhythm, travel, direction, space, control, over, under, through, sequence</p>	<p>VOCABULARY: space, take off, landing, travel, stillness, direction, control, forwards, backwards, sideways</p>	<p>VOCABULARY: bounce, throw, pass, catch, overarm, underarm, roll, strike</p>
	<p>ENQUIRY QUESTIONS:</p> <ol style="list-style-type: none"> <li>1. Can you track and receive a ball which is rolling towards you?</li> <li>2. Can you track and receive a ball rolling from various directions?</li> <li>3. Can you throw a ball into the air and catch it?</li> <li>4. Can you bounce and catch a ball?</li> <li>5. Can you catch a ball after a rebound from a net and wall?</li> <li>6. Can you catch balls of various size with control?</li> </ol>	<p>ENQUIRY QUESTIONS:</p> <ol style="list-style-type: none"> <li>1. Can you dance with an object?</li> <li>2. Can you use your body and an object to express an idea?</li> <li>3. Can you move in different ways?</li> <li>4. Can you make different shapes with your body?</li> <li>5. Can you make different shapes with others?</li> <li>6. Can you dance in different formations?</li> </ol>	<p>ENQUIRY QUESTIONS:</p> <ol style="list-style-type: none"> <li>1. Can you use a hockey stick to stop a moving ball?</li> <li>2. Can you catch a ball in a pop lacrosse stick?</li> <li>3. Can you receive and return a tennis ball?</li> <li>4. Can I receive and return a small ball? (polybat)</li> <li>5. Can I receive and return a small ball with increasing accuracy? (table tennis)</li> <li>6. Can I receive and hit a shuttlecock?</li> </ol>	<p>ENQUIRY QUESTIONS:</p> <ol style="list-style-type: none"> <li>1. Can you perform a log roll (pencil roll) with increasing control?</li> <li>2. Can you perform a forward roll?</li> <li>3. Can you perform a teddy bear roll with increasing finesse?</li> <li>4. Can you rock backwards and show hand position for a backward roll?</li> <li>5. Can you create a sequence of rolls?</li> <li>6. Can you perform your roll sequence, listen to feedback and improve your performance?</li> </ol>	<p>ENQUIRY QUESTIONS:</p> <ol style="list-style-type: none"> <li>1. Can you demonstrate various jumps in response to instructions?</li> <li>2. Can you jump for height with control and balance?</li> <li>3. Can you take off from different positions?</li> <li>4. Can you jump from side to side with co-ordination and balance?</li> <li>5. Can you jump for distance?</li> <li>6. Can you link steps and jumps with balance and co-ordination?</li> </ol>	<p>ENQUIRY QUESTIONS:</p> <ol style="list-style-type: none"> <li>1. Can you throw a ball in the air, strike it with your hand and run to a base? Can you retrieve a ball and return it to the base/start?</li> <li>2. Can you strike a ball thrown towards you with your hand and run to a base? Can you retrieve a ball and return it to the base/start?</li> <li>3. Can you strike a ball with a cricket bat and run between the stumps? Can you retrieve a ball and return it to the base/start?</li> <li>4. Can you strike a baseball from a tee</li> </ol>

						<p>and run to a base? Can you retrieve a ball and return it to the base/start?</p> <p>5. Can you strike a rounder's ball from a tee and run to a base? Can you retrieve a ball and return it to the base/start?</p> <p>6. Can you strike a baseball which is softly thrown towards you? Can you retrieve a ball and return it to the base/start?</p>
YEAR 2	AUTUMN 1	AUTUMN 1	SPRING 1	SPRING 1	SUMMER 1	SUMMER 1
	SENDING AND RECEIVING  BIG QUESTION: Can you send and receive a ball?	GYMNASTICS – JUMPING  BIG QUESTION: Can you jump in a variety of ways with control?	INVASION GAMES  BIG QUESTION: Can you move to find space in a game?	GYMNASTICS – BALANCE  BIG QUESTION: Can you balance in a variety of ways with increasing control?	ATHLETICS – JUMPING  BIG QUESTION: Can you jump in a variety of ways with increasing control?	STRIKING AND FIELDING  BIG QUESTION: Can you strike and field a ball?
	PRIOR LEARNING: sending with equipment Y1  NEXT STEPS:	PRIOR LEARNING: athletics – jumping Y1;  NEXT STEPS: gymnastics – jumping Y2; athletics – jumping Y2;	PRIOR LEARNING: attacking skills Y1  NEXT STEPS: net and wall Y2; net and wall Y3; invasion games Y3;	PRIOR LEARNING: gymnastics – balance Y1  NEXT STEPS: gymnastics – balance Y3; gymnastics – rolling and balance Y4;	PRIOR LEARNING: athletics – jumping Y1  NEXT STEPS: gymnastics – jumping Y2; athletics – jumping Y2; athletics –	PRIOR LEARNING: sending throwing Y1; sending with equipment Y1; receiving – catching Y1; receiving with equipment Y1; sending and receiving Y2

<p>sending and receiving Y2; striking and fielding Y2; sending and receiving with equipment Y2; striking and fielding Y3; athletics throwing Y3; striking and fielding Y4; athletics throwing Y5; striking and fielding Y5; striking and fielding Y6</p>	<p>athletics – running and jumping Y3; gymnastics – jumping and rolling Y3; gymnastics – jumping and flight Y4; athletics – jumping Y4; gymnastics Y5; gymnastics – vaulting and flight Y5; athletics – jumping and running Y5; gymnastics – vaulting Y6</p>	<p>invasion games Y4; net and wall Y4; net and wall Y5; invasion games Y5; net and wall Y6; invasion games Y6</p>	<p>gymnastics Y5; gymnastics Y6</p>	<p>running and jumping Y3; gymnastics – jumping and rolling Y3; gymnastics – jumping and flight Y4; athletics – jumping Y4; gymnastics Y5; gymnastics – vaulting and flight Y5; athletics – jumping and running Y5; gymnastics – vaulting Y6</p>	<p>NEXT STEPS: sending and receiving with equipment Y2; striking and fielding Y3; athletics – throwing Y3; striking and fielding Y4; athletics – throwing Y5; striking and fielding Y5; striking and fielding Y6</p>
<p>VOCABULARY: Bounce, throw, pass, catch, overarm, underarm, roll, strike, forwards, backwards, sideways, speed, fast, slow, travel, stillness, direction, space, take off, landing, control, over, under, through, hang, grip, sequence, target, shoot, score, aim, heartbeat, safety.</p>	<p>VOCABULARY: Stretched, curled, tucked, turn, speed, fast, slow, travel, stillness, extension, direction, space, take off, landing, control, over, under, sequence.</p>	<p>VOCABULARY: Bounce, throw, pass, catch, overarm, underarm, roll, strike, target, shoot, score, aim, heartbeat, safety.</p>	<p>VOCABULARY: Stillness, balance, extension, travel, direction, control, over, under, through, hang, grip, sequence, stretched, curled, tucked, turn, forwards, backwards, sideways, space, control, on.</p>	<p>VOCABULARY: Space, take off, landing, travel, stillness, direction, control, forwards, backwards, sideways.</p>	<p>VOCABULARY: Bounce, throw, pass, catch, overarm, underarm, roll, strike.</p>
<p>ENQUIRY QUESTIONS:</p> <ol style="list-style-type: none"> <li>1. Can you use your feet to dribble a ball?</li> <li>2. Can you develop your dribbling and passing skills and shoot at a target?</li> <li>3. Can you bounce a ball and pass to a partner?</li> </ol>	<p>ENQUIRY QUESTIONS:</p> <ol style="list-style-type: none"> <li>1. What is the difference between jumping and leaping?</li> <li>2. Can you create a sequence of jumps and leaps which show a variety of body shapes?</li> <li>3. Can you safely jump and leap</li> </ol>	<p>ENQUIRY QUESTIONS:</p> <ol style="list-style-type: none"> <li>1. Can you move with a ball in a game? (rob the nest/rugby)</li> <li>2. Can you find space when passing and receiving in a game? (hockey)</li> <li>3. Can you use throwing and catching to pass and receive the ball in a game? (netball)</li> </ol>	<p>ENQUIRY QUESTIONS:</p> <ol style="list-style-type: none"> <li>1. How can we balance on different body parts? (Introduce points and patches)</li> <li>2. Which balances can we do against apparatus?</li> <li>3. Can you perform balances on low level equipment?</li> </ol>	<p>ENQUIRY QUESTIONS:</p> <ol style="list-style-type: none"> <li>1. Can you demonstrate various jumps at various heights in response to instructions?</li> <li>2. Can you explore how your arms affect jumping for height?</li> <li>3. Can you take off from various positions and control your landing?</li> </ol>	<p>ENQUIRY QUESTIONS:</p> <ol style="list-style-type: none"> <li>1. Can you strike a ball thrown towards you with your hand and run to a base? Can you retrieve a ball and return it to the base/start?</li> <li>2. Can you strike a ball with a cricket bat and run between the</li> </ol>

	<p>4. Can you dribble a basketball, pass and shoot at a target?</p> <p>5. Can you use a two handed pass to the left and right? (rugby)</p> <p>6. Can you move into space to receive a pass?</p>	<p>onto/along/off apparatus of various heights?</p> <p>4. Can you work with a partner to create a jumping sequence?</p> <p>5. Can you adapt your routine in response to feedback and provide feedback to others?</p> <p>6. Can you perform a refined routine using a variety of higher level apparatus?</p>	<p>4. Can you make and deny space when attacking and defending in a game?</p> <p>5. Can you use attacking and defending skills in a game?</p> <p>6. Can you follow rules and apply skills in an invasion game?</p>	<p>4. Can you perform balances on high level equipment?</p> <p>5. Can you make a sequence of travelling and balances?</p> <p>6. Can you perform your balance routine?</p>	<p>4. Can you jump quickly from side to side with co-ordination and balance?</p> <p>5. Can you increase your ability to jump for distance?</p> <p>6. Can you link multiple step and jump combinations with balance and co-ordination?</p>	<p>stumps? Can you retrieve a ball and return it to the base/start?</p> <p>3. Can you strike a baseball from a tee and run to a base? Can you retrieve a ball and return it to the base/start?</p> <p>4. Can you strike a rounder's ball from a tee and run to a base? Can you retrieve a ball and return it to the base/start?</p> <p>5. Can you strike a baseball which is softly thrown towards you and run to a base? Can you retrieve a ball and return it to the base/start?</p> <p>6. Can you strike a rounder's ball which is softly thrown towards you and run to a base? Can you retrieve a ball and return it to the base/start?</p>
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	AUTUMN 2	AUTUMN 2	SPRING 2	SPRING 2	SUMMER 2	SUMMER 2
	<p>SENDING AND RECEIVING WITH EQUIPMENT</p> <p>BIG QUESTION: Can you send and receive a ball with various equipment?</p>	<p>GYMNASTICS – ROLLING</p> <p>BIG QUESTION: Can you roll in a variety of ways with increasing control?</p>	<p>ATHLETICS – RUNNING</p> <p>BIG QUESTION: Can you run with control at various speeds?</p>	<p>DANCE</p> <p>BIG QUESTION: Can you dance to a rhythm?</p>	<p>ATHLETICS – THROWING</p> <p>BIG QUESTION: Can you throw accurately with increasing control?</p>	<p>NET AND WALL</p> <p>BIG QUESTION: Can you play a Net and Wall game?</p>
	<p>PRIOR LEARNING: sending throwing Y1; sending with equipment Y1; receiving – catching Y1; receiving with equipment Y1; sending and receiving Y2</p> <p>NEXT STEPS: striking and fielding Y3; athletics – throwing Y3; striking and fielding Y4; athletics – throwing Y5; striking and fielding Y6</p>	<p>PRIOR LEARNING: EYFS; gymnastics rolling Y1</p> <p>NEXT STEPS: gymnastics jumping and rolling Y3; gymnastics jumping and rolling Y4; gymnastics Y5; gymnastics Y6</p>	<p>PRIOR LEARNING: EYFS; athletics running Y1</p> <p>NEXT STEPS: athletics – running Y4; athletics – jumping and running Y5; athletics – running Y6</p>	<p>PRIOR LEARNING: EYFS; dance Y1</p> <p>NEXT STEPS:; dance Y3; dance Y4; Scottish dance Y5; line dancing Y6</p>	<p>PRIOR LEARNING: EYFS; sending throwing Y1</p> <p>NEXT STEPS: sending with equipment Y1; sending and receiving Y2; sending and receiving with equipment Y2; striking and fielding Y3; athletics – throwing Y3; striking and fielding Y4; athletics – throwing Y5; striking and fielding Y5; striking and fielding Y6</p>	<p>PRIOR LEARNING: EYFS; attacking Y1</p> <p>NEXT STEPS: net and wall Y3; net and wall Y4; net and wall Y5; net and wall Y6</p>
	<p>VOCABULARY: Bounce, throw, pass, catch, overarm, underarm, roll, strike, forwards, backwards, sideways, target, shoot, score, aim, heartbeat, safety.</p>	<p>VOCABULARY: Log (pencil) roll, teddy bear roll, rock, forwards, backwards, sideways, stretched, curled, tucked, turn, speed, fast, slow, stillness, extension, rhythm, travel, direction, space, control, over, under, through, sequence.</p>	<p>VOCABULARY: Walk, jog, run, hop, skip, jump, forwards, backwards, sideways, speed, fast, slow, pulse rate, heartbeat.</p>	<p>VOCABULARY: Rhythm, forwards, backwards, sideways, stretched, curled, tucked, turn, spin, speed, fast, slow, stillness, balance, extension, travel, direction, take off, landing, control, over, under, through, sequence.</p>	<p>VOCABULARY: Bounce, throw, pass, catch, overarm, underarm, roll, direction, control, over, under, grip, safety.</p>	<p>VOCABULARY: Possession, send, receive, serve, return, rules, forehand, backhand, score, stance.</p>



	<p>ENQUIRY QUESTIONS:</p> <ol style="list-style-type: none"> <li>1. Can you hit a forehand shot with a tennis racket?</li> <li>2. Can you hit a backhand shot with a tennis racket?</li> <li>3. Can you use a hockey stick to dribble a ball?</li> <li>4. Can you use a hockey stick to dribble and pass with accuracy?</li> <li>5. Can you use a pop lacrosse stick to throw and catch?</li> <li>6. Can you use a pop lacrosse stick to pass and shoot with accuracy?</li> </ol>	<p>ENQUIRY QUESTIONS:</p> <ol style="list-style-type: none"> <li>1. Which rolls can we remember?</li> <li>2. Can you perform a sequence of rolls with increasing finesse?</li> <li>3. Can you perform a backwards roll, using a slope if necessary?</li> <li>4. Can you perform a roll on a piece of equipment?</li> <li>5. Can you create an interesting sequence of rolls and jumps?</li> <li>6. Can you identify the strengths and areas for improvement in a partner's sequence?</li> </ol>	<p>ENQUIRY QUESTIONS:</p> <ol style="list-style-type: none"> <li>1. Can you run and change direction demonstrating speed and agility?</li> <li>2. Can you co-operate and compete with a partner while running and changing direction?</li> <li>3. Can you show awareness of space and move quickly to a base in response to instructions?</li> <li>4. Can you accelerate quickly to retrieve an object?</li> <li>5. Can you co-operate with others in a team?</li> <li>6. Can you complete an obstacle course with speed, control and agility?</li> </ol>	<p>ENQUIRY QUESTIONS:</p> <ol style="list-style-type: none"> <li>1. Can you change the speed, weight and size of your movements?</li> <li>2. Can you dance in different formations?</li> <li>3. Can you move in response to stimuli?</li> <li>4. Can you move to a rhythm?</li> <li>5. Can you dance a duet?</li> <li>6. Can you synchronise movement in different formations?</li> </ol>	<p>ENQUIRY QUESTIONS:</p> <ol style="list-style-type: none"> <li>1. Can you throw with speed and agility?</li> <li>2. Can you throw accurately?</li> <li>3. Can you roll a ball accurately over increasing distances?</li> <li>4. Can you use an underarm action to throw over increasingly longer distances?</li> <li>5. Can you throw accurately at raised targets?</li> <li>6. Can you use an overarm action to throw?</li> </ol>	<p>ENQUIRY QUESTIONS:</p> <ol style="list-style-type: none"> <li>1. Can you keep an object in the air while standing and sitting? (balloon ball/volleyball)</li> <li>2. Can you work with a partner/small group to keep an object in the air? (balloon ball/volleyball)</li> <li>3. Can you send a ball over a net into a target area? (balloon ball/volleyball)</li> <li>4. Can you send a ball over a net into an open space?</li> <li>5. Can you use equipment to send a ball over a net? (tennis)</li> <li>6. Can you send and receive a ball to create a rally?</li> </ol>
<b>YEAR 3</b>	<b>AUTUMN 1</b>	<b>AUTUMN 1</b>	<b>SPRING 1</b>	<b>SPRING 1</b>	<b>SUMMER 1</b>	<b>SUMMER 1</b>
	<p>NET AND WALL</p> <p>BIG QUESTION: Can you play a Net and Wall game?</p>	<p>GYMNASTICS – BALANCE</p> <p>BIG QUESTION: Can you balance in a variety of ways with control?</p>	<p>SWIMMING</p> <p>BIG QUESTION:</p>	<p>DANCE</p> <p>BIG QUESTION: Can you create a dance?</p>	<p>ATHLETICS – RUNNING AND JUMPING</p> <p>BIG QUESTION: Can you run and jump with control?</p>	<p>STRIKING AND FIELDING</p> <p>BIG QUESTION: Can you strike and field a ball with control and accuracy?</p>

<p>PRIOR LEARNING: EYFS; attacking Y1; net and wall Y2</p> <p>NEXT STEPS: net and wall Y3; net and wall Y4; net and wall Y5; net and wall Y6</p>	<p>PRIOR LEARNING: gymnastics – balance Y1; gymnastics – balance Y2</p> <p>NEXT STEPS: gymnastics – rolling and balance Y4; gymnastics Y5; gymnastics Y6</p>	<p>PRIOR LEARNING:</p> <p>NEXT STEPS:</p>	<p>PRIOR LEARNING: EYFS; dance Y1; dance Y2</p> <p>NEXT STEPS: dance Y4; Scottish dance Y5; line dancing Y6</p>	<p>PRIOR LEARNING: EYFS; athletics running Y1; athletics – running Y2</p> <p>NEXT STEPS: athletics – running Y4; athletics – jumping and running Y5; athletics – running Y6</p>	<p>PRIOR LEARNING: sending throwing Y1; sending with equipment Y1; receiving – catching Y1; receiving with equipment Y1; sending and receiving Y2; sending and receiving with equipment Y2; striking and fielding Y2</p> <p>NEXT STEPS: athletics – throwing Y3; striking and fielding Y4; athletics – throwing Y5; striking and fielding Y6; striking and fielding Y6</p>
<p>VOCABULARY: Possession, creating space, send, receive, attacking shots, defensive shots, drop shots, serve, volley, return, rules, tactics, forehand, backhand, smash, set, spike, dig, score, stance, evaluate, improve, refine, adapt.</p>	<p>VOCABULARY: Stillness, balance, extension, travel, direction, control, over, under, through, hang, grip, sequence, stretched, curled, tucked, turn, forwards, backwards, sideways, space, control, on, points, patches, headstand, bridge.</p>	<p>VOCABULARY: Life guard, shallow end, deep end, backstroke, breaststroke, front crawl, freestyle, side stroke, dolphin kick, butterfly, individual medley, tread water, scissor kick, whip kick, eggbeater, sculling, glide, supine, prone, streamline, submerge, horizontal, vertical, rotate, dive, mushroom float, starfish float, self-rescue.</p>	<p>VOCABULARY: Improvisation, character, gesture, unison, canon, interpret, dynamics, rhythm, sequence, spin and turn 90° 180°360°.</p>	<p>VOCABULARY: Sprint, distance, pace, stamina, obstacles, hurdles, approach, relay, baton, accuracy, record, measure, pulse rate, stance, leading leg, evaluate, improve, refine, adapt, suppleness, strength, stamina, height, landing.</p>	<p>VOCABULARY: Accuracy, height, project, release, possession, finding space, send, receive, batters, fielders, rules, tactics, batting, fielding, bowler, wicket, stumps, long barrier, defensive shots, attacking shots, stance, leading leg, evaluate, improve, refine, adapt, strength, stamina.</p>
<p>ENQUIRY QUESTIONS:</p> <ol style="list-style-type: none"> <li>1. Can you work with a partner to sustain a rally by sending and receiving a ball?</li> </ol>	<p>ENQUIRY QUESTIONS:</p> <ol style="list-style-type: none"> <li>1. Can you balance on points and patches?</li> <li>2. How can we balance in pairs?</li> </ol>	<p>ENQUIRY QUESTIONS:</p>	<p>ENQUIRY QUESTIONS:</p> <ol style="list-style-type: none"> <li>1. Can you improvise and create movements with a partner?</li> </ol>	<p>ENQUIRY QUESTIONS:</p> <ol style="list-style-type: none"> <li>1. Can you adjust your running pace smoothly?</li> <li>2. Can you perform hop and jump combinations</li> </ol>	<p>ENQUIRY QUESTIONS:</p> <ol style="list-style-type: none"> <li>1. Can you catch with accuracy? (around the world rangers)</li> <li>2. Can you use an overarm throw to hit</li> </ol>

	<ol style="list-style-type: none"> <li>2. Can you work with a partner to sustain a rally by sending and receiving a ball over a net? (switcheroo/volleyball )</li> <li>3. Can you send a ball over a net into a target area? (serve it up/volleyball)</li> <li>4. Can you send a ball over a net into a target area? (tennis)</li> <li>5. Can you send a ball over a net into a space? (tennis)</li> <li>6. Can you work with a partner to sustain a rally by using equipment to send and receive a ball over a net? (tennis)</li> </ol>	<ol style="list-style-type: none"> <li>3. Which balances can we do on or against apparatus with our partner?</li> <li>4. Can you create a sequence of different balances?</li> <li>5. Can you practise and improve/refine your sequence?</li> <li>6. Can you perform your balance routine?</li> </ol>		<ol style="list-style-type: none"> <li>2. Can you create and perform imaginative movements to fit with different stimuli?</li> <li>3. Can you develop new actions whilst working in a small group?</li> <li>4. Can you show awareness of others when moving?</li> <li>5. Can you work with a partner to create and perform a dance to show feelings and emotions?</li> <li>6. Can you work in a group to link actions to create a dance montage?</li> </ol>	<p>with balance and control?</p> <ol style="list-style-type: none"> <li>3. Can you run fast over short distances showing awareness of others and obstacles?</li> <li>4. Can you jump for distance from two feet to two feet?</li> <li>5. Can you run over increasingly longer distances?</li> <li>6. Can you use a short run to jump from one foot to two feet?</li> </ol>	<p>stumps with accuracy?</p> <ol style="list-style-type: none"> <li>3. Can you strike a ball in an intended direction?</li> <li>4. Can you work cooperatively to field a ball?</li> <li>5. Can you use striking and fielding skills in a game?</li> <li>6. Can you design and play games that use striking and fielding skills?</li> </ol>
	<b>AUTUMN 2</b>	<b>AUTUMN 2</b>	<b>SPRING 2</b>	<b>SPRING 2</b>	<b>SUMMER 2</b>	<b>SUMMER 2</b>
	<p><b>INVASION GAMES</b></p> <p><b>BIG QUESTION:</b> Can you find and create space in an invasion game?</p>	<p><b>GYMNASTICS – JUMPING AND ROLLING</b></p> <p><b>BIG QUESTION:</b> Can you jump and roll with control?</p>	<p><b>SWIMMING</b></p> <p><b>BIG QUESTION:</b></p>	<p><b>ORIENTEERING</b></p> <p><b>BIG QUESTION:</b> Can you develop some orienteering skills?</p>	<p><b>ATHLETICS – THROWING</b></p> <p><b>BIG QUESTION:</b> Can you throw with various techniques?</p>	<p><b>HEALTH RELATED FITNESS</b></p> <p><b>BIG QUESTION:</b> Do you know the various strands of health-related fitness?</p>

	<p><b>PRIOR LEARNING:</b> attacking skills Y1; invasion games Y2</p> <p><b>NEXT STEPS:</b> invasion games Y3; invasion games Y4; invasion games Y5; invasion games Y6</p>	<p><b>PRIOR LEARNING:</b> EYFS; gymnastics rolling Y1; gymnastics rolling Y2</p> <p><b>NEXT STEPS:</b> gymnastics jumping and rolling Y4; gymnastics Y5; gymnastics Y6</p>		<p><b>PRIOR LEARNING:</b></p> <p><b>NEXT STEPS:</b> orienteering Y4; orienteering Y5; orienteering Y6</p>	<p><b>PRIOR LEARNING:</b> EYFS; sending throwing Y1; athletics – throwing Y2; sending with equipment Y1; sending and receiving Y2; sending and receiving with equipment Y2; striking and fielding Y3</p> <p><b>NEXT STEPS:</b> striking and fielding Y4; athletics – throwing Y5; striking and fielding Y5; striking and fielding Y6</p>	<p><b>PREVIOUS LEARNING:</b></p> <p><b>NEXT STEPS:</b> health related fitness Y5; health related fitness Y6</p>
	<p>Chest, bounce, shoulder, underarm passes, attackers, defenders, marking, rules, tactics, stance, evaluate, improve, refine, adapt, suppleness, strength, stamina, accuracy, release, possession, creating space, send, receive, dribble, turn 90° 180°360°.</p>	<p>Stretched, curled, tucked, turn, speed, fast, slow, travel, stillness, extension, direction, space, take off, landing, control, over, under, sequence, log roll, teddy bear roll, rock, forwards roll, backwards roll, stretched, curled, tucked, turn, speed, fast, slow, stillness, extension, rhythm.</p>	<p>Life guard, shallow end, deep end, backstroke, breaststroke, front crawl, freestyle, side stroke, dolphin kick, butterfly, individual medley, tread water, scissor kick, whip kick, eggbeater, sculling, glide, supine, prone, streamline, submerge, horizontal, vertical, rotate, dive, mushroom float, starfish float, self-rescue.</p>	<p>Pace, stamina, obstacles, pulse rate, map reading, orientate a map, controls.</p>	<p>Height, record, measure, push, sling, heave, project, release, stance, leading leg, evaluate, improve, refine, adapt.</p>	<p>Sprint, agility, pace, obstacles, accuracy, height, record, measure, pulse rate, improve, refine, adapt, suppleness, strength, core stability, stamina.</p>
	<p><b>ENQUIRY QUESTIONS:</b></p> <ol style="list-style-type: none"> <li>1. Can you show sound catching and accurate passing while moving between passes? (netball/basketball)</li> <li>2. Can you show good and consistent</li> </ol>	<p><b>ENQUIRY QUESTIONS:</b></p> <ol style="list-style-type: none"> <li>1. Can you perform a variety of rolls with control?</li> <li>2. Can you create a sequence of leaps, jumps and spins?</li> </ol>	<p><b>ENQUIRY QUESTIONS:</b></p>	<p><b>ENQUIRY QUESTIONS:</b></p> <ol style="list-style-type: none"> <li>1. Can you communicate and work effectively with others to complete a task?</li> <li>2. Can you follow multi-step instructions?</li> </ol>	<p><b>ENQUIRY QUESTIONS:</b></p> <ol style="list-style-type: none"> <li>1. Can you throw and retrieve implements safely then describe how the weight of an object affects its flight path?</li> </ol>	<p><b>ENQUIRY QUESTIONS:</b></p> <ol style="list-style-type: none"> <li>1. Can you develop your level of aerobic fitness? (sustained activity)</li> <li>2. Can you perform a range of exercises and think about how they</li> </ol>

	<p>shooting action? (netball/basketball)</p> <p>3. Can you use a range of techniques to pass a ball? (chest/bounce/shoulder/underarm)</p> <p>4. Can you understand the basic principles of defending in invasion games? (hockey/pop lacrosse)</p> <p>5. Can you understand the basic principles of attacking in invasion games? (hockey/pop lacrosse)</p> <p>6. Can you apply the basic principles of invasion games?</p>	<p>3. Can you create a sequence of rolls, jumps, leaps and spins using apparatus?</p> <p>4. Can you work with a partner to create a paired routine of jumps and rolls using apparatus?</p> <p>5. Can you perform a paired routine and refine it based on feedback?</p> <p>6. Can you perform your final routine with finesse and poise throughout?</p>		<p>3. Can you solve a range of problems when working with others?</p> <p>4. Can you follow a set of directions correctly and give clear and precise directions for someone else to follow?</p> <p>5. Can you follow simple maps?</p> <p>6. Can you describe what orienteering is and name a range of map symbols?</p>	<p>2. Can you describe the effect of throwing from sitting, kneeling and standing?</p> <p>3. Can you demonstrate a two handed push throw?</p> <p>4. Can you demonstrate a variety of throwing techniques?</p> <p>5. Can you demonstrate a sling throw technique?</p> <p>6. Can you demonstrate the overhead and forward heave throw?</p>	<p>affect the body? (circuits)</p> <p>3. Can you perform movements which require agility? (weaving/acceleration/obstacle course)</p> <p>4. Can you develop your core stability and think about why it is important? (Yoga)</p> <p>5. Can you perform exercises to build strength in different muscle groups?</p> <p>6. Can you do your best and take part in a house competition?</p>
<b>YEAR 4</b>	<b>AUTUMN 1</b>	<b>AUTUMN 1</b>	<b>SPRING 1</b>	<b>SPRING 1</b>	<b>SUMMER 1</b>	<b>SUMMER 1</b>
	<p>SWIMMING</p> <p>BIG QUESTION:</p>	<p>GYMNASTICS – ROLLING AND BALANCE</p> <p>BIG QUESTION: Can you roll and balance with control and finesse?</p>	<p>INVASION GAMES</p> <p>BIG QUESTION: Can you play an invasion game?</p>	<p>DANCE</p> <p>BIG QUESTION: Can you create a longer dance sequence? (Kung Foo Fighting/Panda – Cee Lo Green version)</p>	<p>ATHLETICS – RUNNING</p> <p>BIG QUESTION: Can you run with accuracy and control?</p>	<p>STRIKING AND FIELDING</p> <p>BIG QUESTION: Can you play a striking and fielding game?</p>
		<p>PRIOR LEARNING: EYFS; gymnastics rolling Y1; gymnastics rolling Y2;</p>	<p>PRIOR LEARNING: attacking skills Y1;</p>	<p>PRIOR LEARNING: EYFS; dance Y1; dance Y2; dance Y3</p>	<p>PRIOR LEARNING: EYFS; athletics running Y1;</p>	<p>PRIOR LEARNING: sending throwing Y1; sending with equipment Y1; receiving –</p>

		gymnastics – balance Y1; gymnastics – balance Y2; gymnastics – jumping and rolling Y3; gymnastics – balance Y3  NEXT STEPS: gymnastics jumping and rolling Y4; gymnastics – rolling and balance Y4; gymnastics Y5; gymnastics Y6	invasion games Y2; invasion games Y3  NEXT STEPS: invasion games Y4; invasion games Y5; invasion games Y6	NEXT STEPS: Scottish dance Y5; line dancing Y6	athletics – running Y2; athletics – running Y3  NEXT STEPS: athletics – jumping and running Y5; athletics – running Y6	catching Y1; receiving with equipment Y1; sending and receiving Y2; sending and receiving with equipment Y2; striking and fielding Y2; athletics – throwing Y3  NEXT STEPS: athletics – throwing Y5; striking and fielding Y5; striking and fielding Y6
	VOCABULARY: Life guard, shallow end, deep end, backstroke, breaststroke, front crawl, freestyle, side stroke, dolphin kick, butterfly, individual medley, tread water, scissor kick, whip kick, eggbeater, sculling, glide, supine, prone, streamline, submerge, horizontal, vertical, rotate, dive, mushroom float, starfish float, self-rescue.	VOCABULARY: Stillness, balance, extension, travel, direction, control, over, under, through, hang, grip, sequence, stretched, curled, tucked, turn, forwards, backwards, sideways, space, control, on, points, patches, headstand, bridge, teddy bear roll, rock, forwards roll, backwards roll, stretched, curled, tucked, turn, speed, fast, slow, stillness, extension, rhythm.	VOCABULARY: Sudden sprint, sprint and stop, feint dodge, holding space, change speed, change direction, 1:1 marking, defending the pass, intercepting the ball, delaying an opponent without the ball, stamina, accuracy, release, possession, creating space, send, receive, dribble, attackers, defenders, marking, rules, tactics, pulse rate, stance, evaluate, improve, refine, adapt, suppleness, strength, stamina, turn 90° 180°360°.	VOCABULARY: Improvisation, character, gesture, unison, canon, interpret, dynamics, rhythm, sequence, spin and turn 90° 180°360°.	VOCABULARY: Sprint, distance, pace, stamina, obstacles, hurdles, approach, relay, baton, accuracy, record, measure, pulse rate, stance, leading leg, evaluate, improve, refine, adapt, suppleness, strength, stamina.	VOCABULARY: Accuracy, height, project, release, possession, finding space, send, receive, batters, fielders, rules, tactics, batting, fielding, bowler, wicket, stumps, long barrier, defensive shots, attacking shots, stance, leading leg, evaluate, improve, refine, adapt, strength, stamina.
	ENQUIRY QUESTIONS:	ENQUIRY QUESTIONS:	ENQUIRY QUESTIONS:	ENQUIRY QUESTIONS:	ENQUIRY QUESTIONS:	ENQUIRY QUESTIONS: 1. Can you use the correct techniques for

		<ol style="list-style-type: none"> <li>1. Can you explore different ways of rolling in pairs?</li> <li>2. Can you travel with your partner in different ways to link your rolls?</li> <li>3. How do we use our muscles to balance in gymnastics?</li> <li>4. How many different ways can you balance with your partner on and off apparatus using symmetry?</li> <li>5. Can you create a rolling and balancing routine which uses mirroring and matching?</li> <li>6. Can you perform your routine and then refine your performance based on feedback from another pair?</li> </ol>	<ol style="list-style-type: none"> <li>1. Can you practise common skills needed for invasion games?</li> <li>2. Can you use a range of techniques to move with a ball? (basketball/netball/rugby/hockey/pop lacrosse)</li> <li>3. Can you pass and receive a ball with increasing accuracy? (basketball/netball/rugby/hockey/pop lacrosse)</li> <li>4. Can you use and understand attacking skills and strategies? (sudden sprint/sprint and stop/feint dodge/holding space/change speed/change direction)</li> <li>5. Can you use and understand defending skills and strategies? (1:1 marking/defending the pass/intercepting the ball/delaying an opponent without the ball)</li> <li>6. Can you use attacking and defending skills in</li> </ol>	<ol style="list-style-type: none"> <li>1. Can you improvise movement patterns inspired by a song?</li> <li>2. Can you show precision and control in response to a song?</li> <li>3. Can you vary the dynamics of a dance inspired by a song?</li> <li>4. Can you demonstrate rhythm in a longer dance sequence?</li> <li>5. Can you compose longer dance sequences using a range of dance vocabulary to describe and improve work?</li> <li>6. Can you improve and perform longer dance sequences based on peer feedback?</li> </ol>	<ol style="list-style-type: none"> <li>1. Can you demonstrate good running posture at various speeds?</li> <li>2. Can you accelerate and decelerate rapidly?</li> <li>3. Can you sprint rapidly over short distances and change direction quickly?</li> <li>4. Can you run over longer distances and maintain a constant pace?</li> <li>5. Can you maintain a good running technique when sprinting over obstacles?</li> <li>6. Can you run over short distances, change direction quickly and make decisions to help a team?</li> </ol>	<ol style="list-style-type: none"> <li>1. catching a ball when fielding?</li> <li>2. Can you use the long barrier technique to stop a rolling ball?</li> <li>3. Can you use a defensive hitting technique for batting in cricket?</li> <li>4. Can you use an attacking hitting techniques for batting in cricket?</li> <li>5. Can you use the correct technique for bowling overarm in cricket from a standing position?</li> <li>6. Can you learn and apply the rules of Kwik Cricket during a game?</li> </ol>
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			a game while protecting your goal?			
	<b>AUTUMN 2</b>	<b>AUTUMN 2</b>	<b>SPRING 2</b>	<b>SPRING 2</b>	<b>SUMMER 2</b>	<b>SUMMER 2</b>
<b>SWIMMING</b>  <b>BIG QUESTION:</b>	<b>GYMNASTICS – JUMPING AND FLIGHT</b>  <b>BIG QUESTION:</b> Can you use equipment to help you jump higher?	<b>NET AND WALL</b>  <b>BIG QUESTION:</b> Can you play a net and wall game?	<b>HEALTH RELATED FITNESS</b>  <b>BIG QUESTION:</b> Can you develop the various strands of health-related fitness?	<b>ATHLETICS – JUMPING</b>  <b>BIG QUESTION:</b> Can you jump with accuracy and control?	<b>ORIENTEERING</b>  <b>BIG QUESTION:</b> Can you improve and develop your orienteering skills?	
	<b>PRIOR LEARNING:</b> EYFS; gymnastics jumping and rolling Y3  <b>NEXT STEPS:</b> gymnastics Y5; gymnastics Y6	<b>PRIOR LEARNING:</b> EYFS; attacking Y1; net and wall Y2; net and wall Y3  <b>NEXT STEPS:</b> net and wall Y4; net and wall Y5; net and wall Y6	<b>PREVIOUS LEARNING:</b> health related fitness Y3  <b>NEXT STEPS:</b> health related fitness Y5; health related fitness Y6	<b>PRIOR LEARNING:</b> EYFS; athletics running Y1; athletics – running Y2; athletics jumping Y3  <b>NEXT STEPS:</b> athletics – running Y4; athletics – jumping and running Y5; athletics – running Y6	<b>PRIOR LEARNING:</b> orienteering Y3  <b>NEXT STEPS:</b> orienteering Y5; orienteering Y6	
<b>VOCABULARY:</b> Life guard, shallow end, deep end, backstroke, breaststroke, front crawl, freestyle, side stroke, dolphin kick, butterfly, individual medley, tread water, scissor kick, whip kick, eggbeater, sculling, glide, supine, prone, streamline, submerge, horizontal, vertical, rotate, dive, mushroom float, starfish float, self-rescue.	<b>VOCABULARY:</b> Accuracy, approach, height, rebound, thrust, leading leg, straddle, squat, pike, evaluate, improve, refine, adapt, suppleness, strength and turn 90° 180°360°.	<b>VOCABULARY:</b> Possession, creating space, send, receive, attacking shots, defensive shots, drop shots, serve, volley, return, rules, tactics, forehand, backhand, smash, set, spike, dig, score, stance, evaluate, improve, refine, adapt.	<b>VOCABULARY:</b> Sprint, agility, pace, obstacles, accuracy, height, record, measure, pulse rate, improve, refine, adapt, suppleness, strength, core stability, stamina.	<b>VOCABULARY:</b> Sprint, obstacles, hurdles, approach, accuracy, height, record, measure, stance, leading leg, landing, evaluate, improve, refine, adapt, suppleness, strength, stamina.	<b>VOCABULARY:</b> Pace, stamina, obstacles, pulse rate, map reading, orientate a map, controls, stamp.	



		<p>ENQUIRY QUESTIONS:</p> <ol style="list-style-type: none"> <li>1. Can you use the springboard to help you jump higher?</li> <li>2. Can you safely jump off equipment of various heights?</li> <li>3. Can you use a springboard to get onto equipment and safely jump off?</li> <li>4. Can you perform a squat on vault?</li> <li>5. Can you perform a straddle on vault?</li> <li>6. Can you perform your favourite vault for assessment?</li> </ol>	<p>ENQUIRY QUESTIONS:</p> <ol style="list-style-type: none"> <li>1. Can you work in a group to sustain a rally by sending and receiving an object? (up, up and away)</li> <li>2. Can you send and receive a shuttlecock over a net while working in a group? (clear and tip rally)</li> <li>3. Can you send an object into an open space using a racket? (whacket away)</li> <li>4. Can you send an object over a net into an area which is being defended? (jumping sticks)</li> <li>5. Can you work within a group to send and receive a ball while covering a designated area? (cree volleyball game)</li> <li>6. Can you use a pop lacrosse stick to send and receive a ball in a net game? (lob ball)</li> </ol>	<p>ENQUIRY QUESTIONS:</p> <ol style="list-style-type: none"> <li>1. Can you demonstrate your level of aerobic fitness and think about how it can be improved? (sustained activity)</li> <li>2. Can you explain the effects of exercise on the body? (circuits)</li> <li>3. Can you improve your level of agility? (weaving/acceleration /obstacle course)</li> <li>4. Can you develop your core stability and think about why it is important? (Yoga)</li> <li>5. Can you perform exercises to build strength in different muscle groups?</li> <li>6. Can you do your best and take part in a house competition?</li> </ol>	<p>ENQUIRY QUESTIONS:</p> <ol style="list-style-type: none"> <li>1. Can you hop, step and jump with speed and balance?</li> <li>2. Can you jump for increasing distance from two feet to two feet?</li> <li>3. Can you use your arms to increase your jumping for height from standing?</li> <li>4. Can you hop, step and jump for increasing distance?</li> <li>5. Can you explore how length of run up affects the distance of a one foot to two feet jump?</li> <li>6. Can you perform a variety of jumps for a house competition?</li> </ol>	<p>ENQUIRY QUESTIONS:</p> <ol style="list-style-type: none"> <li>1. Can you work in a small group to develop problem-solving skills?</li> <li>2. Can you describe how the body reacts at different times and how this affects performance whilst showing leadership skills?</li> <li>3. Can you navigate around a space with growing confidence?</li> <li>4. Can you read a map with increasing accuracy and confidence and within a time limit?</li> <li>5. Can you create symbols that are effective for map-reading?</li> <li>6. Can you follow a map with increasing accuracy and confidence?</li> </ol>
YEAR 5	AUTUMN 1	AUTUMN 1	SPRING 1	SPRING 1	SUMMER 1	SUMMER 1

NET AND WALL	GYMNASTICS	SWIMMING	GYMNASTICS – VAULTING AND FLIGHT	ATHLETICS – THROWING	STRIKING AND FIELDING
<p><b>BIG QUESTION:</b> Can you work with a team in a net and wall game?</p> <p><b>PRIOR LEARNING:</b> EYFS; attacking Y1; net and wall Y2; net and wall Y3; net and wall Y4</p> <p><b>NEXT STEPS:</b> net and wall Y6</p>	<p><b>BIG QUESTION:</b> Can you jump, roll and balance with control and finesse?</p> <p><b>PRIOR LEARNING:</b> EYFS; gymnastics rolling Y1; gymnastics rolling Y2; gymnastics – balance Y1; gymnastics – balance Y2; gymnastics – jumping and rolling Y3; gymnastics – balance Y3; gymnastics jumping and rolling Y3; gymnastics jumping and rolling Y4; gymnastics – rolling and balance Y4;</p> <p><b>NEXT STEPS:</b> gymnastics Y6</p>	<p><b>BIG QUESTION:</b></p> <p><b>PRIOR LEARNING:</b> EYFS;</p> <p><b>NEXT STEPS:</b> gymnastics Y5;</p>	<p><b>BIG QUESTION:</b> Can you use equipment to help you vault?</p> <p><b>PRIOR LEARNING:</b> EYFS; gymnastics jumping and rolling Y3; gymnastics – jumping and flight Y4</p> <p><b>NEXT STEPS:</b> gymnastics Y6</p>	<p><b>BIG QUESTION:</b> Can you throw accurately for distance with various techniques?</p> <p><b>PRIOR LEARNING:</b> EYFS; sending throwing Y1; athletics – throwing Y2; sending with equipment Y1; sending and receiving Y2; sending and receiving with equipment Y2; striking and fielding Y3; athletics – throwing Y3</p> <p><b>NEXT STEPS:</b> athletics – throwing Y5; striking and fielding Y5; striking and fielding Y6</p>	<p><b>BIG QUESTION:</b> Can you work with a team in a striking and fielding game?</p> <p><b>PRIOR LEARNING:</b> sending throwing Y1; sending with equipment Y1; receiving – catching Y1; receiving with equipment Y1; sending and receiving Y2; sending and receiving with equipment Y2; striking and fielding Y2; athletics – throwing Y3; striking and fielding Y4</p> <p><b>NEXT STEPS:</b> striking and fielding Y6</p>
<p><b>VOCABULARY:</b> Possession, creating space, send, receive, attacking shots, defensive shots, drop shots, serve, volley, return, rules, tactics, forehand, backhand, smash, set, spike, dig, score, stance, evaluate, improve, refine, adapt.</p>	<p><b>VOCABULARY:</b> Pulse rate, stance, leading leg, landing safely, gesture, unison, canon, interpret, dynamics, forward and backward roll, straddle, pike, evaluate, improve, refine, adapt,</p>	<p><b>VOCABULARY:</b> Life guard, shallow end, deep end, backstroke, breaststroke, front crawl, freestyle, side stroke, dolphin kick, butterfly, individual medley, tread water, scissor kick, whip kick, eggbeater, sculling, glide, supine, prone, streamline, submerge,</p>	<p><b>VOCABULARY:</b> Accuracy, approach, height, rebound, thrust, leading leg, straddle, squat, pike, evaluate, improve, refine, adapt, suppleness, strength and turn 90° 180°360°.</p>	<p><b>VOCABULARY:</b> Height, record, measure, push, pull, sling, heave, project, release, stance, leading leg, evaluate, improve, refine, adapt.</p>	<p><b>VOCABULARY:</b> Accuracy, height, project, release, possession, finding space, send, receive, batters, fielders, stump, rules, tactics, batting, fielding, bowler, backstop, forehand, backhand, stance, evaluate, improve, refine, adapt, strength, stamina.</p>

		suppleness, strength, stamina, spin and turn 90° 180°360°.	horizontal, vertical, rotate, dive, mushroom float, starfish float, self-rescue.			
	<p><b>ENQUIRY QUESTIONS:</b></p> <ol style="list-style-type: none"> <li>1. Can you consolidate and develop the consistency of your forehand and backhand/return? (tennis/volleyball)</li> <li>2. Can you consolidate and develop the consistency of your volley/dig to receive a ball? (tennis/volleyball)</li> <li>3. Can you analyse a range of tactics used in a wall game and understand which are effective and why?</li> <li>4. Can you analyse a range of tactics used in a net game and understand which are effective and why? (tennis)</li> <li>5. Can you perfect a controlled serve to a given area to start a game?</li> <li>6. Can you use a range of simple tactics to create a rally and take</li> </ol>	<p><b>ENQUIRY QUESTIONS:</b></p> <ol style="list-style-type: none"> <li>1. Which is your favourite way to jump and roll?</li> <li>2. Can you jump onto, over, on and off apparatus with different dynamics?</li> <li>3. Can you perform partner balances in 3's?</li> <li>4. How can you transition between balances, rolls and jumps, both on and off the apparatus?</li> <li>5. Can you create a group sequence of 6 actions and balances?</li> <li>6. Can you listen to feedback and refine your routine?</li> </ol>	<p><b>ENQUIRY QUESTIONS:</b></p>	<p><b>ENQUIRY QUESTIONS:</b></p> <ol style="list-style-type: none"> <li>1. Can you walk 3 steps and jump onto the springboard correctly?</li> <li>2. Can you run and jump onto the springboard correctly?</li> <li>3. Can you perform a squat onto the vault and dismount safely?</li> <li>4. Can you perform a straddle onto the vault and dismount safely?</li> <li>5. Can you provide feedback to help elevate one skill to a higher standard?</li> <li>6. Can you perform one vault for assessment?</li> </ol>	<p><b>ENQUIRY QUESTIONS:</b></p> <ol style="list-style-type: none"> <li>1. Can you demonstrate a dynamic two handed push throw?</li> <li>2. Can you demonstrate a controlled pull throw action? (javelin)</li> <li>3. Can you demonstrate a push throw to reach a target?</li> <li>4. Can you demonstrate a dynamic sling throw?</li> <li>5. Can you demonstrate a dynamic heave throw?</li> <li>6. Can you accurately perform a javelin, shot put and discus throw?</li> </ol>	<p><b>ENQUIRY QUESTIONS:</b></p> <ol style="list-style-type: none"> <li>1. Can you use the correct techniques for batting and bowling in rounders?</li> <li>2. Can you use the correct techniques for throwing and catching when fielding in rounders?</li> <li>3. Can you learn the roles and responsibilities of the backstop and base fielders in rounders and demonstrate good skill and technique in these positions?</li> <li>4. Can you learn the roles and responsibilities of the deep fielders in rounders and demonstrate good skill and technique in these positions?</li> <li>5. Can you 'read' the game and apply tactics to outwit opponents?</li> </ol>

	part in a net game for your house competition? (tennis/volleyball)					6. Can you learn and apply the rules of rounders during a game for your house competition?
	<b>AUTUMN 2</b>	<b>AUTUMN 2</b>	<b>SPRING 2</b>	<b>SPRING 2</b>	<b>SUMMER 2</b>	<b>SUMMER 2</b>
	<b>INVASION GAMES</b>  BIG QUESTION: Can you work with a team in an invasion game?	<b>DANCE SCOTTISH</b>  BIG QUESTION: Can you follow and perform a dance?	<b>SWIMMING</b>  BIG QUESTION:	<b>HEALTH RELATED FITNESS</b>  BIG QUESTION: Can you improve your health-related fitness?	<b>ATHLETICS – JUMPING AND RUNNING</b>  BIG QUESTION: Can you run and jump with precision?	<b>ORIENTEERING &amp; OAA (RESIDENTIAL TRIP)</b>  BIG QUESTION: Can you improve and develop your orienteering skills?
	<b>PRIOR LEARNING:</b> attacking skills Y1; invasion games Y2; invasion games Y3; invasion games Y4  <b>NEXT STEPS:</b> invasion games Y6	<b>PRIOR LEARNING:</b> EYFS; dance Y1; dance Y2; dance Y3; dance Y4  <b>NEXT STEPS:</b> line dancing Y6		<b>PREVIOUS LEARNING:</b> health related fitness Y3; health related fitness Y4  <b>NEXT STEPS:</b> health related fitness Y6	<b>PRIOR LEARNING:</b> EYFS; athletics running Y1; athletics – running Y2; athletics jumping Y3; athletics – running Y4;  <b>NEXT STEPS:</b> athletics – running Y6	<b>PRIOR LEARNING:</b> orienteering Y3; orienteering Y4  <b>NEXT STEPS:</b> orienteering Y6
	<b>VOCABULARY:</b> Sudden sprint, sprint and stop, feint dodge, holding space, change speed, change direction, reverse pivot, stamina, accuracy, release, possession, creating space, send, receive, dribble, 1:1 marking, 1:2 marking, defending the pass, intercepting the ball,	<b>VOCABULARY:</b> Improvisation, character, gesture, unison, canon, interpret, dynamics, spin and turn 90° 180°360°.	<b>VOCABULARY:</b> Life guard, shallow end, deep end, backstroke, breaststroke, front crawl, freestyle, side stroke, dolphin kick, butterfly, individual medley, tread water, scissor kick, whip kick, eggbeater, sculling, glide, supine, prone, streamline, submerge, horizontal, vertical, rotate,	<b>VOCABULARY:</b> Sprint, agility, pace, obstacles, accuracy, height, record, measure, pulse rate, improve, refine, adapt, suppleness, strength, core stability, stamina.	<b>VOCABULARY:</b> Sprint, distance, pace, stamina, obstacles, hurdles, approach, relay, baton, accuracy, height, record, measure, pulse rate, stance, leading leg, landing foot, evaluate, improve, refine, adapt, suppleness, strength, stamina.	<b>VOCABULARY:</b> Pace, stamina, obstacles, pulse rate, map reading, orientate a map, controls, stamp

	<p>delaying an opponent without the ball, attackers, defenders, marking, rules, tactics, pulse rate, stance, landing foot, evaluate, improve, refine, adapt, suppleness, strength, stamina, turn 90° 180°360°.</p>		<p>dive, mushroom float, starfish float, self-rescue.</p>			
<p><b>ENQUIRY QUESTIONS:</b></p> <ol style="list-style-type: none"> <li>1. Can you use a range of skills to move with a ball? (basketball/netball/rugby/hockey/pop lacrosse/football)</li> <li>2. Can you show good passing technique and accuracy while on the move?</li> <li>3. Can you show good attacking skills to keep possession of the ball? (sudden sprint/sprint and stop/feint dodge/holding space/change speed/change direction/reverse pivot)</li> <li>4. Can you use a variety of defending techniques to win back a ball? (1:1 marking/1:2</li> </ol>	<p><b>ENQUIRY QUESTIONS:</b></p> <ol style="list-style-type: none"> <li>1. Can you learn and practise a paired dance? (Gay Gordons)</li> <li>2. Can you learn and practise a paired dance? (Canadian Barn Dance)</li> <li>3. Can you learn and practise a group dance? (Strip the Willow)</li> <li>4. Can you learn and practise a group dance?</li> <li>5. Can you work as a house team to create your own dance?</li> <li>6. Can you perfect and perform your dance for a house competition?</li> </ol>	<p><b>ENQUIRY QUESTIONS:</b></p>	<p><b>ENQUIRY QUESTIONS:</b></p> <ol style="list-style-type: none"> <li>1. Can you demonstrate your level of aerobic fitness and explain how it can be improved? (sustained activity)</li> <li>2. Can you explain the effects of exercise on the body? (circuits)</li> <li>3. Can you demonstrate your level of agility? (weaving/acceleration /obstacle course)</li> <li>4. Can you develop your core stability and explain why it is important? (Body Balance)</li> <li>5. Can you accurately perform exercises to build strength in different muscle groups?</li> <li>6. Can you do your best and record your results – contributing</li> </ol>	<p><b>ENQUIRY QUESTIONS:</b></p> <ol style="list-style-type: none"> <li>1. Can you demonstrate quick reactions from a variety of static positions?</li> <li>2. Can you demonstrate a good take off position when you jump for distance from one foot to two feet?</li> <li>3. Can you sprint over and between hurdles using consistent stride length?</li> <li>4. Can you jump from side to side with balance, speed and rhythm?</li> <li>5. Can you perform a scissor jump from a short run up?</li> <li>6. Can you pass a relay baton using a 'push pass'?</li> </ol>	<p><b>ENQUIRY QUESTIONS:</b></p> <ol style="list-style-type: none"> <li>1. Can you work as part of a team to complete a range of challenges?</li> <li>2. Can you demonstrate agility and endurance in a range of situations?</li> <li>3. Can you name the eight directions on a compass and use it correctly?</li> <li>4. Can you read, follow and understand maps?</li> <li>5. Can you take part in an orienteering exercise?</li> <li>6. Can you work collaboratively to plan, prepare and complete an orienteering course? Compete in houses.</li> </ol>	

	<p>marking/defending the pass/intercepting the ball/delaying an opponent without the ball)</p> <p>5. Can you adapt your movements for attacking and defending?</p> <p>6. Can you quickly alternate between attacking and defending skills in a game while protecting your goal?</p>			<p>them towards a house competition?</p>		
YEAR 6	<b>AUTUMN 1</b>	<b>AUTUMN 1</b>	<b>SPRING 1</b>	<b>SPRING 1</b>	<b>SUMMER 1</b>	<b>SUMMER 1</b>
	NET AND WALL	GYMNASTICS	ORIENTEERING	GYMNASTICS – VAULTING	SWIMMING	ATHLETICS – RUNNING
	BIG QUESTION: Can you work as part of a team in a net and wall game?	BIG QUESTION: Can you perform a group gymnastic routine?	BIG QUESTION: Can you improve and develop your orienteering skills?	BIG QUESTION: Can you use equipment to help you perform accurate vaults?	BIG QUESTION:	BIG QUESTION: Can you adapt your running speed to match the event?
	<p>PRIOR LEARNING: EYFS; attacking Y1; net and wall Y2; net and wall Y3; net and wall Y4; net and wall Y5</p> <p>NEXT STEPS: KS3</p>	<p>PRIOR LEARNING: EYFS; gymnastics rolling Y1; gymnastics rolling Y2; gymnastics – balance Y1; gymnastics – balance Y2; gymnastics – jumping and rolling Y3; gymnastics – balance Y3; gymnastics jumping and rolling Y3; gymnastics</p>	<p>PRIOR LEARNING: orienteering Y3; orienteering Y4; orienteering Y5</p> <p>NEXT STEPS: KS3</p>	<p>PRIOR LEARNING: EYFS; gymnastics jumping and rolling Y3; gymnastics – jumping and flight Y4; gymnastics – vaulting and flight Y5</p> <p>NEXT STEPS: KS3</p>		<p>PRIOR LEARNING: EYFS; athletics running Y1; athletics – running Y2; athletics jumping Y3; athletics – running Y4; athletics – running Y5</p> <p>NEXT STEPS: KS3</p>

		jumping and rolling Y4; gymnastics – rolling and balance Y4; gymnastics Y5  NEXT STEPS: KS3				
<b>VOCABULARY:</b> Possession, creating space, send, receive, attacking shots, defensive shots, drop shots, serve, return, rules, tactics, forehand, backhand, smash, score, stance, evaluate, improve, refine, adapt.	<b>VOCABULARY:</b> Pulse rate, stance, leading leg, landing safely, improvisation, character, gesture, unison, canon, interpret, dynamics, forward and backward roll, straddle, pike, evaluate, improve, refine, adapt, suppleness, strength, stamina, spin and turn 90° 180°360°.	<b>VOCABULARY:</b> Pace, stamina, obstacles, pulse rate, map reading, orientate a map, controls, stamp	<b>VOCABULARY:</b> Accuracy, approach, height, rebound, thrust, leading leg, straddle, squat, pike, evaluate, improve, refine, adapt, suppleness, strength and turn 90° 180°360°.	<b>VOCABULARY:</b> Life guard, shallow end, deep end, backstroke, breaststroke, front crawl, freestyle, side stroke, dolphin kick, butterfly, individual medley, tread water, scissor kick, whip kick, eggbeater, sculling, glide, supine, prone, streamline, submerge, horizontal, vertical, rotate, dive, mushroom float, starfish float, self-rescue.	<b>VOCABULARY:</b> Sprint, distance, pace, stamina, obstacles, hurdles, approach, relay, baton, accuracy, height, record, measure, pulse rate, stance, leading leg evaluate, improve, refine, adapt, suppleness, strength, stamina.	
<b>ENQUIRY QUESTIONS:</b> 1. Can you use a racket/bat to receive and return a shuttlecock/ball? (badminton/table tennis) 2. Can you use a racket/bat to strike a shuttlecock/ball with accuracy and control? (badminton/table tennis)	<b>ENQUIRY QUESTIONS:</b> 1. Can you link shapes and movement using rhythmic gymnastics? 2. Can you create one, two, three and four- point balances? 3. Can you combine a range of body shapes and balances with a partner? 4. Can you combine shapes and balances to make a group formation?	<b>ENQUIRY QUESTIONS:</b> 1. Can you orientate your map and locate numbered points? 2. Can you orientate your map, use features on the map and locate control points? 3. Can you work out the most efficient routes to complete your stamp card?	<b>ENQUIRY QUESTIONS:</b> 1. Can you take off the springboard correctly? 2. Can you mount and dismount the vault correctly? 3. Can you perform a through vault correctly? 4. Can you perform a straddle vault correctly? 5. Can you perform a long straddle?	<b>ENQUIRY QUESTIONS:</b>	<b>ENQUIRY QUESTIONS:</b> 1. Can you demonstrate quick reactions and rapid acceleration from static positions? 2. Can you sustain jogging and sprinting? 3. Can you demonstrate the ability to change speed? 4. Can you sustain running at a constant pace over a longer distance?	

<p>3. Can you use a range of footwork to move around the court/table?</p> <p>4. Can you serve, rally and attack?</p> <p>5. Can you use a defensive stance and shot to block an attack?</p> <p>6. Can you compete in a singles and pairs match?</p>	<p>5. Can you link shape, movement and balance to plan a group sequence?</p> <p>6. Can set your group sequence to music and evaluate your own performance and that of your peers?</p>	<p>4. Can you use features on the map to plot control points accurately?</p> <p>5. Can you use photographs to identify and locate control locations?</p> <p>6. Can you compete in a house competition?</p>	<p>6. Can you perform one vault to a high standard for assessment?</p>		<p>5. Can you pass a relay baton at speed using a 'push pass'?</p> <p>6. Can you arrange, organise or contribute to performing a house relay race?</p>
<b>AUTUMN 2</b>	<b>AUTUMN 2</b>	<b>SPRING 2</b>	<b>SPRING 2</b>	<b>SUMMER 2</b>	<b>SUMMER 2</b>
<p><b>HEALTH RELATED FITNESS</b></p> <p><b>BIG QUESTION:</b> Can you further develop your various strands of health-related fitness?</p>	<p><b>LINE DANCING</b></p> <p><b>BIG QUESTION:</b> Can you follow and perform a dance?</p>	<p><b>INVASION GAMES</b></p> <p><b>BIG QUESTION:</b> Can you work co-operatively with team members in an invasion game?</p>	<p><b>ATHLETICS</b></p> <p><b>BIG QUESTION:</b> Can you jump and throw for distance with accuracy?</p>	<p><b>SWIMMING</b></p> <p><b>BIG QUESTION:</b></p>	<p><b>STRIKING AND FIELDING</b></p> <p><b>BIG QUESTION:</b> Can you work co-operatively with team members in striking and fielding games?</p>
<p><b>PREVIOUS LEARNING:</b> health related fitness Y3; health related fitness Y4; health related fitness Y5</p> <p><b>NEXT STEPS:</b> KS3</p>	<p><b>PRIOR LEARNING:</b> EYFS; dance Y1; dance Y2; dance Y3; dance Y4; dance – Scottish dancing Y5</p> <p><b>NEXT STEPS:</b> KS3</p>	<p><b>PRIOR LEARNING:</b> attacking skills Y1; invasion games Y2; invasion games Y3; invasion games Y4; invasion games Y5</p> <p><b>NEXT STEPS:</b> KS3</p>	<p><b>PRIOR LEARNING:</b> EYFS; sending throwing Y1; athletics – throwing Y2; sending with equipment Y1; sending and receiving Y2; sending and receiving with equipment Y2; striking and fielding Y3; athletics – throwing Y3;</p>		<p><b>PRIOR LEARNING:</b> sending throwing Y1; sending with equipment Y1; receiving – catching Y1; receiving with equipment Y1; sending and receiving Y2; sending and receiving with equipment Y2; striking and fielding Y2; athletics – throwing Y3; striking and</p>



				athletics – throwing Y5; striking and fielding Y5;  NEXT STEPS: striking and fielding Y6		fielding Y4; striking and fielding Y5  NEXT STEPS: KS3
VOCABULARY: Sprint, agility, pace, obstacles, accuracy, height, record, measure, pulse rate, improve, refine, adapt, suppleness, strength, core stability, stamina.	VOCABULARY: Improvisation, character, gesture, unison, canon, interpret, dynamics, grapevine, hitch, spin and turn 90° 180°360°.	VOCABULARY: sudden sprint, sprint and stop, feint dodge, holding space, change speed, change direction, reverse pivot, stamina, accuracy, release, possession, creating space, send, receive, dribble, 1:1 marking, 1:2 marking, defending the pass, intercepting the ball, delaying an opponent without the ball, attackers, defenders, marking, rules, tactics, pulse rate, stance, landing foot, evaluate, improve, refine, adapt, suppleness, strength, stamina, turn 90° 180°360°.	VOCABULARY: Sprint, distance, pace, stamina, obstacles, hurdles, approach, accuracy, height, record, measure, push, pull, sling, heave, project, release, pulse rate, stance, leading leg, landing foot, evaluate, improve, refine, adapt.	VOCABULARY: Life guard, shallow end, deep end, backstroke, breaststroke, front crawl, freestyle, side stroke, dolphin kick, butterfly, individual medley, tread water, scissor kick, whip kick, eggbeater, sculling, glide, supine, prone, streamline, submerge, horizontal, vertical, rotate, dive, mushroom float, starfish float, self-rescue.	VOCABULARY: Accuracy, height, project, release, possession, finding space, send, receive, attackers, defenders, marking, rules, tactics, batting, fielding, bowler, wicket, forehand, backhand, volley, stance, leading leg, evaluate, improve, refine, adapt, strength, stamina.	
ENQUIRY QUESTIONS: 1. Can you explain aerobic fitness and how it can be improved? (sustained activity) 2. Can you explain the effects of exercise on the body? (circuits)	ENQUIRY QUESTIONS: 1. Can you learn and practise a line dancing step? (cupid shuffle) 2. Can you learn and practise a line dancing step? (the wobble)	ENQUIRY QUESTIONS: 1. Can you use your skills and knowledge to move with a ball? (basketball/netball/rugby/hockey/pop lacrosse/football) 2. Can you show good techniques to pass a ball with accuracy	ENQUIRY QUESTIONS: 1. Can you demonstrate a good take off position when you jump for distance and height? 2. Can you perform an accurate triple jump? 3. Can you sprint over and between hurdles	ENQUIRY QUESTIONS:	ENQUIRY QUESTIONS: 1. Can you react quickly and catch balls thrown at different heights and angle? 2. Can you attack the ball using effective fielding techniques?	

	<ol style="list-style-type: none"> <li>3. Can you explain the meaning of agility? (weaving/acceleration /obstacle course)</li> <li>4. Can you explain core stability and why it is important? (Body Balance)</li> <li>5. Can you select exercises to build strength in different muscle groups?</li> <li>6. Can you do your best and honestly record your results?</li> </ol>	<ol style="list-style-type: none"> <li>3. Can you learn and practise a line dancing step? (the cowboy boogie)</li> <li>4. Can you work as a house team to create your own dance?</li> <li>5. Can you perfect your dance for a house competition?</li> <li>6. Can you perform your dance for a house competition?</li> </ol>	<p>whilst you are on the move?</p> <ol style="list-style-type: none"> <li>3. Can you apply attacking skills to keep possession in a game? (sudden sprint/sprint and stop/feint dodge/holding space/change speed/change direction/reverse pivot)</li> <li>4. Can you apply defending skills to win back possession in a game? (1:1 marking/1:2 marking/defending the pass/intercepting the ball/delaying an opponent without the ball)</li> <li>5. Can you invent a new game that requires attacking and defending skills?</li> <li>6. Can you apply the skills and techniques learnt to play and evaluate an invasion game for your house competition?</li> </ol>	<p>using consistent stride length?</p> <ol style="list-style-type: none"> <li>4. Can you accurately throw a javelin with increasing distance?</li> <li>5. Can you accurately throw a shot put with increasing distance?</li> <li>6. Can you accurately throw a discus with increasing distance?</li> </ol>		<ol style="list-style-type: none"> <li>3. Can you throw the ball accurately over a large distance?</li> <li>4. Can you strike a bowled ball over a large distance into space?</li> <li>5. Can you accurately bowl a ball overarm at a target?</li> <li>6. Can you apply striking and fielding skills to complete a circuit of activities, designing a house competition?</li> </ol>
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