

Attack, Defend, Shoot		Hit, Catch, Run	
Unit 1	Unit 2	Unit 1	Unit 2
- To hit a target - To defend a target - To roll and slide balls and beanbags - To shoot in a game to get points - To work with a partner to score points - To use our attacking and defending skills in a game	- To find our pulse on our wrist - To move side to side to defend the goal - To bounce a ball with control to ourselves - To aim at different targets - To adapt to a game with changing rules - To play in the best defensive position in a game	- To select space to throw or roll a ball into - To track and collect a rolling ball - To catch a ball to stop an opponent scoring - To use our hands to hit a ball - To hit a ball off a cone - To work as a team to score points	- To run quickly to stump a base - To begin to hit a ball with accuracy - To move and intercept the ball - To run around bases to score points - To catch a call to get a batter out - To stop the other team from scoring points
Send & Return		Run, Jump, Throw	
Unit 1	Unit 2	Unit 1	Unit 2
- To slide a beanbag to a target - To hit a ball in different ways with our hands - To move towards a ball to return it - To work with a partner to stop and return a beanbag - What a rally is and rallying with a partner - To send a ball into space to make it harder for our opponent	- To send the ball over a net to our partner - To track and stop a moving object using both hands - Why different muscles are important when playing games - To send balls accurately from different positions e.g., kneeling or sitting - To spot space on the playing area and hit the ball there - To play a game with a partner	- To start and stop at speed - To use our leading arm to help us throw. - To take off on two feet to jump for distance - To use correct technique to throw different objects for distance - To move in different ways to show good balance, coordination and agility. - To take part in a competition using running, jumping, and throwing skills	- To use agile movements in different activities - Different ways to recognise the start and end of an activity, e.g., whistle - To develop stamina when running - To develop core strength to improve throwing - To leap, stride, jump and travel in different ways - To choose the best starting position for running quickly

Dance		Gymnastics	
Unit 1	Unit 2	Unit 1	Unit 2
1. To move as if we are in the jungle 2. To move like a friendly bear 3. To create and perform movements which demonstrate friendship 4. How to mirror other people's actions 5. Some basic Lindy Hop actions 6. What it feels like to perform a dance	1. To perform actions to well-known nursery rhymes 2. To march in time to the beat and to turn while marching 3. To march in time as a group 4. To perform actions in canon 5. To perform a short dance using canon 6. To perform in rounds in different groups	1. To perform 'like actions' in a sequence 2. To carry and set up apparatus safely 3. To perform shapes on both large or small body parts 4. To take off and land and use shapes in our jumps 5. To travel on our feet, showing good body tension 6. How we can create different levels in our performance	1. To move on, off and over apparatus and use the 'Magic Chair' landing to 2. To rock on different parts of our body and rock using shape 3. To perform specific point balances such as 'h' and 'y' balance 4. To perform actions at the same time as others (unison) 5. To perform actions one person after the other (canon) 6. To turn and jump and quarter and half turn
OAA			
1. To follow simple instructions to complete a trail 2. To find matching symbols 3. To copy and create a hoop dance 4. To respond and make decisions 5. To match shape symbols to pieces of equipment 6. To work with a partner to complete a scavenger hunt			

Attack, Defend, Shoot		Hit, Catch, Run	
Unit 1	Unit 2	Unit 1	Unit 2
- To kick the ball over long and short distances - To stop a ball with control using the foot - To work as a team to keep the ball - To bounce a ball with my partner - To bounce the ball while we are moving - To pass the ball forward in a game	- To throw different types of equipment - To move to a space after passing a ball - To pass and move forwards to a target with a partner - To position ourselves as a goalkeeper - To intercept a ball from a person on the other team - To use the skills we have developed in a competition	- To hit a ball and score points by running to cones - To defend a target by kicking - To bowl underarm with control - To hit a ball using different bats and techniques - To throw accurately to a base - To apply our striking, fielding skills in a game situation, using what we've learned to play fairly	- To time our run around the bases to stay 'safe' - To strike the ball accurately into space by choosing where and how to hit it - To bowl the ball so it bounces in front of the batter - About the role of a wicketkeeper - To develop fielding skills by reacting quickly to different types of balls - To bowl underarm in a game with accuracy
Send & Return		Run, Jump, Throw	
Unit 1	Unit 2	Unit 1	Unit 2
- To stay on our toes to move quickly to the ball - To identify which hand is dominant in a game - Basic rules of serving to our partner - To develop agility and use it in a game - To use the correct grip to hit a self-fed ball - To use the ready position in a rally	- To feed a ball to our partner with consistency - To send the ball to different parts of the court - To throw and catch in a seated position - To accurately serve the ball to different parts of the court - To use overarm attacking shots in a game - To manage what we should be doing within the competition	- To start and stop at speed - To create power with our legs to turn at speed - To move through an obstacle course with speed and control - To choose the best throw for different situations - To work with our partner and explore different jumps for distance - To compete as part of a team to run, jump and throw	- To work both individually to run over a longer distance - To develop strength and jump for height - To create power when throwing for distance - To use breathing techniques to be able to run more easily - To adapt our rolling style for different games - Listen to others and work as a team to achieve the highest score possible

Dance		Gymnastics	
Unit 1	Unit 2	Unit 1	Unit 2
- How to move like Penguin Small - How to move like a polar bear - How to move like a snowman - How to move like the sea using canon - How to make an ending to a dance - How to perform a class dance with beginning, middle and end	- To develop a dance that shows different emotions - To work on our own to create a movement pattern - To work on our own to create and perform a short movement phrase - To watch, copy and repeat actions to create a 'motif' - To perform our motif in different formations - To use different movement pathways in our dance	- To combine 4 elements into a floor sequence - To create power in a variety of different jumps - To take weight on our hands and move in different ways - To use our flexibility in a bridge and japana gymnastic shape - To perform the point balance arabesque - To perform a teddy roll	- To use the relevé in a sequence - To perform an arch and dish shape moving smoothly from one to the other - To develop our strength in a back support and crab - To frog jump leap frog - To hold an L-sit with a straight back - To bring rhythm and flow to our sequence
OAA			
- To work as a team to complete a task - To use searching and observation skills to find shapes - To copy and then create a simple movement pattern - To give clues to guide a blindfolded person safely - To work well with others and have fun playing different games - To match map symbols			

Distanced PE	Distanced PE	Foundations	Commonwealth games	Wellbeing
Unit 1	Unit 2			
1. To work as hard as we can for 20 seconds 2. Why we need to rest after exercise 3. To track and count in 5s, each type of exercise 4. What a ladder workout is 5. To relax and be calm after we have exercised 6. Challenge ourselves to beat our best score	1. Why we need water after exercise 2. To work and rest for a set amount of time 3. What it means to work with maximum effort 4. To perform movements with control 5. Why it is important to exercise and play outdoors 6. Some simple yoga positions	1. To stay stable and balanced when trying new things 2. To repeat a balance to improve it 3. Where the core muscles in our bodies are 4. To practice and improve leapfrog 5. To describe what flexibility is 6. What coordination is and to show an example of it	1. To send a bowl using underarm delivery 2. Hoop actions and creating a hoop sequence to perform 3. Skill to take part in a triathlon 4. To send and receive the ball over a net in a seated position	1. To improve hand-eye co-ordination through ball skills 2. How yoga can help our mental wellbeing 3. To copy and repeat actions from martial arts and aerobics 4. How paying attention and listening are key to mindfulness 5. To connect with others to complete a difficult set of tasks 6. To act out a scene to entertain our classmates