

### Athletics - We Are Learning...

LO Year 3	LO Year 4	LO Year 5	LO Year 6
<ol style="list-style-type: none"> <li>1. Jumping and hopping in sequence</li> <li>2. To run at different speeds</li> <li>3. To approach and jump hurdles</li> <li>4. To throw a javelin using the pull throw technique</li> <li>5. A variety of skipping techniques</li> <li>6. To keep score accurately over a range of events</li> </ol>	<ol style="list-style-type: none"> <li>1. To challenge ourselves in running, jumping and throwing tasks</li> <li>2. To accelerate over short distances</li> <li>3. To run and jump using a one-footed-take-off</li> <li>4. To use a sling action to throw a discus</li> <li>5. To run on a curve and exchange a baton in our team</li> <li>6. To apply the skills we have developed in a competitive way</li> </ol>	<ol style="list-style-type: none"> <li>1. To run for speed and distance on our own and as part of a team</li> <li>2. Pacing, to run over longer distances</li> <li>3. Different jumping styles and exploring which ones we can jump further with</li> <li>4. To use the push throw technique</li> <li>5. To exchange a baton within a restricted area</li> <li>6. To design a running, jumping or throwing activity for others using the STEP principle</li> </ol>	<ol style="list-style-type: none"> <li>1. Sprint start technique to increase our running speed</li> <li>2. The three phases of triple jump</li> <li>3. The heave throw technique and what it is used for</li> <li>4. To assess our own ability to play our role in parlauf running</li> <li>5. The scissor jump technique and when it would be used in athletics</li> <li>6. To record and relay results over a range of track and field events</li> </ol>

### Badminton - We Are Learning...

LO Year 3	LO Year 4	LO Year 5	LO Year 6
<ol style="list-style-type: none"> <li>1. To use hard and soft hits</li> <li>2. That different types of needed to reach different areas of the court</li> <li>3. To move to return the shuttle from different areas of the court</li> <li>4. To rally with a partner over a net</li> <li>5. To serve forehand</li> <li>6. To play within the boundaries of the court</li> </ol>	<ol style="list-style-type: none"> <li>1. To use an underarm forehand shot</li> <li>2. To hit an overhead clear shot</li> <li>3. To hit a backhand shot with control and accuracy</li> <li>4. Trick shots and interesting ways to hit the shuttle</li> <li>5. To work collaboratively to score points in different scenarios</li> <li>6. To use forehand and backhand shots in a singles game</li> </ol>	<ol style="list-style-type: none"> <li>1. To make it difficult for our opponent to score points</li> <li>2. To apply basic court positions in singles play</li> <li>3. To accurately hit both long and short serves</li> <li>4. Close control, including net shots</li> <li>5. To use footwork to recover after lunging and moving after shots</li> <li>6. To apply a range of movements and shots in a competition</li> </ol>	<ol style="list-style-type: none"> <li>1. The smash shot technique and when it is used</li> <li>2. To use the smash shot in a doubles game</li> <li>3. To hit a drop shot using the correct technique to outwit an opponent</li> <li>4. To develop reaction time to hit shots when close to the net</li> <li>5. To communicate with a partner in doubles matches to make sure court positioning is correct</li> <li>6. To use defensive formations in a doubles game to prevent opponents from scoring points</li> </ol>

### Basketball - We Are Learning...

LO Year 3	LO Year 4	LO Year 5	LO Year 6
<ol style="list-style-type: none"> <li>1. To keep the ball under control when dribbling</li> <li>2. To work as a pair to move forward and attack</li> <li>3. To use a defensive body position</li> <li>4. To perform a two-handed shot to score baskets</li> <li>5. To use a jump ball to restart a game</li> <li>6. When to move to space to receive the ball</li> </ol>	<ol style="list-style-type: none"> <li>1. To apply pressure on an attacker to force a mistake</li> <li>2. To change direction quickly using a crossover dribble</li> <li>3. To use man-to-man marking to stop the ball handler</li> <li>4. To perform a bounce pass to outwit an opponent</li> <li>5. To perform a jump shot</li> <li>6. To perform a jump stop and triple-threat position</li> </ol>	<ol style="list-style-type: none"> <li>1. To use blocking to prevent an opponent from shooting</li> <li>2. The front pivot and trying to use it in a game</li> <li>3. To use a forward pass and wing play to build an attack as a team</li> <li>4. To perform a one-handed push pass under pressure</li> <li>5. To create space using the box-out technique to recover rebounds</li> <li>6. To catch the ball under pressure into the triple-threat position</li> </ol>	<ol style="list-style-type: none"> <li>1. How to counterattack using the fast break</li> <li>2. To retreat dribble to maintain possession</li> <li>3. To perform a free throw with consistency</li> <li>4. To use speed and agility to perform a v-cut to get free from a defender</li> <li>5. To drive to the basket using strength and co-ordination</li> <li>6. The 3-point shot and how different points are awarded</li> </ol>

### Cricket - We Are Learning...

LO Year 3	LO Year 4	LO Year 5	LO Year 6
<ol style="list-style-type: none"> <li>1. To hit a stationary ball into space using the straight drive</li> <li>2. To bowl underarm to a batter with some consistency</li> <li>3. To use the correct footwork to strike a bowled ball</li> <li>4. To stop a moving ball using the long barrier technique</li> <li>5. To throw longer distances overarm</li> <li>6. To perform as a wicketkeeper</li> </ol>	<ol style="list-style-type: none"> <li>1. To use a batting stance and hit the ball in different directions</li> <li>2. To anticipate when to run to score singles</li> <li>3. To intercept a moving ball with one hand</li> <li>4. To bowl overarm</li> <li>5. The pull shot and attempting it in a game</li> <li>6. To field a bouncing ball effectively</li> </ol>	<ol style="list-style-type: none"> <li>1. To work with a partner to score runs</li> <li>2. To throw accurately over short distances to get batters out</li> <li>3. To follow the path of the ball to catch as a wicketkeeper</li> <li>4. To overarm bowl with accuracy using the correct grip</li> <li>5. To play a forward defensive shot</li> <li>6. To field in the mid-off and mid-on positions</li> </ol>	<ol style="list-style-type: none"> <li>1. To create pressure on a batter by setting a ring field</li> <li>2. To track and catch a high ball consistently</li> <li>3. To perform a short-pitched bowl to get a batter to hit the ball in the air</li> <li>4. To work in a pair to restrict run scoring when fielding</li> <li>5. To play an on-drive</li> <li>6. To set an attacking field</li> </ol>

### Football - We Are Learning...

LO Year 3	LO Year 4	LO Year 5	LO Year 6
<ol style="list-style-type: none"> <li>1. To use the inside of the foot to pass the ball</li> <li>2. To trap a ball with control that is moving along the ground</li> <li>3. To pass the ball accurately into space over short distances</li> <li>4. To identify and move into space to receive the ball</li> <li>5. To use the outside of the foot to control the ball and dribble</li> <li>6. To cushion the ball when receiving it</li> </ol>	<ol style="list-style-type: none"> <li>1. To run onto the ball to receive it</li> <li>2. To explore front and goal-side marking techniques</li> <li>3. To perform a standing tackle to dispossess an attacker</li> <li>4. To dribble showing good control to progress forward</li> <li>5. To pass and receive the ball over longer distances</li> <li>6. To perform passing and moving with a teammate</li> </ol>	<ol style="list-style-type: none"> <li>1. To turn with the ball</li> <li>2. To travel quickly and effectively when running with the ball</li> <li>3. To combine running with ball and sending it into space</li> <li>4. To maintain their position when attacking to create space</li> <li>5. To perform a step over to beat a defender</li> <li>6. To control a bouncing ball, keeping it close to the body</li> </ol>	<ol style="list-style-type: none"> <li>1. To set up a shooting opportunity for a teammate</li> <li>2. To restrict an opponent's space by defending with a partner</li> <li>3. To perform a penalty kick with power and accuracy</li> <li>4. To attack and shoot as a pair</li> <li>5. To perform the role of a cover defender to stop the opposition attack</li> <li>6. To use close control to keep possession of the ball under pressure</li> </ol>

### Handball - We Are Learning...

LO Year 3	LO Year 4	LO Year 5	LO Year 6
<ol style="list-style-type: none"> <li>1. To use the ready position to catch effectively</li> <li>2. To perform accurate passes in different situations</li> <li>3. To move with the ball using the 3-step rule</li> <li>4. To prevent the ball being passed by blocking and intercepting</li> <li>5. To use quick, effective passes to attack as a team</li> <li>6. To develop accurate passing and move into space in a game</li> </ol>	<ol style="list-style-type: none"> <li>1. To protect the ball from our opponent after catching it</li> <li>2. Basic overarm shooting technique</li> <li>3. To build an attack in a team using the 3-man weave</li> <li>4. To perform turns on the move to get back and defend</li> <li>5. To perform a 7-metre throw with power and accuracy</li> <li>6. To use a throw off to restart a game</li> </ol>	<ol style="list-style-type: none"> <li>1. The jump shot</li> <li>2. To goal keep by closing the angles attackers can shoot from</li> <li>3. The double fault rule and how it applies to dribbling</li> <li>4. To perform a pivot to create space to pass or shoot</li> <li>5. To the role of set plays to create opportunities to score</li> <li>6. To select and apply new skills in a competition situation</li> </ol>	<ol style="list-style-type: none"> <li>1. To play in a game abiding by the double dribble rule</li> <li>2. The concept of screening and attempting it in a game</li> <li>3. Patience around the D to find the best position to shoot</li> <li>4. To show control of the ball when dribbling under pressure</li> <li>5. To counterattack into space with speed</li> <li>6. To develop decision-making skills in game situations</li> </ol>

### Hockey - We Are Learning...

LO Year 3	LO Year 4	LO Year 5	LO Year 6
<ol style="list-style-type: none"> <li>1. To keep close control of the ball using the flat side of the stick</li> <li>2. To control a ball and pass it into space</li> <li>3. To use a defensive body position</li> <li>4. To consistently stop a moving ball ready to pass or shoot</li> <li>5. To improve our agility and apply it in a game situation</li> <li>6. To avoid our feet contacting the ball and apply basic rules to the game</li> </ol>	<ol style="list-style-type: none"> <li>1. To perform a push pass with accuracy</li> <li>2. To perform a straight dribble to maintain possession</li> <li>3. To use reverse-stick to control a ball on the far-side of our body</li> <li>4. To use a slap pass to send the ball over longer distances</li> <li>5. To turn keeping the ball under control and move into space</li> <li>6. To develop new skills in competitive situations and look to improve</li> </ol>	<ol style="list-style-type: none"> <li>1. To perform a block tackle to dispossess an attacker</li> <li>2. To use fast, accurate passes into the D to create scoring opportunities</li> <li>3. To mark an attacker closely to stop them receiving the ball</li> <li>4. To perform a sweep hit to send the ball 'first time'</li> <li>5. To move the ball quickly from left to right to outwit a defender</li> <li>6. To use a variety to keep possession in a game</li> </ol>	<ol style="list-style-type: none"> <li>1. To shoot under pressure from close range</li> <li>2. To perform long corner routines as part of a team</li> <li>3. To use goal-side marking to prevent an attacker getting close to goal</li> <li>4. To use a banana run to force an oncoming attacker out wide</li> <li>5. To use a hit out to successfully to restart a game</li> <li>6. Indian dribble and to play competitively using new skills</li> </ol>

### Lacrosse - We Are Learning...

LO Year 3	LO Year 4
<ol style="list-style-type: none"> <li>1. To throw and catch underarm</li> <li>2. To throw and catch overarm</li> <li>3. To use the shovel technique to collect a groundball</li> <li>4. To pass over longer distances to move the ball into space</li> <li>5. To perform quick, accurate passes to create scoring opportunities</li> <li>6. To communicate to teammates to receive a pass in space</li> </ol>	<ol style="list-style-type: none"> <li>1. To follow a pass to create more space for teammates</li> <li>2. To run with the ball under pressure</li> <li>3. To use a range of passes to maintain possession</li> <li>4. To shoot close range with power and accuracy</li> <li>5. To receive the ball and turn with it into space</li> <li>6. To using pacing when running to move continuously in a game</li> </ol>

### Netball - We Are Learning...

LO Year 3	LO Year 4	LO Year 5	LO Year 6
<ol style="list-style-type: none"> <li>1. To perform quick, accurate chest passes</li> <li>2. To use dodging to get free from our opponent</li> <li>3. To catch a netball</li> <li>4. To use a bounce pass to feed the goal shooter</li> <li>5. To throw for distance using a shoulder pass</li> <li>6. To collect a loose ball</li> </ol>	<ol style="list-style-type: none"> <li>1. To protect the ball once we have caught it</li> <li>2. To use basic shooting techniques in a game</li> <li>3. One-to-one marking</li> <li>4. To pivot once we have caught the ball</li> <li>5. To use quick feet</li> <li>6. To use preliminary moves</li> </ol>	<ol style="list-style-type: none"> <li>1. To choose the appropriate pass for different scenarios</li> <li>2. To find space to receive in a game</li> <li>3. To use different dodging techniques to outwit a defender and get free</li> <li>4. To practice and perform pivoting and quick turns</li> <li>5. To get into closer shooting positions</li> <li>6. To react and move quickly in isolation and in games</li> </ol>	<ol style="list-style-type: none"> <li>1. Ways to improve our coordination</li> <li>2. To mark the pass or the shot</li> <li>3. Organisation in and around the semi-circle</li> <li>4. To compete to win the rebounding ball</li> <li>5. To stay active to intercept a pass</li> <li>6. To stay onside in games depending on the position being played</li> </ol>

### OAA - We Are Learning...

LO Year 3	LO Year 4	LO Year 5	LO Year 6
<ol style="list-style-type: none"> <li>1. To use clear communication, strength and flexibility to complete a task</li> <li>2. To work with others to complete map-reading tasks</li> <li>3. To draw and create a clear route on a map for others to follow</li> <li>4. With others to identify what went well and what we could do to improve</li> <li>5. To identify and explain what is required to complete a variety of challenges</li> <li>6. To safely take part in trust-based activities</li> </ol>	<ol style="list-style-type: none"> <li>1. To work collaboratively to complete a problem-solving task</li> <li>2. To work collaboratively to create shapes whilst blindfolded</li> <li>3. To name and recognise the cardinal points of the compass</li> <li>4. To complete an orienteering task calmly under time pressure</li> <li>5. To work with a partner to use a map to follow a course</li> <li>6. To recognise and recall common map symbols from a key</li> </ol>	<ol style="list-style-type: none"> <li>1. To explore different ways of communicating with a blindfolded partner</li> <li>2. To follow a designated route at maximum speed and complete a task safely</li> <li>3. To use memory methods to recall different objects whilst navigating</li> <li>4. To use clear communication to recreate shapes from memory</li> <li>5. To use imagination and creative thinking to create the tallest marshmallow tower</li> <li>6. To send and interpret messages using Morse Code</li> </ol>	<ol style="list-style-type: none"> <li>1. To work with a partner to successfully orient and follow a map</li> <li>2. To identify objects for a scavenger hunt quickly from a written description</li> <li>3. To safely perform a pyramid balance in a small group</li> <li>4. To work efficiently as part of a team to complete a range of tasks</li> <li>5. To create a fun and challenging game for others to complete</li> <li>6. To listen to others to refine and adapt ideas to complete a complex task</li> </ol>

### Rounders - We Are Learning...

LO Year 3	LO Year 4	LO Year 5	LO Year 6
<ol style="list-style-type: none"> <li>1. To get into the best body position to field a ball</li> <li>2. To bowl with some consistency in a game</li> <li>3. To hit a moving ball with one hand</li> <li>4. To stop a moving ball using the long barrier technique</li> <li>5. To throw longer distances using overarm technique</li> <li>6. To select and apply new skills in a competition</li> </ol>	<ol style="list-style-type: none"> <li>1. To hit the ball in different directions</li> <li>2. To run between the posts and avoid getting stumped out</li> <li>3. To intercept the ball using one hand</li> <li>4. To underarm bowl abiding by the rules of bowling</li> <li>5. To play the role of backstop and use in a small game</li> <li>6. The rounders scoring system and using it in a game</li> </ol>	<ol style="list-style-type: none"> <li>1. To judge how far you can run based on the distance of a hit</li> <li>2. To throw over short distances with power and accuracy to get batters out</li> <li>3. To follow the path of a moving ball to make sure it is fielded consistently</li> <li>4. The backwards hit rule and using it tactically as the backstop</li> <li>5. To hit the ball into gaps to maximise the chance of scoring</li> <li>6. To set a field in a game to limit the scoring of a batter</li> </ol>	<ol style="list-style-type: none"> <li>1. Attacking tactical bowling to make it more difficult for the batter to hit</li> <li>2. To track and catch a high ball</li> <li>3. To use fast bowling to deceive your opponent</li> <li>4. To work in a pair in the field to restrict scoring</li> <li>5. To apply tactics when running around bases to avoid overtakes</li> <li>6. To apply attacking and defensive tactics in a competitive situation</li> </ol>

### Tag Rugby - We Are Learning...

LO Year 3	LO Year 4	LO Year 5	LO Year 6
<ol style="list-style-type: none"> <li>1. To use speed to run past defenders</li> <li>2. A range of ball handling skills</li> <li>3. To use agility to evade being tagged</li> <li>4. To understand and apply the tag protocol in game situations</li> <li>5. To close down an attacker's space as a defender</li> <li>6. To perform a backwards pass to continue an attack</li> </ol>	<ol style="list-style-type: none"> <li>1. To use accurate passes to create an attack as a team</li> <li>2. To pick the ball up from the floor and run with it to start an attack</li> <li>3. To keep possession of the ball and build an attack</li> <li>4. To evade being tagged by using changes of speed, agility and passing the ball</li> <li>5. To use changes of speed to create gaps to run into</li> <li>6. To create attacking opportunities in competitive games</li> </ol>	<ol style="list-style-type: none"> <li>1. To use defensive positions to mark and tag an attacker</li> <li>2. To pass a ball accurately and consistently while on the move</li> <li>3. To defend as part of a team to deny space to the attacking team</li> <li>4. To use a pop pass over short distances to create an explosive run</li> <li>5. To move the ball quickly when under pressure using the 'magic diamond' formation</li> <li>6. To use the 3 step and pass rule with some confidence</li> </ol>	<ol style="list-style-type: none"> <li>1. To create attacking continuity by supporting the player with the ball</li> <li>2. To use set plays in attack to create space for the ball carrier</li> <li>3. To develop further the 3 step rule comparing and contrasting to the 3-second option</li> <li>4. To attack the space as a ball carrier to create scoring opportunities</li> <li>5. To change from an attacking to defensive formation when your team loses possession of the ball</li> <li>6. To observe and analyse our classmates performance</li> </ol>

### Tennis - We Are Learning...

LO Year 3	LO Year 4	LO Year 5	LO Year 6
<ol style="list-style-type: none"> <li>1. To use the ready position to return a ball</li> <li>2. To hit the ball to different parts of the court using a forehand hit</li> <li>3. To perform an underarm serve to start a rally</li> <li>4. To move towards a ball to return it over the net</li> <li>5. To play cooperatively with a partner to keep the ball moving over the net</li> <li>6. To perform forehand hits to score points in a competition</li> </ol>	<ol style="list-style-type: none"> <li>1. To return to the middle of the court after playing a shot</li> <li>2. To accurately use the forehand in game situations to score points</li> <li>3. To play a backhand shot with some control</li> <li>4. To combine ready position and court movements to consistently return the serve</li> <li>5. To work with a partner to score points in a game</li> <li>6. To use forehand and backhand shots to score points in a competitive situation</li> </ol>	<ol style="list-style-type: none"> <li>1. To recap and perform a range of different shots with accuracy and control</li> <li>2. To move quickly to the ball to perform a volley</li> <li>3. To play an overhead shot and know when you might use this</li> <li>4. To use different court formations during doubles play</li> <li>5. To refine court movement to hit the ball before the second bounce</li> <li>6. To perform a diagonal, serve to begin a game in competitive situations</li> </ol>	<ol style="list-style-type: none"> <li>1. To communicate clearly with a partner to score points in doubles play</li> <li>2. To attempt a two-handed backhand shot with control</li> <li>3. To perform a lob shot to hit the ball over our opponent's head</li> <li>4. To apply the correct rules and scoring system in games</li> <li>5. Play different doubles formations and work with our partner to improve</li> <li>6. To discuss and apply a range of tactics in doubles play to achieve success</li> </ol>

### Volleyball - We Are Learning...

LO Year 3	LO Year 4
<ol style="list-style-type: none"> <li>1. To send the ball in a seated volleyball position</li> <li>2. To receive a high ball above our head</li> <li>3. To serve overarm</li> <li>4. Techniques to move in seated volleyball</li> <li>5. The value of cooperation to achieve a task</li> <li>6. To make contacts on the ball before returning over the net</li> </ol>	<ol style="list-style-type: none"> <li>1. The principles of 'three contacts' in pairs volleyball</li> <li>2. To move about the court and anticipate where the ball will be played</li> <li>3. To give our partner more time to react by throwing the ball higher</li> <li>4. To move to the net to receive the ball from our partner</li> <li>5. To move close to the net ready to receive the ball</li> <li>6. To serve underarm with correct volleyball technique</li> </ol>

**Dance - We are learning...**

LO Year 3		LO Year 4	
Unit 1	Unit 2	Unit 1	Unit 2
<ol style="list-style-type: none"> <li>1. To perform a jazz square and use it in a dance</li> <li>2. To perform a dance showing two contrasting characters</li> <li>3. To develop movements using improvisation</li> <li>4. To use props in our dance sequence</li> <li>5. To use facial expressions to bring life and emotion to our dance</li> <li>6. To take on the role of a director to help others improve their dance</li> </ol>	<ol style="list-style-type: none"> <li>1. To perform a dance phrase inspired by the ocean's depths</li> <li>2. To use improvisation to create a longer movement phrase</li> <li>3. To use dynamics in a short group dance to show travelling on the ocean</li> <li>4. To perform as a class to show the damage that can be caused to the ocean</li> <li>5. To work as a group to develop a dance representing the ocean</li> <li>6. to prepare our group dance for a final performance</li> </ol>	<ol style="list-style-type: none"> <li>1. To use freeze frame in our dances</li> <li>2. To perform a slide and roll confidently</li> <li>3. To use a variety of formations when performing</li> <li>4. To extend our 'mission dance' phrases using canon</li> <li>5. To sequence our dance actions to show good flow</li> <li>6. To create a 5 action dance routine showing good 'stage' entry</li> </ol>	<ol style="list-style-type: none"> <li>1. To communicate the theme of a snake through our dance actions</li> <li>2. To use dynamics and formations in our dance to tell a story</li> <li>3. To use space, travel and floor patterns to enhance the dance</li> <li>4. To develop our choreography skills</li> <li>5. To work in a small group to create contact movements</li> <li>6. To use peer evaluation to improve each other's work</li> </ol>

**Dance - We are learning...**

LO Year 5		LO Year 6	
Unit 1	Unit 2	Unit 1	Unit 2
<ol style="list-style-type: none"> <li>1. What non-locomotor movement is and using it in our dance</li> <li>2. To perform both non-locomotor and locomotor movements together</li> <li>3. To create new and exciting group patterns</li> <li>4. A simple Line Dance routine</li> <li>5. To create our own line dance with a partner</li> <li>6. To work collaboratively within our group to improve our performance</li> </ol>	<ol style="list-style-type: none"> <li>1. To communicate the theme of heroes through our dance</li> <li>2. To manipulate and develop actions using a range of devices</li> <li>3. To create interesting and varied dance actions as a group using levels</li> <li>4. To use jumps to bring power and energy to our dance phrases</li> <li>5. To show the theme of an attack, performing at a low level</li> <li>6. Work effectively with others to improve movement quality and performance</li> </ol>	<ol style="list-style-type: none"> <li>1. The technique of stag leap and rebound jump</li> <li>2. To explore relationships through dance and perform partner lifts</li> <li>3. To compose a dance phrase based on the Hakka</li> <li>4. Choose and use suitable dynamics for the Hakka</li> <li>5. To link freeze frames in a street dance style to create a short movement phrase</li> <li>6. To perform a Top Rock and Slide Step and perform confidently with a partner</li> </ol>	<ol style="list-style-type: none"> <li>1. To portray the theme of gangs through our movements and gestures</li> <li>2. To use devices such as contrast and variation in a group dance</li> <li>3. To use formations to demonstrate tension in relationships between performers</li> <li>4. To use claps, stamps and slaps to perform a live aural setting</li> <li>5. To perform as opposing gangs attacking each other</li> <li>6. To show performance qualities in sections of our gang dance and evaluate our work</li> </ol>

**Gymnastics - We are learning...**

LO Year 3		LO Year 4	
Unit 1	Unit 2	Unit 1	Unit 2
<ol style="list-style-type: none"> <li>1. To show full extension during a balance</li> <li>2. To move in and out of contrasting shapes with fluency</li> <li>3. To perform a sequence using different types of rolls</li> <li>4. To perform powerful jumps from low apparatus</li> <li>5. To perform in unison with a partner</li> <li>6. To create a group performance using contrasting actions</li> </ol>	<ol style="list-style-type: none"> <li>1. To perform a japana</li> <li>2. To use bounces and broad jumps in a sequence</li> <li>3. To attempt a half lever</li> <li>4. To transition from a japana to another shape with control</li> <li>5. Stretches while moving and when we are still to increase our flexibility</li> <li>6. To show strength, flexibility and control in our sequence</li> </ol>	<ol style="list-style-type: none"> <li>1. To perform a 6-element sequence that uses changes in speed and direction</li> <li>2. To use the STEP principle to create and perform a partner sequence</li> <li>3. To take weight-on-hands showing control</li> <li>4. To develop a sequence using compositional ideas</li> <li>5. To co-operate as a group to refine a short sequence</li> <li>6. To compare and judge performances</li> </ol>	<ol style="list-style-type: none"> <li>1. To perform a weighted bunny hop showing control and balance</li> <li>2. An arabesque balance and over-the-shoulder roll</li> <li>3. To identify and engage core muscles for stability</li> <li>4. To smoothly transition from front support to side support</li> <li>5. To perform a shoulder stand with control</li> <li>6. To combine all elements of this unit into one sequence showing smooth transitions</li> </ol>

**Gymnastics - We are learning...**

LO Year 5		LO Year 6	
Unit 1	Unit 2	Unit 1	Unit 2
<ol style="list-style-type: none"> <li>1. The key steps to performing a round-off</li> <li>2. To create and perform a partner sequence using symmetry</li> <li>3. To create and perform a partner sequence using asymmetry</li> <li>4. To perform counter-balances with a partner</li> <li>5. To perform smooth transitions between counter balances using different levels</li> <li>6. To evaluate each other's work and suggest improvements</li> </ol>	<ol style="list-style-type: none"> <li>1. To use space creatively along an L-shaped pathway</li> <li>2. To refine our round-off technique</li> <li>3. To refine over-the-shoulder roll and attempt a handstand finish</li> <li>4. To smoothly link 2 cartwheels to perform a double cartwheel</li> <li>5. To transition into a bridge with control</li> <li>6. To develop a 6-element partner sequence incorporating asymmetry</li> </ol>	<ol style="list-style-type: none"> <li>1. To use controlled flight on to high apparatus</li> <li>2. To dismount safely from high apparatus</li> <li>3. To develop a short sequence using flight in canon formation</li> <li>4. To incorporate equipment such as hoops and balls into a group sequence</li> <li>5. To create a paired flight sequence using both canon and unison</li> <li>6. To create and perform a 6-element group sequence to music</li> </ol>	<ol style="list-style-type: none"> <li>1. To perform a 10-element group sequence using both floor and apparatus</li> <li>2. To perform with equipment and respond creatively to music</li> <li>3. To create judging criteria and then assess performances against it</li> <li>4. To create and perform interesting patterns as part of a group</li> <li>5. To select and apply the appropriate walk and presentation to start a sequence</li> <li>6. to perform a 10-element sequence within a 1-minute time limit</li> </ol>

## KS2 Mixed Units – We Are Learning...

Distanced PE Fitness	Distanced PE Fitness	Foundations
<b>Unit 1</b>	<b>Unit 2</b>	
<ol style="list-style-type: none"> <li>1. To use coordination in our exercise</li> <li>2. To keep moving even when we are tired</li> <li>3. What an AMRAP stands for and participate in it</li> <li>4. To identify what we find challenging and why</li> <li>5. To work under time pressure</li> <li>6. To beat our previous score and work out the difference in scores</li> </ol>	<ol style="list-style-type: none"> <li>1. The signs of dehydration</li> <li>2. Why rest is important and we should not overdo exercise</li> <li>3. To maintain balance while performing</li> <li>4. Why sleep is important</li> <li>5. What a pyramid work out is</li> <li>6. The benefits of ‘whole body’ exercise</li> </ol>	<ol style="list-style-type: none"> <li>1. To choose our own pace when exercising</li> <li>2. The difference between static and dynamic balancing</li> <li>3. The names of some of our core muscles</li> <li>4. To use our power and determination to jump higher in leapfrog</li> <li>5. What range of motion is through different types of stretches</li> <li>6. To challenge ourselves to increasingly difficult tasks</li> </ol>
<b>Golf</b>	<b>Commonwealth Games</b>	<b>Wellbeing</b>
<ol style="list-style-type: none"> <li>1. The tick-tock swing and using it to putt the ball</li> <li>2. The grip and stance needed to chip the ball</li> <li>3. To control a putt over different distances</li> <li>4. To get some height with the ball when chipping it</li> <li>5. The difference between the long and short game</li> <li>6. To apply our golf skills in a range of challenges</li> </ol>	<ol style="list-style-type: none"> <li>1. To bowl accurately in a lawn bowls game</li> <li>2. Hoop actions and using them to choreograph our own routine</li> <li>3. Modified activities to take part in a triathlon</li> <li>4. To send and receive a volleyball using the rainbow trajectory</li> </ol>	<ol style="list-style-type: none"> <li>1. The steps to juggle three balls</li> <li>2. simple yoga poses and holding them for 10 seconds</li> <li>3. some simple aerobics and martial arts moves</li> <li>4. To connect with others through a range of pair and group work</li> <li>5. The steps to spin a ball on our finger</li> <li>6. To improvise to make an audience smile</li> </ol>