



Bledlow Ridge School

Medium Term Plan for Physical Education

Use your subject Road Map so you know the theme

How do you make sure that the curriculum is carefully sequenced to build knowledge and skills?: **Add the knowledge, skills and understanding** you want pupils to gain in your **medium-term** plan for each year group

Where the National Curriculum (or equivalent) doesn't describe in detail 'what' you should teach, you have flexibility, have you made your choices clear?

For example:

- What texts pupils will read in English
- What **knowledge** you'll include in a unit about the Vikings
- What 'local history' project you'll undertake
- Which artists or designers you'll study

Are subject-specific skills (or any wider skills, such as oracy) clearly laid out in your medium-term plan? (This is particularly critical in some subjects, e.g. art)

Does learning build towards clear **end points**?

How is your curriculum coverage progressive throughout the school?

Is the sequencing of lessons supporting **all** children's progress?



Year group	Autumn 2022 First half term					
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Year 1	<u>Gymnastics (Premier)</u> Shape <u>Games</u> Ball skills: develop control and coordination when dribbling a ball with your hands.	<u>Gymnastics (Premier)</u> Balance <u>Games</u> Ball skills: Explore accuracy when rolling a ball.	<u>Gymnastics (Premier)</u> Rolling <u>Games</u> Ball skills: Explore throwing accuracy towards a target.	<u>Gymnastics (Premier)</u> Mirrored and supported balances <u>Games</u> Ball skills: Explore catching with two hands.	<u>Gymnastics (Premier)</u> Sequence creation <u>Games</u> Ball skills: Explore control and co-ordination when dribbling with your feet.	<u>Gymnastics (Premier)</u> Jumping <u>Games</u> Ball skills: Explore tracking a ball that is coming towards me.
Year 2	<u>Gymnastics (Premier)</u> Balance on parts of the body using shapes. <u>Games</u> Ball skills: Roll a ball to hit a target.	<u>Gymnastics (Premier)</u> Paired balances on and off the apparatus. <u>Games</u> Ball skills: develop coordination and be able to stop a rolling ball.	<u>Gymnastics (Premier)</u> Rolling <u>Games</u> Ball skills: Develop technique and control when dribbling a ball.	<u>Gymnastics (Premier)</u> Jumping leading to rolling with shapes. <u>Games</u> Ball skills: Develop control and technique when kicking a ball.	<u>Gymnastics (Premier)</u> Spinning <u>Games</u> Ball skills: Develop coordination when throwing and catching.	<u>Gymnastics (Premier)</u> Spinning sequences. <u>Games</u> Ball skills: Develop coordination when dribbling a ball with your hands.
Year 3	<u>Gymnastics (Premier)</u> Jumping <u>Yoga</u> Explore connecting breath and movement.	<u>Gymnastics (Premier)</u> Synchronised jumping <u>Yoga</u> Explore new yoga poses and begin to connect them.	<u>Gymnastics (Premier)</u> Jumping with objects. <u>Yoga</u> Explore gratitude when remembering and repeating a yoga flow.	<u>Gymnastics (Premier)</u> Jumping with hoops. <u>Yoga</u> Develop flexibility and strength in a positive summer flow.	<u>Gymnastics (Premier)</u> Hurdle step to a springboard. <u>Yoga</u> Develop flexibility in an individual yoga flow.	<u>Gymnastics (Premier)</u> Hurdle step to tuck jump off a springboard. <u>Yoga</u> Develop confidence and strength in arm poses.



Year 4	<u>Gymnastics (Premier)</u> Rolling- forward roll <u>Games</u> Fundamentals: Develop balancing.	<u>Gymnastics (Premier)</u> Rolling with a partner <u>Games</u> Fundamentals: Understand how to change speed.	<u>Gymnastics (Premier)</u> Balancing upside down-headstand <u>Games</u> Fundamentals: Demonstrate a change of speed and direction to outwit others.	<u>Gymnastics (Premier)</u> Mirrored headstands <u>Games</u> Fundamentals: Develop technique and control when hopping, jumping and landing.	<u>Gymnastics (Premier)</u> Synchronised headstands <u>Games</u> Fundamentals: Develop skipping in a rope.	<u>Gymnastics (Premier)</u> Jumping- springboard to squat <u>Games</u> Fundamentals: Apply fundamental skills to a variety of challenges.
Year 5	<u>Gymnastics (Premier)</u> Rolling- forward and backwards rolls. <u>Games</u> Hockey: Develop dribbling to beat a defender.	<u>Gymnastics (Premier)</u> Sequence creation- travel and balance. <u>Games</u> Hockey: Develop sending the ball using a push pass.	<u>Gymnastics (Premier)</u> Travelling upside down-cartwheel. <u>Games</u> Hockey: Develop receiving the ball with control.	<u>Gymnastics (Premier)</u> Balancing upside down-handstands. <u>Games</u> Hockey: Move into space to support a teammate.	<u>Gymnastics (Premier)</u> Vault. <u>Games</u> Hockey: Develop using a tackle to gain control of the ball.	<u>Gymnastics (Premier)</u> Competitive sequences. <u>Games</u> Hockey: Apply rules and skills learnt to play a hockey tournament.
Year 6	<u>Gymnastics (Premier)</u> Choreography of movement. <u>Games</u> Netball: Develop passing and moving.	<u>Gymnastics (Premier)</u> Choreography of movement- small apparatus. <u>Games</u> Netball: Use the attacking principal of creating space.	<u>Gymnastics (Premier)</u> Choreography of movement- medium and large apparatus. <u>Games</u> Netball: Change direction to lose a defender.	<u>Gymnastics (Premier)</u> Partner balances on and off platforms. <u>Games</u> Netball: Defend ball side and know when to go for interceptions.	<u>Gymnastics (Premier)</u> Sequence creation using rolls. <u>Games</u> Netball: Develop the shooting action.	<u>Gymnastics (Premier)</u> Sequence creation for competition. <u>Games</u> Netball: Use and apply tactics in small sided games.



Year group	Autumn 2022 Second half term					
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Year 1	<u>Games (Premier)</u> multisport <u>Games</u> Fundamentals: Explore balance, stability and landing.	<u>Games (Premier)</u> multisport <u>Games</u> Fundamentals: Explore how the body moves when running at different speeds.	<u>Games (Premier)</u> multisport <u>Games</u> Fundamentals: Explore changing direction and dodging.	<u>Games (Premier)</u> multisport <u>Games</u> Fundamentals: Explore jumping, hopping and skipping actions.	<u>Games (Premier)</u> multisport <u>Games</u> Fundamentals: Explore coordination and combination jumps.	<u>Games (Premier)</u> multisport <u>Games</u> Fundamentals: Explore combination and skipping in an individual rope.
Year 2	<u>Games (Premier)</u> multisport <u>Dance</u> (preparation for Christmas performance) Copy, remember and repeat actions using facial expressions to show different characters.	<u>Games (Premier)</u> multisport <u>Dance</u> (preparation for Christmas performance) Copy, remember and repeat actions using facial expressions to show different characters.	<u>Games (Premier)</u> multisport <u>Dance</u> (preparation for Christmas performance) Explore pathways and levels.	<u>Games (Premier)</u> multisport <u>Dance</u> (preparation for Christmas performance) Explore pathways and levels.	<u>Games (Premier)</u> multisport <u>Dance</u> (preparation for Christmas performance) Remember and rehearse our dance showing expression and character.	<u>Games (Premier)</u> multisport <u>Dance</u> (preparation for Christmas performance) Remember and rehearse our dance showing expression and character.
Year 3	<u>Games (Premier)</u> multisport <u>Games</u> Ball skills: Develop accuracy and confidence when tracking a ball.	<u>Games (Premier)</u> multisport <u>Games</u> Ball skills: Develop accuracy and confidence when tracking a ball.	<u>Games (Premier)</u> multisport <u>Games</u> Ball skills: Explore and develop a variety of throwing techniques.	<u>Games (Premier)</u> multisport <u>Games</u> Ball skills: Develop catching skills using one and two hands.	<u>Games (Premier)</u> multisport <u>Games</u> Ball skills: Develop dribbling a ball with hands.	<u>Games (Premier)</u> multisport <u>Games</u> Ball skills: Use tracking, sending and dribbling balls with feet.



Year 4	<u>Games (Premier)</u> multisport <u>Basketball</u> Develop the attacking skill of dribbling.	<u>Games (Premier)</u> multisport <u>Basketball</u> Use protective dribbling against an opponent.	<u>Games (Premier)</u> multisport <u>Basketball</u> Develop the bounce and chest pass.	<u>Games (Premier)</u> multisport <u>Basketball</u> Develop tracking and defending an opponent.	<u>Games (Premier)</u> multisport <u>Basketball</u> Develop the technique for the set shot.	<u>Games (Premier)</u> multisport <u>Basketball</u> Apply skills learnt to a mini tournament.
Year 5	<u>Games (Premier)</u> multisport <u>Dodgeball</u> Apply rules honestly and fairly to a game situation.	<u>Games (Premier)</u> multisport <u>Dodgeball</u> Develop throwing at a moving target.	<u>Games (Premier)</u> multisport <u>Dodgeball</u> Use timing, balance and agility to avoid being hit.	<u>Games (Premier)</u> multisport <u>Dodgeball</u> Develop catching under pressure.	<u>Games (Premier)</u> multisport <u>Dodgeball</u> Select and apply tactics in a game.	<u>Games (Premier)</u> multisport <u>Dodgeball</u> Develop officiating skills and referee a dodgeball game.
Year 6	<u>Games (Premier)</u> multisport <u>Basketball</u> Develop protective dribbling against and opponent.	<u>Games (Premier)</u> multisport <u>Basketball</u> Move into and create space to support a teammate.	<u>Games (Premier)</u> multisport <u>Basketball</u> Choose when to pass and when to dribble.	<u>Games (Premier)</u> multisport <u>Basketball</u> Track and opponent and use defensive techniques to win the ball.	<u>Games (Premier)</u> multisport <u>Basketball</u> Develop technique to improve accuracy when scoring.	<u>Games (Premier)</u> multisport <u>Basketball</u> Apply principles, rules and tactics to a game situation.



Year group	Spring 2023 First half term					
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Year 1	<u>Dance (Premier)</u> Stimulus and creating ideas. <u>Target games</u> Develop underarm throwing towards a target.	<u>Dance (Premier)</u> Travelling and use of dynamics. <u>Target games</u> Develop throwing for accuracy.	<u>Dance (Premier)</u> Copy and remember choreographed movements. <u>Target games</u> To develop underarm and overarm throwing for accuracy.	<u>Dance (Premier)</u> Use isolations. <u>Target games</u> Develop throwing for accuracy and distance using underarm and overarm.	<u>Dance (Premier)</u> Use pathways. <u>Target games</u> Select the correct technique for the situation.	<u>Dance (Premier)</u> Choreograph a routine. <u>Target games</u> Develop throwing for accuracy and distance.
Year 2	<u>Dance (Premier)</u> Use basic equipment to add meaning to a motif. <u>Dance</u> Country Dancing	<u>Dance (Premier)</u> Create a motif using balance and pathways. <u>Dance</u> Country Dancing	<u>Dance (Premier)</u> Mirror and contrast <u>Dance</u> Country Dancing	<u>Dance (Premier)</u> Call and respond. <u>Dance</u> Country Dancing	<u>Dance (Premier)</u> Choreograph using prior learning. <u>Dance</u> Country Dancing	<u>Dance (Premier)</u> Choreograph using prior learning. <u>Dance</u> Country Dancing
Year 3	<u>Dance (Premier)</u> Smooth transitions. <u>Netball</u> develop passing and moving and play within the footwork rule.	<u>Dance (Premier)</u> Dynamic pathways. <u>Netball</u> Develop passing and moving towards a goal.	<u>Dance (Premier)</u> Canon for effect. <u>Netball</u> Develop movement skills to lose a defender.	<u>Dance (Premier)</u> Canon for effect. <u>Netball</u> Be able to defend an opponent and try to win the ball.	<u>Dance (Premier)</u> Locomotion. <u>Netball</u> Develop the shooting action.	<u>Dance (Premier)</u> Choreograph using prior learning. <u>Netball</u> Develop playing using netball rules.
Year 4	<u>Dance (Premier)</u>	<u>Dance (Premier)</u> Choreography.	<u>Dance (Premier)</u> Development of style.	<u>Dance (Premier)</u>	<u>Dance (Premier)</u> Moving in sync.	<u>Dance (Premier)</u>



	<p>Creation of movement and reflection.</p> <p><u>Tag Rugby</u> Develop throwing, catching and running with the ball.</p>	<p><u>Tag Rugby</u> Develop an understanding of tagging rules.</p>	<p><u>Tag Rugby</u> Begin to use the 'forward pass' and 'off side' rule.</p>	<p>Contrasting energy and style.</p> <p><u>Tag Rugby</u> Dodge a defender and move into space when running towards the goal.</p>	<p><u>Tag Rugby</u> Develop defending skills and use them in a game situation.</p>	<p>Innovation in choreography.</p> <p><u>Tag Rugby</u> Apply the rules and skills you have learnt and play in a tag rugby tournament.</p>
Year 5	<p><u>Dance (Premier)</u> Changing level.</p> <p><u>Football</u> Be able to dribble the ball.</p>	<p><u>Dance (Premier)</u> Movement demonstrating opposition.</p> <p><u>Football</u> Pass the ball accurately.</p>	<p><u>Dance (Premier)</u> Smooth transitions between movements.</p> <p><u>Football</u> Use different turns to keep the ball away from defenders.</p>	<p><u>Dance (Premier)</u> Using emotion.</p> <p><u>Football</u> Develop defending skills to gain possession.</p>	<p><u>Dance (Premier)</u> Using prior learning to choreograph.</p> <p><u>Football</u> Develop goalkeeping skills to stop the opposition from scoring.</p>	<p><u>Dance (Premier)</u> Perform and evaluate.</p> <p><u>Football</u> Be able to apply the rules and tactics you have learnt to play in a football tournament.</p>
Year 6	<p><u>Dance (Premier)</u> Control movements using dynamics.</p> <p><u>Tag Rugby</u> Show attacking principles, understanding when to run and when to pass.</p>	<p><u>Dance (Premier)</u> Control movements and provide feedback.</p> <p><u>Tag Rugby</u> Be able to use the 'forward pass' and 'offside' rules.</p>	<p><u>Dance (Premier)</u> Choreograph with canon and unison.</p> <p><u>Tag Rugby</u> Be able to play games using tagging rules.</p>	<p><u>Dance (Premier)</u> Choreography with call and response.</p> <p><u>Tag Rugby</u> be able to use dodging skills to lose a defender.</p>	<p><u>Dance (Premier)</u> Choreograph showing leadership.</p> <p><u>Tag Rugby</u> Be able to draw defence and understanding when to pass.</p>	<p><u>Dance (Premier)</u> Perform.</p> <p><u>Tag Rugby</u> Be able to apply the rules and tactics you have learnt to play in a tag rugby tournament.</p>

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	Explore yoga and mindfulness.	Be able to copy and remember poses.	Develop flexibility when holding poses.	Develop balance whilst holding poses.	Create yoga poses using a hoop.	Create a yoga flow with a partner.
Year 2	<u>Games (Premier)</u> Net wall games <u>Dance</u> Country Dancing	<u>Games (Premier)</u> Net wall games <u>Dance</u> Country Dancing	<u>Games (Premier)</u> Net wall games <u>Dance</u> Country Dancing	<u>Games (Premier)</u> Net wall games <u>Dance</u> Country Dancing	<u>Games (Premier)</u> Net wall games <u>Dance</u> Country Dancing	<u>Games (Premier)</u> Net wall games <u>Dance</u> Country Dancing
Year 3	<u>Games (Premier)</u> Net wall games <u>Football</u> Develop controlling the ball and dribbling under pressure.	<u>Games (Premier)</u> Net wall games <u>Football</u> Develop passing to a teammate.	<u>Games (Premier)</u> Net wall games <u>Football</u> Be able to control the ball with different parts of the body.	<u>Games (Premier)</u> Net wall games <u>Football</u> Develop changing direction with the ball using an inside and outside hook.	<u>Games (Premier)</u> Net wall games <u>Football</u> Jockey / track an opponent.	<u>Games (Premier)</u> Net wall games <u>Football</u> Be able to apply the rules and tactics you have learnt to play in a football tournament.
Year 4	<u>Games (Premier)</u> Net wall games <u>Hockey</u> Develop sending the ball with a push pass.	<u>Games (Premier)</u> Net wall games <u>Hockey</u> Develop receiving the ball.	<u>Games (Premier)</u> Net wall games <u>Hockey</u> Develop dribbling using the reverse stick (Indian dribble).	<u>Games (Premier)</u> Net wall games <u>Hockey</u> Develop moving into space after passing the ball.	<u>Games (Premier)</u> Net wall games <u>Hockey</u> Use an open stick tackle to gain possession.	<u>Games (Premier)</u> Net wall games <u>Hockey</u> Apply defending and attacking principles and skills in a hockey tournament.
Year 5	<u>Games (Premier)</u> Net wall games <u>Tag Rugby</u> Develop attacking principles, understanding when to run and when to pass.	<u>Games (Premier)</u> Net wall games <u>Tag Rugby</u> Develop the use of the 'forward pass' and 'offside' rules.	<u>Games (Premier)</u> Net wall games <u>Tag Rugby</u> Develop skills to play games using tagging rules.	<u>Games (Premier)</u> Net wall games <u>Tag Rugby</u> Develop dodging skills to lose a defender.	<u>Games (Premier)</u> Net wall games <u>Tag Rugby</u> Develop the ability to draw defence and understanding when to pass.	<u>Games (Premier)</u> Net wall games <u>Tag Rugby</u> Develop the skills to apply the rules and tactics you have learnt to play in a tag rugby tournament.



Year 6	<u>Games (Premier)</u> Net wall games <u>Football</u> Be able to dribble the ball under pressure.	<u>Games (Premier)</u> Net wall games <u>Football</u> Pass the ball accurately to help to maintain possession.	<u>Games (Premier)</u> Net wall games <u>Football</u> Use different turns to keep the ball away from defenders.	<u>Games (Premier)</u> Net wall games <u>Football</u> Use defending skills to gain possession.	<u>Games (Premier)</u> Net wall games <u>Football</u> Refine goalkeeping skills to stop the opposition from scoring.	<u>Games (Premier)</u> Net wall games <u>Football</u> Be able to apply the rules and tactics you have learnt to play in a football tournament.
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Year group	Summer 2023 First half term					
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Year 1	<u>Games (Premier)</u> Striking and fielding <u>Net and Wall</u> Defend space, using the ready position.	<u>Games (Premier)</u> Striking and fielding <u>Net and Wall</u> Play against an opponent and keep score.	<u>Games (Premier)</u> Striking and fielding <u>Net and Wall</u> Develop control when handling a racket.	<u>Games (Premier)</u> Striking and fielding <u>Net and Wall</u> Develop racket and ball skills.	<u>Games (Premier)</u> Striking and fielding <u>Net and Wall</u> Develop sending a ball using a racket.	<u>Games (Premier)</u> Striking and fielding <u>Net and Wall</u> Develop hitting over a net.
Year 2	<u>Games (Premier)</u> Striking and fielding <u>Athletics</u> Move at different speeds over varying distances.	<u>Games (Premier)</u> Striking and fielding <u>Athletics</u> Jumping for distance.	<u>Games (Premier)</u> Striking and fielding <u>Athletics</u> Jumping for distance.	<u>Games (Premier)</u> Striking and fielding <u>Athletics</u> Throwing for distance.	<u>Games (Premier)</u> Striking and fielding <u>Athletics</u> Throwing for distance.	<u>Games (Premier)</u> Striking and fielding <u>Athletics</u> Competition.
Year 3	<u>Games (Premier)</u> Striking and fielding <u>Tennis</u>	<u>Games (Premier)</u> Striking and fielding <u>Tennis</u>	<u>Games (Premier)</u> Striking and fielding <u>Tennis</u>	<u>Games (Premier)</u> Striking and fielding <u>Tennis</u>	<u>Games (Premier)</u> Striking and fielding <u>Tennis</u> Learn how to score.	<u>Games (Premier)</u> Striking and fielding <u>Tennis</u>



	Develop racket and ball control.	Develop returning the ball using a forehand groundstroke.	Be able to rally using forehand.	Develop the two-handed backhand.		Work collaboratively with a partner to compete against others.
Year 4	<u>Cricket (Premier)</u> Develop over arm throwing and catching <u>Swimming</u> Develop an understanding of buoyancy and balance in the water.	<u>Cricket (Premier)</u> Develop under arm bowling. <u>Swimming</u> Develop independent movement and submersion.	<u>Cricket (Premier)</u> Learn how to grip the bat and develop batting techniques. <u>Swimming</u> Develop gliding and crawl legs.	<u>Cricket (Premier)</u> Be able to field using a two-handed pick up. <u>Swimming</u> Develop front crawl breathing.	<u>Cricket (Premier)</u> Develop overarm bowling technique. <u>Swimming</u> Develop gliding and backstroke.	<u>Cricket (Premier)</u> Apply skills to a mini cricket game. <u>Swimming</u> Develop rotation, sculling and treading water.
Year 5	<u>Games (Premier)</u> Striking and fielding <u>Rounders</u> Develop the bowling action and understand the role of the bowler.	<u>Games (Premier)</u> Striking and fielding <u>Rounders</u> Develop batting technique.	<u>Games (Premier)</u> Striking and fielding <u>Rounders</u> Make decisions about where to send the ball to stump a batter out.	<u>Games (Premier)</u> Striking and fielding <u>Rounders</u> Develop a variety of fielding techniques.	<u>Games (Premier)</u> Striking and fielding <u>Rounders</u> Develop long and short barriers in fielding.	<u>Games (Premier)</u> Striking and fielding <u>Rounders</u> Apply rules and skills learnt to a rounders tournament.
Year 6	<u>Games (Premier)</u> Striking and fielding <u>Cricket</u> Develop throwing accuracy and catching skills under pressure.	<u>Games (Premier)</u> Striking and fielding <u>Cricket</u> Develop placement of ball into a space.	<u>Games (Premier)</u> Striking and fielding <u>Cricket</u> Develop consistency of catching to get opponents out.	<u>Games (Premier)</u> Striking and fielding <u>Cricket</u> Develop overarm bowling technique.	<u>Games (Premier)</u> Striking and fielding <u>Cricket</u> Develop a variety of fielding techniques.	<u>Games (Premier)</u> Striking and fielding <u>Cricket</u> Further develop fielding techniques and apply them to a game situation.



Year group	Summer 2023 Second half term					
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Year 1	<u>Games (Premier)</u> Striking and fielding <u>Athletics</u> Move at different speeds over varying distances.	<u>Games (Premier)</u> Striking and fielding <u>Athletics</u> Develop balance.	<u>Games (Premier)</u> Striking and fielding <u>Athletics</u> Develop agility and coordination.	<u>Games (Premier)</u> Striking and fielding <u>Athletics</u> Explore hopping, jumping and leaping for distance.	<u>Games (Premier)</u> Striking and fielding <u>Athletics</u> Develop throwing for distance.	<u>Games (Premier)</u> Striking and fielding <u>Athletics</u> Develop throwing for accuracy.
Year 2	<u>Games (Premier)</u> Striking and fielding <u>Athletics</u> Develop the sprinting action.	<u>Games (Premier)</u> Striking and fielding <u>Athletics</u> Develop jumping for distance.	<u>Games (Premier)</u> Striking and fielding <u>Athletics</u> Develop the technique when jumping for height.	<u>Games (Premier)</u> Striking and fielding <u>Athletics</u> Develop throwing for distance.	<u>Games (Premier)</u> Striking and fielding <u>Athletics</u> Develop throwing for accuracy.	<u>Games (Premier)</u> Striking and fielding <u>Athletics</u> Develop techniques when taking part in an athletics carousel.
Year 3	<u>Games (Premier)</u> Striking and fielding <u>Athletics</u> Develop sprinting technique.	<u>Games (Premier)</u> Striking and fielding <u>Athletics</u> Develop changeover in relays	<u>Games (Premier)</u> Striking and fielding <u>Athletics</u> Develop jumping techniques.	<u>Games (Premier)</u> Striking and fielding <u>Athletics</u> Develop throwing for technique and accuracy.	<u>Games (Premier)</u> Striking and fielding <u>Athletics</u> Develop throwing for distance in a pull throw.	<u>Games (Premier)</u> Striking and fielding <u>Athletics</u> Develop officiating and performing skills.
Year 4	<u>Athletics (Premier)</u> Develop stamina and an understanding of speed. <u>Swimming</u> Develop surface dives.	<u>Athletics (Premier)</u> Develop power and speed in sprinting. <u>Swimming</u> Develop breast stroke technique.	<u>Athletics (Premier)</u> Develop technique when jumping for distance. <u>Swimming</u> Develop basic skills in water safety.	<u>Athletics (Premier)</u> Develop power and technique when throwing for distance. <u>Swimming</u> Develop basic skills in water safety.	<u>Athletics (Premier)</u> Develop a pull throw for distance and accuracy. <u>Swimming</u> Learn techniques for personal survival.	<u>Athletics (Premier)</u> Develop officiating and performing skills. <u>Swimming</u> Learn techniques for personal survival.



Year 5	<u>Games (Premier)</u> Striking and fielding <u>Athletics</u> Apply different speeds over varying distances.	<u>Games (Premier)</u> Striking and fielding <u>Athletics</u> Develop fluency and co-ordination when running for speed.	<u>Games (Premier)</u> Striking and fielding <u>Athletics</u> Develop technique in relay changeovers.	<u>Games (Premier)</u> Striking and fielding <u>Athletics</u> Develop technique and co-ordination the triple jump.	<u>Games (Premier)</u> Striking and fielding <u>Athletics</u> Develop throwing with force for longer distances.	<u>Games (Premier)</u> Striking and fielding <u>Athletics</u> Develop throwing with greater control and technique.
Year 6	<u>Games (Premier)</u> Striking and fielding <u>Athletics</u> Work collaboratively with a partner to set a steady pace.	<u>Games (Premier)</u> Striking and fielding <u>Athletics</u> Develop your own and others sprinting technique.	<u>Games (Premier)</u> Striking and fielding <u>Athletics</u> Develop power, control and technique for the triple jump.	<u>Games (Premier)</u> Striking and fielding <u>Athletics</u> Develop power, control and technique when throwing for distance.	<u>Games (Premier)</u> Striking and fielding <u>Athletics</u> Develop throwing with accuracy and force for longer distances.	<u>Games (Premier)</u> Striking and fielding <u>Athletics</u> Work collaboratively in a team to develop the skills of measuring, timing and recording.