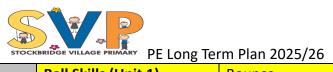


	Autumn	Vocabulary	Spring	Vocabulary	Summer	Vocabulary
EYFS	Introduction to PE (Unit	Avoid	Games (Unit 1)	Catch	Gymnastics (Unit 1)	Balance
	1)	Freeze	Theme: Cars	Safe	Theme: Rainforest Animals	Land
	Theme: Witches and	Space	1. To work safely and develop	Stop	1. To copy and create shapes	Squeeze
	Wizards	Backwards	running and stopping.	Caught	with your body.	Bend
	1.To move safely and	Safe	Theme: Aeroplanes	Safely	Theme: Woodland Animals	Rock
	sensibly in a space with	Stop	2. To develop throwing and	Team	2. To be able to create shapes	Star
	consideration of others.	Forwards	learn how to keep score.	Jog	whilst on apparatus.	Сору
	Theme: Pirates	Sideways	Theme: Cyclists	Score	Theme: Lakeland Animals	Roll
	2. To develop moving	Partner	3. To play games showing an	Throw	3. To develop balancing and	Still
	safely and stopping with		understanding of the	Rules	taking weight on different	Hold
	control.		different roles within it.	Space	body parts.	Shape
	Theme: Mythical		Theme: Buses	Turn	Theme: Desert Animals	Straight
	<u>Creatures</u>		4. To follow instructions and	Run	4. To develop jumping and	Jump
	3. To use equipment		move safely when playing		landing safely.	
	safely and responsibly.		tagging games.		Theme: Sea Animals	
	Theme: To The Castle		Theme: Boats		5. To develop rocking and	
	4. To use different		5. To work co-operatively and		rolling.	
	travelling actions whilst		learn to take turns.		Theme: Pet Animals	
	following a path.		Theme: Trains		6. To copy and create short	
	Theme: Superheroes		6. To work with others to play		sequences by linking actions	
	5. To work with others		team games.		together.	
	co-operatively and play					
	as a group.					
	Theme: Monsters					
	6. To follow, copy and					
	lead a partner.					



Ball Skills (Unit 1)	Bounce	Fundamentals (Unit 1)	Balance	Athletics (taken from year 1)	Нор
Theme: Beetles	Points	Theme: Body Parts	Jump	1. To move at different	Balance
1. To develop rolling a	Score	1. To develop balancing whilst	Space	speeds over varying	Jog
ball to a target.	Catch	stationary and on the move.	Bend	distances.	Safely
Theme: Busy Bees	Roll	Theme: Feelings	Land	2. To develop balance.	Bend
2. To develop stopping a	Space	2. To develop running and	Stop	3. To develop changing	Jump
rolling ball.	Dribble	stopping.	Direction	direction quickly.	Target
Theme: Ladybirds and	Run	Theme: Our Senses	Run	4. To explore hopping,	Control
<b>Butterflies</b>	Target	3. To develop changing	Travel	jumping and leaping for	Leap
3. To develop accuracy	Hit	direction.	Нор	distance.	Time
when throwing to a	Safely	Theme: Ways We Look After	Safe	5. To develop throwing for	Direction
target.	Throw	<u>Ourselves</u>		distance.	Overarm
Theme: Grasshoppers	Kick	4. To develop jumping and		6. To develop throwing for	Underarm
4. To develop bouncing		landing.		accuracy	Further
and catching a ball.		Theme: My Favourite Things			Quickly
Theme: Caterpillars		5. To develop hopping and			Walk
5. To develop dribbling a		landing with control.			
ball with your feet.		Theme: It's Good To Be Me			
Theme: Spiders		6. To explore different ways			
6. To develop kicking a		to travel.			
ball.					



<u>Gymnastics</u>	Action	Invasion Games	Attacker	Striking and Fielding	Batter
1. To explore travelling	Jump	1. To understand the role of	Defender	1. To develop underarm	Batting
movements.	Speed	defenders and attackers.	Marking	throwing and catching.	Hit
2. To develop and	Balance	2. To recognise who to pass	Points	2. To develop overarm	Bowl
combine travelling	Level	to and why.	Dodge	throwing.	Out
movements.	Squeeze	3. To move towards goal with	Score	3. To develop hitting a ball.	Bowler
3. To develop quality	Control	the ball.	Goal	4. To develop collecting a	Ready position
when performing linking	Point	4. To support a teammate	space	ball.	Fielder
shapes.	Star	when playing in attack.		5. To learn how to get a	Track
4. To develop quality	Direction	5. To move into space		batter out.	Fielding
when linking shapes.	Roll	showing an awareness of		6. To play games and	Underarm
5. To develop stability	Straight	defenders.		understand how to score	Overarm
and control when	Shape	6. To stay with a player when		points.	
performing balances.	Travel	defending.			
6. To develop stability					
and control when					
performing balances.					
7. To develop technique					
and control when					
performing shape jumps.					
8. To develop technique					
and control when					
performing shape jumps.					



<u>Fundamentals</u>	Bend	Target Games	Balance	<u>Athletics</u>	Нор
1. To explore balance,	Direction	1.To develop underarm	Distance	1. To move at different	Balance
stability and landing	Jog	throwing towards a target.	Score	speeds over varying	Jog
safely.	Dodge	2. To develop throwing for	Further	distances.	Safely
2. To explore how the	Jump	accuracy.	Swing	2. To develop balance.	Bend
body moves differently	Skip	3. To develop underarm and	Overarm	3. To develop changing	Jump
when running at different	Fast	overarm throwing at a target.	Throw	direction quickly.	Target
speeds.	Land	4. To develop throwing for	Point	4. To explore hopping,	Control
3. To explore changing	Challenge	accuracy and distance using	Underarm	jumping and leaping for	Leap
direction and dodging.	Нор	underarm and overarm.		distance.	Time
4. To explore jumping,	Ready position	5. To select the correct throw		5. To develop throwing for	Direction
hopping and skipping	swing	for the target.		distance.	Overarm
actions.		6. To develop throwing for		6. To develop throwing for	Underarm
5. To explore co-		accuracy and distance.		accuracy.	Further
ordination and					Quickly
combination jumps.					Walk
6. To explore					
combination jumping and					
skipping in an individual					
rope.					



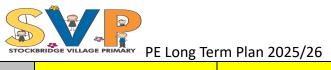
2	Sending and Receiving	Catch	<u>Fitness</u>	Bend	<u>Athletics</u>	Aim
	1.To roll a ball towards a	Distance	1. To learn how to run for a	Jump	1. To develop the sprinting	Overarm
	target.	Receive	long time.	Steady	action.	Height
	2. To track and receive a	Target	2. To develop jumping in a	Breath	2. To develop jumping for	Sprint
	rolling ball.	Kick	long rope using timing.	Land	distance.	Distance
	3. To send and receive a	Roll	3. To develop co-ordination in	Strong	3. To develop jumping for	Jog
	ball with your feet.	Throw	individual skipping.	Exercise	height.	Take off
	4. To develop catching	Ready position	4. To develop stamina and	Speed	4. To develop throwing for	Far
	skills.	Send	change of direction.	Time	distance.	Jump
	5. To develop throwing	Track	5. To explore exercises to	Jog	5. To develop throwing for	Target
	and catching skills.		develop strength.	Sprint	accuracy.	Fast
	6. To send and receive a		6. To develop agility, balance	Tired	6. To select and apply	Landing
	ball using a racket.		and co-ordination.		knowledge and technique in an athletics carousel.	Throw



Team Building	Communicate	Ball Skills	Bounce	Net and Wall	Against
1. To follow instructions	Plan	1.To develop rolling a ball to	Catch	1. To use the ready position	Defend
and work with others.	Include	hit a target.	Kick	to defend space on court.	Ready position
2. To co-operate and	Solve	2. To develop stopping a	Roll	2. To develop returning a ball	Partner
communicate in a small	Instructions	rolling ball.	Collect	with hands.	Receive
group to solve	Successful	3. To develop dribbling a ball	Prepare	3. To play against a partner.	Point
challenges.	Мар	with your feet.	Target	4. To develop racket skills and	Return
3. To create a plan with a	Support	4. To develop kicking a ball.	Control	use them to return a ball.	Quickly
group to solve the		5. To develop throwing and	Receive	5. To develop returning a ball	Trap
challenges.		catching.	Touch	using a racket.	
4. To communicate		6. To develop dribbling a ball	Dribble	6. To play against an	
effectively and develop		with your hands.	Release	opponent using a racket.	
trust.			Underarm		
5. To use teamwork skills					
to work as a group to					
solve problems.					
6. To work with a group					
to copy and create a					
basic map.					



3	<u>Judo</u>	Rei – bow	<u>Football</u>	Accurate	Swimming	Swim
		Hajime –	1. To understand the role of	Attack		Pool
	Lesson plans provided by	begin/start	an attacker when in	Communicate	Lesson plans provided by	Shallow end
	external provider	Matte –	possession.	Control	external provider	Deep end
		stop/pause	2. To develop movement skills	Defend		Lifeguard
		Sensei –	to lose a defender and move	Delay		Float
		teacher/instructor	into space.	Intercept		Goggles
		Obi – belt	3. To understand that scoring	Invasion		Swimwear
		Oss –	goals is an attacking skill and	Pitch		Kick
		greeting/respect	learn how to do this.	Possession		Paddle
		Uke – receiver	4. To understand the role of a	Shoot		Glide
		Tori – executer	defender.	Referee		Blow bubbles
			5. To apply tactics to small	Tactics		Push off
			sided games.	Teamwork		Front crawl
			6. To apply skills and	Tournament		Backstroke
			knowledge to play games	Track		Breaststroke
			using football rules.			Floating
						Breathe



	<u>Yoga</u>	Base	Athletics	Accuracy
	1. To explore poses that	Breath	1. To develop the sprinting	Baton
	challenge my balance.	Contact	technique and improve on	Control
	2. To create a flow using	Control	your personal best.	Event
	poses that challenge my	Extend	2. To develop changeover	Further
	balance.	Flexibility	technique in relay events.	Personal best
	3. To explore poses that	Flow	3. To develop jumping	Power
	challenge my flexibility.	Hinge	technique in a range of	Relay
	4. To create a flow using	Link	approaches and take off	Speed
	poses that challenge my	Mindfulness	positions.	Strength
	flexibility.	Pose	4. To develop throwing for	Technique
	5. To explore poses that	Strength	distance and accuracy.	
	challenge my strength.	Stretch	5. To develop throwing for	
	6. To create a flow using	Tilt	distance in a pull throw.	
	poses that challenge my		6. To develop officiating and	
	strength.		performing skills.	
	_		-	



4	<u>Handball</u>	Accelerate	Swimming	Swim	<u>Athletics</u>	Accuracy
	1. To develop passing and	Accuracy		Pool	1. To develop stamina and an	Distance
	moving and play within	Decision	Lesson plans provided by	Shallow end	understanding of speed and	Heave
	the rules of the game.	Delay	external provider	Deep end	pace in relation to distance.	Launch
	2. To develop movement	Deny		Lifeguard	2. To develop power and	Measure
	skills to lose a defender	Gain		Float	speed in the sprinting	Official
	and find space.	Intercept		Goggles	technique.	Officiate
	3. To use space effectively	Invasion		Swimwear	3. To develop technique	Pace
	to create shooting	Momentum		Kick	when jumping for distance.	Power
	opportunities.	Opposing		Paddle	4. To develop power and	Record
	4. To use defensive skills	Option		Glide	technique when throwing for	Speed
	to intercept a pass and	Referee		Blow bubbles	distance.	Stamina
	gain possession.	Supporting		Push off	5. To develop a pull throw for	Stride
	5. To develop defending	Timing		Front crawl	distance and accuracy.	Technique
	skills to delay an	Tournament		Backstroke	6. To develop officiating and	Transfer of
	opponent and gain			Breaststroke	performing skills.	weight
	possession.			Floating		
	6. To apply skills and			Breathe		
	knowledge to compete in					
	a tournament.					



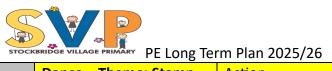
<u>Basketball</u>			<u>Cricket</u>	
1. To develop attacking	Accelerate		1. To develop overarm and	Accuracy
skills to move towards a	Accurate		underarm throwing and apply	Bowled out
goal.	Decision		these to a striking and	Caught out
2. To develop passing an	d Delay		fielding game.	Cushion
moving and play within	Deny		2. To develop bowling	Decision
the rules of the game.	Gain		technique and learn the rules	Grip
3. To develop movemen	Option		of the skill within this game.	Momentum
skills to lose a defender	Possession		3. To develop batting	No ball
and move into space.	Pressure		technique and understand	Opposition
4. To develop defending	Protect		where to hit the ball.	Pressure
skills to delay an attacke	r Receiver		4. To develop fielding	Retrieve
and gain possession.	Referee		techniques and apply them	Run out
5. To use space effective	ly Supporting		to game situations.	Short barrier
to create shooting	Teamwork		5. To play different roles in a	Tactics
opportunities.	Tournament		game and begin to think	Technique
6. To apply skills and			tactically about each role.	Tournament
knowledge to play game	S		6. To apply skills and	Two handed
using basketball rules.			knowledge to compete in a	pickup
			tournament.	Wicket



5	Swimming	Swim	<u>Netball</u>	Accelerate	<u>Athletics</u>	Approach
		Pool	1. To explore different passes	Angle	1. To understand pace and	Change over
	Lesson plans provided by	Shallow end	and apply them to different	Create	apply different speeds over	Consistent
	external provider	Deep end	situations.	Drive	varying distances.	Dominant
		Lifeguard	2. To develop movement skills	Intercept	2. To develop fluency and co-	Drive
		Float	to lose a defender in different	Maintain	ordination when running for	Event
		Goggles	situations.	Opposition	speed.	Field
		Swimwear	3. To communicate with my	Pressure	3. To develop technique in	Force
		Kick	team, move into space and	Receiver	relay changeovers.	Javelin
		Paddle	take the ball towards goal.	Rebound	4. To build momentum and	Momentum
		Glide	4To defend an opponent	Situation	power in the triple jump.	Shot put
		Blow bubbles	and know when to try and	Sportsmanship	5. To develop throwing with	Stamina
		Push off	intercept.	Stance	force for longer distances.	Stride
		Front crawl	5. To develop the shooting	Support	6. To develop throwing with	Technique
		Backstroke	action under pressure.	Technique	greater control and	Track
		Breaststroke	6. To use and apply skills,	Tournament	technique.	
		Floating	principles and tactics to a			
		Breathe	game situation.			



Gumnactics	Acummatrical	Dodgoball	Avoid
<u>Gymnastics</u>	Asymmetrical	Dodgeball	
1. To perform symmetrical	Canon	1. To develop throwing skills	Communication
and asymmetrical balances.	Cartwheel	and apply them appropriately	Cushion
2. To perform interesting	Decide	to the situation.	Fake
symmetrical and	Extension	2. To develop dodging skills	Force
asymmetrical balances using	Identify	and apply them appropriately	Officiate
apparatus.	Inverted	to the situation.	Opponent
3. To develop the straight,	Matching	3. To develop catching skills	Tactic
forward, straddle and	Mirroring	and apply them appropriately	
backward roll.	Momentum	to the situation.	
4. To develop the straight,	Observe	4. To develop blocking skills	
forward, straddle and	Pathways	and apply them appropriately	
backwards roll into a	Performance	to the situation.	
sequence.	Quality	5. To understand the need for	
5. To explore different	Stable	tactics and identify how to	
travelling actions using both	Symmetrical	create and use them.	
canon and synchronisation.	Synchronisation	6. To apply rules, skills and	
6. To explore different	Transition	tactics when playing in a	
methods of travelling, linking	Hansition	tournament.	
actions in both canon and		tournament.	
synchronisation.			
7. To perform progressions of			
inverted movements.			



6	Dance – Theme: Stamp,	Action	<u>Dodgeball</u>	Abide	<u>Athletics</u>	Discus
	Clap	Aesthetic	1. To throw under pressure	Anticipate	1. To develop my own and	Drive
	1. To copy and repeat a	Choreography	and apply this to a target	Appropriate	others sprinting technique.	Event
	dance phrase showing	Dynamics	game.	Assess	2. To identify a suitable pace	Explosive
	confidence in	Express	2. To select the appropriate	Collaborate	for the event.	Fling
	movements.	Formation	dodging skill for the situation.	Cushion	3. To develop power, control	Grip
	2. To work with others to	Freeze frame	3. To develop catching with	Fake	and technique for the triple	Maximum
	explore and develop the	Inspiration	increasing consistency under	Officiate	jump.	Meet
	dance idea.	Mood	pressure.	Situation	4. To develop power, control	Officiate
	3. To use changes in	Motif	4. To develop defensive	Stance	and technique when	Pace
	dynamics in response to	Phrase	techniques and select the	Tactic	throwing for distance.	Pattern
	the stimulus.	Pose	appropriate action for the	Trajectory	5. To develop throwing with	Phase
	Theme: Bhangra	Refine	situation.		force and accuracy for longer	Power
	4. To demonstrate a	Rehearse	5. To understand and apply		distances.	Release
	sense of rhythm and	Stimulus	tactics in a game.		6. To work collaboratively in a	Rhythm
	energy when performing	Structure	6. To develop officiating skills		team to develop the	Stance
	bhangra style motifs.	Style	and referee a game.		officiating skills of measuring,	Strategy
	5. To perform a bhangra	Transition			timing and recording.	
	dance, showing an					
	awareness of timing,					
	formations and direction.					
	6. To select, order,					
	structure and perform					
	movements in a bhangra					
	style, showing various					
	group formations.					



<u>Badminton</u>		<u>Tennis</u>		Swimming	Swim
1. To return the	Abide	1. To develop placement of	Abide		Pool
shuttlecock using an	Contact	the ball using a forehand.	Appropriate	Lesson plans provided by	Shallow end
underarm clear.	Dominant	2. To develop placement	Doubles	external provider	Deep end
2. To return the	Footwork	using a backhand.	Limit		Lifeguard
shuttlecock using an	Grip	3. To develop the volley and	Official		Float
overhead clear.	Overhead	understand when to use it.	Placement		Goggles
3. To use a variety of	Placement	4. To employ tactics when	Prepare		Swimwear
shots to keep a	Rally	playing with a partner.	Pressure		Kick
continuous rally going	g. Recover	5. To develop accuracy and	Recover		Paddle
4. To develop the serv	ve Return	consistency using the	Serve		Glide
and understand the r	ules Serve	underarm serve.	Service		Blow bubbles
of serving.	Sportsmanship	6. To apply rules, skills and	Stance		Push off
5. To employ tactics t	o Stance	principles to play against an	volley		Front crawl
play against an oppor	nent Tactic	opponent.			Backstroke
and with a partner.	Technique				Breaststroke
6. To apply rules, skill	s Underarm				Floating
and principles to play					Breathe
against an opponent.					