What PE skills, knowledge and understanding do we want children at Thomas Harding Junior School to leave with?

- Continue to apply and develop a broad range of skills
- Learn how to use skills in different ways and to link them to make actions and sequences of movement
- (enjoy) competing with each other and within a team
- (enjoy) communicating, collaborating with each other and within a team
- Develop an understanding of how to improve in different physical activities and sports
- Learn how to evaluate and recognise their own success
- Use resilience to problem solve (ASPIRE)
- Show integrity and equality by accepting and incorporating others within the team
- A sense of aspiration and success, which can be achieve despite start circumstances
- Good understanding and demonstration of Sportsmanship
- Knowledge of what good communication and teamwork look like
- Sense of fair play
- An understanding of what it takes to be an outstanding leader

The Big Picture	Term 1	Term 2	Term 3
Year 3	**Invasion Games** **Tag Rugby** • Develop and apply their understanding of where, when and why they need to create space when attacking • Explore how to apply principles of attack v defence • Particular focus on passing and moving to score a try • Introduce tagging and its importance within the game. • Apply skills with developing confidence as they grow in ability. • Collaborate with others including opponents ***Cooperation, self-motivation, resilience & problem solving.*** **Football**	**Dance** • Perform dance to an audience showing confidence • Show co-ordination, control and strength • Demonstrate different dance action, travel, • Show dynamic qualities, speed, energy and continuity turn, gesture, jump and stillness • Demonstrate different relationships – mirroring, unison, canon, complementary and contrasting • Understand the use of simple dance vocabulary • Show and awareness of different dance styles and traditions ***Aspiration, resilience, integrity & cooperation*** **Invasion Games – Netball** • Explore how to apply the principles of attack vs defence. • Particular focus on passing and moving.	**Athletics – Running, Throwing & Jumping** • Explore how we can use our bodies to run as fast as possible • Explore the correct technique individually and within teams. • Begin to examine how to jump as far as possible • Compare throwing accurately with throwing for distance. • Apply skills with developing confidence as they grow in ability, showing integrity and determination. ***Encouragement, integrity & resourcefulness*** **Outdoor Adventure Activities – Orienteering** • Explore how to orientate a map, locate points on the map, travel to them and record what they find. • Will learn how to collaborate with others • Work as a team to complete challenges

	• Explore how to apply principles of attack vs defence • Particular focus on passing, moving and dribbling (football) • Develop their understanding of where, when and why we pass, move and dribble in order to score points against opposition teams. • Learn how to keep possession and eventually score a goal to win a game. • Apply skills with developing confidence as they grow in ability. • Collaborate with others including opponents ***Problem solving, resilience and respect.*** **Outdoor Adventure Activities – Problem Solving** • Explore what makes an effective team through problem-solving challenges • Develop skills to work within a team • Apply an understanding of the importance of their role within a team. • Develop skills of respect and communication • Collaboration with team members to successfully complete challenges • Develop ability to remain positive and try their best. • Begin to show leadership attributes. ***Problem-solving, resilience and respect*** **Gymnastics – Symmetry and Asymmetry** • exploring movements and balances in symmetrical and asymmetrical ways • Create sequences starting with symmetrical balance on apparatus, moving	• Learn how to keep possession and eventually score in order to win a game. • Develop their passing and moving skills to outwit their opponents and keep possession of the ball. • Apply understanding of where, when and why we pass and move in order to score points against opponents. • Develop skills of respect and communication. • Apply skills with developing confidence as they grow in ability to show resilience and determination. • ***Respect, resilience and Problem-solving*** **Net/Wall Games – Tennis** • Explore how to apply principles of attack vs defence in order to win a game of tennis. • Pupils will understand where and why we throw/hit the ball on the court • Be introduced to basic shot techniques. • Will throw/hit the ball into space on their opponents' side of the court. • After playing a shot, pupils will recover to a ready position, ready to return the ball. • Develop skills of encouragement and cooperation as they play fairly against others. • Learn to keep score. ***Cooperation, resilience & problem-solving.***	• Begin to show leadership attributes • Develop communication skills as they work with team to successfully complete challenges. ***Respect, responsibility and decision making.*** **Striking & Fielding - Cricket** • Explore how to apply the principles of attack vs defence in a cricket context • Learn how to utilise fielding skills to keep the batter's score as low as possible • Explore batting skills to outwit the fielders and score as many runs as possible • Develop throwing, catching and batting skills to outwit opponents and win the game • Demonstrate growing understanding of difference between batting and fielding (attack and defence) • Collaborate with others including opponents. ***Self-motivation, cooperation & problem-solving.*** **Striking and Fielding – Rounders** • Explore the concept of batting and fielding. • Develop understanding of the purpose of each team • Learn how to apply a variety of fielding skills such as throwing and stopping the ball to keep the batter's score low • Develop skills of collaboration by working effectively with others including opponents. ***Cooperation, self-motivation & reflection***

	out of it and travelling to a new piece of apparatus and ending in their asymmetrical balances applying flow. • Execute 'excellent' balances and movements in symmetrical and asymmetrical ways. • Children will be able to link movements and balances together. • Develop resourcefulness and evaluation as they create their sequences. • Able to make adaptations when necessary. • Collaborate with partner showing cooperation skills. • Develop resilience and ability to remain self-motivated as they strive to improve their sequences even when they find it challenging. ***Evaluation, cooperation & resilience***		
Year 4	**Invasion Games** **Handball** • Develop ability to apply principles of attack vs defence. • Particular focus on creating simple attacking tactics in order to move the ball up the court. • Create an attack that results in a a shooting opportunity. • Apply a secure understanding of passing, moving and shooting in order to score points against opponents • Growing understanding of difference between attack and defence. • Know where and when to shoot and when to defend. ***Cooperation, resilience and reflection***	**Dance** • Perform dance to an audience showing confidence • Show co-ordination, control and strength • Demonstrate different dance action, travel, • Show dynamic qualities, speed, energy and continuity turn, gesture, jump and stillness • Demonstrate different relationships – mirroring, unison, canon, complementary and contrasting • Understand the use of simple dance vocabulary • Show and awareness of different dance styles and traditions ***Aspiration, resilience, integrity & cooperation*** **Net/Wall Games – Tennis**	**Athletics – Running, Throwing & Jumping** • Develop ability to develop own sprinting technique. • Develop analysis of own performance • Compare sprinting to running for distance and pacing • Introduced to throwing for distance with javelins. • Explore the correct technique for triple jump ***Reflection, resilience & communication*** **Outdoor Adventure Activities – Problem Solving** • Develop ability to apply effective teamwork through different problem solving challenges

	Hockey • Develop ability to apply principles of attack vs defence • Particular focus on creating simple attacking tactics in order to move the ball up the court • Create an attack that results in a shooting opportunity. • Able to apply a secure understanding of passing, moving and dribbling • Develop their skills of blocking and tackling, to prevent attacks. • Demonstrate growing understanding of difference between attack and defence • Know where, when and why we execute certain skills. ***Cooperation, resilience & decision making*** **Gymnastics – Bridges** • Explore bridge balances and ways we can move in and out of them. • Explore over and under them. • Explore using the floor and apparatus • Create sequences combining movements and bridge balances in pairs • Apply flow and challenging their creativity to link balances and movements together • Execute 'excellent' balances and movements within the bridge theme. ***Resourcefulness, self-motivation & encouragement*** **Outdoor Adventure Activities- Communication and Tactics**	• Develop ability to apply the principles of attack vs defence in order to win a game of tennis. • Will create space to win points • Apply developing racket skills using forehand and backhand techniques ***Trust, self-motivation & decision making*** **Invasion Games – Basketball** • Develop ability to apply prinicples of attack vs defence. • Particular focus on creating simple attacking tactics in order to move the ball up the court • Create attacks that result in shooting opportunities • Apply a secure understanding of passing, moving and shooting in order to score points against another team • Growing understanding of the difference between attack and defence. ***Self-motivation, communication & problem-solving***	• Focus on ability to apply skills essential to working within a team as well as create effective tactics • Apply ability to evaluate and improve strategies to problem solve. ***Trust, determination & evaluation*** **Striking and Fielding – Cricket** • Develop ability to apple the principles of attack and defence in a cricket context. • Develop a range of more advance fielding skills to keep the batter's score as low as possible • Develop batting skills to outwit the fielder and score as many runs as possible • Develop bowling, throwing, catching, stopping, retrieving and batting skills. • Apply increasing accuracy to outwit opponents and win the game • Apply an understanding of where, when and why we utilise our fielding skills to stop batters using their batting skills. ***Respect, resilience & evaluation*** **Striking and Fielding – Rounders** •

	• Develop ability to apply effective teamwork through different problem-solving challenges • Focus on applying effective skills, essential to working within a team to complete activities. • Work within teams to find effective strategies ***Respect, communication & problem-solving***		
Year 5	**Invasion Games – Tag Rugby** • Challenge pupils to apply their prior learning of passing and moving • Learning how to execute different passes and understanding where, when they are used in a game • Develop tactics for both attacking and defending and apply these successfully within their team. • Start to lead their own team and manage their games ***Decision making, communication & self-discipline*** **Invasion Games – Football** • Challenge pupils to apply prior learning of passing, moving and dribbling to create attacks that result in a shooting opportunity • Develop tactics for both attacking and defending and apply these successfully within their team • Start to lead their team and manage their games. ***Evaluation, responsibility & encouragement*** **Gymnastics – Counter Balance and Counter Tension**	**Dance** • Perform dance to an audience showing confidence and clarity of action • Create longer, challenging dance phrases/dances, showing co-ordination, control and strength • Demonstrate different dance action, travel, • Show dynamic qualities, speed, energy and continuity turn, gesture, jump and stillness • Demonstrate different relationships – solo/duo/trio, unison, canon, complementary and contrasting • to compose dances by using, adapting and developing steps, formations and patterning from different dance styles • to perform dances expressively, using a range of performance skills • describe, analyse, interpret and evaluate dances, showing an understanding of some aspects of style and context • Show and awareness of different dance styles and traditions **Invasion Games – netball** • Challenge pupils to apply their prior learning of passing and moving to create attacks that result in a shooting opportunity	**Athletic – Running, Throwing and Jumping** • Challenge pupils to consolidate knowledge, understanding and ability to sprint effectively, individually and within a team. • Develop their technique for throwing a shot putt. • Explore and develop an understanding of how to hurdle safely • Demonstrate a strong understanding of how to apply the correct technique and why the correct technique is important ***Evaluation, self-motivation & respect*** **Outdoor Adventure Activities – Communication & Tactics** • Refine ability to apply effective teamwork through different problem-solving challenges • Focus on refining effective communication skills, essential to working within a team to complete challenges • Effectively apply speaking and listening skills within their teams • Apply effective leadership skills and take responsibility for their team members. ***Evaluation, communication & responsibility*** **Striking and Fielding – Rounders**

	• Focus on exploring counter balance and counter tension balances on the floor and apparatus. • Will create sequences by consistently applying flow and challenging their creativity. • Focus on various ways they can construct the sequences and link the balances with movements. ***Reflection, respect & self-discipline*** **Outdoor Adventure Activities – Orienteering** • Consolidate pupils' ability to orientate a map, locate points in a set order • Must follow the route they have been given to reach as many points as possible in an allocated time • Will consolidate their ability to collaborate with others and work as a team to complete challenges • Consolidate leadership skills and take responsibility for others. ***Evaluation, communication & integrity*** **Swimming** • Swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively (front crawl, backstroke and breaststroke • perform safe self-rescue in different water-based situations. ***Resilience, evaluation & success***	• Able to develop tactics for both attacking and defending and apply successfully within their teams • Begin to understand the different positions, applying their role effectively within the game • Start to lead their team and manage their games. ***Cooperation, self-discipline & evaluation*** **Net/Wall Games – Badminton** • Challenge pupils to apply their understanding of how to create space to win a point • Will refine their understanding of when to apply the forehand and backhand in a game situation to win a point • Refine their understanding of how to take control of the game from the beginning (serve) • Execute backhand and forehand technique with accuracy and consistently ***Respect, self-motivation & problem-solving*** **Swimming** • Swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively (front crawl, backstroke and breaststroke • perform safe self-rescue in different water-based situations. ***Resilience, evaluation & success***	• Challenge to apply fielding tactics • Explore how they can maximise fielding set up and get the most from their players, making it harder for the batting team • Refine fielding skills, accurate throwing, catching and retrieving skills • Explore the skill set of each team and tactically select players to play in positions that utilise their skills • work positively with their team to find success demonstrating collaborative skills, leading their team. ***Decision making, communication & integrity*** **Striking & Fielding – Cricket** • Challenge pupils to refine and develop their prior knowledge of skills required for batting and fielding. • Able to create and apply tactics for both batting and fielding, including bowling • Apply these skills successfully within their teams • Start to lead their team and manage their games. ***Reflection, communication & responsibility*** **Swimming** • Swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively (front crawl, backstroke and breaststroke • perform safe self-rescue in different water-based situations. ***Resilience, evaluation & success***
Year 6	**Invasion Games - Handball**	**Dance**	**Athletics- Running, Throwing & Jumping**

	• consistently apply effective passes, • Applying decision making as to which pass to make and when in order to keep possession and score • Create and apply tactics in games, adapting them as the game situation changes • Refined understanding of attacking skills to score points against another team and defensive skills to regain possession • Clear understanding of the role of each team member and ensure the team feels motivated ***Self-motivation, communication & evaluation*** **Gymnastics – Matching & Mirroring** • Applying excellent gymnastics through matching and mirroring movements • Create a sequence of movements • Bring together a combination of matching and mirroring movements, to create a sequence • Identify strengths and weaknesses in their sequences and find ways to improve ***Decision making, trust & integrity*** **Outdoor Adventure Activities – Problem-Solving** • Consolidate ability to apply effective teamwork through different problem-solving challenges • Focus on ability to lead others, applying skills essential to working within a team • Focus on ability to create, evaluate and adapt tactics ***Reflection, responsibility & decision making***	• Perform dance to an audience showing confidence, expression and clarity of action • Create longer, challenging dance phrases/dances, showing co-ordination, control and strength • Demonstrate different dance action, travel, • Show dynamic qualities, speed, energy and continuity turn, gesture, jump and stillness • Demonstrate different relationships – solo/duo/trio, unison, canon, complementary and contrasting • to describe, analyse, interpret and evaluate dances, showing an understanding of some aspects of style and context • respond to a range of stimuli, improvising freely using a range of controlled movements and patterns **Invasion Games – Basketball** • consistently apply effective attacking skills, applying decision making in order to keep possession and score. • Apply pressure when defending to regain possession effectively. • Apply a refined understanding of passing, moving and dribbling to score points. • Demonstrate resourcefulness and problem-solving skills by creating range of attacking and defending tactics. • Demonstrate clear understanding of the role each team member will perform ***Trust, integrity, self-discipline & resourcefulness.*** **Net/Wall Games – Badminton**	• Apply knowledge, understanding and skills into a series of competition • Experience competition across all of the different areas of athletics explored • Apply correct technique • Apply refined understanding of running for speed, pace, throwing and jumping for distance ***Self-discipline, communication, responsibility, decision making, trust & cooperation*** **Striking and Fielding- Cricket** • Consolidate knowledge, understanding and ability to effectively apply a fielding skills, batting skills and tactics into mini games. • Consistently apply bowling, throwing, catching, stopping, retrieving and batting skills • Demonstrate clear understanding of role each team member will perform. ***Integrity, problem solving, trust, self-discipline, encouragement*** **Striking and Fielding- Rounders** • Consistently apply effective tactics for both batting and fielding. • Utilise prior knowledge of batting and fielding techniques and consider when where and why they will be applied during a game • Refine ability to consistently throw, catch, retrieve and bat • Demonstrate clear understanding of the role each team member will perform.

		• Refine ability to execute certain shots and think tactically (which shot to play and why in a game situation) • Apply learning in singles and doubles games • Consistently apply refined ability to execute correct technique with accuracy • Refine communication skills through collaborating with others and play by the rules. ***Communication, respect, integrity, self-discipline, decision making & resilience, evaluation.***	***Responsibility, problem-solving, integrity, self-discipline, encouragement, resourcefulness & evaluation.*** **Outdoor Adventure Activities – Woodrow House** ***Teamwork, problem-solving, resilience, success, integrity, equality, self-motivation, communication, collaboration.***