



ST MICHAEL'S PRIMARY SCHOOL



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	<p>Fine motor skills</p> <p><i>Develop hand-eye coordination through ball activities.</i></p> <p><i>Enhance grip and control using small tools.</i></p> <p><i>Integrate fine motor skills with gross motor movements.</i></p>	<p>Dance-</p> <p>Exploration of Movement: <i>Encourage free movement to music.</i> <i>Experiment with different ways to move (e.g., walking, jumping, spinning).</i></p> <p>Basic Body Awareness: <i>Identify body parts (e.g., arms, legs, head).</i> <i>Practice simple movements like stretching and bending.</i></p> <p>Rhythm and Coordination: <i>Clap hands and stomp feet to the beat of music.</i> <i>Move in time with simple songs.</i></p>	<p>Locomotion 1</p> <p><i>Encourage walking and running in various directions.</i></p> <p><i>Promote hopping and skipping for improved coordination.</i></p> <p><i>Facilitate crawling and rolling activities for body awareness.</i></p>	<p>Stability1</p> <p><i>Encourage balancing on one foot and walking along a line.</i></p> <p><i>Promote twisting and turning movements through play activities.</i></p> <p><i>Facilitate core strength exercises using soft mats and equipment.</i></p>	<p>Target Games 1</p> <p><i>Encourage rolling and throwing balls towards targets.</i></p> <p><i>Promote aiming and accuracy with beanbags or soft objects.</i></p> <p><i>Facilitate teamwork through simple group target activities.</i></p>	<p>Yoga</p> <p><i>Focus: Exploration and imitation</i></p> <p><i>Skills: Basic body awareness, simple poses (e.g., tree, cat, cow)</i></p> <p><i>Knowledge: Names of a few animals and nature-inspired poses</i></p> <p><i>Understanding: Yoga is fun and calming; helps us move and breathe</i></p>
Reception	<p>Fundamental movements skills</p> <p><i>Develop basic locomotor skills through running and jumping activities.</i></p> <p><i>Enhance stability skills by practising balancing and twisting movements.</i></p> <p><i>Improve manipulation skills through throwing and catching games.</i></p>	<p>Gymnastics Rocking & rolling</p> <p><i>Travel close to the ground -spin on patches (back, front, bottom) and points (knees, feet, hands)</i></p> <p><i>Balance on points (hands and feet, arabesque, knees) and patches back, front, bottom)</i></p>	<p>Dance</p> <p><i>Basic Dance Steps:</i></p> <ul style="list-style-type: none"> - <i>Introduce simple steps (e.g., march, skip, gallop).</i> - <i>Begin to copy basic movements demonstrated by the teacher.</i> - <p><i>Movement Vocabulary:</i></p> <ul style="list-style-type: none"> - <i>Learn terms like "jump," "turn," and "slide."</i> - <i>Use these terms in context during dance activities.</i> - <p><i>Creative Expression:</i></p> <ul style="list-style-type: none"> - <i>Create simple sequences of movements in response to music.</i> - <i>Encourage storytelling through movement.</i> 	<p>Gymnastics Flight – bouncing, jumping & landing</p> <p><i>Jump off an object and land appropriately</i></p> <p><i>Identify what good looks like</i></p> <p><i>Travel around safely finding space and negating apparatus</i></p>	<p>Target games</p> <p><i>Refine throwing and rolling techniques to hit larger targets.</i></p> <p><i>Enhance aiming skills by using various equipment, such as balls and beanbags, to knock down targets.</i></p> <p><i>Encourage teamwork and strategy development in group target games, focusing on communication and cooperation.</i></p>	<p>Athletics</p> <p><i>Techniques for running,</i></p> <p><i>How to run in a lane;</i></p> <ul style="list-style-type: none"> - <i>dip at the finish</i> - <i>jump from a short run</i> <p><i>How to throw for accuracy and power</i></p>



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Year 1	<p>Dance</p> <p><i>Use body to create shapes</i></p> <p><i>Simple movement patterns</i></p> <p><i>Show different levels of travelling movements</i></p> <p><i>Pair work</i></p>	<p>Gymnastics</p> <p>Balancing & spinning on points & patches</p> <p><i>Travel on hands and feet in bunny jumps and scrambling</i></p> <p><i>Take weight on hands and feet in arches and bridges</i></p>	<p>Dance</p> <p><i>Use body to create shapes</i></p> <p><i>Simple movement patterns</i></p> <p><i>Show different levels of travelling movements</i></p> <p><i>Pair work</i></p>	<p>Gymnastics</p> <p>Wide, narrow & curled rolling & balancing</p> <p><i>Forward, shoulder and backward rolls</i></p> <p><i>Start sequences on floor and apparatus is clearly defined starting and finishing positions</i></p>	<p>Dance</p> <p><i>Use body to create shapes</i></p> <p><i>Simple movement patterns</i></p> <p><i>Show different levels of travelling movements</i></p> <p><i>Pair work</i></p>	<p>Gymnastics</p> <p>Pathways - long & small</p> <p><i>Start sequences on floor and apparatus is clearly defined starting and finishing positions</i></p> <p><i>Travel on hands and feet in bunny jumps and scrambling</i></p>
	<p>Net & wall skills</p> <p><i>Develop basic striking skills using hands to send a ball over a net.</i></p> <p><i>Practice controlling the ball with simple catching and throwing techniques.</i></p> <p><i>Learn to move into position to receive the ball and return it accurately.</i></p>	<p>Object manipulation</p> <p><i>Enhance hand-eye coordination through basic dribbling with hands and feet.</i></p> <p><i>Practice throwing and catching a variety of objects, such as balls and beanbags.</i></p> <p><i>Develop control and accuracy when rolling or bouncing objects towards a target.</i></p>	<p>Invasions skills</p> <p><i>Develop basic movement skills like running and stopping while playing simple games.</i></p> <p><i>Enhance ball skills through basic passing and dribbling activities.</i></p> <p><i>Encourage teamwork by participating in small group games, focusing on sharing and cooperation.</i></p>	<p>Target games</p> <p><i>Striking a ball at a target.</i></p> <p><i>Choosing when to use underarm and overarm throw.</i></p> <p><i>Practice aiming and accuracy by rolling a ball towards a target from different distances.</i></p>	<p>Athletics</p> <p><i>Jump in a variety of ways</i></p> <p><i>Throw with good technique</i></p> <p><i>Throw with a run up</i></p>	<p>Striking & fielding</p> <p><i>Basic batting, fielding and bowling skills.</i></p> <p><i>Run between wickets</i></p> <p><i>Some basic rules</i></p> <p><i>Working together through good communication.</i></p>
Year 2	<p>Dance</p> <p><i>Develop motifs showing agility, balance, precision</i></p> <p><i>To give useful feedback to our partner</i></p> <p><i>To use a poem as a stimulus for creative and imaginative actions</i></p> <p><i>To understand what makes a good performance</i></p> <p><i>Show use of level, direction and unison when creating and performing pairs section</i></p>	<p>Gymnastics</p> <p>Stretching, curling, arching</p> <p><i>Start sequences on floor and apparatus is clearly defined starting and finishing positions</i></p> <p><i>Teddy bear, pencil and egg roll</i></p> <p><i>Support self in inversion</i></p>	<p>Dance</p> <p><i>Develop motifs showing agility, balance, precision</i></p> <p><i>To give useful feedback to our partner</i></p> <p><i>To use a poem as a stimulus for creative and imaginative actions</i></p> <p><i>To understand what makes a good performance</i></p> <p><i>Show use of level, direction and unison when creating and performing pairs section</i></p>	<p>Gymnastics</p> <p>Spinning, turning & twisting</p> <p><i>Pencil, start jump and jump with ¼ turn</i></p> <p><i>Jumps- tuck, ½ turn</i></p>	<p>Yoga</p> <p><i>Focus: Confidence and creativity</i></p> <p><i>Skills: Creating short pose sequences, improved flexibility</i></p> <p><i>Knowledge: Awareness of body alignment and safe movement</i></p> <p><i>Understanding: Yoga supports physical and emotional well-being</i></p>	<p>Gymnastics</p> <p>Pathways straight, zigzag & curving</p> <p><i>Slide, scramble, push and spin</i></p> <p><i>Start sequences on floor and apparatus is clearly defined starting and finishing positions</i></p>



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	<p>Net & Wall skills</p> <p><i>Striking skills on the forehand and backhand;</i></p> <p><i>Move around a corner</i></p> <p><i>Play passive and active rallies over a net</i></p>	<p>Target games</p> <p><i>Throwing at moving targets</i></p> <p><i>Sending throws and strikes at different heights - when to do it in games.</i></p>	<p>Invasion Games</p> <p><i>Develop basic movement skills such as running, dodging, and changing direction to evade opponents.</i></p> <p><i>Enhance ball handling skills through passing, dribbling, and shooting in a variety of invasion games.</i></p> <p><i>Encourage teamwork and cooperation by participating in small-sided games, focusing on communication and strategy.</i></p>	<p>Athletics</p> <p><i>Jump in a variety of ways</i></p> <p><i>Throw with good technique</i></p> <p><i>Throw with a run up</i></p>	<p>Tri-golf</p> <p><i>Learn the basics of golf</i></p> <p><i>Using hand eye coordination skills to strike a ball.</i></p>	<p>Striking & fielding</p> <p><i>More advanced skills like backing up in the field</i></p> <p><i>Chasing down the pitch to strike a ball whilst we are on the move.</i></p>
Year 3	<p>Gymnastics</p> <p>Linking movements together</p> <p><i>Transfer weight: walkovers, cartwheels</i></p> <p><i>Show good timing, posture, and extension</i></p> <p><i>Perform sequences with changes in level</i></p>	<p>Dance</p> <p><i>Develop a motif demonstrating some agility, balance, coordination and precision</i></p> <p><i>Timing and control</i></p> <p><i>Communicate effectively within a group</i></p> <p><i>Show different levels and pathways when I travel</i></p>	<p>Yoga</p> <p><i>Focus: Flow and focus</i></p> <p><i>Skills: Sun Salutation basics, holding poses longer</i></p> <p><i>Knowledge: Introduction to mindfulness and relaxation</i></p> <p><i>Understanding: Yoga helps manage emotions and build resilience</i></p>	<p>Gymnastics</p> <p>Receiving body weight</p> <p><i>Balance on points: headstand, handstand, frogstands</i></p> <p><i>Perform symmetrical/asymmetrical balances</i></p>	<p>Dance</p> <p><i>To give useful peer feedback.</i></p> <p><i>Creatively change static actions into travelling movements</i></p> <p><i>Show good timing, posture, and extension.-</i></p> <p><i>To work in Pairs and use pictures as stimulus to develop a 16 count pairs section to add to our performance piece.</i></p>	<p>Tennis</p> <p><i>How to move around the court</i></p> <p><i>How to control the ball and to send it across the net using a variety of ground strokes</i></p>
	<p>OAA</p> <p><i>How to plan and communicate as part of a group before taking on physical challenges.</i></p> <p><i>Develop problem-solving skills by working collaboratively to navigate challenges.</i></p> <p><i>Enhance teamwork by assigning roles and responsibilities within the group during activities.</i></p>	<p>Basketball</p> <p><i>Learn to handle the ball, to travel with it under control</i></p> <p><i>Learn some terminology associated with basketball</i></p> <p><i>How to send in different ways including shooting,</i></p> <p><i>How to receive and protect the ball</i></p>	<p>Football</p> <p><i>How to manipulate a ball and send and receive it.</i></p> <p><i>How to defend against an attacker</i></p> <p><i>How to work collaboratively in attack and defence</i></p>	<p>Netball</p> <p><i>Learn the fundamental skills of passing, catching, moving into space, intercepting, tracking and shooting</i></p> <p><i>Rules of High 5 and the different roles within the game</i></p>	<p>HRF</p> <p><i>Develop strength, flexibility, and endurance through various exercises.</i></p> <p><i>Learn warm-up techniques to enhance performance and prevent injuries.</i></p> <p><i>Practice cooling down techniques to promote recovery after activity.</i></p>	<p>Cricket</p> <p><i>Develop bowling, ground fielding, catching, wicket keeping, and batting skills through targeted practice.</i></p> <p><i>Link individual skills together to create a cohesive understanding of gameplay.</i></p> <p><i>Understand the roles and responsibilities of each position within a cricket game.</i></p>



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Year 4	<p>Hockey</p> <p><i>How to grip the stick, the importance of safety and of abiding by rules.</i></p> <p><i>How to pass, receive and dribble in different ways and to put skills together in small games</i></p>	<p>Gymnastic Arching & Bridges</p> <p><i>Perform symmetrical/asymmetrical balances</i></p> <p><i>Work in canon and with clear relationships between group members</i></p>	<p>Dance</p> <p><i>Changes in level and pathways</i></p> <p><i>Mirror images</i></p> <p><i>Show increased use of Canon and changes in formation.</i></p> <p><i>Group work: To use a poem as stimulus for creative and imaginative actions</i></p>	<p>Gymnastics Partner work – pushing and pulling</p> <p><i>Work with counter-balance and counter tension with a partner</i></p> <p><i>Offer feedback on partner performance</i></p>	<p>Dance</p> <p><i>To creatively use the words from the mind map to help us move in different ways</i></p> <p><i>To share what we know about the theme</i></p> <p><i>Show good timing, posture, and extension.</i></p> <p><i>Show different levels and pathways when I travel</i></p>	<p>Athletics</p> <p><i>Learn and practice various throwing techniques, including overarm and underarm throws.</i></p> <p><i>Develop jumping techniques, focusing on take-off and landing for different jump types.</i></p> <p><i>Enhance running techniques, including sprinting and pacing, before competing against self and peers.</i></p>
	<p>Swimming</p> <p>Water Confidence and Basic Skills</p> <p><i>Build water confidence and swimming skills (floating, basic strokes) while promoting safety and understanding pool rules.</i></p>	<p>Swimming</p> <p>Stroke Improvement and Endurance</p> <p><i>Refine swimming strokes for efficiency and speed, increase endurance through distance practice, and introduce safe diving techniques.</i></p>	<p>Swimming</p> <p>Competitive Skills and Lifesaving Techniques</p> <p><i>Develop competitive swimming skills through timed races and relays, introduce basic lifesaving techniques, and promote teamwork in competitions.</i></p>	<p>Badminton</p> <p><i>Learn how to play different shots</i></p> <p><i>How to move around the court from a position of readiness using different foot patterns.</i></p>	<p>Tag Rugby</p> <p><i>Learn how to carry the ball, to score a try and to tag.</i></p> <p><i>Learn how to pass the ball and</i></p> <p><i>The rules of playing Tag</i></p>	<p>Rounders</p> <p><i>Build on striking and fielding skills to enhance overall gameplay.</i></p> <p><i>Combine striking, fielding, and running skills in small game situations.</i></p> <p><i>Secure understanding of game rules and strategies during play.</i></p>
Year 5	<p>Gymnastics Partner work over & under</p> <p><i>Transition smoothly and in a variety of ways from one move into another</i></p> <p><i>Execute Pike and straddle jumps</i></p> <p><i>Vary my rolls- 2 feet to one, straddle to pike, pike to straddle</i></p>	<p>Dance</p> <p><i>Move fluently</i></p> <p><i>Good timing and precision</i></p> <p><i>Use chance choreography</i></p> <p><i>Changes in formation, dynamics, canon, unison, direction, level</i></p>	<p>Gymnastics Matching, mirroring & contrast</p> <p><i>Execute Pike and straddle jumps</i></p> <p><i>Vary my rolls- 2 feet to one, straddle to pike, pike to straddle</i></p> <p><i>Work with a partner, mirroring, performing front and back, adjacent</i></p>	<p>Dance</p> <p><i>Focus on good timing and performing motif in unison</i></p> <p><i>To turn 3 - 4 actions into a travelling section</i></p> <p><i>To effectively use chance choreography</i></p> <p><i>To include use of mirror image, and changes in level and direction in choreography</i></p>	<p>HRF</p> <p><i>Understand the importance of warming up and explore various techniques.</i></p> <p><i>Identify key fitness areas: strength, endurance, and flexibility.</i></p> <p><i>Design personal circuit challenges to apply fitness knowledge and track progress</i></p>	<p>Tennis</p> <p><i>Extend their repertoire of strokes</i></p> <p><i>Learn how to play singles and doubles, using tactics to outwit their opponent</i></p>



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	<p>Athletics Practice various running, jumping, and throwing techniques. Focus on safety and proper form.</p> <p>Develop awareness of personal space and safety measures in athletics.</p> <p>Enhance performance through feedback and self-assessment.</p>	<p>Basketball Reinforce fundamental basketball skills for improved gameplay.</p> <p>Learn different defensive systems and their applications.</p> <p>Develop teamwork in creating shooting opportunities.</p>	<p>Flag football How to send and receive, How to run different lines</p> <p>Importance of planning and communicating attacks as a team</p>	<p>Volleyball Learn array of ways of receiving and sending volleyball and the associated techniques.</p> <p>Learn how to score and rotate around court.</p>	<p>Leadership Learn to lead and officiate physical education activities and games.</p> <p>Organise and manage group activities effectively.</p> <p>Develop communication and teamwork skills in leadership roles.</p>	<p>Danish Longball Use throwing and catching skills to play games where they look to use strengths and identify opponent's weaknesses</p> <p>Accurate throwing, good dodging and excellent decision making under pressure</p>
Year 6	<p>Gymnastics Counter-balance & counter-tension</p> <p>Work with a partner, mirroring, performing front and back, adjacent</p> <p>Transition smoothly and in a variety of ways from one move into another</p> <p>To improve our own performance based on feedback</p>	<p>Dance Good timing and precision</p> <p>Turn 3-4 actions into travelling section</p> <p>Creatively change static actions into travelling movements</p> <p>To include use of level changes, pathway and different directions</p> <p>Evaluate the work of other's using simple technical language</p>	<p>Gymnastics Group sequencing</p> <p>Work with a partner, mirroring, performing front and back, adjacent</p> <p>Transition smoothly and in a variety of ways from one move into another</p> <p>Evaluate the work of other's using simple technical language</p> <p>Work in different pathways within a group</p>	<p>HRF - Boot camp</p> <p>Enhance cardiovascular endurance through aerobic activities and games.</p> <p>Develop muscular strength and flexibility with resistance exercises and stretching.</p> <p>Promote understanding of fitness goals and balanced lifestyles through reflection.</p>	<p>Dance Focus on timing and perform motifs in unison.</p> <p>Create a travelling section using 3-4 actions.</p> <p>Incorporate chance choreography, mirror image, and changes in level and direction.</p>	<p>Lacrosse Learn how to scoop the ball up, cradle it whilst they run and to throw, catch and shoot</p> <p>Learn the different grips needed to propel the ball and the rules of the game</p>
	<p>Athletics Sports Hall athletics</p> <p>Sustain pace over distance -throw with accuracy, control and power</p> <p>Transfer a relay baton</p> <p>Perform correct techniques for triple, high and standing vertical jump</p>	<p>Dodgeball Develop understanding of when and how to attack and defend</p> <p>Awareness of own strengths and that of opponents.</p>	<p>Skittleball Competition</p> <p>Develop advanced throwing and aiming techniques to knock down skittles from different distances.</p> <p>Enhance teamwork and communication through strategic gameplay.</p> <p>Promote sportsmanship and fair play by applying the rules of Skittleball.</p>	<p>Netball Experience match play having refined the specific skills involved in the game.</p> <p>Learn the positions, the restrictions within each role and what the rules of the game are</p>	<p>Rounders Engage in more game situations to enhance gameplay skills.</p> <p>Develop self-awareness and recognise the abilities of teammates.</p> <p>Adjust game strategies based on team strengths and weaknesses.</p>	<p>Ultimate Frisbee Refine techniques for throwing and catching</p> <p>Learn how to apply the skills learnt. play games and secure better understanding of the rules</p>