

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Rugby Netball Gymnastics		Football Basketball Dance		Athletics Badminton Strike and Field	
Topic Objectives	Execute skills in isolation Apply skills in modified drills Learn to prepare for activity and perform safely		Execute skills in isolation Link and transfer skills from Autumn Term – rugby and netball to football and basketball Gymnastics to dance Apply skills in modified drills		Execute skills in isolation Apply skills in modified drills Learn to perform and measure safely in athletics	
Acquired Knowledge / Skills	Basic Passing, tackling, basic rules and safety in rugby Basic Passing, footwork, movement, defending and shooting in netball Individual balance and travel skills in gymnastics Identify the names of the main bones in the body and how they are used for protection		Basic passing, dribbling, tackling and shooting in football. Basic passing, dribbling and shooting in basketball. Knowledge of motif and concept of Action, Space and Dynamics Location of the main bones and muscles used for movement		Safe storage, carriage and use of athletic equipment Basic running, jumping and throwing actions in athletics. Basic serve, overhead and underarm shots in badminton. Basic bowling, hitting and fielding skills across cricket and rounders Measuring Heart Rate and short-term effects of exercise	
Target Vocabulary	Power Agility Balance Flexibility Cranium		Co-ordination Stamina Fluency Femur Phallanges		Speed Cardiac Carbon Dioxide Oxygen Red Blood Cells	
Assessment	End of Module practical assessments End of Term online knowledge test		End of Module practical assessments End of Term online knowledge test		End of Module practical assessments End of Term online knowledge test	