



Autumn			
Cogs: Personal and Social			
Year 3	Year 4	Year 5	Year 6
<p>Core (Multi-ability Focus) Personal - Matching Pairs, Footwork follow the leader, Balloon balance & Mirror challenge. Social - Jumping combinations, Follow the leader, Exchange objects (and 4s)</p>	<p>Core (Multi-ability Focus) Personal – Matching pairs, Footwork patterns, Balloon balance, Pickup put down. Social – Developing jumping & landing combinations, perform sequences, Exchange objects, Seated tandem cycling</p>	<p>Core (Multi-ability Focus) Personal – Throw tennis, End ball. Social – River crossing, Kabadi</p>	<p>Core (Multi-ability Focus) Personal – Tennis & Badminton Social - Touch Rugby</p>
<ul style="list-style-type: none"> I think about whom, within the group, I can ask for help 	<ul style="list-style-type: none"> I think about what I can improve when I find things hard 	<ul style="list-style-type: none"> I remember that I need to be able to perform skills consistently before I move on I set myself targets that are challenging but achievable through practice I consider the transferable physical skills I can develop from new opportunities 	<ul style="list-style-type: none"> I use my own and others' feedback to help recognise my strengths and weaknesses I talk through my strengths and weaknesses with others who can help me I deliberately seek critical feedback and review what changes I might make
<p>Fundamental Movement Skills</p>	<p>Fundamental Movement Skills</p>	<p>Fundamental Movement Skills</p>	<p>Fundamental Movement Skills</p>
<ul style="list-style-type: none"> Footwork I can hopscotch forwards and backwards, alternating hopping leg each time 	<ul style="list-style-type: none"> Footwork I can combine 3-step zigzag patterns with cross-over (swerve) when changing lead leg 	<ul style="list-style-type: none"> On a line I can sidestep in both directions Stand sideways and complete continuous 180° front pivots. Then with 180° reverse pivots 	<ul style="list-style-type: none"> On a line I can lunge walk backwards Lunge walk backwards with opposite elbow at 90°

<ul style="list-style-type: none"> • I can move in a 3-step zigzag pattern forwards with • I can move in a 3-step zigzag pattern backwards • One leg balance • I can stand still for 30 seconds with eyes closed • I can complete 5 squats • I can complete 5 ankle extensions • Jumping and landing • I can jump from 2 feet to 2 feet with 180° turn in either direction • I can complete a tucked jump • I can complete a tucked jump with 180° turn in either direction • Seated balance • I can pick up a cone from one side and place it on the other side with same hand • I can return it to the opposite side using the other hand • I can sit in a dish shape and hold it for 5 seconds with 	<ul style="list-style-type: none"> • I can move in a 3-step zigzag pattern, with knee raise across body just before changing lead leg and direction • Move in 3-step zigzag pattern, lifting foot up behind just before changing lead leg and direction • One leg • I can stand still on uneven surface for 30 seconds • I can stand still on uneven surface for 30 seconds with eyes closed • I can complete 10 squats into ankle extensions • I can complete 5 squats with eyes closed • Jumping and landing • I can jump 2 feet to 2 feet forwards, backwards and side-to-side • I can hop forward and backwards, freezing on landing • I can jump 1 foot to other forwards and backwards, freezing on landing • I can hop sideways, raising knee and freezing on landing • I can jump 1 foot to other sideways, raising knee and freeze on landing • Seated balance • I can reach and pick up cone an arms distance away, swap 	<ul style="list-style-type: none"> • I can move sideways, stepping across body (lateral step-over) • I can perform 'grapevines' • I can complete blue challenges then above challenges with eyes closed • Ball skills • I can stand with legs apart and complete 20 front to back catches with a bounce in between • I can perform above 30 times without ball bouncing in between • I can complete above tasks with head up throughout • Complete 11 overhead throw and catches • With a partner • I can complete all blue challenges with eyes closed • I can step onto a bench facing partner, hold with both hands with feet side by side, lean back, hold and then move back together • I can step onto a bench facing partner, hold with both hands and swap places whilst leaning back with straight arms • Reaction/response • I can react to call from partner when they drop a ball, turn and catch it after 1 bounce 	<ul style="list-style-type: none"> • I can lunge walk along curved pathway, forwards then backwards, with opposite elbow at 90° • I can perform above challenges with eyes closed • Ball skills • I can complete 12 long circles (forwards and then backwards) • I can complete 20 over the opposite shoulder throw and catches with the same hand 20 times (with either hand, in both directions) • With a partner • I can stand on a line facing partner, hold with both hands, lean back and then swap places whilst maintaining counter balance position • I can stand on a low beam facing partner, hold with both hands and then swap places whilst maintaining counter balance position • Reaction/response • I can react to call from partner when they drop ball, turn and catch it after 1 bounce, balancing on 1 leg • I can perform above challenge but react to sound of bounce rather than call
---	--	--	---

	<p>hands and place it on the other side (both directions)</p> <ul style="list-style-type: none"> • I can reach and pick up cone an arms distance away and place it on the other side using same hand (both directions) • I can hold a V-shape with straight arms and legs for 10 seconds 	<ul style="list-style-type: none"> • I can perform above challenge but react to sound of the bounce rather than call 	
Athletics	Athletics	Athletics	Athletics
<ul style="list-style-type: none"> • Not taught this term 	<ul style="list-style-type: none"> • Not taught this term 	<ul style="list-style-type: none"> • Not taught this term 	<ul style="list-style-type: none"> • Not taught this term
Dance	Dance	Dance	Dance
<ul style="list-style-type: none"> • I can create multiple standing and floor shapes - with torso rotated. - with 3 points of contact with the floor - facing up and sideways • I can travel between shapes including stepping into jumping • I Rotate in jumps • I can create exact and repeatable movement led by both single arm and leg circles and semi-circles leading into - body dropping and turning. - turning with body tilted. - jumps with 180° and 360° forward and backward rotations (starfish and barrel roll jumps) 	<ul style="list-style-type: none"> • I can create multiple standing and floor shapes - balanced on 1 foot • I can travel between shapes including rotation - on the floor and in the air - in different directions • I can create sequences of movement led by combined arm, shoulder, leg and foot circles and/ or semi-circles leading into - turning - jumping with good height, speed and various body shapes in the air 	<ul style="list-style-type: none"> • I can create multiple standing and floor shapes - balanced on 1 foot with other foot higher than 45° - with 2 points of contact using combination of hands, arms and shoulders for support • I can travel between shapes including rotation - on the floor (spirals and turns) and in the air - in different directions - at different speeds • I can create complex movement led by a combination of circles made with different body parts and in different planes leading into - stepping, body movements and turns - jumps with 1 foot take-off and landing, other leg extended - jumps with 180° rotation and change of direction in the air (landing facing backwards) 	<ul style="list-style-type: none"> • I can create multiple standing and floor shapes - balanced on the ball of each foot higher than 45° - with torso forward - with arms short - with 2 points of contact supported on hands, arms and/ or shoulders - with limbs outstretched • I can travel between shapes, including jumps with backward rotation (barrel roll jump) • I can create complex movement led by circles of all sizes and in different planes, performed simultaneously by different body parts leading into - stepping, body action and turning. - jumping with 360° rotation - jumping with 1 foot take-off and landing - jumping with change of leg position in the air
Gymnastics	Gymnastics	Gymnastics	Gymnastics
<ul style="list-style-type: none"> • Not taught this term 	<ul style="list-style-type: none"> • Not taught this term 	<ul style="list-style-type: none"> • Not taught this term 	<ul style="list-style-type: none"> • Not taught this term

Spring
Cogs: Cognitive and Creative

Year 3	Year 4	Year 5	Year 6
<p>Core (Multi-ability Focus) Cognitive – Raise the level, 3 limb race, Getting around us, All routes Creative – Roller ball, Sending & receiving, removal team & Lean on me.</p>	<p>Core (Multi-ability Focus) Cognitive – 3 Limb race, Mirror/match/Contrast, Getting around us, Giant strides. Creative – Juggle challenge, Send and receive circuits, Roller Ball & supporting weight.</p>	<p>Core (Multi-ability Focus) Cognitive – Bean Bag raid, Dodgeball. Creative – Seated volleyball, Scorpion handball.</p>	<p>Core (Multi-ability Focus) Cognitive – Dodgeball Creative – Volleyball & Handball</p>
<ul style="list-style-type: none"> • I look at different parts of the body to help recognise similarities and differences • I try to be specific about what others are doing well • I think about different parts of the body and how they move when comparing movements and skills • I think about movements and skills that fit together effectively • I use others' ideas as a starting point and then make my own adjustments 	<ul style="list-style-type: none"> • I think of non-physical and physical skills in terms of what I am doing well • I have a clear idea and agree what successful performance looks like • I think about different parts of my body and identify which areas I need to work on • I consider speed, tempo and body positioning when looking at similarities and differences • I try to come up with ideas to make activities more fun, challenging or different 	<ul style="list-style-type: none"> • I try to look around and think ahead to see where the space is • I refer to the success criteria as a starting point for judging performance • I observe others and then see if I can do something completely different 	<ul style="list-style-type: none"> • I identify specific strengths and weaknesses within the opposition
<p>Fundamental Movement Skills</p>	<p>Fundamental Movement Skills</p>	<p>Fundamental Movement Skills</p>	<p>Fundamental Movement Skills</p>
<ul style="list-style-type: none"> • One a line • I can march, lifting knees and elbows up to a 90° angle • I can walk fluidly with heel to toe landing with • I can walk fluidly, lifting knees and using heel to toe landing 	<ul style="list-style-type: none"> • On a line • I can walk fluidly, forwards and backwards, lifting heel to bottom, knees up and heel to toe landing • I can lunge walk forwards 	<ul style="list-style-type: none"> • Footwork • I can move in 3-step zigzag pattern while alternating knee raise and foot behind • I can move backwards in 3-step zigzag pattern with cross-over 	<ul style="list-style-type: none"> • Footwork • I can move backwards in 3-step zigzag pattern with foot behind • I can move backwards in 3-step zigzag pattern with alternating knee lift and foot behind • Seated balance

<ul style="list-style-type: none"> • Ball skills • I can stand with legs apart and move a ball around 1 leg 16 times (right and left leg) • I can move a ball round waist 17 times • I can stand with legs apart and move a ball around alternate legs 16 times • Sending and receiving • I can strike a ball with alternate hands in a rally • I can kick a ball with the same foot • I can kick a ball with alternate feet • I can roll 2 balls alternately using both hands, sending 1 as the other is returning • With a partner • I can hold on and, with a short base, lean back, hold balance and then move back together • I can hold on with 1 hand and, with a short base, lean back, hold balance and then move back together • I can perform above challenges with eyes closed 	<ul style="list-style-type: none"> • I can lunge walk forwards, bringing opposite elbow up to a 90° angle • I can complete all red challenges with eyes closed • Ball skills • I can stand with legs apart and move ball in figure of 8 around both legs 12 times • I can move ball around waist into figure of 8 around both legs 10 times • I can move ball around waist and then around alternate legs 12 times • I can stand with legs apart and perform 24 criss-crosses, with and then without a bounce • Sending and receiving • I can alternately throw and catch tennis balls against a wall • I can throw 2 tennis balls against a wall and catch them with opposite hand (cross-over) • I can throw 2 tennis balls against a wall in a circuit, in both directions • With a partner • I can stand on 1 leg holding with 1 hand, lean back, hold balance and then move back together • I can stand on 1 leg while holding on to partner's opposite foot 	<ul style="list-style-type: none"> • I can move backwards in 3-step zigzag pattern with knee raise across body • Seated balance • I can reach and pick up cones from in front, to the side and from behind • I can reach and pick up cones from in front, to the side and from behind with eyes closed • I can reach and pick up cones from in front, to the side and from behind while a partner applies a force • I can reach and pick up cones from in front, to the side and from behind with eyes closed, while a partner applies a force • Floorwork • I can hold front support position with only 1 foot in contact with floor and transfer cone on and off back • I can rotate fluently from front support to back support, and then continue rotating with fluency • Stance • On a line/low beam: • I can throw and catch 2 small balls alternately, using both hands, both close to and away from body • I can strike small ball back to a partner with a racket 	<ul style="list-style-type: none"> • I can reach and pick up cones on the floor whilst on a bench, without losing balance • I can turn 360° in either direction, first on the floor then on a bench • I can balance on an uneven surface, e.g. wobble cushion, for 10 seconds • I can reach and pick up cones on the floor whilst on an uneven surface • Floorwork • I can hold front support position with only 1 foot in contact with floor and transfer tennis ball on and off back • I can hold front support position with only 1 foot in contact with floor and transfer tennis ball on and off back with eyes closed • Stance • On a line/low beam: • I can throw and catch small ball, catching across body with either hand • I can throw and catch 2 balls alternately, catching across body with either hand • I can volley large ball back to a partner with either foot
--	--	--	--

		<ul style="list-style-type: none"> I can strike a small ball back to a partner from across body with a racket 	
Athletics	Athletics	Athletics	Athletics
<ul style="list-style-type: none"> Not taught this term 	<ul style="list-style-type: none"> Not taught this term 	<ul style="list-style-type: none"> Not taught this term 	<ul style="list-style-type: none"> Not taught this term
Dance	Dance	Dance	Dance
<ul style="list-style-type: none"> Not taught this term 	<ul style="list-style-type: none"> Not taught this term 	<ul style="list-style-type: none"> Not taught this term 	<ul style="list-style-type: none"> Not taught this term
Gymnastics	Gymnastics	Gymnastics	Gymnastics
<ul style="list-style-type: none"> I choose ideas to compose a movement sequence independently and with others 	<ul style="list-style-type: none"> I can create a sequence of actions that fit a theme I carry out balances, recognising the position of my centre of gravity and how this affects the balance 	<ul style="list-style-type: none"> I can select ideas to compose specific sequences of movements, shapes and balances Confidently develop the placement of my body parts in balances, recognising the position of my centre of gravity and where it should be in relation to the base of the balance I can confidently explain how to use equipment to vault in a variety of ways 	<ul style="list-style-type: none"> I can create my own complex sequences involving the full range of actions and movements: travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching

<p style="text-align: center;">Summer Cogs: Physical and Fitness</p>			
Year 3	Year 4	Year 5	Year 6
<p>Core (Multi-ability Focus) Physical – Quick off the mark, Copy your partner, Cone Transfer & Hoop limbo. Fitness – Tunnels, Ball chasing combinations, Balance transfer, Mirror Challenge (beam)</p>	<p>Core (Multi-ability Focus) Physical – Quick off the mark, Adapt and respond, Cone Transfer, Front support hockey.</p>	<p>Core (Multi-ability Focus) Physical – Jump ball, Jump/Rotate/Balance Fitness – Throlf & Scatter Ball.</p>	<p>Core (Multi-ability Focus) Physical – Basketball Fitness – Cricket & Rounders</p>

	Fitness – Tunnels, Team strategy challenges, Balance transfer, Keep away the intercept		
<ul style="list-style-type: none"> • I know moving and landing safely is helped by having good health and fitness, for example, good stability and strength in our muscles and joints • I can explain changes to the body during and after exercise include increased breathing rate, as we breathe faster the harder we exercise • I know that developing Fundamental Movement Skills will help support us to move and land safely • I know I should engage in moderate to vigorous physical activity for at least 60 minutes every day (Department of Health) • I know that basic fitness components include strength, stamina and flexibility 	<ul style="list-style-type: none"> • I know that basic fitness includes strength, stamina (aerobic/anaerobic), speed and flexibility • I know that during exercise our body temperature rises, resulting in sweating, which helps to regulate our body temperature • I know that warming up helps prevent injuries by gradually raising our body temperature and gradually warming up our muscles • I know learning how to move and use our body correctly helps prevent us getting injured, for example bending our knees when we land 	<ul style="list-style-type: none"> • I know that movements performed in warm-ups should gradually prepare the body for the range of movement and activities that are to follow • I know when planning an activity, some dangers to consider are the environment, for example, weather/surface, equipment, frequency and intensity • I know taking our pulse after activity gives us an idea of how hard we are working in relation to our maximum heart rate 	<ul style="list-style-type: none"> • I agree on what an accurate movement should look like and judge performance against this • I know the maximum heart rate on average is 220 minus age • I know warm-ups help us to focus and prepare the mind as well as the body for activity • I know whilst all round fitness is ideal, different sports and different positions within sports may require more focus on certain components
Fundamental Movement Skills	Fundamental Movement Skills	Fundamental Movement Skills	Fundamental Movement Skills
<ul style="list-style-type: none"> • Reaction/response • I can react and catch tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg • Floorwork • I can hold full front support position 	<ul style="list-style-type: none"> • Reaction/response • I can react and step across body, bring hand across body and catch tennis ball after 1 bounce • Floorwork • I can transfer tennis ball on and off back in a front support • I can transfer cone on and off tummy in back support 	<ul style="list-style-type: none"> • One leg balance • I can complete 5 ankle extensions with eyes closed • I can complete 10 squats into ankle extensions with eyes closed • I can complete above 2 challenges on uneven surface with eyes 	<ul style="list-style-type: none"> • One leg balance • I can place cones at 12, 3, 6 and 9 o'clock on imaginary clock face and pick them up with same hand • I can perform above challenge with eyes closed • I can stand on uneven surface and pace cones at 12, 3, 6 and 9 o'clock on imaginary clock face

<ul style="list-style-type: none"> I can lift 1 arm and point to the ceiling with either hand in front support I can transfer cone on and off back in front support Ball chasing I can chase a large rolled ball, let it roll through legs and then collect it in balanced position facing the opposite direction I can chase a large bouncing ball, let it roll through legs and then collect it in balanced position facing the opposite direction I can complete above challenges with tennis ball Stance On a line/low beam: I can receive a small force from various angles I can alternate feet 5 times I can raise alternate knees 5 times I can catch ball at chest height and throw it back 	<ul style="list-style-type: none"> I can transfer tennis ball on and off tummy in back support Ball chasing I can roll and chase large ball, stopping it with knee sideways onto ball (long barrier position) facing opposite direction I can perform above challenge with tennis ball I can roll and chase large ball, stopping it with head in front support position facing opposite direction Stance On a line/low beam: I can raise alternate knees to opposite elbow 5 time I can catch large ball thrown at knee height and above head I can catch large ball thrown away from body I can catch small ball thrown close to and away from body 	<ul style="list-style-type: none"> I can complete first 2 challenges on uneven surface with eyes closed Jumping and landing I can jump 2 feet to 2 feet with a 180° turn in the middle I can jump from 2 feet to 2 feet with a tuck and a 180° turn (both directions) I can stand with legs together (vertical stance), jump into a lunge position, then jump back to a vertical stance Sending and receiving With a partner, simultaneously pass large ball along the floor with feet and throw tennis ball for 10 continuous passes With a partner, keep 3 tennis balls going in a throwing circuit for 30 seconds Ball chasing I can stand facing partner, who feeds ball over head, then turn and catch it after 1 bounce I can stand facing away from partner, who feeds ball over head, react and catch it after 1 bounce 	<p>and pick them up with same hand</p> <ul style="list-style-type: none"> Jumping and landing I can jump from vertical stance forwards into lunge position while holding ball off centre (both sides) I can jump from vertical stance backwards into lunge position while holding medicine ball off centre (both sides) I can jump 2 feet to 2 feet with 360° turn (in both directions) Ball chasing I can stand facing away from partner, ask them to feed ball over head, react and catch it between knees or feet after 1 bounce I can perform above challenge but catch ball on instep of foot and lower it to the ground
<p>Athletics</p>	<p>Athletics</p>	<p>Athletics</p>	<p>Athletics</p>
<ul style="list-style-type: none"> I can take part in basic scoring of different events When questioned, show understanding of my individual role in team relay performance 	<ul style="list-style-type: none"> I can decide on ways to improve, run, jumps and throws and implement changes 	<ul style="list-style-type: none"> I can identify how to change an activity by using principle I can distinguish between good and poor performances and 	<ul style="list-style-type: none"> Accurately and confidently judge across a range of athletics activities Record accurately scores given in variety events

<ul style="list-style-type: none"> I can identify how to improve own and others work and be tactful 	<ul style="list-style-type: none"> Perform a range of jumps with consistency, sometimes approaching jump with a run up Work with others to score and record distance and times accurately 	<ul style="list-style-type: none"> suggest ways to improve self and others I can compare own performance with previous ones and demonstrate improvement to achieve personal best 	<ul style="list-style-type: none"> Use appropriate language to deliver a taught activity to my peers
Dance	Dance	Dance	Dance
<ul style="list-style-type: none"> Not taught this term 	<ul style="list-style-type: none"> Not taught this term 	<ul style="list-style-type: none"> Not taught this term 	<ul style="list-style-type: none"> Not taught this term
Gymnastics	Gymnastics	Gymnastics	Gymnastics
<ul style="list-style-type: none"> Not taught this term 	<ul style="list-style-type: none"> Not taught this term 	<ul style="list-style-type: none"> Not taught this term 	<ul style="list-style-type: none"> Not taught this term