



Fernwood Primary and Nursery School

Subject Implementation Overview



F2		
Autumn 1	Spring 1	Summer 5
<p>Outdoor – Football</p> <p>To move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p> <p>To kick a ball with either foot (Outdoor PE- football)</p> <p>To demonstrate strength, balance and coordination when playing. (Outdoor PE- football)</p> <p>To control and stop a ball with either foot.</p> <p>To kick a ball to a partner (Outdoor PE- football)</p> <p>To kick a ball into a target area/goal (Outdoor PE- football)</p> <p>Indoor - Gymnastics</p> <p>To negotiate space and obstacles safely, with consideration for themselves and others.</p> <p>To move my body around a large space in different ways (Gymnastics)</p> <p>To move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p> <p>To travel in different ways (walk and skip). (Gymnastics)</p> <p>To move in different ways (Hop and jump). (Gymnastics)</p> <p>To move in different ways (leap, bounce). (Gymnastics)</p>	<p>Outdoor – Volleyball</p> <p>To demonstrate strength, balance and coordination when playing.</p> <ol style="list-style-type: none"> To throw a ball underarm over a small net, to a partner. To catch using two hands with increasing accuracy. To pass a ball to a partner and return over a net To begin to defend the ball by blocking To play a simplified game of volleyball <p>Indoor – Gymnastics</p> <p>To demonstrate strength, balance and coordination when playing.</p> <ol style="list-style-type: none"> To jump in different ways (2 feet to 2 feet, 1 foot to 2 feet etc). To roll in different ways (pencil, log, dish roll) To roll in different ways (teddy, forward) To travel in different ways (roll on mats, step along a bench, leap in hoops, hop between cones). To travel in different ways (roll on mats, step along a bench, leap in hoops, hop between cones). 	<p>Outdoor – Athletics</p> <p>To move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p> <p>To use a good starting position to run faster</p> <p>To negotiate space and obstacles safely, with consideration for themselves and others.</p> <p>To move my arms to run faster</p> <p>To pass a baton to a team mate</p> <p>To move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p> <p>To run and jump over hurdles.</p> <p>To demonstrate strength, balance and coordination when playing.</p> <p>To throw a bean bag overarm</p> <p>To negotiate space and obstacles safely, with consideration for themselves and others.</p> <p>To throw a javelin overarm</p> <p>Indoor – Skipping Skills</p> <p>To move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p> <ol style="list-style-type: none"> To jump in a range of patterns (1 to 2 feet, 2 feet to 1 foot etc) To complete a range of jumps (tuck, straddle, skip) To jump over a low-level rope. To step over a turned rope To jump over a turned rope To jump as part of a group over a turned rope.
Autumn 2	Spring 2	Summer 2
<p>Outdoor - Handball</p> <p>PD (GM) To demonstrate strength, balance and coordination when playing.</p> <p>To catch a ball with two hands. (Outdoor PE- handball)</p> <p>To chest pass a ball to a partner using two hands (Outdoor PE- handball)</p> <p>To bounce pass a ball to a partner (Outdoor PE- handball)</p> <p>To throw a ball into a target area (Outdoor PE- handball)</p> <p>To move to catch a ball (Outdoor PE- handball)</p>	<p>Outdoor – Tennis</p> <p>To demonstrate strength, balance and coordination when playing.</p> <p>To control a tennis ball on a racket (Outdoor PE – tennis)</p> <p>To hit a stationary ball (Outdoor PE – tennis)</p> <p>To hit a dropped ball. (Outdoor PE – tennis)</p> <p>To hit a fed ball. (Outdoor PE – tennis)</p> <p>To begin to return a ball into a target area (Outdoor PE – tennis)</p> <p>Indoor – Dance</p>	<p>Outdoor – Athletics</p> <p>To demonstrate strength, balance and coordination when playing.</p> <p>To push a shot put (soft shot put)</p> <p>To move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p> <p>To perform a stationary two footed forwards jump</p>



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<p>To move energetically, such as running, jumping, dancing, hopping, skipping and climbing. To pass and move with a ball to score a goal (Outdoor PE- handball)</p> <p>Indoor - Dance PD (GM) To move energetically, such as running, jumping, dancing, hopping, skipping and climbing. To know how to jump high and crouch low. (Dance). To move my body in different ways (slow and heavy, quickly and quietly). (Dance). To move safely by changing my direction. (Dance).</p> <p>To negotiate space and obstacles safely, with consideration for themselves and others demonstrate strength, balance and coordination when playing. To move my body safely by changing my speed. (Dance). To stretch my body in different ways on the floor. (Dance).</p> <p>To demonstrate strength, balance and coordination when playing. To create a pattern of movement (minimum of 2 movements). (Dance).</p>	<p>To move energetically, such as running, jumping, dancing, hopping, skipping and climbing. To move my body responding to the music. (Dance). To move my body to the music at different levels – high, middle, low (Dance). To move my body to the music at different speeds (fast, slow). (Dance) To join 2 different movements together. (Dance). To perform a simple dance with at least 2 different movements. (Dance).</p>	<p>To demonstrate strength, balance and coordination when playing. SPORTS DAY PREPARATION x 3 To know how to race as part of a team. SPORTS DAY To participate in team races</p> <p>Indoor – Athletics To move energetically, such as running, jumping, dancing, hopping, skipping and climbing. To jump quickly sideways. (speed bounce) To jump further using my arms and legs</p> <p>To demonstrate strength, balance and coordination when playing. To jump higher using my arms and legs</p> <p>To negotiate space and obstacles safely, with consideration for themselves and others. To move around obstacles safely (obstacle races)</p> <p>To move energetically, such as running, jumping, dancing, hopping, skipping and climbing. To move over and under obstacles (obstacle races) To participate in small team games</p>
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Subject Implementation Overview



Y1		
Autumn 1	Spring 3	Summer 5
<p>Outdoor – Hockey To move with a ball in and out of cones To begin to apply basic movements in a range of activities – controlling and dribbling in hockey. To begin to apply basic movements in a range of activities – To move with the hockey ball in and out of cones</p> <p>To track balls sent to them moving in line with the ball to receive it To track balls sent to them moving in line with the ball to receive it – stopping the hockey ball with the stick. To apply basic skills for attacking To apply basic skills for defending To shoot the hockey ball towards an open goal.</p> <p>Indoor – Dance To perform basic body actions and move with control (Explore combining skills such as travelling on different levels.)</p> <p>To perform basic body actions and move with control (Explore combining skills such as jumping and turning on different levels.)</p> <p>To remember and repeat body actions in a simple pattern (Link 2 or more movements together to form a sequence individually.)</p> <p>To remember and repeat body actions in a simple pattern (Link 2 or more movements together to form a sequence as part of a group.)</p> <p>To remember and repeat body actions in a simple pattern (Work with a partner or small group to copy or create a formation for the movements.)</p> <p>To describe basic body actions To say what I like about my performance</p>	<p>Outdoor – Tennis To send an object using a hand or a bat to a partner or target space To control a tennis ball using hands To control a tennis ball using a tennis racket To return a ball back to a feeder</p> <p>To move towards a ball to return it with hand or bat To hit a forehand shot</p> <p>To score a point against an opponent over a line or small net To begin to have a rally To understand how to serve in tennis.</p> <p>Indoor – Outdoor and Adventurous To move safely from one place to another along a simple path (2 weeks)</p> <p>To locate signs and clues within a known environment</p> <p>To create a simple map of a known environment</p> <p>To follow a simple map of a known environment (2 weeks)</p>	<p>Outdoor – Rounders To use basic underarm rolling and hitting skills To be able to throw a ball to a partner To move towards a ball to return it with hand or bat To strike the ball with increasing accuracy.</p> <p>To intercept, retrieve and stop a bean bag or medium sized ball with more consistency</p> <p>To sometimes catch a bean bag or medium size ball To be able to catch a ball with the correct technique</p> <p>To apply previous skills learnt to follow the rules and play a competitive game.</p> <p>Indoor – dodgeball To send an object using a hand or a bat to a partner or target space To throw and kick a ball in a variety of ways To send a ball using a hand to a partner or target space</p> <p>To move towards a ball to return it with hand or bat To track balls sent to them moving in line with the ball to receive it To know how to find and use space</p> <p>To score a point against an opponent over a line or small net To know how to score points in simple modified games of dodgeball</p>
Autumn 2	Spring 4	Summer 6
<p>Outdoor – Handball</p> <p>To throw and kick a ball in a variety of ways To master basic sending and receiving as well as developing balance agility and coordination. To throw a ball accurately</p> <p>To track balls sent to them moving in line with the ball to receive it To travel in different directions (side to side/up and down) with control and fluency.</p>	<p>Outdoor – Netball</p> <p>To throw and kick a ball in a variety of ways To pass a ball using a chest pass</p> <p>To track balls sent to them moving in line with the ball to receive it To know how to find space safely (attacking) To apply simple rules for defending.</p>	<p>Indoor and Outdoor – Athletics</p> <p>To develop fundamental skills of hopping, skipping, jumping, throwing, running, jogging To practise throwing techniques (javelin and chest push). To practise jumping techniques – bend knees, swing arms, look forward (speed bounce, long jump).</p> <p>To travel quickly and slowly</p>



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<p>To move with a ball in and out of cones To master basic movements such as running, jumping, throwing and catching. – Catch a ball with 2 hands.</p> <p>To develop simple attacking and defending skills.</p> <p>To participate in team games (Handball).</p> <p><u>Indoor - Gymnastics</u> To copy the basic moves of a gymnast To identify and use simple gymnastics actions and shapes</p> <p>To show basic control and coordination when travelling and when remaining still To jump and land safely To use apparatus safely when travelling across a bench To perform a gymnastics routine to my peers</p> <p>To make their bodies tense, relaxed, stretched, curled To introduce tuck, straddle and pike To work in a group to practise tuck, straddle and pike</p>	<p>To move with a ball in and out of cones</p> <p>To play simple attacking and defending games of Netball.</p> <p><u>Indoor – Bench Ball</u></p> <p>To throw and kick a ball in a variety of ways To throw and catch a ball with a partner</p> <p>To track balls sent to them moving in line with the ball to receive it To track the path of a ball to either attack or defend. (2 weeks)</p> <p>To move with a ball in and out of cones</p>	<p>To practise running techniques and apply these to races and relays To apply running techniques to participate in long distance running.</p> <p>To evaluate their performance using time</p> <p>.</p>
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Subject Implementation Overview



Y2		
Autumn 1	Spring 3	Summer 5
<p><u>Outdoor – Football</u> To throw and catch a ball with a team member To pass the ball to a teammate using the instep.</p> <p>To intercept a ball using hands and/or feet</p> <p>To play simple attacking and defending games (x2) To dribble the football around cones.</p> <p><u>Indoor – Gymnastics</u> To perform a sequence that shows a clear change of speed To move in a variety of ways using different body parts. To change speed and direction when moving in a sequence To perform a sequence that shows a clear change of speed</p> <p>To perform a variety of basic gymnastic actions with coordination and control (x2)</p> <p>To say why they think gymnastic actions are being performed well To evaluate my performance saying what I did well</p>	<p><u>Outdoor – Basketball</u> To throw and catch a ball with a team member To throw a ball in a variety of ways (chest, bounce, overhead). (passing basketball) (x2)</p> <p>To intercept a ball using hands and/or feet</p> <p>To play simple attacking and defending games To dribble a ball using one hand To shoot the basketball into the net.</p> <p><u>Indoor – Dodgeball</u> To track the path of a ball over a line or net and move towards it To throw and catch a ball with a partner To dodge a ball</p> <p>To play a modified game by sending and returning a ball over a line or small net To play a modified game by sending and returning a ball over a line. To follow the rules to a modified game of dodgeball</p>	<p><u>Outdoor – Cricket</u> To perform basic skills of rolling and striking with more confidence during a range of simple games To hit a ball from a batting tee into a set area (pull shot) To follow the rules to a modified game of cricket</p> <p>To throw a ball towards a given target accurately To throw balls using an overarm throw.</p> <p>To catch different sized balls with more consistency</p> <p><u>Indoor – Bench ball</u> To throw and catch a ball with a team member To throw ball, two handed, to a team member accurately To catch a ball with 2 hands with increasing accuracy.</p> <p>To intercept a ball using hands and/or feet</p> <p>To play simple attacking and defending games To follow the rules to a modified game of bench ball</p>
Autumn 2	Spring 4	Summer 6
<p><u>Outdoor – Rugby</u> To throw and catch a ball with a team member To hold the rugby ball with the correct hand positions. To throw and catch a rugby ball with a team member. (any direction)</p> <p>To intercept a ball using hands</p> <p>To play simple attacking and defending games To run with a rugby ball To score a try To follow the rules to a modified game of rugby</p>	<p><u>Outdoor – Tennis</u> To hit a ball with both hands or a racquet with some consistency To hold a tennis racket correctly and use it control a tennis ball To hit a ball with a forehand stroke over a modified net</p> <p>To track the path of a ball over a line or net and move towards it To move towards a ball to return it with a racquet (x2)</p> <p>To play a modified game by sending and returning a ball over a line or small net To score a point against an opponent over a line or small net (x2)</p>	<p><u>Indoor and Outdoor – Athletics</u> To develop fundamental skills to access a broad range of activities to enhance their agility, balance and coordination To use an appropriate technique for running short distance (x2) To pass a baton to a team mate in a relay (x2)</p> <p>To perform 2:2, 2:1, 1:2, 1:1 jumps and land with control (Long and triple jump) (x3)</p> <p>To attempt a range of throwing techniques to improve accuracy (Javelin, Shot put) (x3)</p>



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<p>Indoor – Dance To choose and perform different body actions that express an idea, mood or feeling</p> <p>To perform a short dance with control and coordination that link body actions (x2) To create a dance that links body movements in groups (over 2 weeks) To perform a dance as part of a group</p> <p>To describe how dancing affects their body To evaluate my own successes</p>	<p>Indoor – Outdoor and Adventurous To know which way a map is orientated To create a bird's eye view map</p> <p>To follow a short trail with support To locate signs and clues within a known environment</p> <p>To solve a problem using the environment to help them To move safely from one place to another along a simple path</p>	
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Y3		
Autumn 1	Spring 1	Summer 1
<p>Outdoor (Hockey) To score goals using the appropriate technique</p> <p>To pass and dribble with control without an opponent (x2)</p> <p>To keep possession of a ball by passing with an opponent</p> <p>To keep possession of a ball in a game.</p> <p>Indoor (Dance) To improvise freely from a given stimulus (x2)</p> <p>To create and share a dance phrase independently or with a partner/group (x3)</p> <p>To suggest improvements to their own and other's dances</p>	<p>Outdoor (Tennis) To begin a game by using a simple serve (underarm)</p> <p>To play a continuous game by throwing, catching and simple hitting To play a mini rally with simple hitting. To play a continuous game with simple hitting.</p> <p>To move forward to return a ball over a net and into a boundary (x2)</p> <p>Indoor (Dodgeball) To begin a game by using a simple serve To throw using the appropriate technique at a moving target.</p> <p>To play a continuous game by throwing, catching and simple hitting To keep possession of a ball by catching.</p> <p>To move forward to return a ball over a net and into a boundary To throw using the appropriate technique at a stationary target. To throw with control without an opponent.</p>	<p>Outdoor (Rounders) To strike a stationary ball into a target area.</p> <p>To strike a moving ball into a target area.</p> <p>To catch a ball with both hands using the correct technique.</p> <p>To catch a ball with both hands at different heights using the correct technique.</p> <p>To retrieve a ball and throw it back to a partner.</p> <p>To retrieve a ball and throw it back to different targets.</p> <p>Indoor (Outdoor and adventurous) To identify where they are using a plan.</p> <p>To identify where they are using a plan within their environment.</p> <p>To follow a short trail with support.</p> <p>To follow a short trail using a simple plan.</p> <p>To respond positively to a problem they are set a challenge.</p> <p>To respond positively to a problem they are set a challenge (more complex challenges).</p>
Autumn 2	Spring 2	Summer 2
<p>Outdoor (Handball) To score goals using the appropriate technique</p> <p>To pass and dribble with control without an opponent</p> <p>To keep possession of a ball by throwing and catching To keep possession of a ball by throwing using one hand To keep possession of a ball by catching using one or two hands. To use learned skills to keep possession in a modified game</p>	<p>Outdoor (Basketball) To score goals using the appropriate technique To score baskets using the appropriate technique.</p> <p>To pass and dribble with control without an opponent To push pass with control without an opponent. To dribble using either hand with control without an opponent.</p> <p>To keep possession of a ball by throwing and catching To keep possession of a ball by passing and dribbling</p>	<p>Outdoor and Indoor (Athletics) To run at fast, medium and slow speeds To run at a fast speed using powerful arms To run at a fast speed using long strides To pace my running for longer distances</p> <p>To throw objects using a range of techniques (discus, javelin)</p> <p>To jump from a stationary position and land correctly</p>



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<p><u>Indoor (Gymnastics)</u></p> <p>To use their own ideas for movements in response to a task including shape, action and balance (x2)</p> <p>To plan sequences of contrasting actions using apparatus and floor space To perform sequences of contrasting actions using apparatus and floor space.</p> <p>To compare gymnastic sequences commenting on the similarities and differences</p>	<p>To use learned skills in a modified game of basketball</p> <p><u>Indoor (Table Tennis)</u></p> <p>To begin a game by using a simple serve To begin a game by using a single bounce serve To begin a game by using a double bounce serve</p> <p>To play a continuous game by throwing, catching and simple hitting To hit a forehand shot over the net To play a continuous rally with simple hitting</p> <p>To move forward to return a ball over a net and into a boundary To move around the table to return a ball over a net and into a boundary.</p>	
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Subject Implementation Overview



Y4		
Autumn 1	Spring 1	Summer 1
<p>Outdoor (Football)</p> <p>To pass and dribble with control under pressure</p> <p>To pass with both feet using the instep and laces</p> <p>To move into position to score</p> <p>To shoot and score using the laces</p> <p>To play games using a range of passing and shooting techniques</p> <p>To use appropriate tactics to keep possession and help their team to score</p> <p>Indoor (Dance)</p> <p>To use simple movement patterns to create dance phrases independently, with a partner or in a small group.</p> <p>To be able to perform basic movements to music, and to build a simple themed dance focusing on Disco independently.</p> <p>To be able to perform basic movements to music, and to build a simple themed dance focusing on Disco in a group.</p> <p>To use dynamic, rhythmic and expressive qualities whilst performing dance phrases and dances.</p> <p>To describe and interpret a dance performance.</p>	<p>Outdoor (Tennis)</p> <p>To return a served ball using either side of the body</p> <p>To return a served ball using a forehand.</p> <p>To return a served ball using a backhand.</p> <p>To choose ways to send a ball to make it difficult for an opponent to return</p> <p>To lob a ball over an opponent</p> <p>To use defensive tactics to defend the court, moving into different positions</p> <p>Indoor (Volleyball)</p> <p>To return a served ball using either side of the body</p> <p>To serve a ball using an underarm technique</p> <p>To return a ball using a dig shot</p> <p>To choose ways to send a ball to make it difficult for an opponent to return</p> <p>To set a ball for a player to return</p> <p>To spike a ball over the net</p> <p>To use defensive tactics to defend the court, moving into different positions</p>	<p>Outdoor (Cricket)</p> <p>To field a ball by stopping it or catching it using the correct technique.</p> <p>To field a ball by catching it using the correct technique.</p> <p>To field a ball by stopping it using a long barrier</p> <p>To field a moving ball and returning with a throw</p> <p>To strike a ball and run to distance bases.</p> <p>To strike a ball and run to a target.</p> <p>To throw a ball over arm accurately at a short-distanced target</p> <p>To throw a ball over arm accurately to a wicket keeper</p> <p>To throw a ball over arm accurately at the stumps</p> <p>Indoor (Outdoor and Adventurous)</p> <p>To use maps and diagrams to orientate themselves (x2)</p> <p>To travel around a simple course using a map. (x2)</p> <p>To plan a simple physical challenge with a partner or group. (x2)</p>
Autumn 2	Spring 2	Summer 2
<p>Outdoor (Rugby)</p> <p>To use appropriate tactics to keep possession and help their team to score</p> <p>To pass a ball between team mates to keep possession</p> <p>To pass and dribble with control under pressure</p> <p>To pass a ball backwards</p>	<p>Outdoor (Netball)</p> <p>To use appropriate tactics to keep possession and help their team to score</p> <p>To move around the court and pass the ball to keep possession and score</p> <p>To pass and dribble with control under pressure</p> <p>To pass a ball using a bounce pass</p> <p>To move into position to score</p>	<p>Outdoor and Indoor (Athletics)</p> <p>To combine running and jumping activities with control.</p> <p>To use the correct technique to run and land when long jumping (x2)</p> <p>To use the correct technique to run and land when triple jumping (x2)</p> <p>To throw a variety of objects, changing their throwing action for distance and accuracy.</p> <p>To throw a javelin using an appropriate technique for distance (x2)</p> <p>To throw a discus using an appropriate technique for distance (x2)</p>



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<p>To move into position to score To move into position to score a try. To run quickly to score a try</p> <p>To play games using a range of throwing and catching techniques</p> <p>Indoor (Gymnastics)</p> <p>To perform actions, balances and body shapes with control. (x2)</p> <p>To plan, perform and repeat longer sequences that include changes in direction and level, clear body shapes and controlled movement. (x2)</p> <p>To perform a sequence following a pathway in time with a partner.</p> <p>To describe the success of my routines</p>	<p>To use an overhead shot to score</p> <p>To play games using a range of throwing and catching techniques To play modified games using chest and bounce passes</p> <p>Indoor (Table Tennis)</p> <p>To return a served ball using either side of the body To return a served ball using forehand. To return a served ball using backhand.</p> <p>To choose ways to send a ball to make it difficult for an opponent to return To increase the pace of a return to make it difficult for an opponent To return the ball on the opposite side to make it difficult for an opponent</p> <p>To use defensive tactics to defend the court, moving into different positions To lift the ball to make it easier to position your body To move around the table to make it easier to return a ball</p>	<p>To take part in relays over a range of distances remembering when to run. (x2) To perform a change over successfully, using a relevant technique (x2)</p>
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Subject Implementation Overview



Y5		
Autumn 1	Spring 1	Summer 1
<p>Outdoor (Hockey) To mark opponents and help each other whilst defending</p> <p>To use tactics to help their team keep the ball including passing and dribbling To use tactics to help your team keep the ball including dribbling To use tactics to help your team keep the ball including passing</p> <p>To use tactics to create scoring opportunities and shoot with control during games To shoot using a flick shot To use passing and dribbling to make opportunities to score</p> <p>Indoor (Dance - Charleston) To adapt and refine the way you use weight, space and rhythm in dance. (x2)</p> <p>To express yourself in the style of dance being performed. (x3)</p> <p>To recognise and comment on dances showing an understanding of style.</p> <p>Indoor (Swimming) To swim 25m on front unaided</p> <p>To swim 25m on back unaided</p> <p>To develop strokes for travelling in water, on front and back with and without support</p> <p>To swim for distance, at an appropriate pace, being able to travel further</p>	<p>Outdoor (Tennis) To play a range of shots on both sides of the body, moving feet to hit the ball. To play a forehand and backhand volley To play a volley drop shot To play a shot whilst on the move</p> <p>To apply control when returning a ball including foot placement, shot selection and aim.</p> <p>To play modified sending and returning games with others, keeping track of their own scores.</p> <p>Indoor (Gymnastics) To link and perform multiple sequential elements including changes in level, direction and speed. To explore a range of jumps and landings. To move safely from apparatus to the floor.</p> <p>To choose actions, body shapes and balances with a sequence. To increase flexibility, strength, technique, control and balance (x2)</p> <p>To use a basic criterion to make judgments on a performance and suggest improvements</p> <p>Indoor (Swimming) To swim 25m on front unaided</p> <p>To swim 25m on back unaided</p> <p>To develop strokes for travelling in water, on front and back with and without support</p> <p>To swim for distance, at an appropriate pace, being able to travel further</p>	<p>Outdoor (Rounders) To score points (rounders) by hitting a ball and running to a target.</p> <p>To move feet to catch a ball at different heights and levels one and two handed. To catch a high ball using two hands To catch a flat hit ball with one or two hands</p> <p>To field stationary balls using correct technique.</p> <p>To field moving balls using correct technique. To throw a ball from distance to a desired fielder/ target area using the correct technique.</p> <p>Indoor (Dodgeball) To play a range of shots on both sides of the body, moving feet to hit the ball. To throw a ball over/under/side arm to eliminate an opponent (x2)</p> <p>To apply control when returning a ball including foot placement, shot selection and aim. To track opponents and help each other whilst defending, communicating clearly.</p> <p>To play modified sending and returning games with others, keeping track of their own scores. To use tactics to help your team keep the ball.</p> <p>Indoor (Swimming) To swim 25m on front unaided</p> <p>To swim 25m on back unaided</p> <p>To develop strokes for travelling in water, on front and back with and without support</p>



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Subject Implementation Overview



Autumn 2	Spring 2	Summer 2
<p>Outdoor (Handball) To mark opponents and help each other whilst defending To block opponents when defending</p> <p>To use tactics to help their team keep the ball including passing and dribbling To use the 3-step rule when playing small games to keep possession To use a range of passes to keep possession</p> <p>To use tactics to create scoring opportunities and shoot with control during games To use the 3-step rule when playing small games to shoot</p> <p>Indoor (Gymnastics) To link and perform multiple sequential elements including changes in level, direction and speed. To explore a range of jumps and landings. To move safely from apparatus to the floor.</p> <p>To choose actions, body shapes and balances with a sequence. To increase flexibility, strength, technique, control and balance. (x2)</p> <p>To use a basic criteria to make judgments on a performance and suggest improvements</p> <p>Indoor (Swimming) To swim 25m on front unaided</p> <p>To swim 25m on back unaided</p> <p>To develop strokes for travelling in water, on front and back with and without support</p> <p>To swim for distance, at an appropriate pace, being able to travel further</p>	<p>Outdoor (Basketball) To mark opponents and help each other whilst defending To intercept the ball when defending</p> <p>To use tactics to help their team keep the ball including passing and dribbling To use tactics to help your team keep the ball including movement around the court.</p> <p>To use tactics to create scoring opportunities and shoot with control during games</p> <p>Indoor (Table Tennis)</p> <p>To play a range of shots on both sides of the body, moving feet to hit the ball. (x2)</p> <p>To apply control when returning a ball including foot placement, shot selection and aim. (x2)</p> <p>To play modified sending and returning games with others, keeping track of their own scores. (x2)</p> <p>Indoor (Swimming) To swim 25m on front unaided</p> <p>To swim 25m on back unaided</p> <p>To develop strokes for travelling in water, on front and back with and without support</p> <p>To swim for distance, at an appropriate pace, being able to travel further</p>	<p>To swim for distance, at an appropriate pace, being able to travel further</p> <p>Outdoor and Indoor (Athletics)</p> <p>To throw with accuracy and power into a target area. (Javelin) (x2)</p> <p>To push throw with accuracy and power into a target area. (shot put) (x2)</p> <p>To perform a variety of jumps using the correct technique. (Long jump, triple jump, standing vertical jump) (x3)</p> <p>To perform a variety of jumps using the correct technique with a short run up. (long jump and triple jump) (x2)</p> <p>To run over long distances for sustained periods of time. To pace myself to run a long distance race</p> <p>Indoor (Swimming) To swim 25m on front unaided</p> <p>To swim 25m on back unaided</p> <p>To develop strokes for travelling in water, on front and back with and without support</p> <p>To swim for distance, at an appropriate pace, being able to travel further</p>



Fernwood Primary and Nursery School

Subject Implementation Overview



Y6		
Autumn 1	Spring 1	Summer 1
<p>Outdoor (Football)</p> <p>To choose the right tactics for attacking and defending</p> <p>To use appropriate attacking tactics when playing uneven sided games</p> <p>To use appropriate defending tactics when playing uneven sided games</p> <p>To support players to score goals</p> <p>To score goals using both feet, instep, outstep and laces</p> <p>To keep possession of a ball using different techniques e.g. passing, controlling, dribbling</p> <p>To use marking, tackling and/or interception to improve their defence</p> <p>.</p> <p>Indoor (Dance – Hip Hop)</p> <p>To work creatively and imaginatively on their own, with a partner and in a group to compose motifs and structure simple dances.</p> <p>To perform movements to music, and to build a simple themed dance focusing on Hip Hop Locking (individually)</p> <p>To perform movements to music, and to build a simple themed dance focusing on Hip Hop Locking (pairs/groups)</p> <p>To perform basic movements to music, and to build a simple routine focusing on Hip Hop POPPING. (individually)</p> <p>To perform basic movements to music, and to build a simple routine focusing on Hip Hop POPPING. (pairs/groups)</p> <p>To perform a dance to an accompaniment expressively and sensitively.</p> <p>To perform a dance to an accompaniment combining different hip-hop themes.</p> <p>To use appropriate criteria to evaluate and refine their own and other's work.</p>	<p>Outdoor (Tennis)</p> <p>To use forehand, backhand and overhead shots with more confidence in games (x2)</p> <p>To make appropriate choices in a game about the best shot to use and apply tactics effectively to be successful (x2)</p> <p>To develop doubles play</p> <p>To know the rules for doubles</p> <p>To develop tactics for successful doubles play (e.g. volleying)</p> <p>Indoor (Volleyball)</p> <p>To use forehand, backhand and overhead shots with more confidence in games</p> <p>To set the ball for a partner to make an attacking spike shot</p> <p>To dig the ball for a partner to make a set shot</p> <p>To serve a ball overhead</p> <p>To make appropriate choices in a game about the best shot to use and apply tactics effectively to be successful</p> <p>To develop doubles play</p> <p>To use learned tactics to play doubles volleyball successfully</p>	<p>Outdoor (Cricket)</p> <p>To strike a bowled ball with precision to score the most runs</p> <p>To drive a ball straight</p> <p>To drive a ball on the off side</p> <p>To run between wickets using appropriate techniques to score runs</p> <p>To use strategies and tactics in game situations to beat opponents</p> <p>To field a ball quickly and effectively to prevent teams from scoring runs</p> <p>To bowl a ball over arm or under arm using the correct technique</p> <p>To bowl a ball over arm using the correct technique.</p> <p>Indoor (Outdoor and Adventurous)</p> <p>To find solutions to problems and challenges. (x2)</p> <p>To respond positively when the task or environment changes and the challenge increases. (x2)</p> <p>To work increasingly well in a team, understanding their own roles and responsibilities. (x2)</p>



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Subject Implementation Overview



Autumn 2	Spring 2	Summer 2
<p>Outdoor (Rugby) To choose the right tactics for attacking and defending To use appropriate attacking tactics when playing uneven sided games To use appropriate defending tactics when playing uneven sided games</p> <p>To support players to score goals To use triangle support to help score tries</p> <p>To keep possession of a ball using different techniques e.g. passing, controlling, dribbling To pass on either side of the body to keep possession (using varied passes e.g. pop pass) To use running and passing to keep possession in uneven sided games</p> <p>To use marking, tackling and/or interception to improve their defence</p> <p>Indoor (Gymnastics) To plan, design and perform innovative routines and sequences using different apparatus and floor space. (x3)</p> <p>To combine and perform gymnastic actions, shapes and balances at different levels and speeds. (x2)</p> <p>To show an awareness of factors influencing the quality of a performance and suggest aspects that need improving.</p>	<p>Outdoor (Netball) To choose the right tactics for attacking and defending To know the positions in netball and where they can move To use appropriate attacking tactics when playing uneven sided games To use appropriate defending tactics when playing uneven sided games</p> <p>To support players to score goals To pass in triangles to make space to shoot</p> <p>To keep possession of a ball using different techniques e.g. passing, controlling, dribbling</p> <p>To use marking, tackling and/or interception to improve their defence</p> <p>Indoor (Table Tennis) To use forehand, backhand and overhead shots with more confidence in games</p> <p>To make appropriate choices in a game about the best shot to use and apply tactics effectively to be successful To vary the position of a shot to score a point To vary the pace of return to make it difficult for an opponent</p> <p>To develop doubles play To know the rules for doubles play To play a game of doubles using known tactics</p>	<p>Outdoor and Indoor (Athletics) To choose the best pace for a running event to improve on personal targets. To use the correct technique for sprinting. To be able to vary pace and distance when running. To discuss and understand the rules of relay race changeovers.</p> <p>To show control at take-off and landing in jumping activities To show control at take-off and landing in jumping activities in triple jump. To show control at take-off and landing in jumping activities in long jump. To show control at take-off and landing in jumping activities in standing vertical jump.</p> <p>To show correct technique and accuracy when throwing for distance. To show correct technique and accuracy when throwing a javelin for distance. To show correct technique and accuracy when throwing a shot put for distance. To show correct technique and accuracy when throwing a discus for distance.</p>