



Physical Education

Medium Term Planning

Year 4



Key Concepts and Progression Overview



Invasion
Striking & Fielding
Net & Wall

F2

Combine different movements with ease and fluency

Develop and refine a range of ball skills

Year 1

To be able to throw and kick in different ways

To throw underarm, catch a ball consistently and strike a ball with a racket.

Year 2

To throw, hit or kick a ball with increasing accuracy and begin to use tactics in a game when attacking and

To use hand-eye coordination to control a ball and decide the best space to be in during a game

Year 3

To be aware of space and use it to support team-mates and to cause problems for the opposition

To throw and catch with control

To serve underarm and build up a rally

Year 4

To keep possession of a ball and vary tactics depending on what's happening in a game.

To catch with one hand and hit, bowl, throw and catch with increasing accuracy

Play a variety of shots and develop greater accuracy of strokes.

Year 5

To gain possession by working as a team, choose a tactic for attacking and defending and pass in different ways.

To use a range of techniques when fielding

Serve overarm, develop techniques for ground strokes, backhand and volleys

Year 6

Communicate a plan to a team, pass, dribble and shoot with control and accuracy and apply basic principles for attacking and defending

Play competitive games to agreed rules, use a range of techniques in a game situation.

Use different shots in a game situation to outwit an opponent



Progress towards a fluent style of moving

Perform dance moves

Change rhythm, speed, level and direction in a dance

Improvise freely and translate ideas from a stimulus into a movement

Dance to communicate an idea through a range of movements and patterns

Compose own dances in a variety of ways which shows clarity, fluency, accuracy and consistently

To develop sequences in a specific style



Develop body-strength, balance, coordination and agility

Control their body when travelling and balancing in different ways

Use balance, agility and coordination in a range of activities and perform a sequence of coordinated movements

Adapt sequences to suit different types of apparatus and criteria

Include a range of shapes in a sequence

To combine action, balance and shape to make complex extended sequences

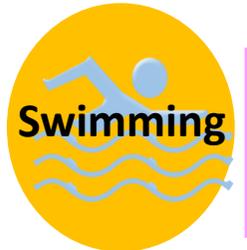
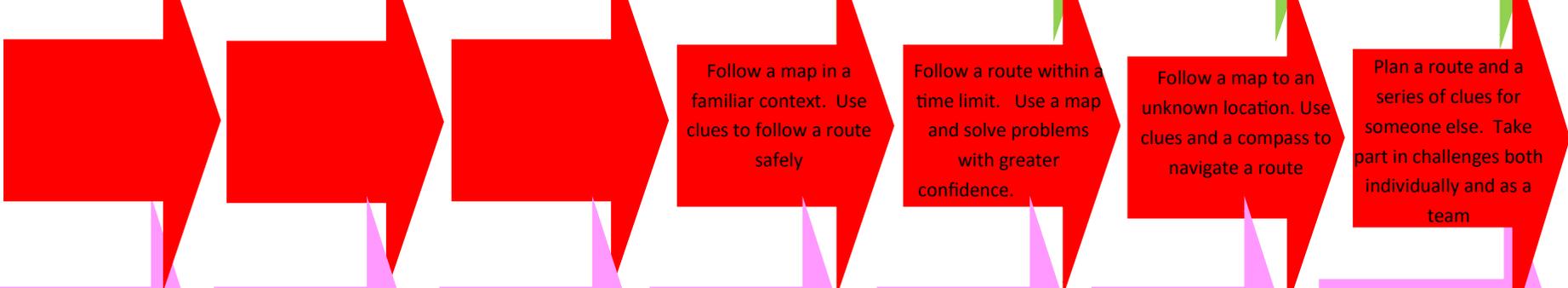
Develop technical sequences in a specific style and demonstrate flexibility, strength, control and balance in a sequence.



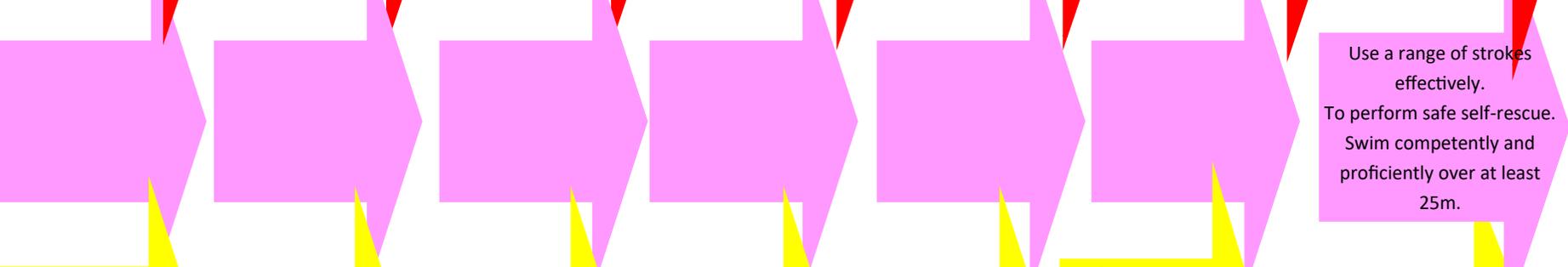
Athletics



Outdoor Adventurous



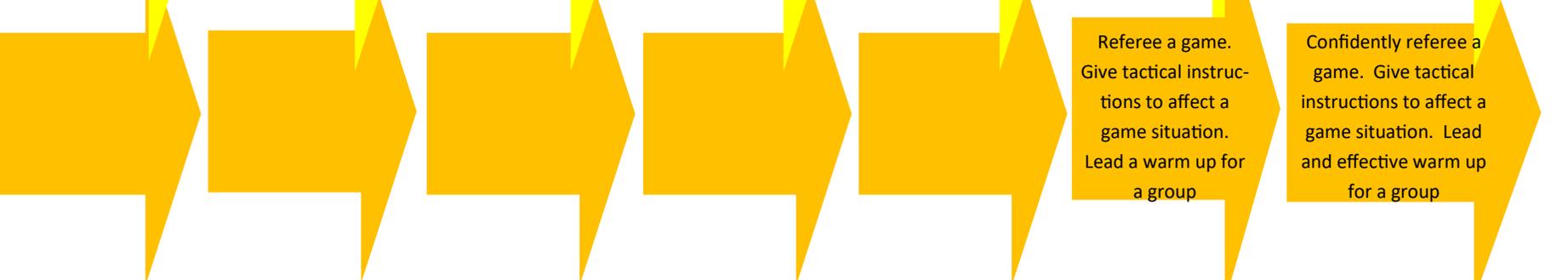
Swimming



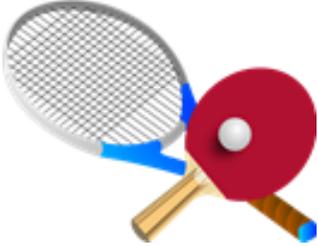
Evaluate



Leadership



Year 4 PE—Yearly Overview

Autumn	Spring	Summer
<p data-bbox="264 284 613 319">Team Games (Invasion)</p> 	<p data-bbox="949 284 1290 319">Outdoor & Adventure</p> 	<p data-bbox="1545 284 2056 319">Team Games (striking & Fielding)</p> 
<p data-bbox="264 614 613 649">Dance and Movement</p> 	<p data-bbox="1016 614 1223 649">Net and Wall</p> 	<p data-bbox="1733 614 1868 649">Athletics</p> 
<p data-bbox="344 949 524 984">Gymnastics</p> 	<p data-bbox="1039 949 1200 984">Evaluation</p> 	<p data-bbox="1711 949 1872 984">Evaluation</p> 
<p data-bbox="353 1284 519 1319">Evaluation</p> 		

Autumn Term



Dance and Movement/ Gymnastics

Autumn 1—All classes



<i>Prior Learning</i>	<ul style="list-style-type: none"> Show control, accuracy and coordination within running and jumping movements at different speeds. Improvise freely and translate ideas from a stimulus into movement, Compare and contrast gymnastic sequences
-----------------------	---

<i>End Points</i>	<p>Gymnastics</p> <p>To be able to include change of speed and direction with control</p> <p>To be able to include a range of shapes in a sequence</p> <p>To be able to work with a partner to create, repeat and improve a sequence with at least three phases</p> <p>To be able to confidently evaluate my own performance and discuss improvements</p> <p>Dance and Movement</p> <p>To be able to use dance to communicate an idea through a range of movements and patterns</p> <p>To be able to confidently evaluate my own performance and discuss improvements</p>
-------------------	---

<i>Vocabulary</i>	<p>Dance and Movement — Improvise, Sequence, Precision, Motifs, Spatial awareness, Control, Fluency, Flexibility</p> <p>Gymnastics— Improvise, Sequence, Precision, Motifs, Spatial awareness, Control, Fluency, Flexibility</p>
-------------------	--

Key Concept	Second Order Concepts	Lesson Sequence	Learning Objectives	Domain Knowledge	Resources
	<p>Competence Performance Creativity, Healthy, active lifestyle Evaluation and analysis</p>	<p>Lesson 1</p> <p>Dance</p>	<p>OO: To be able to use dance to communicate an idea through a range of movements and patterns</p> <p>Evaluate: To be able to confidently evaluate my own performance and discuss improvements</p> <p>LO: I can use dance to communicate an idea through a range of movements and patterns</p> <p>Evaluate: I can confidently evaluate my own performance and discuss improvements</p>	<p>Combine and sequence movement patterns</p> <p>(Communicate ideas through dances and patterns of movement)</p> <p>Dance, Communicate, Range</p>	<p>Mats</p> <p>Music</p> <p>Picture Stimulus</p>

Autumn Term



Dance and Movement/ Gymnastics

Autumn 1—All classes

Key Concept	Second Order Concepts	Lesson Sequence	Learning Objectives	Domain Knowledge	Resources
 	<p><i>Competence Performance Creativity, Healthy, active lifestyle Evaluation and analysis</i></p>	<p>Lesson 2 Dance</p>	<p>OO: To be able to use dance to communicate an idea through a range of movements and patterns Evaluate: To be able to confidently evaluate my own performance and discuss improvements</p> <p>LO: I can use dance to communicate an idea through a range of movements and patterns Evaluate: I can confidently evaluate my own performance and discuss improvements</p>	<p>Combine and sequence movement patterns (Communicate ideas through dances and patterns of movement) Link—Dance, Communicate, Range</p>	<p>Mats Music Picture Stimulus</p>
 	<p><i>Competence Performance Creativity, Healthy, active lifestyle Evaluation and analysis</i></p>	<p>Lesson 3 Dance Final Assessment Week</p>	<p>OO: To be able to use dance to communicate an idea through a range of movements and patterns Evaluate: To be able to confidently evaluate my own performance and discuss improvements</p> <p>LO: I can use dance to communicate an idea through a range of movements and patterns Evaluate: I can confidently evaluate my own performance and discuss improvements</p>	<p>Combine and sequence movement patterns (Communicate ideas through dances and patterns of movement) Perform—Dance, Communicate, Range</p>	<p>Mats Music Picture Stimulus</p>

Autumn Term



Dance and Movement/ Gymnastics

Autumn 1—All classes

Key Concept	Second Order Concepts	Lesson Sequence	Learning Objectives	Domain Knowledge	Resources
 <p style="text-align: center; font-weight: bold; font-size: 1.2em;">Gymnastics</p>  <p style="text-align: center; font-weight: bold; font-size: 1.2em;">Evaluate</p>	<p><i>Competence</i> <i>Performance</i> <i>Creativity,</i> <i>Healthy,</i> <i>active lifestyle</i> <i>Evaluation and analysis</i></p>	<p>Lesson 4 Gymnastics</p>	<p>OO: To be able to include change of speed and direction with control To be able to include a range of shapes in a sequence To be able to work with a partner to create, repeat and improve a sequence with at least three phases Evaluate: To be able to confidently evaluate my own performance and discuss improvements</p> <p>OO: I can include a change of speed and direction with control I can include a range of shapes in a sequence I can work with a partner to create, repeat and improve a sequence with at least three phases Evaluate: To be able to confidently evaluate my own performance and discuss improvements</p>	<p>Combine and sequence movement patterns</p> <p>(Use changes of speed, direction and shape to create phases of movement)</p> <p>Speed, Shape, Phase</p>	<p>Mats Hoops Cones Benches</p>
 <p style="text-align: center; font-weight: bold; font-size: 1.2em;">Gymnastics</p>  <p style="text-align: center; font-weight: bold; font-size: 1.2em;">Evaluate</p>	<p><i>Competence</i> <i>Performance</i> <i>Creativity,</i> <i>Healthy,</i> <i>active lifestyle</i> <i>Evaluation and analysis</i></p>	<p>Lesson 5 Gymnastics</p>	<p>OO: To be able to include change of speed and direction with control To be able to include a range of shapes in a sequence To be able to work with a partner to create, repeat and improve a sequence with at least three phases Evaluate: To be able to confidently evaluate my own performance and discuss improvements</p> <p>OO: I can include a change of speed and direction with control I can include a range of shapes in a sequence I can work with a partner to create, repeat and improve a sequence with at least three phases Evaluate: To be able to confidently evaluate my own performance and discuss improvements</p>	<p>Combine and sequence movement patterns</p> <p>(Use changes of speed, direction and shape to create phases of movement)</p> <p>Link- Speed, Shape, Phase</p>	<p>Mats Hoops Cones Benches</p>

Autumn Term



Dance and Movement/ Gymnastics

Autumn 1—All classes

Key Concept	Second Order Concepts	Lesson Sequence	Learning Objectives	Domain Knowledge	Resources
 	<p><i>Competence</i> <i>Performance</i> <i>Creativity,</i> <i>Healthy,</i> <i>active lifestyle</i> <i>Evaluation and analysis</i></p>	<p>Lesson 6 Gymnastics Final Assessment Week</p>	<p>OO: To be able to include change of speed and direction with control To be able to include a range of shapes in a sequence To be able to work with a partner to create, repeat and improve a sequence with at least three phases Evaluate: To be able to confidently evaluate my own performance and discuss improvements</p> <p>OO: I can include a change of speed and direction with control I can include a range of shapes in a sequence I can work with a partner to create, repeat and improve a sequence with at least three phases Evaluate: To be able to confidently evaluate my own performance and discuss improvements</p>	<p>Combine and sequence movement patterns (Use changes of speed, direction and shape to create phases of movement) Perform- Speed, Shape, Phase</p>	<p>Mats Music Benches Cones</p>

Autumn Term



Team Games– Invasion

Autumn 2– All classes



<i>Prior Learning</i>	<ul style="list-style-type: none"> Awareness of space and can use it to support team-mates and to cause problems for the opposition. Participate in team games, developing simple tactics for attacking and defending Has developed and refined a range of ball skills including: throwing, catching, kicking, passing .
<i>End Points</i>	<p>To be able to pass, throw and catch accurately with control</p> <p>To be able to keep possession of the ball</p> <p>To be able to vary my tactics and adapt my skills depending on what is happening in a game.</p> <p>To be able to confidently evaluate my own performance and discuss improvements</p>
<i>Vocabulary</i>	Agility, Balance, Coordination, Stationary, Position, Fielding, Shield, Possession

Key Concept	Second Order Concepts	Lesson Sequence	Learning Objectives	Domain Knowledge	Resources
 	<p><i>Competence Performance Creativity, Healthy, active lifestyle Evaluation and analysis</i></p>	<p>Lesson 1</p> <p>Revisit prior learning</p>	<p>OO: To be aware of space and use it to support team-mates and to cause problems for the opposition</p> <p>To know and use rules fairly.</p> <p>To be able to compare my performances with previous ones, explaining differences and effectiveness</p> <p>Be able to identify a good performance and say why.</p> <p>LO: To pass and receive , to evade an opponent and understand why this was successful or not.</p> <p>Be able to identify a good performance and say why.</p>	<p>Attacking and defending</p> <p>(To use a variety of ways to pass opponents)</p> <p>Space- - pass –receive</p> <p>Competitive games</p>	<p>Balls</p> <p>Cones</p> <p>Bibs</p> <p>Pop up goals</p>

Autumn Term



Team Games– Invasion

Autumn 2– All classes

Key Concept	Second Order Concepts	Lesson Sequence	Learning Objectives	Domain Knowledge	Resources
 	<i>Competence Performance Creativity, Healthy, active lifestyle Evaluation and analysis</i>	Lesson 2	OO: To be able to keep possession of the ball To be able to confidently evaluate my own performance and discuss improvements LO: To dribble in order to maintain possession.	Attacking and defending (To use a variety of ways to pass opponents) Dribbling	Footballs Bibs Cones
	<i>Competence Performance Creativity, Healthy, active lifestyle Evaluation and analysis</i>	Lesson 3	OO: To be able to pass, throw and catch accurately with control To be able to confidently evaluate my own performance and discuss improvements LO: I can pass a ball to a team mate.	Attacking and defending (To use a variety of ways to pass opponents) Passing	Footballs Basketball/netballs Bibs cones
	<i>Competence Performance Creativity, Healthy, active lifestyle Evaluation and analysis</i>	Lesson 4	OO: To be able to vary my tactics and adapt my skills depending on what is happening in a game. To be able to confidently evaluate my own performance and discuss improvements LO: I can dribble a ball and pass to a team mate to progress past an opponent	Attacking and defending (To use a variety of ways to pass opponents) dribble and pass to progress past an opponent	

Autumn Term



Team Games– Invasion

Autumn 2– All classes

Key Concept	Second Order Concepts	Lesson Sequence	Learning Objectives	Domain Knowledge	Resources
	<p>Competence Performance Creativity, Healthy, active lifestyle Evaluation and analysis</p>	<p>Lesson 5</p>	<p>OO: To be able to pass, throw and catch accurately with control To be able to keep possession of the ball To be able to vary my tactics and adapt my skills depending on what is happening in a game. To be able to confidently evaluate my own performance and discuss improvements# LO: To maintain possession and progress towards a target within a competitive game</p>	<p>Attacking and defending (To use a variety of ways to pass opponents) Link—dribble, pass, progress Competitive game</p>	<p>Footballs Cones Bibs Pop up goals</p>
	<p>Competence Performance Creativity, Healthy, active lifestyle Evaluation and analysis</p>	<p>Lesson 6 Assessment week</p>	<p>OO: To be able to pass, throw and catch accurately with control To be able to keep possession of the ball To be able to vary my tactics and adapt my skills depending on what is happening in a game. To be able to confidently evaluate my own performance and discuss improvements# LO: To maintain possession and progress towards a target within a competitive game</p>	<p>Attacking and defending (To use a variety of ways to pass opponents) Link—dribble, pass, progress Competitive game</p>	<p>Footballs Cones Bibs Pop up goals</p>

Spring Term



Outdoor & Adventure

Spring 1– All classes



<i>Prior Learning</i>	Be able to follow a map in a familiar context Be able to use clues to follow a route safely Be able to compare my performances with previous ones, explaining differences and effectiveness
<i>End Points</i>	To be able to work in a team and individually to use a map and solve problems with greater confidence and can identify risks whilst advising others To be able to follow a route within a time limit To be able to confidently evaluate my own performance and discuss improvements
<i>Vocabulary</i>	Identify, Problem, Risk, Problem Solving, Confidence, Objectives

Key Concept	Second Order Concepts	Lesson Sequence	Learning Objectives	Domain Knowledge	Resources
 	<p>Competence Performance Creativity, Healthy, active lifestyle Evaluation and analysis</p>	<p>Lesson 1 Revisit Prior Learning</p>	<p>OO: To be able to follow a map in a familiar context To be able to use clues to follow a route safely Evaluate: To be able to compare my performances with previous ones, explaining differences and effectiveness</p> <p>LO: I can follow a map in a familiar context I can use clues to follow a route safely Evaluate: I can compare my performances with previous ones, explaining differences and effectiveness</p>	<p>Compete and Cooperate (Follow a planned route using clues) Follow, Investigate, Arrive</p>	<p>Map & Clipboard Markers Clues cones</p>

Spring Term



Outdoor & Adventure

Spring 1– All classes

Key Concept	Second Order Concepts	Lesson Sequence	Learning Objectives	Domain Knowledge	Resources
 	Competence Performance Creativity, Healthy, active lifestyle Evaluation and analysis	Lesson 2	OO: To be able to work in a team and individually to use a map and solve problems with greater confidence and can identify risks whilst advising others Evaluate: To be able to confidently evaluate my own performance and discuss improvements LO: I can work in a team and individually to use a map Evaluate: I can confidently evaluate my own performance and discuss improvements	Compete and Cooperate (Work individually and as part of a team to solve problems within a specific time) Risk	Map Markers Clipboard
	Competence Performance Creativity, Healthy, active lifestyle Evaluation and analysis	Lesson 3	OO: To be able to follow a route within a time limit Evaluate: To be able to confidently evaluate my own performance and discuss improvements OO: I can follow a route within a time limit Evaluate: I can confidently evaluate my own performance and discuss improvements	Compete and Cooperate (Work individually and as part of a team to solve problems within a specific time) Speed	Map Markers Stop Watch Clipboard
	Competence Performance Creativity, Healthy, active lifestyle Evaluation and analysis	Lesson 4	OO: To be able to work in a team and individually to use a map and solve problems with greater confidence and can identify risks whilst advising others Evaluate: To be able to confidently evaluate my own performance and discuss improvements LO: I can work in a team and individually to use a map and solve problems Evaluate: I can confidently evaluate my own performance and discuss improvements	Compete and Cooperate (Work individually and as part of a team to solve problems within a specific time) Solve	Map Markers Clipboard

Spring Term

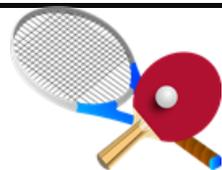


Outdoor & Adventure

All classes

Key Concept	Second Order Concepts	Lesson Sequence	Learning Objectives	Domain Knowledge	Resources
 	<p><i>Competence</i> <i>Performance</i> <i>Creativity,</i> <i>Healthy,</i> <i>active lifestyle</i> <i>Evaluation and</i> <i>analysis</i></p>	Lesson 5	<p>OO: To be able to work in a team and individually to use a map and solve problems with greater confidence and can identify risks whilst advising others To be able to follow a route within a time limit Evaluate: To be able to confidently evaluate my own performance and discuss improvements</p> <p>LO: I can work in a team and individually to use a map and solve problems I can follow a route within a time limit Evaluate: I can confidently evaluate my own performance and discuss improvements</p>	<p>Compete and Cooperate</p> <p>(Work individually and as part of a team to solve problems within a specific time)</p> <p>Link-Solve, Speed, Solve</p>	<p>Map</p> <p>Markers</p> <p>Stop Watch</p> <p>Clipboard</p>
	<p><i>Competence</i> <i>Performance</i> <i>Creativity,</i> <i>Healthy,</i> <i>active lifestyle</i> <i>Evaluation and</i> <i>analysis</i></p>	Lesson 6 Final Assessment Week	<p>OO: To be able to work in a team and individually to use a map and solve problems with greater confidence and can identify risks whilst advising others To be able to follow a route within a time limit Evaluate: To be able to confidently evaluate my own performance and discuss improvements</p> <p>LO: I can work in a team and individually to use a map and solve problems I can follow a route within a time limit Evaluate: I can confidently evaluate my own performance and discuss improvements</p>	<p>Compete and Cooperate</p> <p>(Work individually and as part of a team to solve problems within a specific time)</p> <p>Solve, Speed, Solve</p>	<p>Map</p> <p>Markers</p> <p>Stop Watch</p> <p>Clipboard</p>

Spring Term

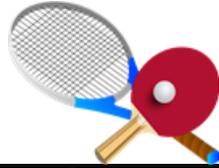


Net and Wall

Spring 2– All classes

<i>Prior Learning</i>	To be able to throw and catch with control To be able to serve underarm To be able to build up a rally To be able to compare my performances with previous ones, explaining differences and effectiveness				
<i>End Points</i>	To be able to play a variety of shots To demonstrate and use the correct grip on a racket To develop greater accuracy of strokes To be able to confidently evaluate my own performance and discuss improvements				
<i>Vocabulary</i>	Movements, Space, Accuracy, Positioning, Team, Height, Power, Accuracy, Technique				
Key Concept	Second Order	Lesson Sequence	Learning Objectives	Domain Knowledge	Resources
 	Competence Performance Creativity, Healthy, active lifestyle Evaluation and analysis	Lesson 1 Revisit prior learning	OO: To be able to throw and catch with control To be able to serve underarm To be able to build up a rally Evaluate- To be able to compare my performances with previous ones, explaining differences and effectiveness LO: I can throw and catch with control I can serve underarm I can build up a rally with a partner Evaluate– I can compare my performances with previous ones, explaining differences and effectiveness	Agility, Balance and coordination (To strike to targets in a variety of ways) Link—Throw, catch, rally	Beanbags Tennis rackets/balls Badminton rackets/shuttlecocks Nets cones

Spring Term



Net and Wall Spring 2– All classes

Key Concept	Second Order Concepts	Lesson Sequence	Learning Objectives	Domain Knowledge	Resources
 	Competence Performance Creativity, Healthy, active lifestyle Evaluation and analysis	Lesson 2	OO: To demonstrate and use the correct grip on a racket Evaluate: To be able to confidently evaluate my own performance and discuss improvements LO: I can hold and use the correct grip on a racket Evaluate: I can confidently evaluate my own performance and discuss improvements	Agility, Balance and coordination (To strike to targets in a variety of ways) Ready	Tennis rackets Tennis balls Cones
	Competence Performance Creativity, Healthy, active lifestyle Evaluation and analysis	Lesson 3	OO: To develop greater accuracy of strokes Evaluate: To be able to confidently evaluate my own performance and discuss improvements LO: To develop greater accuracy of strokes Evaluate: I can confidently evaluate my own performance and discuss improvements	Agility, Balance and coordination (To strike to targets in a variety of ways) Aim	Tennis rackets Tennis balls Cones Hoops Bean bags
	Competence Performance Creativity, Healthy, active lifestyle Evaluation and analysis	Lesson 4	OO: To be able to play a variety of shots Evaluate: To be able to confidently evaluate my own performance and discuss improvements LO: I can play a variety of shots Evaluate: I can confidently evaluate my own performance and discuss improvements	Agility, Balance and coordination (To strike to targets in a variety of ways) Strike	Tennis rackets Tennis balls Cones Hoops Bean bags

Spring Term



Net and Wall Spring 2– All classes

Key Concept	Second Order Concepts	Lesson Sequence	Learning Objectives	Domain Knowledge	Resources
	<p>Competence Performance Creativity, Healthy, active lifestyle Evaluation and analysis</p>	Lesson 5	<p>OO: To demonstrate and use the correct grip on a racket To develop greater accuracy of strokes To be able to play a variety of shots Evaluate: To be able to confidently evaluate my own performance and discuss improvements</p> <p>LO: I can successfully use the correct grip on a racket I have achieved a greater accuracy of strokes I can play a variety of shots Evaluate: To be able to confidently evaluate my own performance and discuss</p>	<p>Agility, Balance and coordination (To strike to targets in a variety of ways) Link-Ready , aim, strike</p>	<p>Tennis rackets Tennis balls Cones Hoops Bean bags</p>
	<p>Competence Performance Creativity, Healthy, active lifestyle Evaluation and analysis</p>	Lesson 6 Final Assessment week	<p>OO: To demonstrate and use the correct grip on a racket To develop greater accuracy of strokes To be able to play a variety of shots Evaluate: To be able to confidently evaluate my own performance and discuss improvements</p> <p>LO: I can successfully use the correct grip on a racket I have achieved a greater accuracy of strokes I can play a variety of shots Evaluate: To be able to confidently evaluate my own performance and discuss</p>	<p>Agility, Balance and coordination (To strike to targets in a variety of ways) Link-Ready , aim, strike</p>	<p>Tennis rackets Tennis balls Cones Hoops Bean bags</p>



Summer Term



Striking & Fielding

Summer 1– All classes



Prior Learning

To be able to throw and catch with control
 To be aware of space and use it to support team-mates and to cause problems for the opposition
 To know and use rules fairly
 To be able to compare my performances with previous ones, explaining differences and effectiveness

End Points

To be able to catch with one hand
 To be able to hit, bowl, throw and catch with increasing accuracy
 To be able to vary my tactics and adapt my skills depending on what is happening in a game
 To be able to confidently evaluate my own performance and discuss improvements

Vocabulary

Fielding, Positioning, Team, Teamwork, Technique, Objectives

Key Concept

Second
Order
Concepts

Lesson
Sequence

Learning Objectives

Domain
Knowledge

Resources



**Competence
Performance
Creativity,
Healthy,
active lifestyle
Evaluation and
analysis**

Lesson 1
Revisit Prior
Learning



OO: To be able to throw and catch with control
 To be aware of space and use it to support team-mates and to cause problems for the opposition
 To know and use rules fairly
 Evaluate: To be able to compare my performances with previous ones, explaining differences and effectiveness
 LO: I can throw and catch different objects with control
 I am aware of space within a game and can use it to support team-mates
 I am aware of space within a game and can use it to cause problems for the opposition

Striking and Fielding
 (To use space effectively when sending an object to cause problems for opposition)
 Control, Space, Fair

Cones
 Bibs
 Various objects to throw and catch
 Bats/rackets
 Tennis balls

Summer Term



Striking & Fielding

Summer 1– All classes

Key Concept	Second Order Concepts	Lesson Sequence	Learning Objectives	Domain Knowledge	Resources
 	Competence Performance Creativity, Healthy, active lifestyle Evaluation and analysis	Lesson 2	OO: To be able to hit, bowl, throw and catch with increasing accuracy Evaluate: To be able to confidently evaluate my own performance and discuss improvements . LO: I can hit, bowl, throw and catch with increasing accuracy Evaluate: I can confidently evaluate my own performance and discuss improvements .	Striking and Fielding (To apply sending and catching skills within a modified game to achieve success) Send	Cones Bats/rackets Balls Bean bags
	Competence Performance Creativity, Healthy, active lifestyle Evaluation and analysis	Lesson 3	OO: To be able to catch with one hand To be able to hit, bowl, throw and catch with increasing accuracy Evaluate: To be able to confidently evaluate my own performance and discuss improvements . LO: I can hit, bowl, throw and catch with increasing accuracy I can catch an object/ball with one hand Evaluate: I can confidently evaluate my own performance and discuss improvements .	Striking and Fielding (To apply sending and catching skills within a modified game to achieve success) Combine	Cones Bats/rackets Balls Bean bags
	Competence Performance Creativity, Healthy, active lifestyle Evaluation and analysis	Lesson 4	OO: To be able to vary my tactics and adapt my skills depending on what is happening in a game Evaluate: To be able to confidently evaluate my own performance and discuss improvements . LO: I am able to vary my tactics and adapt my skills depending on what is happening in a game Evaluate: I can confidently evaluate my own performance and discuss improvements .	Striking and Fielding (To apply sending and catching skills within a modified game to achieve success) Apply	Cones Bats/rackets Balls

Summer Term



Striking & Fielding

Summer 1– All classes

Key Concept	Second Order Concepts	Lesson Sequence	Learning Objectives	Domain Knowledge	Resources
 	Competence Performance Creativity, Healthy, active lifestyle Evaluation and analysis	Lesson 5	OO: To be able to hit, bowl, throw and catch with increasing accuracy To be able to catch with one hand To be able to vary my tactics and adapt my skills depending on what is happening in a game Evaluate: To be able to confidently evaluate my own performance and discuss improvements . LO: I can hit, bowl, throw and catch with increasing accuracy I can catch an object/ball with one hand I am able to vary my tactics and adapt my skills depending on what is happening in a game Evaluate: I can confidently evaluate my own performance and discuss improvements .	Striking and Fielding (To apply sending and catching skills within a modified game to achieve success) Link– Send, Combine, Apply	Cones Bats/rackets Balls Bean bags
	Competence Performance Creativity, Healthy, active lifestyle Evaluation and analysis	Lesson 6 Final Assessment Week	OO: To be able to hit, bowl, throw and catch with increasing accuracy To be able to catch with one hand To be able to vary my tactics and adapt my skills depending on what is happening in a game Evaluate: To be able to confidently evaluate my own performance and discuss improvements . LO: I can hit, bowl, throw and catch with increasing accuracy I can catch an object/ball with one hand I am able to vary my tactics and adapt my skills depending on what is happening in a game Evaluate: I can confidently evaluate my own performance and discuss improvements .	Striking and Fielding (To apply sending and catching skills within a modified game to achieve success) Send, Combine, Apply	Cones Bats/rackets Balls Bean bags

Summer Term



Athletics

Summer 2– All classes



Prior Learning

To show control, accuracy and coordination within running and jumping movements at different speeds
 To be able to take part in a relay, remembering when to run and how to work within a team
 To be able to compare my performances with previous ones, explaining differences and effectiveness

End Points

To be able to run over a long distance and sprint a short distance
 To be able to throw in different ways and hit a target.
 To be able to jump in different ways
 To be able to confidently evaluate my own performance and discuss improvements

Vocabulary

Accuracy, Movements, Targets, Differentiation, Coordination, Approach, travel, throw, apply, fluency

Key Concept

**Second
Order
Concepts**

**Lesson
Sequence**

Learning Objectives

**Domain
knowledge**

Resources

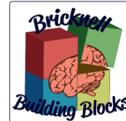
Athletics

Evaluate

**Competence
Performance
Creativity,
Healthy,
active lifestyle
Evaluation and
analysis**

Lesson 1

Prior Learning



OO: To show control, accuracy and coordination within running and jumping movements at different speeds
 To be able to take part in a relay, remembering when to run and how to work within a team
 Evaluate: To be able to identify a good performance and say why.

LO: I can show control, accuracy and coordination within running and jumping movements at different speeds
 I can take part in a relay, remembering when to run and how to work within a team
 Evaluate: I can identify a good performance and say why.

**Fundamental Movements &
Personal Best**

 (Work individually and as part of a team to show control, accuracy and coordination when travelling)

 Control, fluency, Team

Hurdles
 Cones
 Stop watches
 Relay batons
 Cones

Summer Term



Athletics

Summer 2– All classes

Key Concept	Second Order Concepts	Lesson Sequence	Learning Objectives	Domain knowledge	Resources
 <p style="font-size: 24px; font-weight: bold; margin: 0;">Athletics</p>  <p style="font-size: 24px; font-weight: bold; margin: 0;">Evaluate</p>	<p><i>Competence</i> <i>Performance</i> <i>Creativity,</i> <i>Healthy,</i> <i>active lifestyle</i> <i>Evaluation and analysis</i></p>	Lesson 2	<p>OO: To be able to run over a long distance and sprint a short distance To be able to jump in different ways Evaluate: To be able to confidently evaluate my own performance and discuss improvements.</p> <p>LO: I can run over a long distance. I can sprint over a short distance. I can jump in different ways. Evaluate: I can confidently evaluate my own performance and discuss improvements.</p>	<p>Fundamental Movements & Personal Best</p> <p>Run, throw and jump in a variety of ways with proficiency</p> <p style="text-align: center;">Travel</p>	<p>Cones Hurdles Jump mats Measuring tape.</p>
	<p><i>Competence</i> <i>Performance</i> <i>Creativity,</i> <i>Healthy,</i> <i>active lifestyle</i> <i>Evaluation and analysis</i></p>	Lesson 3	<p>OO: To be able to throw in different ways and hit a target Evaluate: To be able to confidently evaluate my own performance and discuss improvements.</p> <p>OO: I can throw in different ways and hit a target Evaluate: I can confidently evaluate my own performance and discuss improvements.</p>	<p>Fundamental Movements & Personal Best</p> <p>Run, throw and jump in a variety of ways with proficiency</p> <p style="text-align: center;">Throw</p>	<p>Objects to throw Various targets Cones</p>
	<p><i>Competence</i> <i>Performance</i> <i>Creativity,</i> <i>Healthy,</i> <i>active lifestyle</i> <i>Evaluation and analysis</i></p>	Lesson 4	<p>OO: To be able to run over a long distance and sprint a short distance To be able to jump in different ways To be able to throw in different ways and hit a target Evaluate: To be able to confidently evaluate my own performance and discuss improvements.</p> <p>LO:</p>	<p>Fundamental Movements & Personal Best</p> <p>Run, throw and jump in a variety of ways with proficiency</p> <p style="text-align: center;">Apply</p>	

Summer Term



Athletics

Summer 2– All classes

Key Concept	Second Order Concepts	Lesson Sequence	Learning Objectives	Domain knowledge	Resources
 Athletics  Evaluate		Lesson 5	OO: To be able to run over a long distance and sprint a short distance To be able to jump in different ways To be able to throw in different ways and hit a target Evaluate: To be able to confidently evaluate my own performance and discuss improvements. LO: I can run over a long distance. I can sprint over a short distance. I can jump in different ways. I can throw in different ways and hit a target Evaluate: I can confidently evaluate my own performance and discuss improvements.	Fundamental Movements & Personal Best Run, throw and jump in a variety of ways with proficiency Link—Travel, throw, apply	Cones Hurdles Jump mats Measuring tape. Objects to throw Various targets
		Lesson 6 Final Assessment week	OO: To be able to run over a long distance and sprint a short distance To be able to jump in different ways To be able to throw in different ways and hit a target Evaluate: To be able to confidently evaluate my own performance and discuss improvements. LO: I can run over a long distance. I can sprint over a short distance. I can jump in different ways. I can throw in different ways and hit a target Evaluate: I can confidently evaluate my own performance and discuss improvements.	Fundamental Movements & Personal Best Run, throw and jump in a variety of ways with proficiency Travel, throw, apply	Cones Hurdles Jump mats Measuring tape. Objects to throw Various targets