



## Whole School Overview 2023-24

Term	<u>Autumn 1</u> <u>8 weeks</u>	<u>Autumn 2</u> <u>7 weeks</u>	<u>Spring 1</u> <u>6 Weeks</u>	<u>Spring 2</u> <u>6 weeks</u>	<u>Summer 1</u> <u>5 Weeks</u>	<u>Summer 2</u> <u>6 Weeks</u>
Reception	<p><b>Fundamentals – unit 1</b></p> <p><u>Key skills:</u> Physical: rolling a ball, stopping a rolling ball, throwing at a target, bouncing a ball, dribbling a ball with feet, kicking a ball</p> <p>Social: co-operation, supporting others</p> <p>Emotional: honesty, perseverance</p> <p>Thinking: using tactics, decision making</p>	<p><b>Fundamentals – unit 2</b></p> <p><u>Key skills:</u> Physical: hopping, galloping, skipping, sliding, jumping, changing direction, balancing, running</p> <p>Social: working safely, responsibility, working with others</p> <p>Emotional: managing emotions, challenging myself</p> <p>Thinking: selecting and applying actions</p>	<p><b>Ball skills – Unit 1</b></p> <p><u>Key skills:</u> Physical: rolling a ball, stopping a rolling ball, throwing at a target, bouncing a ball, dribbling a ball with feet, kicking a ball</p> <p>Social: co-operation, supporting others</p> <p>Emotional: honesty, perseverance</p> <p>Thinking: using tactics, decision making</p>	<p><b>Gymnastics – unit 2</b></p> <p><u>Key skills:</u> Physical: shapes, balances, jumps, rock and roll, barrel roll, straight roll, progressions of a forward roll, travelling</p> <p>Social: leadership, taking turns, helping others</p> <p>Emotional: determination</p> <p>Thinking: selecting and applying skills, creating sequences</p>	<p><b>Games – Unit 1</b></p> <p><u>Key skills:</u> Physical: running, balancing, changing direction, striking a ball, throwing</p> <p>Social: communication, co-operation, taking turns, supporting and encouraging others</p> <p>Emotional: honesty and fair play, managing emotions</p> <p>Thinking: using tactics, decision making</p>	<p><b>Ball skills – unit 2</b></p> <p><u>Key skills:</u> Physical: rolling a ball, tracking a ball, throwing at a target, bouncing a ball, dribbling a ball with feet, kicking a ball</p> <p>Social: co-operation, sharing and taking turns</p> <p>Emotional: determination</p> <p>Thinking: using tactics, decision making</p>



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	<b>Fundamentals</b>	<b>Dance -Anna James</b>	<b>Sending and receiving</b>	<b>Striking and Fielding</b>	<b>Athletics</b>	<b>Gymnastics</b>
<b>Year 1</b>	<p><u>Key Skills:</u> Physical: balancing, sprinting, jogging, dodging, jumping, hopping, skipping</p> <p>Social: taking turns, supporting and encouraging others, working safely, communication</p> <p>Emotional: challenging myself, perseverance, honesty</p> <p>Thinking: selecting and applying, identifying strengths, listening and following instructions</p>	<p><u>Key skills:</u> Perform simple sequences of movement combining actions with changes in speed and changes in level with a partner.</p> <p>To perform in front of a larger audience</p> <p><b>NC Objectives:</b> Perform dances using simple movement patterns.</p>	<p><u>Key Skills:</u> Physical: rolling, kicking, throwing, catching, tracking</p> <p>Social: taking turns, supporting and encouraging others, respect, communication</p> <p>Emotional: challenging myself, perseverance, honesty, being happy to succeed</p> <p>Thinking: transferring skills</p>	<p><u>Key Skills:</u> Physical: throwing, catching, retrieving a ball, tracking a ball, striking a ball</p> <p>Social: communication, supporting and encouraging others, consideration of others</p> <p>Emotional: perseverance, honesty and fair play</p> <p>Thinking: using tactics, selecting and applying skills, decision making</p>	<p><u>Key Skills:</u> Physical: running at varying speeds, agility, balance, jumping, hopping and leaping in combination and for distance, throwing for distance</p> <p>Social: working safely, collaborating with others</p> <p>Emotional: working independently, honesty and playing to the rules, determination</p> <p>Thinking: exploring ideas</p>	<p><u>Key Skills:</u> Physical: travelling actions, shapes, balances, jumps, barrel roll, straight roll, forward roll progressions</p> <p>Social: sharing, working safely</p> <p>Emotional: confidence</p> <p>Thinking: observing and providing feedback, selecting and applying actions</p>



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	Dance -Anna James	Net and Wall games	Ball skills	Athletics	Gymnastics	Striking and Fielding
Year 2	<p><u>Key skills:</u> Perform simple sequences of movement combining actions with changes in speed and changes in level with a partner.</p> <p>To perform in front of a larger audience</p> <p><b>NC Objectives:</b> Perform dances using simple movement patterns.</p>	<p><u>Key skills:</u> Physical: throwing, catching, racket skills, ready position, hitting a ball</p> <p>Social: support, co-operation, respect, communication</p> <p>Emotional: perseverance, honesty</p> <p>Thinking: decision making, reflection, comprehension, selecting and applying</p>	<p><u>Key skills:</u> Physical: rolling, kicking, Physical: throwing, catching, bouncing, dribbling</p> <p>Social: co-operation, communication, leadership, supporting others</p> <p>Emotional: honesty, perseverance, challenging myself</p> <p>Thinking: using tactics, exploring actions</p>	<p><u>Key skills:</u> Physical: running at different speeds, jumping for distance, throwing for distance</p> <p>Social: working safely, collaborating with others</p> <p>Emotional: working independently, determination</p> <p>Thinking: observing and providing feedback, exploring ideas</p>	<p><u>Key skills:</u> Physical: shapes, balances, shape jumps, travelling movements, barrel roll, straight roll, forwards roll</p> <p>Social: sharing, working safely</p> <p>Emotional: confidence, independence</p> <p>Thinking: observing and providing feedback, selecting and applying actions</p>	<p><u>Key skills:</u> Physical: throwing and catching, tracking a ball, bowling, batting</p> <p>Social: communication, collaboration</p> <p>Emotional: honesty, acceptance, controlling emotions</p> <p>Thinking: select and apply, using tactics, decision making</p>



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	OAA	Football	Netball	Rounders	Athletics	Gymnastics
Year 3	<p><u>Key skills:</u> Physical: balance, running</p> <p>Social: communication, teamwork, trust, inclusion, listening</p> <p>Emotional: confidence</p> <p>Thinking: planning, map reading, decision making, problem solving</p> <p><b>NC Objectives:</b> take part in outdoor and adventurous activity challenges both individually and within a team</p>	<p><u>Key skills:</u> Physical: dribbling, passing, ball control, tracking/ jockeying, turning, receiving</p> <p>Social: communication, collaboration, cooperation</p> <p>Emotional: honesty, perseverance</p> <p>Thinking: selecting and applying tactics, decision making</p> <p><b>NC Objectives:</b> use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate</p>	<p><u>Key skills:</u> Physical: passing, catching, footwork, intercepting, shooting</p> <p>Social: working safely, communication, collaboration</p> <p>Emotional: honesty and fair play, perseverance</p> <p>Thinking: planning strategies and using tactics, observing and providing feedback</p> <p><b>NC Objectives:</b> use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate</p>	<p><u>Key skills:</u> Physical: underarm and overarm throwing, catching, tracking a ball, fielding and retrieving a ball, batting</p> <p>Social: collaboration and communication, respect, supporting and encouraging others</p> <p>Emotional: honesty and fair play, confident to take risks, managing emotions</p> <p>Thinking: observing and providing feedback, using tactics, decision making</p> <p><b>NC Objectives:</b> use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate</p>	<p><u>Key skills:</u> Physical: sprinting, jumping for distance, push and pull throwing for distance</p> <p>Social: working collaboratively, working safely</p> <p>Emotional: perseverance, determination</p> <p>Thinking: observing and providing feedback</p> <p><b>NC Objectives:</b> use running, jumping, throwing and catching in isolation and in combination</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p><u>Key skills:</u> Physical: individual point and patch balances, straight roll, barrel roll, forward roll, straight jump, tuck jump, star jump, rhythmic gymnastics</p> <p>Social: collaboration, communication, respect</p> <p>Emotional: confidence</p> <p>Thinking: observing and providing feedback, selecting and applying actions, evaluating and improving</p> <p><b>NC Objectives:</b> develop flexibility, strength, technique, control and balance</p>



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	Dance - Anna James	Tag Rugby	Basketball	Rounders	Athletics	OAA
Year 4	<p><u>Key skills:</u> Perform simple sequences of movement combining actions with changes in speed and changes in level with a partner.</p> <p>To perform in front of a larger audience</p> <p><b>NC Objectives:</b> develop flexibility, strength, technique, control and balance</p> <p>perform dances using a range of movement patterns</p>	<p><u>Key skills:</u> Physical: passing, catching, dodging, tagging, scoring</p> <p>Social: communication, collaboration, inclusion</p> <p>Emotional: honesty and fair play, perseverance, confidence</p> <p>Thinking: planning strategies and using tactics, observing and providing feedback</p> <p><b>NC Objectives:</b> play competitive games, modified where appropriate</p> <p>play competitive games, modified where appropriate</p>	<p><u>Key skills:</u> Physical: run, jump, throw, catch, dribble, intercept, shoot</p> <p>Social: working safely, communication, collaboration</p> <p>Emotional: honesty, fair play, perseverance</p> <p>Thinking: plan strategies, use of tactics, observe &amp; provide feedback</p> <p><b>NC Objectives:</b> use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate</p>	<p><u>Key skills:</u> Physical: underarm and overarm throwing, catching, tracking a ball, fielding and retrieving a ball, batting</p> <p>Social: collaboration and communication, respect, supporting and encouraging others</p> <p>Emotional: honesty and fair play, confident to take risks, managing emotions</p> <p>Thinking: observing and providing feedback, using tactics, decision making</p> <p><b>NC Objectives:</b> use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate</p>	<p><u>Key skills:</u> Physical: pacing, sprinting technique, jumping for distance, throwing for distance</p> <p>Social: working collaboratively, working safely</p> <p>Emotional: perseverance, determination</p> <p>Thinking: observing and providing feedback, exploring ideas</p> <p><b>NC Objectives:</b> use running, jumping, throwing and catching in isolation and in combination</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p><u>Key skills:</u> Physical: balance, dodging, running</p> <p>Social: communication, teamwork, trust, inclusion, listening</p> <p>Emotional: confidence, resilience, determination, honesty, integrity</p> <p>Thinking: planning, map reading, decision making, tactics, problem solving</p> <p><b>NC Objectives:</b> take part in outdoor and adventurous activity challenges both individually and within a team</p>



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Year 5	<p><b>Swimming</b> Each child will receive half a year swimming at Ogden Waters.</p> <p><b>NC objectives:</b> Swim competently, confidently and proficiency over a distance of 25 metres.</p> <p>Use a range of strokes effectively (e.g. front crawl, backstroke)</p> <p>Perform safe self-rescue</p>	<p><b>Swimming</b> Each child will receive half a year swimming at Ogden Waters.</p> <p><b>NC objectives:</b> Swim competently, confidently and proficiency over a distance of 25 metres.</p> <p>Use a range of strokes effectively (e.g. front crawl, backstroke)</p> <p>Perform safe self-rescue</p>	<p><b>Swimming</b> Each child will receive half a year swimming at Ogden Waters.</p> <p><b>NC objectives:</b> Swim competently, confidently and proficiency over a distance of 25 metres.</p> <p>Use a range of strokes effectively (e.g. front crawl, backstroke)</p> <p>Perform safe self-rescue</p>	<p><b>Swimming</b> Each child will receive half a year swimming at Ogden Waters.</p> <p><b>NC objectives:</b> Swim competently, confidently and proficiency over a distance of 25 metres.</p> <p>Use a range of strokes effectively (e.g. front crawl, backstroke)</p> <p>Perform safe self-rescue</p>	<p><b>Swimming</b> Each child will receive half a year swimming at Ogden Waters.</p> <p><b>NC objectives:</b> Swim competently, confidently and proficiency over a distance of 25 metres.</p> <p>Use a range of strokes effectively (e.g. front crawl, backstroke)</p> <p>Perform safe self-rescue</p>	<p><b>Swimming</b> Each child will receive half a year swimming at Ogden Waters.</p> <p><b>NC objectives:</b> Swim competently, confidently and proficiency over a distance of 25 metres.</p> <p>Use a range of strokes effectively (e.g. front crawl, backstroke)</p> <p>Perform safe self-rescue</p>
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	Football	Dance -Anna James	Volleyball	OAA	Athletics	Rounders
Year 6	<p><u>Key skills:</u> Physical: dribbling, passing, ball control, tracking / jockeying, turning, goalkeeping, receiving</p> <p>Social: communication, collaboration, cooperation, respect</p> <p>Emotional: honesty, perseverance</p> <p>Thinking: selecting and applying tactics, decision making</p> <p><b>NC Objectives:</b> use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate</p>	<p><u>Key skills:</u> Perform simple sequences of movement combining actions with changes in speed and changes in level with a partner.</p> <p>To perform in front of a larger audience</p> <p><b>NC Objectives:</b> Perform dances using simple movement patterns.</p>	<p><u>Key skills:</u> Physical: volley, set, dig, serve, ready position</p> <p>Social: communication, respect, supporting and encouraging others</p> <p>Emotional: confidence, perseverance, honesty</p> <p>Thinking: using tactics, selecting and applying skills, identifying strengths and areas for development</p> <p><b>NC Objectives:</b> use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate</p>	<p><u>Key skills:</u> Physical: stamina, running</p> <p>Social: communication, teamwork, trust, inclusion, listening</p> <p>Emotional: confidence</p> <p>Thinking: planning, map reading, decision making, problem solving</p> <p><b>NC Objectives:</b> take part in outdoor and adventurous activity challenges both individually and within a team</p>	<p><u>Key skills:</u> Physical: pacing, sprinting, jumping for distance, push throwing for distance, fling throwing for distance</p> <p>Social: negotiating, collaborating with others</p> <p>Emotional: perseverance, determination</p> <p>Thinking: observing and providing feedback</p> <p><b>NC Objectives:</b> use running, jumping, throwing and catching in isolation and in combination</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p><u>Key skills:</u> Physical: throwing &amp; catching, bowling, tracking, fielding &amp; retrieving a ball, batting</p> <p>Social: organising &amp; self-managing a game, respect, supporting &amp; encouraging others, communicating ideas &amp; reflecting with others</p> <p>Emotional: honesty &amp; fair play, confident to take risks, managing emotion</p> <p>Thinking: decision making, using tactics, identifying how to improve, selecting skills</p> <p><b>NC Objectives:</b> use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate</p>