

Vertical concepts



	Throwing	Kicking	Balancing	Jumping	Catching	Movement
EYFS	Rolling with both hands towards a target. Bouncing to the floor.	Using the foot to move the ball, kick and chase. Changing pace and then stopping the ball.	Running to stop on 1 leg. Balancing on 1 leg whilst holding an object.	Skipping with height and speed. Hopping with coordination to use both feet	Catching a bouncing ball.	Developing Fundamental Movement Skills.





	Net and wall	Basketball	fitness	Gymnastics	Strick and field	Swimming	Dance	Athletics	Invasion
Y1	Throwing, catching, using a racket and learning to track and hit a ball.			Demonstrate basic skills of jumping, rolling, balancing and travelling individually and combination to create movement phrases.	Learning skills including throwing and catching, stopping a rolling ball, retrieving a ball and striking a ball.		Understanding why it is important to count to music and use this in their dances.	Develop skills required in athletic activities such as running at different speeds changing direction, jumping and throwing	
Y2	Playing games honestly, abiding by the rules and showing respect towards our opponents and teammates.			Using compositional devices when creating sequences to include the use of shapes, levels and directions.	Self-managing small sided games. Learning how to score points and play to the rules		Using counts of 8 consistently to keep in time with the music and a partner.	Engage in performing skills and measuring performance, competing to improve on their own score and against others.	





	Net and wall	Basketball	fitness	Gymnastics	Strick and field	Dance	OAA	Swimming	Athletics	Invasion
Y3	Learning how to score points and how to use skills, simple strategies and tactics to outwit the opposition.	Developing competencies in key skills and principles such as defending, attacking, throwing, catching and dribbling.		Sequencing work, collaborating with others to use matching and contrasting actions and shapes and develop linking sequences smoothly with actions that flow			Develop problem solving skills through a range of challenges. Pupils work as a pair and small group to plan, solve, reflect and improve on strategies.		Setting challenges for distance and time that involve using different styles and combinations of running, jumping and throwing.	Developing competencies in key skills and principles such as defending, attacking, sending, receiving and dribbling a ball.
Y4								Learning and developing a range of swimming techniques, water safety skills and learning to swim 25 metres.		





Y5	Learning specific skills such as a forehand, backhand, volley and underarm serve.	Using attacking skills to maintain possession as well as defending skills to gain possession.		Exploring partner relationships such as canon and synchronization and matching and mirroring.	Developing the quality and consistency of their fielding skills and understanding of when to use them such as throwing underarm and overarm, catching and retrieving a ball. Learning how to play the different roles of bowler, backstop, fielder and batter and to apply tactics in these positions.	Creating and performing their work, and using correct dance terminology	Encouraging the children to be inclusive of others, share ideas to create strategies and plans to produce the best solution to a challenge		Running over longer distances, sprinting, relay, triple jump, shot put and javelin.	
Y6	Understanding the importance of fair play and honesty while self-managing games, as well as developing their ability to evaluate their own and others' performances.	Learning different components of fitness including speed, stamina, strength, coordination, balance and agility.	Building trust when working collaboratively in larger groups, using formations to improve the aesthetics of your performances.	Playing the different roles of bowler, wicket keeper, fielder and batter.		Leading a small group and learning to orientate and navigate using a map.	Learning and developing a range of swimming techniques, water safety skills and learning to swim 25 metres.			Learning the importance of playing games fairly, abiding by the rules of the game and being respectful of their teammates, opponents and referees.

