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| **Physical Education Curriculum Intent**  In Portobello Primary it is our intent to nurture health and well-being and promote active participation and activity as a way of contributing to good physical and mental development. We recognise that establishing good physical activity behaviours as a child is vital. Children who are active are more likely to become active adults and therefore, continue to benefit from an active lifestyle throughout their life. We are passionate about building upon the children’s cultural capital, we teach them trust, responsibility, inclusion, equality, and respect. Firmly embedded within our curriculum is the education around healthy living and healthy lifestyle choices. Our school is a place where everyone is given an education that builds on their strengths and addresses their individual needs to ensure progression. We believe that all children should be able to achieve their full potential academically, socially, emotionally and physically. We organise our curriculum so our children are taught and are exposed to a wide range of competitive and non-competitive sports. It is our intention that all children have equal opportunity to take part in a range of sports and physical activities. We organise activities to ensure children are encouraged to participate in exercise throughout the day, as well as their discrete Physical Education lessons. We take pride in our Physical Education curriculum being delivered in a supportive environment, where effort as well as success is celebrated. We aim to ensure that the children’s experience of Physical Education is positive and motivating so they can develop in confidence and skill. The Olympic and Paralympic Values are important to us and these are promoted and reflected upon during and after physical activities. They remind the children they are united and provide them with immediate and appropriate celebratory feedback to each other. We intend for our Physical Education Curriculum to be progressive as children acquire skills across a wide range of sports and physical activities. Children develop physically at different rates, whether they are physically very able or require support with such skills, it is important that they are taught to use their surrounding environment to set their own goals and have the ambition to succeed in these on a personal level.  **Physical Education Curriculum Implementation**  In Portobello Primary we facilitate the best possible outcomes for all our children. We have an inclusive approach when delivering our diverse, broad and balanced curriculum and recognise the needs and strengths of all our individual children. All children will succeed in this curriculum area because of our bespoke approach to their learning requirements. Teachers are trained to use formative assessment accurately within lessons to ensure the provision of targeted support and challenge effectively. Where appropriate, adaptations are made to the curriculum in response to individual or groups of children. In lessons children are supported in a number of appropriate ways until they no longer require the scaffolded support and are then encouraged to progress their independence, to embed skills and fully develop their own potential and to ensure independent excellence is achieved. We ensure we promote, teach and celebrate diversity and equality though the delivery of the curriculum. We recognise the importance of retrieval and the impact that this has on learning for all our children to be able to remember and do more. Therefore, we ensure that sufficient time for high quality retrieval practise is firmly embedded into the teaching sequence. To strengthen their understanding and consolidate knowledge and skills we ask that retrieval practise takes place not just during the lesson but over time. Children actively participate in high quality rehearsal, summarising, analysing or application activities.  Physical Education at Portobello Primary is taught by Teachers and qualified Sports Coaches. All children have equal opportunity to take part in a wide range of sport and physical activities.  Each child receives two hours of Physical Education curriculum time on a weekly basis. Additionally, we ask for all children to engage in physical activity for at least sixty minutes each day. We also offer after school sporting clubs across the school year. Less active children are sometimes specifically invited to attend these. We have aligned our curriculum for Physical Education with the National Curriculum. Through our curriculum, we provide a carefully planned progression of skills and knowledge which are built upon year by year. Children participate in team games, develop and master group and individual skills and experience a variety of fundamental skills. They are taught to use age-appropriate equipment safely. Our Upper Key Stage Two children have access to swimming lessons. We have of course had to take into careful consideration how the pandemic has impacted this and have further developed our teaching progressions as we prioritised getting our children fit and active, which is crucial to their health and well-being. Our Physical Education curriculum would not be successful without the teaching staff being both skilled and confident. We therefore ensure we audit our teaching staff skills and teaching staff regularly and engage in suitable CPD where appropriate. This ensures they have the confidence and competence to offer the high-quality Physical Education and experiences we are passionate all our children receive.  **National Curriculum for Key Stage 1**  Pupils should be taught to:   * master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities * participate in team games, developing simple tactics for attacking and defending * perform dances using simple movement patterns   **National Curriculum for Key Stage 2**  Pupils should be taught to:   * use running, jumping, throwing and catching in isolation and in combination * 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 * develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] * perform dances using a range of movement patterns * take part in outdoor and adventurous activity challenges both individually and within a team * compare their performances with previous ones and demonstrate improvement to achieve their personal best.   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.   **Physical Education Curriculum Impact**  All children receive a broad and balanced Physical Education curriculum where they can develop their skills in a supportive environment. We equip our children with the necessary skills for the love of sport, many of whom enjoy competing. These children have the opportunity to compete against other schools throughout the school year. We know that through the delivery of our Physical Education curriculum and planned active sessions throughout the school day we are helping our children to stay physically and emotionally well or make improvements to their well-being and fitness. When our children are physically and mentally well it further drives their progress in all other areas of the curriculum. Our curriculum is the foundations for our children growing up to live happy and healthy lives where they can utilise the skills they have acquired and reap the benefits of being healthy and active.  **Supporting the development of Spiritual Moral Social Cultural Development**  Through the teaching of dance and gymnastics spiritual education is explored. We invite the children to be creative, use their imagination, display emotions and reflect.  In all our Physical Education lessons and the way we expect our children to behave during other active times in and around school, we teach our children about the etiquette of code of conduct. For example; a handshake before and after matches or applauding the opposition. It is instilled into children that they should abide by the rules and they understand the consequences of their actions. The concepts of self-discipline are essential. Children are taught, to achieve a high standard in sport they need to actively pursue that high standard by applying themselves. All physical activities have a wide range of physical and emotional benefits. Developing regular physical activity behaviours in childhood is crucial to continue this into adulthood. Games and dance enable the children to learn about cultures. We are passionate that the children develop an awareness and understanding about the world around them. Social education is firmly embedded during Physical Education lessons and other active times during the school day. There are opportunities for children to actively participate as a team or group, supporting the development of their co-operation, communication and commitment. In Portobello Primary we have a growth mindset approach firmly embedded in everything we do. Children understand that learning takes place over time and that they are required to make the most of all learning opportunities, mistakes are one part of this.  **Physical Education Curriculum Assessment and Monitoring**  Physical Education is monitored by the subject leaders throughout all year groups using a number of strategies including learning outcome moderations, observations of children, and discussions with teaching staff and children. Subject leaders also discuss Physical Education with the Senior Leadership Team termly and they complete a written report to Governors in Summer Term Two. Teaching staff are asked to complete a Basic Skill Assessment to identify gaps in fundamental movements, as well as Year Group Objectives Assessment using the GetSet4PE scheme and to track the attainment and progress of children against the National Curriculum objectives. Participation Trackers are completed to tracker the activity levels of our children and the amount who are accessing extra-curricular clubs as well as external clubs. At the end of each lesson children are provided with reflection time for them to self and peer assess against the learning objectives. |
| **Year 1** |
| **Autumn 1 unit 1** – Fundamentals |
| **New Words We Will Use and Understand**  Run, stop, space, jump, balance, skip, fast, hop, slow, direction, land, safely |
| **What We Will Remember**  **-**How to balance, show stability and how to land safely  - How the body moves differently when running at different speeds  - How to change direction and perform dodging actions  - How to jump, hop and skip  - How to demonstrate coordination and combination jumps |
| **Additional Learning Opportunities**  Multi-skills activities and festivals through Cluster Secondary school |
| **Autumn 1 unit 2 –** Fitness |
| **New Words We Will Use and Understand**  Running, co-ordination, stamina, strength, agility, balance, breathing, muscles |
| **What We Will Remember**  - How exercise makes you feel  - How exercise can make you strong and healthy  - How exercise links to breathing and the brain  - How exercise helps my muscles  - How daily exercise is important |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school |
| **Autumn 2 unit 1 –** Ball skills |
| **New Words We Will Use and Understand**  Multi-skills activities and festivals through Cluster Secondary school  Personal challenges in class/golden time |
| **What We Will Remember**  - How to develop control and coordination when dribbling a ball with hands and feet  - How to accurately roll a ball  - How to accurately throw a ball towards a target  - Explore how to catch a ball with two hands  - Explore tracking a ball that is coming towards me |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school |
| **Autumn 2 unit 2 –** Sending and receiving |
| **New Words We Will Use and Understand**  Roll, kick, track, throw, catch, take turns, communication |
| **What We Will Remember**  - How to develop rolling and throwing a ball towards a target  - How to track and receive a rolling ball  - How to send and receive a ball with your feet  - How to develop throwing and catching skills over different distances  - How to apply sending and receiving skills to small games |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school |
| **Spring 1 unit 1 –** Dance |
| **New Words We Will Use and Understand**  Move, copy, shape, space, safely, around, travel, sideways, forwards, backwards, counts, pose, level, slow, fast, balance |
| **What We Will Remember**  - How to use counts of 8 to move in time  - How to explore pathways in dance  - How to create my own dance using actions, pathways and counts  - How to explore speed and actions in dance  - How to copy, remember and repeat actions |
| **Additional Learning Opportunities**  Watch different dance routines, look for inspiration from films and music videos |
| **Spring 1 unit 2 –** Target games |
| **New Words We Will Use and Understand**  Aim, target, underarm, overarm, accuracy, distance, technique |
| **What We Will Remember**  - How to develop underarm throwing towards a target  - How to develop throwing for accuracy  - How to develop underarm and overarm throwing for distance  - How to select the correct throwing technique for each situation  - How to identify a good throwing technique |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school |
| **Spring 2 unit 1 –** Invasion games |
| **New Words We Will Use and Understand**  Dodging, defence, attack, possession, interception |
| **What We Will Remember**  **-** Understand the role of attackers and defenders  **-** Understand who to pass to and why when playing against a defender  - How to move towards a goal with the ball  - How to move into space and show an awareness of defenders  - How to stay with a player when defending |
| **Additional Learning Opportunities**  Cluster events against other schools, taster sessions delivered by secondary school staff from LLOBA |
| **Spring 2 unit 2 –** Gymnastics |
| **New Words We Will Use and Understand**  Straight, barrel, straight, forward, balance, shape, jump, sequence |
| **What We Will Remember**  - Explore travelling movements  - How to develop quality when performing and linking shapes  - How to develop stability and control when performing balances and shape jumps  - How to develop technique in the barrel, straight and forward roll  - How to link gymnastics actions to create a sequence |
| **Additional Learning Opportunities**  External coaches running extra-curricular clubs |
| **Summer 1 unit 1 –** Striking and fielding |
| **New Words We Will Use and Understand**  Striking, fielding, target, opponent, batter, bowler |
| **What We Will Remember**  **-** Develop underarm throwing and catching and put this into small sided games  **-** Develop striking a ball with my hand and equipment  - How to retrieve a ball when fielding  - Understand how to get a batter out  - Develop decision making and understand how to score points |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school |
| **Summer 1 unit 2 –** Invasion games |
| **New Words We Will Use and Understand**  Dodging, defence, attack, possession, interception, dribbling, space |
| **What We Will Remember**  **-** Understand who to pass to and why when playing against a defender  - How to support a teammate to stay in possession  - How to move towards a goal with the ball  - How to move into space and show an awareness of defenders  - How to stay with a player when defending |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school |
| **Summer 2 unit 1 –** Net and wall games |
| **New Words We Will Use and Understand**  Space, position, opponent, racket, control, sending, accurate, target, tactics |
| **What We Will Remember**  - How to defend space using a ready position  - How to play against an opponent and keep the score  - Develop racket and ball control  - Develop sending a ball using a racket  - Develop hitting a ball over a net |
| **Additional Learning Opportunities**  Events at cluster secondary school against other primary schools |
| **Summer 2 unit 2 –** Athletics |
| **New Words We Will Use and Understand**  Speed, power, strength, accuracy, accurate, distance, balance, agility, coordination, leaping |
| **What We Will Remember**  - How to move at different speeds over different distances  - How to develop balance  - How to develop agility and coordination  - How to develop hopping, jumping and leaping for distance  - How to develop throwing for distance and accuracy |
| **Additional Learning Opportunities**  Multi-skills/sports/athletics events at cluster secondary school against other primary schools |

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| **Year 2** |
| **Autumn 1 unit 1** – Health and Fitness |
| **New Words We Will Use and Understand**  Stamina, balance, coordination, continuous, strong, pace, race, speed, jog, steady, sprint |
| **What We Will Remember**  - How to run for longer periods of time without stopping  - How to develop coordination and timing when jumping  - How to develop stamina and agility  - Explore exercises that use your own body weight  - How to develop balance and coordination (alongside agility) |
| **Additional Learning Opportunities**  Athletics activities, multi-sport events are cluster secondary school, sports day, school games day |
| **Autumn 1 unit 2 –** Ball skills |
| **New Words We Will Use and Understand**  Distance, overarm, underarm, receive, send, accurate, target |
| **What We Will Remember**  - How to develop coordination when rolling and stopping a ball  - How to develop technique and control when dribbling a ball with your feet  - How to develop technique and control when kicking a ball  - How to develop technique and control when throwing and catching  - How to develop technique and control when dribbling a ball with your hands |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school |
| **Autumn 2 unit 1 –** Sending and receiving |
| **New Words We Will Use and Understand**  Target, send, track, receive, partner, opponent |
| **What We Will Remember**  - How to roll a ball towards a target  - How to track and receive a ball  - How to be able to stop, send and receive a ball with your feet  - How to develop throwing and catching skills  - How to send and receive a ball with a racket |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school |
| **Autumn 2 unit 2** – Target games |
| **New Words We Will Use and Understand**  Aim, target, underarm, overarm, accuracy, distance |
| **What We Will Remember**  - Consider how much power to apply when aiming at a target  - Understand how to score in different target games using an overarm throw  - Understand how to score in different target games when kicking  - Develop striking to a target  - Develop hitting a moving target |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school |
| **Spring 1 unit 1** – Target Games (2) |
| **New Words We Will Use and Understand**  Expression, pathway, direction, perform, dynamics |
| **What We Will Remember**  - Consider how much power to apply when aiming at a target  - Understand how to score in different target games using an overarm throw  - Understand how to score in different target games when kicking  - Develop striking to a target  - Develop hitting a moving target |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school |
| **Spring 1 unit 2** – Invasion games |
| **New Words We Will Use and Understand**  Dodging, defence, attack, possession, interception |
| **What We Will Remember**  - Understand what being in possession means and support teammates to do this  - Use a variety of skills to score goals  - Develop skills to stop an opponent scoring a goal  - Learn how to gain possession of the ball  - Develop an understanding of marking an opponent |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school |
| **Spring 2 unit 1** – Invasion games |
| **New Words We Will Use and Understand**  Dodging, defence, attack, possession, interception |
| **What We Will Remember**  - Use a variety of skills to score goals  - Develop skills to stop an opponent scoring a goal  - Learn how to gain possession of the ball  - Develop an understanding of marking an opponent  **-** Apply simple tactics for attacking and defending |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school |
| **Spring 2 unit 2** – Team building |
| **New words we will use and understand**  Teamwork, communication, planning, solve, effective, trust |
| **What we will remember**  - How to communicate in a small group to solve problems  - How to create a plan with a group to solve challenges  - How to communicate effectively and develop trust  - How to work as a group to solve problems  - How to work with a group to copy and create a basic map |
| **Additional Learning Opportunities**  Extra-curricular links to other subjects such as Maths, humanities. Solving conflict and building friendships in PSHE activities and during the school day. |
| **Summer 1 unit 1** – Striking and fielding |
| **New Words We Will Use and Understand**  Striking, fielding, target, opponent, batter, bowler, track retrieve |
| **What We Will Remember**  - Track a rolling ball and collect it  - Develop accuracy in underarm throwing and consistency in catching  - Develop accuracy in overarm throwing to send a ball over a greater distance  - Develop striking for distance and accuracy  - Develop decision making when under pressure and to get a batter out |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school |
| **Summer 1 unit 2** – Net and Wall |
| **New Words We Will Use and Understand**  Tactics, continuously target, opponent, court, defend, attack |
| **What We Will Remember**  - Develop racket familiarisation  - Develop placing an object  - Use the ready position to defend space on court  - Develop returning a ball with hands and then a racket  - Move an opponent to win a point |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school |
| **Summer 2 unit 1** – Athletics |
| **New Words We Will Use and Understand**  Speed, power, strength, accuracy |
| **What We Will Remember**  - Develop the sprinting action  - Develop technique when jumping for height  - Develop technique when jumping for distance  - Develop throwing for distance  - Develop throwing for accuracy |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school |
| **Summer 2 unit 2 –** Gymnastics |
| **New Words We Will Use and Understand**  Straight, barrel, tuck, pike, straddle sequence |
| **What We Will Remember**  - Perform gymnastics shapes and link them together  - Use shapes to create balances  - Link travelling actions and balances using apparatus  - Demonstrate different shapes, take offs and landings when performing jumps  - Develop rolling and sequence building (develop sequence work on apparatus) |
| **Additional Learning Opportunities**  External coaches running extra-curricular clubs |
| **Summer 2 unit 3 (To be taught during Health and Sports week) –** Dance |
| **New Words We Will Use and Understand**  Move, copy, shape, space, safely, around, travel, sideways, forwards, backwards, counts, pose, level, slow, fast, balance |
| **What We Will Remember**  - How to use counts of 8 to move in time  - How to explore pathways in dance  - How to create my own dance using actions, pathways and counts  - How to explore speed and actions in dance  - How to copy, remember and repeat actions |
| **Additional Learning Opportunities**  Watch different dance routines, look for inspiration from films and music videos |

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| **Year 3** |
| **Autumn 1 unit 1 –** Tag Rugby |
| **New Words We Will Use and Understand**  Interception, opponent, defend, attack, consecutive, possession |
| **What We Will Remember**  - Develop throwing, catching and running with the ball  - Develop an understanding of tagging rules  - Begin to use the ‘forward pass’ and ‘offside’ rules  - Dodge a defender and move into space when running towards the goal  - Develop defending skills in a game situation |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Autumn 1 unit 2** – Health and Fitness |
| **New Words We Will Use and Understand**  Coordination, personal, technique, agility, stamina, continuous |
| **What We Will Remember**  - Develop an awareness of what the body can do  - Develop speed and strength  - Develop coordination and agility  - Complete actions to develop balance  - Complete actions to develop stamina |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Autumn 2 unit 1** – Basketball |
| **New Words We Will Use and Understand**  Interception, protective, opponent, defend, attack, travelling, possess |
| **What We Will Remember**  - Develop the attacking skill of dribbling  - Use protective dribbling against an opponent  - Develop the bounce and chest pass and decide when to use them  - Develop tracking and defending an opponent  - Develop the technique for the set shot |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Autumn 2 unit 2 –** Handball |
| **New Words We Will Use and Understand**  Grip, attack, interception, opponent, defend, possession |
| **What We Will Remember**  - Begin to throw and catch when on the move  - Learn how to move towards a goal or away from a defender  - Develop accuracy when shooting  - Apply individual and team defending skills  - Use change of direction and speed to lose a defender and move into space |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Spring 1 unit 1 –** Hockey |
| **New Words We Will Use and Understand**  Interception, possession, opposition, defender, attacker, reverse |
| **What We Will Remember**  - Develop sending a ball with a push pass  - Develop receiving the ball  - Develop dribbling using the reverse dribble  - Develop moving into space after passing a ball  - Use an open stick tackle to gain possession |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Spring 1 unit 2** – Gymnastics |
| **New Words We Will Use and Understand**  Extension, body tension, momentum, rotate |
| **What We Will Remember**  - Create interesting point and patch balances  - Develop stepping into shape jumps with control  - Develop the straight, barrel and forward roll  - Transition smoothly in and out of balances  - Create a sequence with matching and contrasting actions and shapes, incorporating equipment |
| **Additional Learning Opportunities**  External coaches running extra-curricular clubs |
| **Spring 2 unit 1** – Dance |
| **New Words We Will Use and Understand**  Stimulus, dynamics, formations, canon, unison, shape, relationships |
| **What We Will Remember**  - Create actions in response to a stimulus and move in unison with a partner  - Create actions to move in contact with a partner or interact with a partner  - Select and link appropriate actions and dynamics to show your dance idea  - Remember, repeat and create actions to represent an idea  - Share ideas of actions and dynamics to create a dance |
| **Additional Learning Opportunities**  Watch different dance routines, look for inspiration from films and music videos |
| **Spring 2 unit 2** – Netball (1) |
| **New Words We Will Use and Understand**  Interception, possession, defence, attack, conceding |
| **What We Will Remember**  - Develop passing and moving and play within the footwork rule  - Develop passing and moving towards a goal  - Develop movement skills to lose a defender  - Defend an opponent to try to win the ball  - Develop the shooting action |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Spring 2 unit 3 –** Hockey (2) |
| **New Words We Will Use and Understand**  Interception, possession, opposition, defender, attacker, reverse |
| **What We Will Remember**  - Develop sending a ball with a push pass  - Develop receiving the ball  - Develop dribbling using the reverse dribble  - Develop moving into space after passing a ball  - Use an open stick tackle to gain possession |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Summer 1 unit 1** – Cricket |
| **New Words We Will Use and Understand**  Fielders, batters, striking, tracking, bowling |
| **What We Will Remember**  - Develop overarm throwing and catching  - Develop underarm bowling  - Learn how to grip the bat and develop the batting technique  - Field and ball using a two-handed pick up and short barrier  - Develop overarm bowling technique |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Summer 1 unit 2** – Netball (2) |
| **New Words We Will Use and Understand**  Interception, possession, defence, attack, conceding |
| **What We Will Remember**  - Develop passing and moving and play within the footwork rule  - Develop passing and moving towards a goal  - Develop movement skills to lose a defender  - Defend an opponent to try to win the ball  - Develop the shooting action |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Summer 2 unit 1 –** Athletics |
| **New Words We Will Use and Understand**  Power, speed, strength, vertical, progressive |
| **What We Will Remember**  - Develop the sprinting technique and improve on your personal best  - Develop change over in relay events  - Develop jumping techniques in a range of approaches and take off positions  - Develop throwing for distances and accuracy  - Develop officiating and performing skills |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Summer 2 unit 2** - Tennis |
| **New Words We Will Use and Understand**  Opponent, consecutive, forehand, backhand, outwit |
| **What We Will Remember**  - Develop racket and ball control  - Develop returning the ball using forehand groundstroke  - Rally using a forehand stroke  - Develop two handed backstroke  - Develop playing against an opponent (learn to score) |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |

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| **Year 4** |
| **Autumn 1 unit 1 –** Tag Rugby |
| **New Words We Will Use and Understand**  Interception, opponent, defend, attack, consecutive, possession |
| **What We Will Remember**  - Develop throwing, catching and running with the ball  - Develop an understanding of tagging rules  - Begin to use the ‘forward pass’ and ‘offside’ rules  - Dodge a defender and move into space when running towards the goal  - Develop defending skills in a game situation |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Autumn 1 unit 2 –** Health and Fitness |
| **New Words We Will Use and Understand**  Coordination, personal, technique, agility, stamina, continuous |
| **What We Will Remember**  - Develop an awareness of what the body can do  - Develop speed and strength  - Develop coordination and agility  - Complete actions to develop balance  - Complete actions to develop stamina |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Autumn 2 unit 1** – Basketball |
| **New Words We Will Use and Understand**  Interception, protective, opponent, defend, attack, travelling, possess |
| **What We Will Remember**  - Develop the attacking skill of dribbling  - Use protective dribbling against an opponent  - Develop the bounce and chest pass and decide when to use them  - Develop tracking and defending an opponent  - Develop the technique for the set shot |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Autumn 2 unit 2 –** Handball |
| **New Words We Will Use and Understand**  Grip, attack, interception, opponent, defend, possession |
| **What We Will Remember**  - Begin to throw and catch when on the move  - Learn how to move towards a goal or away from a defender  - Develop accuracy when shooting  - Apply individual and team defending skills  - Use change of direction and speed to lose a defender and move into space |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Spring 1 unit 1 –** Hockey |
| **New Words We Will Use and Understand**  Interception, possession, opposition, defender, attacker, reverse |
| **What We Will Remember**  - Develop sending a ball with a push pass  - Develop receiving the ball  - Develop dribbling using the reverse dribble  - Develop moving into space after passing a ball  - Use an open stick tackle to gain possession |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Spring 1 unit 2 –** Basketball (2) |
| **New Words We Will Use and Understand**  Interception, protective, opponent, defend, attack, travelling, possess |
| **What We Will Remember**  - Develop the attacking skill of dribbling  - Use protective dribbling against an opponent  - Develop the bounce and chest pass and decide when to use them  - Develop tracking and defending an opponent  - Develop the technique for the set shot |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Spring 2 unit 1 –** Hockey (2) |
| **New Words We Will Use and Understand**  Interception, possession, opposition, defender, attacker, reverse |
| **What We Will Remember**  - Develop sending a ball with a push pass  - Develop receiving the ball  - Develop dribbling using the reverse dribble  - Develop moving into space after passing a ball  - Use an open stick tackle to gain possession |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Summer 1 unit 1 –** Tennis |
| **New Words We Will Use and Understand**  Opponent, consecutive, forehand, backhand, outwit |
| **What We Will Remember**  - Develop hitting the ball using a forehand  - Develop returning the ball using a forehand  - Develop the backhand  - Keep a continuous rally going  - Use simple tactics to outwit an opponent |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Summer 1 unit 2 –** Gymnastics |
| **New Words We Will Use and Understand**  Extension, body tension, momentum, inversion, pathways |
| **What We Will Remember**  - Develop individual and partner balances  - Develop control in performing landing rotation jumps  - Develop the straight, barrel, forward and straddle roll  - Develop strength in inverted movements  - Create a partner sequence using apparatus |
| **Additional Learning Opportunities**  External coaches running extra-curricular clubs |
| **Summer 1 unit 3 –** Cricket |
| **New Words We Will Use and Understand**  Fielders, batters, striking, tracking, bowling |
| **What We Will Remember**  - Develop overarm throwing and catching  - Develop underarm bowling  - Learn how to grip the bat and develop the batting technique  - Field and ball using a two handed pick up and short barrier  - Develop overarm bowling technique |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Summer 2 unit 1 –** Athletics |
| **New Words We Will Use and Understand**  Power, speed, strength, vertical, progressive |
| **What We Will Remember**  - Develop stamina and an understanding of speed and pace in relation to distance  - Develop power and speed in the sprinting technique  - Develop technique when jumping for distance  - Develop power and technique when throwing for distance  - Develop a pull throw for distance and accuracy |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Summer 2 unit 2 –** Netball |
| **New Words We Will Use and Understand**  Interception, possession, defence, attack, conceding |
| **What We Will Remember**  - Develop passing and moving and play within the footwork rule  - Develop passing and moving towards a goal  - Develop movement skills to lose a defender  - Defend an opponent to try to win the ball  - Develop the shooting action |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Summer 2 unit 3 (To be taught during Health and Sports Week) –** Dance |
| **New Words We Will Use and Understand**  Stimulus, dynamics, formations, canon, unison, relationships |
| **What We Will Remember**  - Copy and create actions  - Choose actions which relate to a theme  - Develop a dance using matching and mirroring  - Learn and create dance moves to a certain theme  - Develop a dance using canon, formations and unison |
| **Additional Learning Opportunities**  Watch different dance routines, look for inspiration from films and music videos |

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| **Year 5** |
| **Autumn 1 unit 1 –** Tag Rugby |
| **New Words We Will Use and Understand**  Interception, opponent, defend, attack, possession, conceding |
| **What We Will Remember**  - Develop attacking principles, understanding when to run and pass  - Use the forward pass and offside rules  - Play games using tagging rules  - Develop dodging skills to lose a defender  - Develop drawing defence and understanding when the pass |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Autumn 1 unit 2** – Health and fitness |
| **New Words We Will Use and Understand**  Co-ordination, personal, technique, agility, stamina, continuous |
| **What We Will Remember**  - Develop an awareness of what the body is capable of  - Develop speed and stamina  - Develop strength using body weight  - Develop coordination and agility  - Develop control whilst balancing |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Autumn 2 unit 1** – Netball |
| **New Words We Will Use and Understand**  Interception, opponent, defend, attack, possession, conceding |
| **What We Will Remember**  - Develop passing and moving  - Use the attacking principle of creating and using space  - Change direction and lose a defender  - How to defend ball side and know when to go for interceptions  - Develop the shooting action |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Autumn 2 unit 2** – Basketball |
| **New Words We Will Use and Understand**  Interception, protective, opponent, defending, attacking possession |
| **What We Will Remember**  - Develop protective dribbling against an opponent  - Move into and create space to support a teammate  - Choose when to pass and when to dribble  - Track an opponent and use defensive techniques to win the ball  - Develop technique to increase accuracy when scoring |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Spring 1 unit 1** – Hockey |
| **New Words We Will Use and Understand**  Interception, possession, opposition, defender, attacker, reverse |
| **What We Will Remember**  - Develop dribbling to beat a defender  - Develop sending the ball using a push pass  - Develop receiving a ball with control  - Move into space to support a teammate  - Develop using an open stick (block) tackle and jab tackle to gain possession of the ball |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Spring 1 unit 2** – Netball (2) |
| **New Words We Will Use and Understand**  Interception, opponent, defend, attack, possession, conceding |
| **What We Will Remember**  - Develop passing and moving  - Use the attacking principle of creating and using space  - Change direction and lose a defender  - How to defend ball side and know when to go for interceptions  - Develop the shooting action |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Spring 2 unit 1** – Hockey (2) |
| **New Words We Will Use and Understand**  Interception, possession, opposition, defender, attacker, reverse |
| **What We Will Remember**  - Develop dribbling to beat a defender  - Develop sending the ball using a push pass  - Develop receiving a ball with control  - Move into space to support a teammate  - Develop using an open stick (block) tackle and jab tackle to gain possession of the ball |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Spring 2 unit 2** – Swimming (external) |
| **Summer 1 unit 1 -** Cricket |
| **New Words We Will Use and Understand**  Fielders. continuous, striking, tracking, bowling |
| **What We Will Remember**  - Develop throwing and catching skills under pressure  - Develop placement of a ball into space  - Develop consistency of catching to get opponents out  - Develop overarm bowling technique  - Develop a variety of fielding techniques and apply them to a game |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Summer 1 unit 2 -** Gymnastics |
| **New Words We Will Use and Understand**  Inversion, symmetrical, asymmetrical, aesthetics, synchronisation |
| **What We Will Remember**  - Perform symmetrical and asymmetrical balances  - Develop straight, forward and backward rolls  - Explore different methods of travelling, linking actions in canon and synchronisation  - Explore matching and mirroring using actions both of the floor and apparatus  - Create a partner sequence using apparatus |
| **Additional Learning Opportunities**  External coaches running extra-curricular clubs |
| **Summer 2 unit 1** - Athletics |
| **New Words We Will Use and Understand**  Consistent, downsweep, upsweep, bounding, momentum, communicating ideas |
| **What We Will Remember**  - Apply different speeds over varying distances  - Develop fluency and coordination when running for speed  - Develop technique in relay changeovers  - Develop technique and coordination in the triple jump  - Develop throwing with force, control and technique for distance |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Summer 2 unit 2** – Tennis |
| **New Words We Will Use and Understand**  Opponent, consecutive, forehand, backhand, technique, accuracy |
| **What We Will Remember**  - Develop returning the ball using a forehand groundstroke  - Develop returning the ball using a backhand groundstroke  - Work cooperatively with a partner to keep a continuous rally  - Develop the underarm serve and understand the rules for serving  - Use a variety of strokes to outwit an opponent (inc. the volley) |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Summer 2 unit 3 – (To be taught during Health and Sports week) -** Dance |
| **New Words We Will Use and Understand**  Stimulus, dynamics, formations, unison, relationship, phrase |
| **What We Will Remember**  - Create a dance using a random structure and perform actions showing quality and control  - Understand how changing dynamics changes the appearance of performance  - Understand and use relationships and space to change how a performance looks  - Copy and repeat movements in the style of rock and roll  - Work with a partner to copy and repeat actions in time with the music |
| **Additional Learning Opportunities**  Watch different dance routines, look for inspiration from films and music videos |

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| **Year 6** |
| **Autumn 1 unit 1 –** Tag Rugby |
| **New Words We Will Use and Understand**  Interception, opponent, defend, attack, possession, conceding |
| **What We Will Remember**  - Develop attacking principles, understanding when to run and pass  - Use the forward pass and offside rules  - Play games using tagging rules  - Develop dodging skills to lose a defender  - Develop drawing defence and understanding when the pass |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Autumn 1 unit 2** – Health and fitness |
| **New Words We Will Use and Understand**  Co-ordination, personal, technique, agility, stamina, continuous |
| **What We Will Remember**  - Develop an awareness of what the body is capable of  - Develop speed and stamina  - Develop strength using body weight  - Develop coordination and agility  - Develop control whilst balancing |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Autumn 2 unit 1** – Netball |
| **New Words We Will Use and Understand**  Interception, opponent, defend, attack, possession, conceding |
| **What We Will Remember**  - Develop passing and moving  - Use the attacking principle of creating and using space  - Change direction and lose a defender  - How to defend ball side and know when to go for interceptions  - Develop the shooting action |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Autumn 2 unit 2** – Basketball |
| **New Words We Will Use and Understand**  Interception, protective, opponent, defending, attacking possession |
| **What We Will Remember**  - Develop protective dribbling against an opponent  - Move into and create space to support a teammate  - Choose when to pass and when to dribble  - Track an opponent and use defensive techniques to win the ball  - Develop technique to increase accuracy when scoring |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Spring 1 unit 1** – Hockey |
| **New Words We Will Use and Understand**  Interception, possession, opposition, defender, attacker, reverse |
| **What We Will Remember**  - Develop dribbling to beat a defender  - Develop sending the ball using a push pass  - Develop receiving a ball with control  - Move into space to support a teammate  - Develop using an open stick (block) tackle and jab tackle to gain possession of the ball |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Spring 1 unit 2** – Netball (2) |
| **New Words We Will Use and Understand**  Interception, opponent, defend, attack, possession, conceding |
| **What We Will Remember**  - Develop passing and moving  - Use the attacking principle of creating and using space  - Change direction and lose a defender  - How to defend ball side and know when to go for interceptions  - Develop the shooting action |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Spring 2 unit 1** – Hockey (2) |
| **New Words We Will Use and Understand**  Interception, possession, opposition, defender, attacker, reverse |
| **What We Will Remember**  - Develop dribbling to beat a defender  - Develop sending the ball using a push pass  - Develop receiving a ball with control  - Move into space to support a teammate  - Develop using an open stick (block) tackle and jab tackle to gain possession of the ball |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Spring 2 unit 2** – Health and fitness |
| **New Words We Will Use and Understand**  Co-ordination, personal, technique, agility, stamina, continuous |
| **What We Will Remember**  - Develop an awareness of what the body is capable of  - Develop speed and stamina  - Develop strength using body weight  - Develop coordination and agility  - Develop control whilst balancing |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Summer 1 unit 1** – Cricket |
| **New Words We Will Use and Understand**  Fielders. continuous, striking, tracking, bowling |
| **What We Will Remember**  - Develop throwing and catching skills under pressure  - Develop placement of a ball into space  - Develop consistency of catching to get opponents out  - Develop overarm bowling technique  - Develop a variety of fielding techniques and apply them to a game |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Summer 1 unit 2** – Gymnastics |
| **New Words We Will Use and Understand**  Inversion, symmetrical, asymmetrical, counter balance, counter tension |
| **What We Will Remember**  - Develop the straddle, forward and backward roll  - Develop counter balance and counter tension  - Perform inverted movements with control (travel over apparatus using flight from hands)  - Perform progressions of a headstand and a cartwheel  - Create a group sequence using formations and apparatus |
| **Additional Learning Opportunities**  External coaches running extra-curricular clubs |
| **Summer 2 unit 1** – Athletics |
| **New Words We Will Use and Understand**  Consistent, down sweep, upsweep, bounding, momentum, rotation, continuous pace, officiating |
| **What We Will Remember**  - Work collaboratively with a partner to set a steady pace when running  - Develop sprinting techniques  - Develop power, control and technique for the triple jump  - Develop power, force, control and accuracy when throwing for distance  - Develop officiating skills of measuring, timing and recording |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Summer 2 unit 2** – Tennis |
| **New Words We Will Use and Understand**  Opponent, consecutive, forehand, backhand, technique, accuracy |
| **What We Will Remember**  - Develop the forehand groundstroke  - Develop the backhand groundstroke to return the ball  - Develop the volley and understand when to use it  - Develop accuracy of the underarm serve  - Learn to use the official scoring system |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Summer 2 unit 3** – **(To be taught during Health and Sports week) -** Dance |
| **New Words We Will Use and Understand**  Stimulus, dynamics, formations, choreograph, relationship, contrasting |
| **What We Will Remember**  - Copy and repeat a set dance phrase showing confidence in movements  - Explore and develop the dance idea while working with others  - Use changes in dynamics in response to the stimulus  - Demonstrate a sense of rhythm and energy when performing  - Perform a dance, showing awareness of timing, formations and direction |
| **Additional Learning Opportunities**  Watch different dance routines, look for inspiration from films and music videos |