

Year Group	Topic	Lesson number	Objective
6	Athletics	1	To be able to run with greater fluency & speed, including hurdling.
6	Athletics	2	To be able to sustain pace over longer distances.
6	Athletics	3	To be able to complete a variety of athletics type races.
6	Athletics	4	To be able to compete successfully in a variety of athletics throwing events
6	Athletics	5	To be able to compete successfully in a variety of athletics jumping events.
6	Athletics	6	To be able to combine all athletics skills into a sports day-style competition.

6	Basketball	1	To be able to pass and dribble with the ball.
6	Basketball	2	To be able to develop the skills for shooting.
6	Basketball	3	To be able to dribble and then shoot.
6	Basketball	4	To be able to defend and mark an opponent.
6	Basketball	5	To be able to apply learnt skills to a small sided game.
6	Basketball	6	To be able to apply learnt skills to a full size game.
6	Dance 1	1	To be able to perform a simple range of movements based on using a spray can.
6	Dance 1	2	To be able to perform a dance phrase using a simple range of movements based on using a spray can.

6	Dance 1	3	To be able to perform a dance phrase using a range of movements based on parkour.
6	Dance 1	4	To be able to perform a dance phrase using a range of movements based on parkour.
6	Dance 1	5	To be able to learn and rehearse a choreographed dance narrative.
6	Dance 1	6	To be able to perform a choreographed dance narrative.



6	Dance 2	1	To be able to perform a simple range of movements based on an Olympic flame.
6	Dance 2	2	To be able to perform a simple range of movements based on an Olympic torch relay.
6	Dance 2	3	To be able to perform a simple range of movements based on an ancient Olympic Pentathlon.
6	Dance 2	4	To be able to perform a simple range of movements based on a modern Olympic Pentathlon.
6	Dance 2	5	To be able to learn and rehearse a dance routine based on the Olympic Games.
6	Dance 2	6	To be able to perform a dance routine based on the Olympic Games.
6	Dance 3	1	To be able to choreograph and perform a solo.

6	Dance 3	2	To be able to create movement within a given space.
6	Dance 3	3	To be able to improvise movements within a group using the idea of a 'chain reaction'.
6	Dance 3	4	To be able to travel and rotate through space whilst using facts about planets to guide the movements.
6	Dance 3	5	To be able to choreograph and rehearse a group dance with the theme of space.
6	Dance 3	6	To be able to perform a choreographed group dance with the theme of space.
6	Gymnastics 1	1	To be able to perform counter balances and counter tension balances.
6	Gymnastics 1	2	To be able to explore a range of rolls and incorporate safely into partner routines.

6	Gymnastics 1	3	To perform to roll on, off and over apparatus within routines.
6	Gymnastics 1	4	To be able to roll in sequences on, off and over apparatus.
6	Gymnastics 1	5	To be able to perform shoulder and headstands safely with or without support.
6	Gymnastics 1	6	To be able to incorporate stands into cannon and or unison performances.
6	Gymnastics 2	1	To be able to perform a handstand with support.
6	Gymnastics 2	2	To be able to perform a handstand.

6	Gymnastics 2	3	To be able to perform a handstand.
6	Gymnastics 2	4	To be able to cartwheel.
6	Gymnastics 2	5	To be able to cartwheel and design a performance.
6	Gymnastics 2	6	To be able to perform rotation, balances and stands in unison and cannon.
6	Gymnastics 3	1	To be able to combine balancing & travelling to produce a floor routine.
6	Gymnastics 3	2	To be able to produce a matching floor routine with a partner.

6	Gymnastics 3	3	To be able to combine balancing & travelling to produce an apparatus routine.
6	Gymnastics 3	4	To be able to produce a mirroring routine with a partner on apparatus.
6	Gymnastics 3	5	To be able to demonstrate & compile skills learnt in an individual assessment using the floor.
6	Gymnastics 3	6	To be able to demonstrate & compile skills learnt in an individual assessment using apparatus.
6	Handball	1	To be able to learn the basics of shooting and defending.
6	Handball	2	To be able to learn how to block and play a small sided game.
6	Handball	3	To be able to develop principles of attack and defence and introduce a full size game.

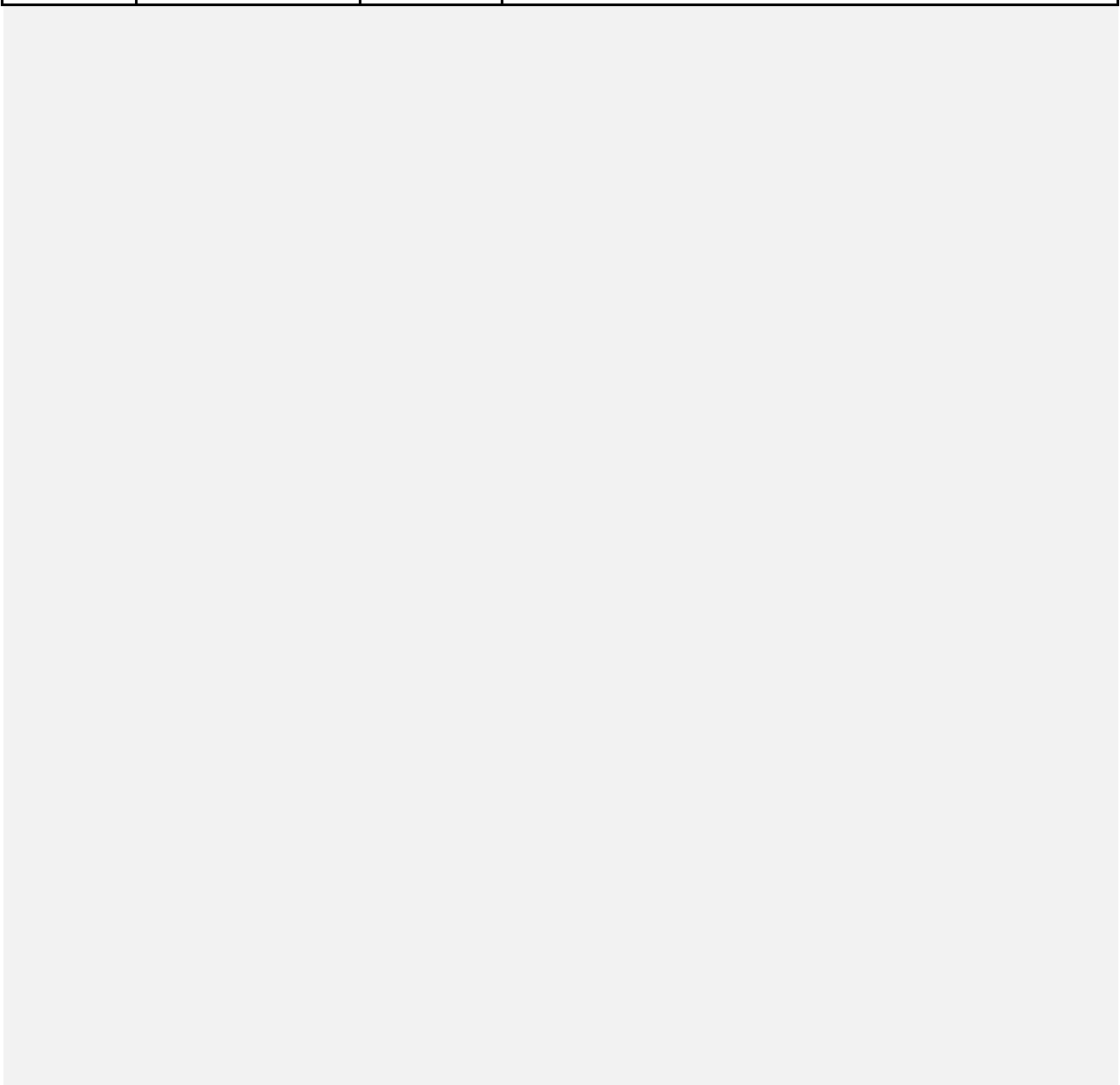


6	Handball	4	To be able to play a full size game.
6	Handball	5	To be able to develop goalkeeping skills.
6	Handball	6	To be able to play a full size game.
6	Outdoor & Adventure	1	To be able to interact and follow instructions to work effectively as a team.
6	Outdoor & Adventure	2	To be able to feel comfortable interacting as a group whilst finding solutions to complete tasks.
6	Outdoor & Adventure	3	To be able to understand how to orientate a map.
6	Outdoor & Adventure	4	To be able to understand the concept of orienteering and the skills required.

6	Outdoor & Adventure	5	To be able to complete a simplified orienteering course by solving clues.
6	Outdoor & Adventure	6	To be able to be actively involved in a full orienteering course.
6	Rounders	1	To be able to throw and catch a ball consistently.
6	Rounders	2	To be able to strike a bowled ball consistently.
6	Rounders	3	To be able to stop and field a moving ball using various techniques.
6	Rounders	4	To be able to understand and demonstrate the key rules in rounders.

6	Rounders	5	To be able to demonstrate all the relevant skills within a rounders match.
6	Rounders	6	To be able to compete as a team successfully.
6	Tennis	1	To be able to control the ball and develop a cooperative rally.
6	Tennis	2	To be able to develop the underarm serve.
6	Tennis	3	To be able to develop footwork and the return of serve.
6	Tennis	4	To be able to take the correct position on the court.

6	Tennis	5	To be able to recover after making a shot.
6	Tennis	6	To be able to develop the serve and recognise how to score a point.





## Success Criteria

Pupils will be able to sprint to at their maximum speed.

Pupils will be able to use the appropriate stride pattern when hurdling.

Pupils will be able to analyse the changes in speeds when sprinting & hurdling.

Pupils will be able to run maintain pace for 60 seconds.

Pupils will be able to complete an 400m race.

Pupils will be able to complete an 800m race.

Pupils will be able to adjust running styles from sprinting to long distance.

Pupils will be able to realise their strongest running distance.

Pupils will be able to time and record each other's scores accurately.

Pupils will be able to use correct techniques for all throws.

Pupils will be able to measure distance accurately.

Pupils will be able to measure distance accurately.

Pupils will be able to use correct techniques for all the jumps.

Pupils will be able to measure distance & height accurately.

Pupils will be able to challenge themselves to jump further distances.

Pupils will be able to compete in track events.

Pupils will be able to compete in field events.

Pupils will be able to demonstrate fair play & respect towards others.

Pupils are able to dribble with their head up and show awareness of others.

Pupils can give and receive a pass.

Pupils are able to make space to receive a pass.

Pupils can shoot with the correct technique.

Pupils can shoot with the correct technique at the end of a dribble.

Pupils are able to defend using the defensive stance.

Pupils are able to mark in a game situation.

Pupils can dribble with the ball.

Pupils are able to pass the ball accurately.

Pupils can shoot accurately.

Pupils are able to defend.

Pupils are able to apply the skills they have learnt to a game situation.

Pupils can explore, repeat and link a range of actions with coordination.

Pupils can combine and link a number of movement phrases and patterns.

Pupils can follow a choreographed dance phrase.

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Pupils can follow a choreographed dance phrase.

Pupils can self-assess pupils' work and give feedback using dance vocabulary.

Pupils can explore, repeat and link a range of actions with coordination.

Pupils can combine and link a number of movement phrases and patterns.

Pupils can use gymnastic equipment to create improvised movement.

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Pupils can use choreographed movements and patterns to tell a narrative.

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Pupils can choreograph movement influenced by feelings.

Pupils can use a range of levels. Pupils can be confident to perform alone.

Pupils can adapt everyday movements in a more creative style.

Pupils can work successfully as a group.

Pupils can explore the movement that shows the feeling of being weightless.

Pupils can choreograph movement using a floor pattern.

Pupils can improvise a sequence of movements that use contact between two or more people.

Pupils are able to allow different parts of the body to lead and influence the rest of the movement.

Pupils can choreograph a set piece in a group.

Pupils can use different dynamics of movement to represent either a gas or rocky planet.

Pupils can use a range of levels, tempos and contact work.

To be able to remember and improve movements that have been choreographed.

To work as a group successfully

To be able to dance with the influence of music.

To be able to perform confidently in front of an audience.

To work as a group to help each other with timing and spacing.

Pupils can support a partner using body weight and core strength.

Pupils can support using 1, 2, 3 or 4 points of contact.

Pupils can use push and pull in counter tension/counter balances.

Pupils can roll safely with or without support.

Pupils can tuck head into their chin onto their chest.

Pupils can use entrances and exits into and out of rolls.

Pupils can support partner using body weight and core strength.

Pupils can roll safely on, over and off apparatus.

Pupils can tuck head and chin in when rolling protecting head and neck.

Pupils can support partner using body weight and core strength.

Pupils can roll safely on, off and over apparatus.

Pupils can tuck head and chin in when rolling protecting their head.

Pupils can hold all or some of their body weight safely.

Pupils can support others safely to maintain balance and shape.

Pupils are able to explore balances using different points of contact.

Pupils can incorporate shapes and balances into performances.

Pupils are able to support and perform each other and perform safely in small groups.

Pupils can safely perform headstands and shoulder stands.

Pupils will be able to take weight on hands.

Pupils will be able to use donkey kicks.

Pupils will be able to support against person or wall.

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Pupils will be able to support against person or wall.

Pupils will be able to point lead foot and hand.

Pupils will be able to plant the other foot and hand and push off.

Pupils will be able to perform straddle shape in flight.

Pupils will be able to land safely.

Pupils will be able to point lead foot and hand.

Pupils will be able to plant the other foot and hand and push off.

Pupils will be able to roll safely.

Pupils will be able to create stands and balances with and without linking.

Pupils will be able to perform cartwheels.

Pupils will be able to rehearse and perform one after the other and / or together.

Pupils will be able to perform point balances with precision.

Pupils will be able to combine balances with shapes.

Pupils will be able to link balances, travels & shapes to form a routine.

Pupils will be able to match a partner's actions.

Pupils will be able to combine & link balances & travels.

Pupils will be able to link balances, travels & shapes to form a pair routine.

Pupils will be able to travel & balance on apparatus.

Pupils will be able to use their initiative & imagination.

Pupils will be able to perform to an audience

Pupils will be able to mirror a partner's actions.

Pupils will be able to combine & link mirrored balances & travels.

Pupils will be able to link balances, travels & shapes to form a pair routine.

Pupils will be able to perform in an assessment environment.

Pupils will be able to perform rolling and stands with control.

Pupils will be able to self-assess their own performance and ability.

Pupils will be able to continue to perform in an assessment environment.

Pupils will be able to perform balances, jumps, vaults & travels.

Pupils will be able to self-assess their own performance and ability

Pupils can dribble a ball in different situations.

Pupils can shoot with the ball.

Pupils can defend in a game situation.

Pupils can accurately pass a ball.

Pupils can intercept a pass.

Pupils can apply their skills in a competitive game.

Pupils use the skills they have developed in the previous lessons in a match situation.

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Pupils can demonstrate the skills necessary to be a goalkeeper.

Pupils can use the skills they have developed in the previous lessons in a match situation.

Pupils can work as part of a team.

Pupils can problem solve to complete tasks.

Pupils can reflect on working together.

Pupils will be able to listen and communicate as a team.

Pupils will be able to continue problem solving.

Pupils will be able to work quickly and effectively in pairs and teams.

Pupils will be able to position a map to line up with the area provided.

Pupils will be able to record answers and problem solve.

Pupils to be able to match name cards related to symbols on a map.

Pupils to be knowledgeable of what orienteering might involve.

Pupils to be able to use orienteering equipment correctly.

Pupils to be able to work effectively as a team.

Pupils to be able to stay as a group at all times.

Pupils to be able to communicate to solve problems and clues.

Pupils to be able to understand symbols on a map.

Pupils to be able to orientate a map of their school grounds.

Pupils to be able to complete a full orienteering course as a team.

Pupils will be able to catch and throw, to others, consistently.

Pupils will be able to catch a ball from varying heights.

Pupils will be able to strike a bowled ball.

Pupils will be able to strike a ball into different spaces.

Pupils will be able to stop a moving ball consistently.

Pupils will be able to use the long barrier technique.

Pupils will be able to understand what a fielding role is in a rounders match.

Pupils to be able to understand the rules of running around the bases.

Pupils to be able to know how rounders / half rounders can be scored.

Pupils to be able to understand the best strategies when fielding.

Pupils to be able to take part in a full rounders match.

Pupils to be able to demonstrate batting, bowling and fielding skills.

Pupils to be able to feedback on strengths / weaknesses of their game.

Pupils to be able to work as a team and compete together.

Pupils to be able to demonstrate all skills involved in rounders.

Pupils to be able to understand what it's like to win and lose.

Pupils will be able to play a forehand and backhand shot.

Pupils will be able to play a rally.

Pupils will be able to use their skills in a competitive situation.

Pupils will be able to serve accurately underarm.

Pupils will be able to apply the skills in a competitive situation.

Pupils will be able to take an underarm serve.

Pupils will be able to take an overarm serve.

Pupils will be able to return a serve

Pupils will be able to get into the correct position to make a shot.

Pupils will be able to get into the correct position to receive a shot.

Pupils will be able to aim their shots at a target.



Pupils will be able to take the ready position.

Pupils will be able to play a rally.

Pupils will be able to demonstrate a developed overhead serve.

Pupils will be able to demonstrate a developed underarm serve.

Pupils will be able to play strategically with the aim of winning points.



























































