



Knowledge	Y3	Y4	Y5	Y6
Autumn 1	<p>Football - By the end of the football unit children will focus using the skills of control and dribbling within game scenarios. They will have the chance to further develop passing, shooting, and tackling as part of the game. Pupils will also develop collaboration and team work as well as learn the rules of the game.</p> <p>Tag Rugby -By the end of the tag rugby unit children will develop their ability to pass and intercept the ball. They will understand the rules of passing in rugby and realise the importance of positional space. Children will learn the rules of a tag-rugby game and practice the correct methods to score a try.</p>	<p>Football - By the end of the unit children will show a growing consistency of control in games. They will use different tactics to keep possession of the ball and find spatial positions to be able to shoot or score. Children will be able to identify and name football positions.</p> <p>Tag-Rugby - By the end of the unit children will be able to demonstrate increased skill in sending and receiving a ball. They will be able to play competitive games in small groups and describe what is successful in their own and others' performance. Pupils will look to developing their game specifically during 1v1 scenarios.</p>	<p>Football - By the end of this unit children will develop their understanding on how to attack and defend as a team. Pupils will focus on 'marking an opponent' and understand how to cope with overloaded scenarios. Children will also explore many areas to goalkeeping.</p> <p>Tag - Rugby -Within this unit children will be able to explain how confident they feel playing in different positions. Pupils will discuss, explore and evaluate set moves. Children will develop their support play skills and how find ways they can help others during play.</p>	<p>Football - By the end of this unit pupils will invent patterns of play and adapt to suit. Children will develop their 'football fitness' and identify how to develop this. Pupils will work on improving long range passing and shooting within game scenarios</p> <p>Tag-Rugby - By the end of this unit pupils will invent patterns of pay and adapt to suit. Pupils will look to improve their body positions when defending and be able to stop an opponent/team from attacking. Pupils will lead in refereeing matches.</p>
Autumn 2	<p>Netball - By the end of this unit children will be able to demonstrate Chest, shoulder and bounce pass. Children will also show Dodging to get free.</p> <p>Gymnastics - By the end of this gymnastics unit children will focus mainly on travelling, rolls and balances with the aim to embed control. Pupils will begin to put routines and sequences together fluidly. Equipment will be introduced to perform jumps and vaults.</p>	<p>Netball - By the end of the unit children will be able to vary the speed and direction of the ball passed. They will choose good places to stand when receiving the ball. Pupils will focus on developing their footwork when passing and receiving.</p> <p>Gymnastics- By the end this unit children will look to improve jumping with control and landing safely. They will use sequences that demonstrate confidence when changing speed, direction and level. Pupils will also use equipment to travel over, balance on and vault trying to complete this fluidly and safely.</p>	<p>NETBALL - By the end of this unit children will be able to demonstrate an Effective bounce pass in game, use a greater variety of dodging skills, pivot and pass, 2 handed shooting and show an understanding of court rules.</p> <p>Gymnastics - By the end of this unit pupils will be developing turning and vaulting with control. Children will look to combine movements in small groups with apparatus or equipment. Pupils will explore creating movement sequences on gym mats to music.</p>	<p>Netball - By the end of this unit children will be able to use Screening, organisation around the D, dribbling with precision in game, utilising space. Explain the rules of the game an umpire a match.</p> <p>Gymnastics - Prepare for vaulting. Dismounting from height. Flight in unison &amp; cannon. Use music. Create group patterns. Entrance and relationships to one another. Use stimuli such as ribbons and hoops</p>
Spring 1	<p>Basketball - Within the basketball unit pupils will focus to dribble and pass effectively, developing their understanding of dribbling in basketball. Children will experience how to tackle plus intercept and learn next steps once possession has been regained. They will learn the effects to finding space for a teammate and pass once found in game situations.</p> <p>SWIMMING - Swim short distances unaided between 5 &amp; 20 metres using one consistent stroke. Propel themselves over longer distances with the assistance of swimming aids</p>	<p>Basketball - By the end of this unit children will develop their dribbling changing direction and at different speeds. Pupils will learn the correct shooting technique and practice from all different distances and angles. They will further develop their understanding of using the backboard in basketball.</p> <p>SWIMMING - Swim over greater distances, between 10 &amp; 20 meters with confidence in shallow water. Begin to use basic swimming techniques including correct arm and leg action</p>	<p>Basketball - By the end of this unit children will be able to identify a range of passes and which pass would suit in certain scenarios. Pupils will develop their understanding of the game playing matches throughout to experience each rule. Children will also develop movement patterns and understanding their importance within the game.</p> <p>SWIMMING- Bring control and fluency to at least two recognised strokes. Implement good breathing technique to allow for smooth stroke patterns.</p>	<p>Hockey - By the end of the unit children will be able to combine and perform skills with increased control, adapting them to meet the needs of the game. They will perform skills using a hockey stick with greater speed and control. Children will use attacking and defending skills appropriately.</p> <p>SWIMMING - attempt personal survival techniques as an individual and group with success. Link lengths together with turns and attempt tumble turn in isolation and during a stroke.</p>
Spring 2	<p>Handball - Within this handball unit pupils will focus using the skills of passing and intercepting in game like situations. Pupils will have the chance to develop shooting &amp; movement</p>	<p>Handball - Within this unit pupils will focus using skills of movement to trick the opposing team. Children will have the chance to develop tactics and practice set</p>	<p>HANDBALL- Within this unit children will be able to demonstrate Jump shot, closing angles, pivoting to pass and</p>	<p>Handball -Within this unit children will be able to demonstrate Screening, organisation around the D, dribbling with precision in</p>



	<p>as part of the game. They will develop collaboration and team work as well as learning the rules of handball.</p> <p>Hockey - Within this hockey unit pupils will develop their control and dribbling skills using a hockey stick. They will focus on their handling skills to enable them to move swiftly with the ball. Pupils will also develop collaborative skill in game situations as well as learning the rules of hockey.</p>	<p>moves to enable them to score. Children will work also on shooting to develop their precision.</p> <p>Hockey- This unit will cover children learning a variety of passes would be performed statically and dynamically. Children will develop their knowledge on how to defend and attack as a team. Pupils will also focus on tackling and intercepting.</p>	<p>set plays. Children will be able to explain the basic rules of handball and play in a match.</p> <p>HOCKEY - Within this unit children will be able to demonstrate the block tackle, passing in the D, sweep shot, dragging the ball along with knowledge of the rules and how to enforce them.</p>	<p>game, utilising space. Children will also be able to tale part in a match and understand the rules of the game.</p> <p>HOCKEY - Within this unite children will be able to demonstrate shooting from close range, long corners, goal side marking, self-pass rule, channelling the opposition. Children will be able to take part in a full hockey game with good understanding of rules and fair play.</p>
Summer 1	<p>Tennis Rounders - Within this unit pupils will develop their understanding of rounders and look to further develop their throwing, catching and striking. They will look to improve teamwork through communicating to create chains when throwing the ball back.</p> <p>Cricket -By the end of this unit pupils will develop their catching and learn barrier positions to stop the ball. Children will learn different batting shots, how to execute them and when to play each one. Pupils will also develop collaborative skills in game situations.</p>	<p>Tennis- Within this unit children will learn different shots to play including serving, backhand and forehand. Pupils will discuss and perform which shots would be correct to play in specific scenarios. Children will develop their understanding of the rules and scoring system used in tennis.</p> <p>Cricket - Children within this unit will focus on placement when batting and be able to understand how important timing is when batting. Pupils will delve deeper into finger positions when bowling and the difference they make. Pupils will play small sided games to develop their communication when running from wicket to wicket.</p>	<p>Tennis - Within this unit pupils will develop striking a volleyed ball with control. Children will begin learning how to control a rally and be able to move their opponent around the court. Pupils will develop a variety of technical tennis shots through game situations under pressure.</p> <p>Cricket - By the end of this unit pupils will have a greater understanding to backing up in fielding to support teammates. Children will develop their bowling action and their running stride to make their action flow. Pupils will evaluate others bowling, fielding and batting skills to help support everyone's progress.</p>	<p>Tennis - By the end of this unit pupils will learn to position themselves accordingly to pre-plan their next shot. Pupils will further develop their serve and all-round play. Children will develop their skills at umpiring.</p> <p>Cricket - By the end of this unit pupils will further develop their batting swing to improve their timing and connection made with the ball. Children will focus developing their understanding of the game and be able to position themselves accordingly to prevent the batsmen scoring runs. Pupils will lead in umpiring matches.</p>
Summer 2	<p>Rounders - By the end of this unit children will be able to demonstrate good throwing and catching technique. Children will show good bat handling and correct body position to strike the ball.</p> <p>Athletics - By the end of this unit children will understand the benefits of using appropriate and sustained running speed throughout a long-distanced race. They will choose the most efficient techniques for throwing, running and jumping and explain why when evaluating their performance.</p>	<p>ROUNDERS - Within this unit children will develop and understanding of the rules and how to play the game. Children will demonstrate different throwing techniques and show good shot placement with the bat.</p> <p>Athletics - By the end of this unit pupils will concentrate on improving their reaction time for sprints by adapting their starting technique. Pupils will look to improve their technique when running and jumping over hurdles and choose to dedicate time to improving their ability within four events.</p>	<p>Rounders - By the end of this unit pupils will further develop their throwing, catching and striking skills with control. Pupils will learn the rules and be able to referee a game. Children will also work together to create ways to increase their batting score.</p> <p>Athletics - By the end of this unit pupils will develop their sprinting stride by understanding the basic physics behind sprinting. Pupils will peer support in a field of their choice within athletics. Children will develop their understanding of what the training requires to improve their skills with that field.</p>	<p>Rounders - By the end of this unit pupils will develop their striking precision in order to support their runs and others within their team. Children will develop tactile fielding positions to prevent opponents. Children will be able to referee a match.</p> <p>Athletics - By the end of the unit children will show health and fitness development through a range of dynamic balances and various agility games. Pupils will lead other classes through a designed Athletic circuit created by them.</p>