



St Clare's Curriculum

Physical Education



Early Years Statutory Framework

Physical Development

Physical activity is vital in children's all-round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child's strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination, which is later linked to early literacy. Repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practice of using small tools, with feedback and support from adults, allow children to develop proficiency, control and confidence.

ELG: Gross Motor Skills

Children at the expected level of development will:

- Negotiate space and obstacles safely, with consideration for themselves and others;
- Demonstrate strength, balance and coordination when playing;
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

In EYFS, in addition to having access to physical education through ongoing outdoor provision, pupils have one hour of PE tuition each week with a qualified PE coach.

They begin by learning multi skills: running, throwing, jumping and catching. They then learn to control their movements and develop balance during dance sessions.

Hand to eye coordination is developed during tennis sessions before more formalised team games are introduced.

Pupils then learn how to be competitive during preparation for sports day before learning how to play a basic game of rounders.

National Curriculum Purpose of study

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

National Curriculum Aims

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives

Key Stage One

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Pupils should be taught to:	Year 1	Year 2
master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	Fundamentals and Multi-Skills; Gymnastics/ Dance; Tennis/Badminton; Football; Track; Cricket	Fundamentals and Multi-Skills; Gymnastics/ Dance; Tennis/Badminton; Hockey; Field; Rounders
participate in team games, developing simple tactics for attacking and defending	Football Cricket	Hockey Rounders
perform dances using simple movement patterns.	Gymnastics/Dance	Gymnastics/Dance

Key Stage Two

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should be taught to:	Year 3	Year 4	Year 5	Year 6
use running, jumping, throwing and catching in isolation and in combination	Multi-Skills Athletics Cricket	Basketball/ Netball Athletics Rounders	Multi Skills Athletics Cricket	Multi Skills Basketball/ Netball Athletics Rounders
play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending	Cricket	Tennis/ Badminton Basketball/ Netball Rounders	Tennis/ Badminton Hockey Cricket	Tennis/ Badminton Basketball/ Netball
develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	Multi Skills Gymnastics/ Dance	Athletics	Multi Skills Gymnastics/ Dance	Multi Skills Gymnastics/ Dance
perform dances using a range of movement patterns	Gymnastics/ Dance		Gymnastics/ Dance	Gymnastics/ Dance
take part in outdoor and adventurous activity challenges both individually and within a team			OAA (Kingswood)	
compare their performances with previous ones and demonstrate improvement to achieve their personal best	Multi Skills Athletics	Athletics	Multi Skills Athletics	Multi Skills Athletics
All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to:				
swim competently, confidently and proficiently over a distance of at least 25 metres	Swimming	Swimming		Swimming
use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]	Swimming	Swimming		Swimming
perform safe self-rescue in different water-based situations.				Swimming

PE Long Term Plan – 2023/24

	Advent 1	Advent 2	Lent 1	Lent 2	Pentecost 1	Pentecost 2
EYFS	Fundamentals and Multi-Skills	Dance – Movement & Balance	Tennis	Basics to Games	Sports Day	Basic Rounders
Year 1	Fundamentals and Multi-Skills	Gymnastics/ Dance	Tennis/Badminton	Football	Track	Cricket
Year 2	Fundamentals and Multi-Skills	Gymnastics/ Dance	Tennis/Badminton	Hockey	Field	Rounders
Year 3	Multi-Skills	Gymnastics/ Dance	Swimming		Athletics	Cricket
Year 4	Swimming		Tennis/Badminton	Basketball/Netball	Athletics	Rounders
Year 5	Multi-Skills	Gymnastics/ Dance	Tennis/Badminton	Hockey	Athletics	Cricket OAA
Year 6	Multi-Skills	Gymnastics/ Dance	Tennis/Badminton	Basketball/Netball	Athletics	Swimming Rounders

Strands of learning

These strands of Physical Education run through the St Clare's curriculum:

Concept	Definition
Motor Competence	Knowledge of the range of movements that become increasingly sport- and physical activity-specific
Rules, Strategies and Tactics	Knowledge of the conventions of participation in different sports and physical activities
Healthy Participation	Knowledge of safe and effective participation

Motor Competence

Knowledge of the range of movements that become increasingly sport- and physical activity-specific

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Fundamentals and Multi-Skills	Fundamentals and Multi-Skills	Multi-Skills	Swimming	Multi-Skills	Multi-Skills
Gymnastics/ Dance	Gymnastics/ Dance	Gymnastics/ Dance	Tennis/Badminton	Gymnastics/ Dance	Gymnastics/ Dance
Tennis/Badminton	Tennis/Badminton	Swimming	Basketball/Netball	Tennis/Badminton	Tennis/Badminton
Football	Hockey	Athletics	Athletics	Hockey	Basketball/Netball
Track	Field	Cricket	Rounders	Athletics	Athletics
Cricket	Rounders			Cricket OAA	Swimming Rounders

Rules, Strategies and Tactics

Knowledge of the conventions of participation in different sports and physical activities

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Fundamentals and Multi-Skills	Fundamentals and Multi-Skills	Multi-Skills	Swimming	Multi-Skills	Multi-Skills
Gymnastics/ Dance	Gymnastics/ Dance	Gymnastics/ Dance	Tennis/Badminton	Gymnastics/ Dance	Gymnastics/ Dance
Tennis/Badminton	Tennis/Badminton	Swimming	Basketball/Netball	Tennis/Badminton	Tennis/Badminton
Football	Hockey	Athletics	Athletics	Hockey	Basketball/Netball
Track	Field	Cricket	Rounders	Athletics	Athletics
Cricket	Rounders			Cricket OAA	Swimming Rounders

Healthy Participation

Knowledge of safe and effective participation

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Fundamentals and Multi-Skills	Fundamentals and Multi-Skills	Multi-Skills	Swimming	Multi-Skills	Multi-Skills
Gymnastics/ Dance	Gymnastics/ Dance	Gymnastics/ Dance	Tennis/Badminton	Gymnastics/ Dance	Gymnastics/ Dance
Tennis/Badminton	Tennis/Badminton	Swimming	Basketball/Netball	Tennis/Badminton	Tennis/Badminton
Football	Hockey	Athletics	Athletics	Hockey	Basketball/Netball
Track	Field	Cricket	Rounders	Athletics	Athletics
Cricket	Rounders			Cricket OAA	Swimming Rounders

Extra-Curricular Provision

Environment

The EYFS outdoor area is covered in Astro turf, allowing for work at height to be safely offered. Large range of equipment available for self-choosing by the pupils includes catching and throwing, balancing, climbing and riding activities.

The main playground has two full-sized basketball hoops, an outdoor multi-gym, a rubber-floored tyre activity area and multiple playground markings to encourage activity including an obstacle course, maze, target game, running track and mirror game. The playground is also marked out for basketball, 5-a-side football and hockey.

Structured Lunchtime Activities

The sports coach leads a different lunchtime activity each day, as well as providing a range of equipment for the children to use independently. Activities include: dodgeball, football, basketball, tennis, dance and multi-skills.

After School Sports Clubs

Across the school year, five blocks of six sessions of after school sports and activity clubs are offered. Some are age specific, whilst others are open to all, dependent on the activity. Clubs run by the sports coach have included: gymnastics, football, dodgeball, basketball, dance, gymnastics, rounders, tennis and badminton, athletics and EYFS multi-sports. In addition, the Leicester Riders Basketball Club have provided after school clubs for 18 sessions to pupils in Key Stage 2.

Competitions

Year 5 & 6 pupils have competed in basketball competitions at the Morningside Arena (Leicester Riders Foundation) and at Orchard Mead School (Leicestershire Junior Basketball). Signed up for Leicester City Football Club competitions.

Declarative and Procedural Knowledge

Declarative knowledge in PE is the factual knowledge concerning movement, rules, tactics, strategies, health and participation. This knowledge is not a list of disconnected facts; it is explicitly linked to the content being taught. Declarative knowledge can be communicated through verbal or written means. With a more detailed declarative knowledge base, pupils can better verbalise their strengths and limitations as well as communicate their ideas, their decisions and the choices that they make during an activity or one that they observe.

Procedural knowledge can be viewed as the know-how to apply declarative facts. This might include applying the tactics to a practice situation or modified game. This knowledge in a PE setting is best put into practice through physical demonstration or physical participation.

Year 1 – Multi Skills



St Clare's Unit Plan:

I can use the correct technique when throwing and rolling a ball. I can use these skills to take part in mini games with my classmates.

I can show a good technique when trying to catch the ball. I can use these skills as well as those learnt previously to take part in games.

I can show the correct technique when running. I can use the correct running technique to take part in some races.

I can use the correct jumping technique. I can use this to compete in a friendly long jump competition.

I can show the correct way to hold different bats. I can show how to use them with some success. I can use my throwing skills as well as my new batting skills to take part in mini games with my classmates.

I can show the correct technique when kicking a ball. I can show how to kick with the top of my foot, the toe end of my foot and the inside of my foot. I can use these skills to take part in small games.

Learning enhancements:

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Links to prior learning:

- EYFS Fundamentals

Year 1 – Gymnastics/Dance



St Clare's Unit Plan:

I can link simple actions together. I can remember and repeat actions and shapes. I can show awareness of space when travelling.

I can show good balancing when performing a shape. I can make my body tense, relaxed, stretched and curled.

I can use apparatus safely. I can link actions together to make a small performance.

I can copy and remember actions. I can use counts of 4 to stay in time with the music. I can work with a partner.

I can create actions to express an idea. I can work as part of a group.

I can work as part of a group to put together a small performance.

Learning enhancements:

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Links to prior learning:

- EYFS dance

Year 1 – Tennis



St Clare's Unit Plan:

I can use the ready position. I can return a ball to a partner. I can show agility and coordination when using a ball.
I can show how to hold a racket correctly. I can hit the ball into a desired area with some accuracy
I can show how to do the forehand shot with some accuracy. I can hit the ball to a desired area using the forehand shot with some success.
I can show a back hand shot.
I can rally with a partner and show some success in keeping the ball alive. I can explain how to win a point in tennis.
I can explain the back hand and forehand shot in tennis. I can explain how to win a point. I can play a point of tennis with some success.

Learning enhancements:

Links to prior learning:

- EYFS tennis

Year 1 – Football



St Clare's Unit Plan:

I can show how to dribble the ball using small touches with different parts of my feet with some success.
I can show better control when dribbling with the ball and I can stop with my foot on the ball on demand.
I can show how to pass a ball using the inside of my foot with some accuracy.
I can show how to pass to a target with better accuracy.
I can show how to shoot using both the top and side of my foot with some success.
I can demonstrate how to pass, dribble and shoot in football, demonstrating how to use different parts of my foot. I can also explain some rules in football.

Learning enhancements:

Links to prior learning:

- EYFS fundamentals
- EYFS Basics to Games

Year 1 – Athletics - Track



St Clare's Unit Plan:

I can show the correct technique when competing in a short sprint.
I can take part in a long distance race and show how to pace myself with some success.
I can show the correct technique when taking part in a relay race with some success.
I can show the correct technique when passing a baton in relay and use this to take part in a race with my classmates.
I can take part in a relay race showing the correct technique with some success.
I can show a range of techniques that I've learnt in the past weeks to take part in a track olympics day.

Learning enhancements:

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Links to prior learning:

- EYFS Sports Day

Year 1 – Cricket



St Clare's Unit Plan:

I can show some success when throwing and catching.	
I can show how to do accurate throws at a set of cricket stumps.	
I can show good team work when playing some fun mini games. I can show good sportsmanship whether I win or lose.	
I can show how to hold a cricket bat correctly and use it with some success.	
I can play in pairs with one of us throwing and one of us batting with some success.	
I can take part in a cricket match with my classmates and show all the skills I've learnt.	

Learning enhancements:

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Links to prior learning:

- EYFS Basic rounders

Year 2 – Multi Skills



St Clare's Unit Plan:

I can use the correct technique when throwing and rolling a ball. I can use these skills to take part in mini games with my classmates.

I can show a good technique when trying to catch the ball. I can use these skills as well as those learnt previously to take part in games.

I can show the correct technique when running. I can use the correct running technique to take part in some races.

I can use the correct jumping technique. I can use this to compete in a friendly long jump competition.

I can show the correct way to hold different bats. I can show how to use them with some success. I can use my throwing skills as well as my new batting skills to take part in mini games with my classmates.

I can show the correct technique when kicking a ball. I can show how to kick with the top of my foot, the toe end of my foot and the inside of my foot. I can use these skills to take part in small games.

Learning enhancements:

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Links to prior learning:

- Year 1 Multi Skills

Year 2 – Gymnastics/Dance



St Clare's Unit Plan:

I can link simple actions together. I can remember and repeat actions and shapes. I can show awareness of space when travelling.

I can show good balancing when performing a shape. I can make my body tense, relaxed, stretched and curled.

I can use apparatus safely. I can link actions together to make a small performance.

I can copy and remember actions. I can create actions to express an idea. I can use counts of 6 to stay in time with the music. I can work with a partner.

I can work in a group and share my ideas. I can use counts of 8 to stay in time with the music.

I can create a small performance within my group to show to my class.

Learning enhancements:

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Links to prior learning:

- Year 1 Gymnastics/Dance

Year 2 – Tennis/Badminton



St Clare's Unit Plan:

I can use the ready position. I can return a ball to a partner. I can show agility and coordination when using a ball. I can show how to hold a racket correctly. I can show a forehand shot.
I can hit a ball using a racket into a desired area with some accuracy.
I can explain the forehand shot and show the how to use the forehand shot with some accuracy.
I can explain how to use the back hand shot and show it with some accuracy. I can show a rally displaying the back hand and forehand shots with some accuracy.
I can explain how to win a point in tennis.
I can explain the back hand and forehand shot in tennis. I can explain how to win a point. I can play a point of tennis with some success.

Learning enhancements:

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Links to prior learning:

- Year 1 - Tennis

Year 2 – Hockey



St Clare's Unit Plan:

I can show the ready position in preparation to dribble and pass.
I can dribble slowly while keeping control of the ball in hockey.
I can show how to safely pass and shoot in hockey by not raising the hockey stick above my waist.
I can show how to dribble, pass and shoot in hockey with some success and accuracy.
I can show how to pass using a drag and a hit with the hockey stick. I can dribble using the correct parts of the hockey stick. I can also show accuracy when shooting.
I can take part in a small game of hockey showing off all the skills I've learnt. I can show good sportsmanship when playing hockey.

Learning enhancements:

Links to prior learning:

- EYFS Basics to games

Year 2 – Athletics - Field



St Clare's Unit Plan:

I can demonstrate how to do a standing triple jump using the 'hop, step, jump' technique.
I can use the triple jump technique that I have learnt to take part in a small competition against my classmates.
I can take part in a long jump competition against class mates while showing the correct running, jumping and landing techniques.
I can show the correct technique when taking part in a shot put competition.
I can demonstrate the correct throwing technique in discuss.
I can show all of the different techniques and skills I have learnt to take part in a 'mini field olympics' against my classmates.

Learning enhancements:

Links to prior learning:

- Year 2 Fundamentals

Year 2 – Rounders



St Clare's Unit Plan:

I can show how to throw the ball underarm, practising rounders bowling.
I can show how to hit a ball using the correct technique, while using a tennis racket for practice.
I can explain the basic rules of rounders and take part in a small game with some success.
I can use a rounders bat with more success.
I can explain more rules to rounders and implement them into a game.
I can take part in a rounders game while showing good sportsmanship to both my teammates and opposition.

Learning enhancements:

Links to prior learning:

- EYFS Basic Rounders

Year 3 – Multi Skills



St Clare's Unit Plan:

I can show good technique when throwing, catching and rolling a ball. I can use this in a game with my classmates.
I can show a good running technique. I can use this in races against my classmates. I can use these skills in a range of different races.
I can use the correct jumping technique, making sure I use my arms to go further. I can use this to compete in a friendly competition of long jump and triple jump.
I can show the correct way to hold and use a range of different bats. I can use them as part of a small game with a partner.
I can use the batting and throwing skills I have learnt to take part in a big game with all my classmates.
I can show the correct technique when kicking a ball. I can show how to kick with the top of my foot, the toe end of my foot and the inside of my foot. I can use these skills to take part in small games.

Learning enhancements:

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Links to prior learning:

- Year 2 Multi Skills

Year 3 – Gymnastics/Dance



St Clare's Unit Plan:

I can link simple actions together. I can remember and repeat actions and shapes. I can show awareness of space when travelling.
I can link simple actions together. I can repeat actions and shapes. I can work in a small group and share my ideas. I can show awareness of space when travelling.
I can use apparatus safely. I can use apparatus as part of a small performance to my class.
I can copy and remember actions. I can create actions to express an idea. I can use counts of 8 to stay in time with the music. I can work with a partner.
I can share my ideas in a group and use counts of 10 to stay in time with the music.
I can work as part of a group to put together a small performance. I can create a small performance within my group to show to my class.

Learning enhancements:

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Links to prior learning:

- Year 2 Gymnastics/Dance

Year 3 – Swimming



St Clare's Unit Plan:

I can swim backstroke and breaststroke using a long float and kicking my legs.
I can swim both backstroke and breaststroke using two or three smaller rectangle floats and kicking my legs.
I can show breaststroke using two floats. I can show the rhythm of breathing (by dipping my face under water) while doing breaststroke.
I can do both backstroke and breaststroke while holding two floats with one arm, and swimming with the other.
I can do both backstroke and breaststroke while holding one floats with one arm, and swimming with the other.
I can do both backstroke and breaststroke while holding one small square floats with one arm, and swimming with the other. I can also show the correct breathing rhythm while performing breaststroke.
I can show both backstroke and breaststroke without any floats. I can also show the correct way to breathe while performing these.
I can swim backstroke and breaststroke using a long float and kicking mg my legs.

Learning enhancements:

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Links to prior learning:

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Year 3 – Athletics



St Clare's Unit Plan:

I can demonstrate how to do a standing triple jump using the 'hop, step, jump' technique.
I can demonstrate a long jump showing the correct running, jumping and landing techniques.
I can compete in a short sprint race while showing the correct running technique.
I can show the correct technique when throwing a discuss.
I can compete in a relay race with my classmates showing the correct technique when passing the baton.
I can show hand explain how to pace myself during a long distance race.

Learning enhancements:

- Year 2 Field
- Year 1 Track

Links to prior learning:

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Year 3 – Cricket



St Clare's Unit Plan:

I can show the equipment we use in cricket and can explain the names of them and what they're used for.
I can show how to throw and catch effectively. I can show how to throw a cricket ball at a set of stumps with some success.
I can show how to hold a bat correctly and use this skill to play a mini game.
I can work with a partner playing a small game. I can show both throwing and batting skills.
I can explain the main rules of cricket and use this in a small game.
I can explain how to play a game of cricket and take part in a game with my classmates. I can show good sportsmanship.

Learning enhancements:

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Links to prior learning:

- Year 1 cricket

Year 4 – Swimming



St Clare's Unit Plan:

I can swim backstroke and breaststroke using a long float and kicking my legs.
I can swim both backstroke and breaststroke using two or three smaller rectangle floats and kicking my legs.
I can show breaststroke using two floats. I can show the rhythm of breathing (by dipping my face under water) while doing breaststroke.
I can do both backstroke and breaststroke while holding two floats with one arm, and swimming with the other.
I can do both backstroke and breaststroke while holding one floats with one arm, and swimming with the other.
I can do both backstroke and breaststroke while holding one small square floats with one arm, and swimming with the other. I can also show the correct breathing rhythm while performing breaststroke.
I can show both backstroke and breaststroke without any floats. I can also show the correct way to breathe while performing these.
I can swim backstroke and breaststroke using a long float and kicking mg my legs.

Learning enhancements:

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Links to prior learning:

- Year 3 - Swimming

Year 4 – Tennis/badminton



St Clare's Unit Plan:

I can use the ready position. I can underarm feed the ball. I can use the ready position to help me return a ball.
I can show ball control using a tennis racket. I can show skills such as bouncing the ball on my racket, balancing the ball on my racket and bouncing the ball on the floor.
I can show how to hit the ball using a forehand with some success. I can move to track a ball. I can use a forehand to send a ball.
I can return the ball using a forehand. I can sometimes play a continuous game. I can use a range of basic racket skills.
I can work co-operatively with a partner to keep a continuous rally going with some success. I can sometimes play a continuous game. I can use a range of basic racket skills.
I can use simple tactics in a game to outwit an opponent. I can use a range of basic racket skills. I can use the ready position to help me return a ball.
I can demonstrate honesty and fair play when competing against others. I can identify when I was successful and what I need to do to improve. I can use a range of basic racket skills.

Learning enhancements:

Links to prior learning:

- Year 2 – tennis/badminton

Year 4 – Basketball



St Clare's Unit Plan:

I can demonstrate how to show a bounce and a chest pass in basketball.
I can show how to dribble in basketball effectively.
I am able to dribble at speed with the ball and then show an accurate chest pass to a team mate.
I can show both passing and dribbling while taking part in small sided possession games.
I can use my passing and dribbling skills to get me close to the basket to shoot. I can shoot using the correct technique with some success.
I can understand some rules in basketball. I can take part in a basketball game and show my dribbling, passing and shooting skills.

Learning enhancements:

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Links to prior learning:

- Year 3 Multi Skills

Year 4 – Athletics



St Clare's Unit Plan:

I can demonstrate a triple jump and use it in a competition with some success.
I can demonstrate a long jump showing the correct running, jumping and landing techniques.
I can compete in a short sprint race while showing the correct running technique.
I can show the correct technique when throwing a discuss.
I can compete in a relay race with my classmates showing the correct technique when passing the baton.
I can show hand explain how to pace myself during a long distance race.

Learning enhancements:

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Links to prior learning:

- Year 3 Athletics

Year 4 – Rounders



St Clare's Unit Plan:

I can show basic skills that we use in rounders such as throwing, catching and hitting a ball.
I can explain the basic rules of rounders.
I can take part in a rounders game using a tennis racket instead of a rounders bat.
I can take part in a rounders game while trying to use a rounders bat.
I can explain all of the rules in rounders and take part in a game with all my classmates.
I can take part in a full game of rounders with my classmates. Playing by the correct rules and showing good sportsmanship.

Learning enhancements:

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Links to prior learning:

- Year 2 Rounders

Year 5 – Multi Skills



St Clare's Unit Plan:

I can show good technique when throwing, catching and rolling a ball. I can use this in different games with my classmates.
I can show a good running technique. I can use this in races against my classmates. I can use these skills in a range of different races.
I can use the correct jumping technique, making sure I use my arms to go further. I can use this to compete in a friendly competition of long jump and triple jump.
I can show the correct way to hold and use a range of different bats. I can use these skills to take part in different games as part of a team.
I can use the batting and throwing skills I have learnt to take part in a big game with all my classmates.
I can show the correct technique when kicking a ball. I can show how to kick with the top of my foot, the toe end of my foot, the outside and the inside of my foot. I can use these skills to take part in a game of football with my classmates.

Learning enhancements:

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Links to prior learning:

- Year 3 Multi Skills

Year 5 – Gymnastics/Dance



St Clare's Unit Plan:

I can create and perform sequences with a partner. I can use strength and flexibility to improve the quality of the skills I perform.

I can use apparatus correctly and safely. I can land safely when performing. I can implement apparatus to perform sequences with a partner.

I can create a gymnastic performance with either a small group or a partner showing a range of sequences and safely using equipment/apparatus.

I can perform a dance clearly and fluently. I can respond imaginatively to a character. I can work with a partner and provide them with a warm up routine.

I can use multiple movement patterns to structure a dance. I can express thoughts and feelings through dance.

I can work well within a group to produce a dance performance.

Learning enhancements:

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Links to prior learning:

- Year 3 Gymnastics/Dance

Year 5 - Tennis/badminton



St Clare's Unit Plan:

I can show how to hold a racket and I can show skills such as bouncing the ball on my racket, balancing the ball on my racket and bouncing the ball on the floor.

I can show the forehand shot and hit the ball using it with some accuracy.

I can show the back hand shot and use it to hit the ball into a desired area with some accuracy.

I can show a rally using both back and, fore hand and drop shots.

I can consistently hit the ball into a desired area showing a range of shots.

I can explain how to win points in tennis

I can play a point with a partner showing a range of shots with some success

I can show how to play a fair point in tennis showing off a range of shots in the process

Learning enhancements:

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Links to prior learning:

- Year 4 – tennis/badminton

Year 5 - Hockey



St Clare's Unit Plan:

I can show the ready position in preparation to dribble and pass. I can show how to dribble correctly while maintaining control.

I can show how to safely pass and shoot in hockey by not raising the hockey stick above my waist.

I can show how to dribble effectively using the correct part of the hockey stick. I can pass and shoot accurately in hockey.

I can demonstrate my passing and dribbling skills while taking part in possession based games.

I can show how to tackle and intercept both effectively and safely.

I can take part in a hockey match while showing off a range of skills that I have learnt. I can also show good sportsmanship while playing.

Learning enhancements:

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Links to prior learning:

Year 2 – Hockey

Year 5 – Athletics



St Clare's Unit Plan:

I can demonstrate a triple jump and use it in a competition with some success.
I can demonstrate a long jump showing the correct running jumping and landing techniques. I can use this to compete against classmates.
I can take part in a short distance sprint showing correct running technique. I can compete with some success.
I can demonstrate the correct technique when passing on a baton during a relay race. I can use this to compete in a race.
I can demonstrate how to throw a discuss using the correct technique.
I can compete in a long distance race and explain how to pace myself throughout.

Learning enhancements:

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Links to prior learning:

- Year 4 Athletics

Year 5 – Cricket



St Clare's Unit Plan:

I can name all the equipment that we are using in cricket and explain what it's used for. I can show a basic skill of cricket by throwing a ball accurately at some stumps as part of a small game.

I can show the correct grip and stance while standing in front of some stumps. I can show how to hit the ball with some success.

I can take part in a small game within a group showing my throwing, catching and batting skills.

I can explain the rules of cricket and show good sportsmanship while playing.

I can take part in a game of cricket showing off the rules and skills I have learnt

I can play in a big game of cricket with my classmates. I can encourage my team mates. I can show a range of skills when batting. I can show good sportsmanship whether my team wins or loses.

Learning enhancements:

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Links to prior learning:

- Year 3 Cricket

Year 6 – Multi Skills



St Clare's Unit Plan:

I can show good technique when throwing, catching and rolling a ball. I can use this in different games with my classmates.
I can show a good running technique. I can use this in races against my classmates. I can use these skills in a range of different races.
I can use the correct jumping technique, making sure I use my arms to go further. I can use this to compete in a friendly competition of long jump and triple jump.
I can show the correct way to hold and use a range of different bats. I can use these skills to take part in different games as part of a team.
I can use the batting and throwing skills I have learnt to take part in a big game with all my classmates.
I can show the correct technique when kicking a ball. I can show how to kick with the top of my foot, the toe end of my foot, the outside and the inside of my foot. I can use these skills to take part in a game of football with my classmates.

Learning enhancements:

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Links to prior learning:

- Year 5 Multi Skills

Year 6 – Gymnastics/Dance



St Clare's Unit Plan:

I can create and perform sequences with a partner. I can use strength and flexibility to improve the quality of the skills I perform.
I can use apparatus correctly and safely. I can land safely when performing. I can implement apparatus to perform sequences with a partner.
I can create a gymnastic performance with either a small group or a partner showing a range of sequences and safely using equipment/apparatus.
I can perform a dance clearly and fluently. I can respond imaginatively to a character. I can work with a partner and provide them with a warm up routine.
I can use multiple movement patterns to structure a dance. I can express thoughts and feelings through dance.
I can work well within a group to produce a dance performance.

Learning enhancements:

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Links to prior learning:

- Year 5 Gymnastics/Dance

Year 6 – Tennis/badminton



St Clare's Unit Plan:

I can show how to hold a racket and I can show skills such as bouncing the ball on my racket, balancing the ball on my racket and bouncing the ball on the floor.

I can show the forehand shot and hit the ball using it with some accuracy.

I can show the back hand shot and use it to hit the ball into a desired area with some accuracy.

I can show a rally using both back and, fore hand and drop shots.

I can consistently hit the ball into a desired area showing a range of shots.

I can explain how to win points in tennis

I can play a point with a partner showing a range of shots with some success

I can show how to play a fair point in tennis showing off a range of shots in the process

Learning enhancements:

Links to prior learning:

- Year 5 – tennis/badminton

Year 6 – Basketball/Netball



St Clare's Unit Plan:

I can demonstrate how to show a bounce and a chest pass in basketball.
I can show how to dribble in basketball effectively. I can swap hands when dribbling and also explain what a double dribble is.
I am able to dribble at speed with the ball and then show an accurate chest, bounce or lob pass to a team mate.
I can show both passing and dribbling while taking part in small sided possession games. I can also show the correct technique when shooting. I can score points in basketball with ranging success.
I can understand some rules in basketball such as travelling and double dribbling. I can avoid breaking these rules in small sided mini games.
I can explain and show rules in basketball. I can show off the skills I've learnt while taking part in a basketball game showing passing, dribbling and shooting skills.

Learning enhancements:

Links to prior learning:

- Year 4 – Basketball/netball

Year 6 – Athletics



St Clare's Unit Plan:

I can demonstrate a triple jump and use it in a competition with good success.
I can demonstrate a long jump showing the correct running jumping and landing techniques. I can use this to compete against classmates.
I can take part in a short distance sprint showing correct running technique. I can compete with some success.
I can demonstrate the correct technique when passing on a baton during a relay race. I can use this to compete in a race.
I can demonstrate how to throw a discuss using the correct technique.
I can compete in a long distance race and explain how to pace myself throughout.

Learning enhancements:

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Links to prior learning:

- Year 5 Athletics

Year 6 – Swimming/Rounders



St Clare's Unit Plan:

I can swim confidently over a distance of 25 metres
I can self-right to float on my back
I can tread water
I can use sculling to reach the side of the pool
I can explain the rules of rounders and take part in a game showing good throwing and catching skills.
I can take part in a large game of rounders with my classmates. I can play by the rules successfully and show a range of skills. I can show good sportsmanship while playing.

Learning enhancements:

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Links to prior learning:

- Year 4 Swimming
- Year 4 Rounders