

Barrs Court Primary School PE Knowledge and Skills progression – Red Area Yearly Overview - Year A

	National Curriculum Objectives	Key Knowledge and vocabulary	Fundamental movement skills from Real PE
Term 1	<ul style="list-style-type: none"> - 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. - Participate in team games, developing simple tactics for attacking and defending. 	<p><u>Multi-Skills</u></p> <p><u>Vocabulary:</u> throw, underarm, roll, move, stop, catch, kick, hit, bat, racquet, overarm, rules, team, attack, defend, space, tactics, skills, games, score.</p>	<p>Cog Focus: Personal (Green) FUNS Station 10- Co-ordination Footwork FUNS Station 1- Static balance 1 leg</p>
Term 2	<ul style="list-style-type: none"> - 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. - Participate in team games, developing simple tactics for attacking and defending. - Perform dances using simple movement patterns. 	<p><u>Dance</u></p> <p><u>Vocabulary:</u> movement, speed, style, copy, repetition, motif, sequence, unison, canon, mirroring, improvise, level, transition, timing, dance, music, idea, action, travel, stimulus.</p>	<p>Cog Focus: Social (Red) FUNS Station 6- Dynamic balance to agility FUNS Station 2- static balance, seated</p>
Term 3	<ul style="list-style-type: none"> - 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. - Participate in team games, developing simple tactics for attacking and defending. 	<p><u>Handball Skills</u></p> <p><u>Vocabulary:</u> throw, underarm, roll, move, stop, catch, overarm, rules, team, attack, defend, space, tactics, skills, games, score.</p>	<p>Cog Focus: Health & Fitness (Dark Blue) FUNS Station 11- Agility, ball chasing FUNS Station 3- static balance, floor work</p>
Term 4	<ul style="list-style-type: none"> - 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. - Participate in team games, developing simple tactics for attacking and defending. 	<p><u>Tag Rugby</u></p> <p><u>Vocabulary:</u> throw, underarm, move, stop, catch, overarm, rules, team, attack, defend, space, tactics, skills, games, score.</p>	<p>Cog Focus: Creative (Purple) FUNS Station 9- Co-ordination ball skills. FUNS Station 7- Counter balance with a partner</p>
Term 5	<ul style="list-style-type: none"> - 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. - Participate in team games, developing simple tactics for attacking and defending. 	<p><u>Striking and Fielding</u></p> <p><u>Vocabulary:</u> throw, underarm, roll, move, stop, catch, hit, bat, racquet, overarm, rules, team, attack, defend, space, tactics, skills, games, score.</p>	<p>Cog Focus: Physical (Light Blue) FUNS Station 8- co-ordination, sending and receiving FUNS Station 12- Agility: Reaction/ Response</p>
Term 6	<ul style="list-style-type: none"> - 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. - Participate in team games, developing simple tactics for attacking and defending. - 	<p><u>Athletics</u></p> <p><u>Vocabulary:</u> running, jumping, throwing, walking, sprinting, jogging, skipping, hop, take-off, landing, speed, relay, race, obstacles, overarm, underarm, competition, team, athletics.</p>	<p>Cog Focus: Cognitive (Yellow) FUNS Station 5- Dynamic balance on a line FUNS Station 4- Static Balance: Stance</p>

Barrs Court Primary School PE Knowledge and Skills progression – Red Area Yearly Overview - Year B

	National Curriculum Objectives	Key Knowledge and vocabulary	Fundamental movement skills from Real PE
Term 1	<ul style="list-style-type: none"> - 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. - Participate in team games, developing simple tactics for attacking and defending. 	<p><u>Multi-Skills</u></p> <p><u>Vocabulary:</u> throw, underarm, roll, move, stop, catch, kick, hit, bat, racquet, overarm, rules, team, attack, defend, space, tactics, skills, games, score.</p>	<p>Cog Focus: Social (Red) FUNS Station 6- Dynamic balance to agility FUNS Station 2- static balance, seated</p>
Term 2	<ul style="list-style-type: none"> - 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. - Participate in team games, developing simple tactics for attacking and defending. 	<p><u>Gymnastics</u></p> <p><u>Vocabulary:</u> curl, relax, shape, roll, travel, stretch, sequence, direction, speed, control, balance, climb, jump, still, movement, land, action, tense, body, idea.</p>	<p>Cog Focus: Personal (Green) FUNS Station 10- Co-ordination Footwork FUNS Station 1- Static balance 1 leg</p>
Term 3	<ul style="list-style-type: none"> - 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. - Participate in team games, developing simple tactics for attacking and defending. 	<p><u>Throw Tennis</u></p> <p><u>Vocabulary:</u> throw, underarm, roll, move, stop, catch, overarm, rules, team, attack, defend, space, tactics, skills, games, score.</p>	<p>Cog Focus: Throw tennis FUNS Station 5- Dynamic balance on a line FUNS Station 4- Static Balance: Stance</p>
Term 4	<ul style="list-style-type: none"> - 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. - Participate in team games, developing simple tactics for attacking and defending. 	<p><u>Boccia/ Kurling</u></p> <p><u>Vocabulary:</u> throw, underarm, roll, move, rules, team, attack, defend, space, tactics, skills, games, score.</p>	<p>Cog Focus: Creative (Purple) FUNS Station 9- Co-ordination ball skills. FUNS Station 7- Counter balance with a partner</p>
Term 5	<ul style="list-style-type: none"> - 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. - Participate in team games, developing simple tactics for attacking and defending. 	<p><u>Benchball</u></p> <p><u>Vocabulary:</u> throw, underarm, roll, move, stop, catch, overarm, rules, team, attack, defend, space, tactics, skills, games, score.</p>	<p>Cog Focus: Physical (Light Blue) FUNS Station 8- co-ordination, sending and receiving FUNS Station 12- Agility: Reaction/ Response</p>
Term 6	<ul style="list-style-type: none"> - 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. - Participate in team games, developing simple tactics for attacking and defending. 	<p><u>Athletics</u></p> <p><u>Vocabulary:</u> running, jumping, throwing, walking, sprinting, jogging, skipping, hop, take-off, landing, speed, relay, race, obstacles, overarm, underarm, competition, team, athletics.</p>	<p>Cog Focus: Health & Fitness (Dark Blue) FUNS Station 11- Agility, ball chasing FUNS Station 3- static balance, floor work</p>

Barrs Court Primary School PE Knowledge and Skills progression – Blue Area Yearly Overview - Year A

	National Curriculum Objectives	Key Knowledge and vocabulary	Fundamental movement skills from Real PE
Term 1	<ul style="list-style-type: none"> - Use running, jumping, throwing and catching in isolation and in combination. - 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. - Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<p><u>Pop Lacrosse</u></p> <p><u>Vocabulary:</u> control, accuracy, fair, possession, pass, field, dribble, shoot, plan, communicate, lead, space, tactic, skill, attack, defend, team, game.</p>	<p>Cog Focus: Personal (Green) FUNS Station 10- Co-ordination Footwork FUNS Station 1- Static balance 1 leg</p>
Term 2	<ul style="list-style-type: none"> - Use running, jumping, throwing and catching in isolation and in combination. - 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. - Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<p><u>Gymnastics</u></p> <p><u>Vocabulary:</u> align, balance, base, body, centre of gravity, climb, compose, control, expression, flight, fluency, hang, leap, level, precision, select, sequence, stretch, travel, vault.</p>	<p>Cog Focus: Social (Red) FUNS Station 6- Dynamic balance to agility FUNS Station 2- static balance, seated</p>
Term 3	<ul style="list-style-type: none"> - Use running, jumping, throwing and catching in isolation and in combination. - 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. - Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]. - Perform dances using a range of movement patterns. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<p><u>Dance</u></p> <p><u>Vocabulary:</u> motif, unison, canon, dynamics, rhythm, stimulus, mirroring, improvise, sequence, spatial awareness, choreograph, style, travel, fluency, transition, step, pace, routine, repetition, level.</p>	<p>Cog Focus: Cognitive (Yellow) FUNS Station 5- Dynamic balance on a line FUNS Station 9- Co-ordination ball skills.</p>
Term 4	<ul style="list-style-type: none"> - Use running, jumping, throwing and catching in isolation and in combination. - 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. - Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<p><u>Target Games (Archery/ Boccia/ New-Age Kurling)</u></p> <p><u>Vocabulary:</u> momentum, weight, accuracy, block, aim, throw, underarm, roll, move, rules, team, attack, defend, space, tactics, skills, games, score.</p>	<p>Cog Focus: Creative (Purple) FUNS Station 8- co-ordination, sending and receiving FUNS Station 7- Counter balance with a partner</p>

Term 5	<ul style="list-style-type: none">- Use running, jumping, throwing and catching in isolation and in combination.- 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.- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	<p><u>Athletics</u></p> <p><u>Vocabulary:</u> Sprint, speed, standing long jump, vertical jump, relay, baton exchange, middle-distance, endurance, stamina, pacing, throw.</p>	<p>Cog Focus: Physical (Light Blue) FUNS Station 12- Agility: Reaction/ Response FUNS Station 3- static balance, floor work</p>
Term 6	<ul style="list-style-type: none">- Use running, jumping, throwing and catching in isolation and in combination.- 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.- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	<p><u>Hockey</u></p> <p><u>Vocabulary:</u> control, accuracy, fair, possession, pass, field, dribble, shoot, plan, communicate, lead, space, tactic, skill, attack, defend, team, game.</p>	<p>Cog Focus: Health & Fitness (Dark Blue) FUNS Station 11- Agility, ball chasing FUNS Station 4- Static Balance: Stance</p>

Barrs Court Primary School PE Knowledge and Skills progression – Blue Area Yearly Overview - Year B

	National Curriculum Objectives	Key Knowledge and vocabulary	Fundamental movement skills from Real PE
Term 1	<ul style="list-style-type: none"> - Use running, jumping, throwing and catching in isolation and in combination. - 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. - Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<p><u>Football</u></p> <p><u>Vocabulary:</u> control, accuracy, fair, possession, pass, field, dribble, shoot, plan, communicate, lead, space, tactic, skill, attack, defend, team, game.</p>	<p>Cog Focus: Personal (Green) FUNS Station 10- Co-ordination Footwork FUNS Station 1- Static balance 1 leg</p>
Term 2	<ul style="list-style-type: none"> - Use running, jumping, throwing and catching in isolation and in combination. - 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. - Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<p><u>Gymnastics</u></p> <p><u>Vocabulary:</u> align, balance, base, body, centre of gravity, climb, compose, control, expression, flight, fluency, hang, leap, level, precision, select, sequence, stretch, travel, vault.</p>	<p>Cog Focus: Social (Red) FUNS Station 6- Dynamic balance to agility FUNS Station 2- static balance, seated</p>
Term 3	<ul style="list-style-type: none"> - Use running, jumping, throwing and catching in isolation and in combination. - 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. - Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]. - Perform dances using a range of movement patterns. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<p><u>Dance</u></p> <p><u>Vocabulary:</u> motif, unison, canon, dynamics, rhythm, stimulus, mirroring, improvise, sequence, spatial awareness, choreograph, style, travel, fluency, transition, step, pace, routine, repetition, level.</p>	<p>Cog Focus: Cognitive (Yellow) FUNS Station 5- Dynamic balance on a line FUNS Station 9- Co-ordination ball skills.</p>
Term 4	<ul style="list-style-type: none"> - Use running, jumping, throwing and catching in isolation and in combination. - 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. - Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<p><u>Tennis</u></p> <p><u>Vocabulary:</u> move, stop,hit, forehand, backhand, serve, smash, racquet, rules, team, attack, defend, space, tactics, skills, games, score.</p>	<p>Cog Focus: Creative (Purple) FUNS Station 8- co-ordination, sending and receiving FUNS Station 7- Counter balance with a partner</p>
Term 5	<ul style="list-style-type: none"> - Use running, jumping, throwing and catching in isolation and in combination. - 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. 	<p><u>Athletics</u></p> <p><u>Vocabulary:</u> Sprint, speed, standing long jump, vertical jump, relay, baton exchange, middle-distance, endurance, stamina, pacing, throw.</p>	<p>Cog Focus: Physical (Light Blue) FUNS Station 12- Agility: Reaction/ Response FUNS Station 3- static balance, floor work</p>

Term 6	<ul style="list-style-type: none">- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.		
	<ul style="list-style-type: none">- Use running, jumping, throwing and catching in isolation and in combination.- 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.- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	<p><u>Tri-Golf</u></p> <p><u>Vocabulary:</u> striking, fielding, hand-eye co-ordination, opposition, accuracy, putting, chipping, target, rolling, stopping.</p>	<p>Cog Focus: Health & Fitness (Dark Blue)</p> <p>FUNS Station 11- Agility, ball chasing</p> <p>FUNS Station 4- Static Balance: Stance</p>

Barrs Court Primary School PE Knowledge and Skills progression – Green Area Yearly Overview - Year A

	National Curriculum Objectives	Key Knowledge and vocabulary	Fundamental movement skills from Real PE
Term 1	<ul style="list-style-type: none"> - Use running, jumping, throwing and catching in isolation and in combination. - 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. - Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best. - Swim competently, confidently and proficiently over a distance of at least 25 metres - Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] - Perform safe self-rescue in different water-based situations. 	<p><u>Netball and Swimming</u></p> <p><u>Vocabulary:</u> control, accuracy, fair, possession, pass, field, dribble, shoot, plan, communicate, lead, space, tactic, skill, attack, defend, team, game, freestyle, breaststroke, backstroke, butterfly, dive.</p>	<p>Cog Focus: Personal (Green) FUNS Station 9- Co-ordination ball skills. FUNS Station 12- Agility: Reaction/ Response</p>
Term 2	<ul style="list-style-type: none"> - Use running, jumping, throwing and catching in isolation and in combination. - 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. - Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]. - Perform dances using a range of movement patterns. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best. - Swim competently, confidently and proficiently over a distance of at least 25 metres - Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] - Perform safe self-rescue in different water-based situations. 	<p><u>Dance and Swimming</u></p> <p><u>Vocabulary:</u> motif, unison, canon, dynamics, rhythm, stimulus, mirroring, improvise, sequence, spatial awareness, choreograph, style, travel, fluency, transition, step, pace, routine, repetition, level, freestyle, breaststroke, backstroke, butterfly, dive.</p>	<p>Cog Focus: Creative (Purple) FUNS Station 2- static balance, seated FUNS Station 3- static balance, floor work</p>
Term 3	<ul style="list-style-type: none"> - Use running, jumping, throwing and catching in isolation and in combination. - 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. - Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best. - Swim competently, confidently and proficiently over a distance of at least 25 metres - Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] - Perform safe self-rescue in different water-based situations. 	<p><u>Gymnastics and Swimming</u></p> <p><u>Vocabulary:</u> align, balance, base, body, centre of gravity, climb, compose, control, expression, flight, fluency, hang, leap, level, precision, select, sequence, stretch, travel, vault, freestyle, breaststroke, backstroke, butterfly, dive.</p>	<p>Cog Focus: Social (Red) FUNS Station 5- Dynamic balance on a line FUNS Station 7- Counter balance with a partner</p>

Term 4	<ul style="list-style-type: none"> - Use running, jumping, throwing and catching in isolation and in combination. - 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. - Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<p><u>Handball</u></p> <p><u>Vocabulary:</u> control, accuracy, fair, possession, pass, field, dribble, shoot, plan, communicate, lead, space, tactic, skill, attack, defend, team, game.</p>	<p>Cog Focus: Physical (Light Blue) FUNS Station 1- Static balance 1 leg FUNS Station 6- Dynamic balance to agility</p>
Term 5	<ul style="list-style-type: none"> - Use running, jumping, throwing and catching in isolation and in combination. - 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. - Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<p><u>Athletics</u></p> <p><u>Vocabulary:</u> Sprint, reaction time, speed, standing long jump, standing triple jump, vertical jump, hurdles, relay, baton exchange, changeover zone, lead leg, trail leg, middle-distance, long-distance, endurance, stamina, pacing, stride pattern.</p>	<p>Cog Focus: Cognitive (Yellow) FUNS Station 4- Static Balance: Stance FUNS Station 10- Co-ordination Footwork</p>
Term 6	<ul style="list-style-type: none"> - Use running, jumping, throwing and catching in isolation and in combination. - 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. - Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<p><u>Rounders</u></p> <p><u>Vocabulary:</u> striking, fielding, hand-eye co-ordination, opposition, accuracy, catching, overarm bowling, batting, long-barrier, target, batter, rolling, stopping, bowler, fielding.</p>	<p>Cog Focus: Health and Fitness (Dark Blue) FUNS Station 11- Agility, ball chasing FUNS Station 8- co-ordination, sending and receiving</p>

Barrs Court Primary School PE Knowledge and Skills progression – Green Area Yearly Overview - Year B

	National Curriculum Objectives	Key Knowledge and vocabulary	Fundamental movement skills from Real PE
Term 1	<ul style="list-style-type: none"> - Use running, jumping, throwing and catching in isolation and in combination. - 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. - Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best. - Swim competently, confidently and proficiently over a distance of at least 25 metres - Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] - Perform safe self-rescue in different water-based situations. 	<p><u>Dodgeball and Swimming</u></p> <p><u>Vocabulary:</u> control, accuracy, fair, possession, pass, field, dribble, shoot, plan, communicate, lead, space, tactic, skill, attack, defend, team, game, freestyle, breaststroke, backstroke, butterfly, dive.</p>	<p>Cog Focus: Personal (Green) FUNS Station 9- Co-ordination ball skills. FUNS Station 12- Agility: Reaction/ Response</p>
Term 2	<ul style="list-style-type: none"> - Use running, jumping, throwing and catching in isolation and in combination. - 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. - Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]. - Perform dances using a range of movement patterns. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best. - Swim competently, confidently and proficiently over a distance of at least 25 metres - Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] - Perform safe self-rescue in different water-based situations. 	<p><u>Dance and Swimming</u></p> <p><u>Vocabulary:</u> motif, unison, canon, dynamics, rhythm, stimulus, mirroring, improvise, sequence, spatial awareness, choreograph, style, travel, fluency, transition, step, pace, routine, repetition, level, freestyle, breaststroke, backstroke, butterfly, dive.</p>	<p>Cog Focus: Creative (Purple) FUNS Station 2- static balance, seated FUNS Station 3- static balance, floor work</p>
Term 3	<ul style="list-style-type: none"> - Use running, jumping, throwing and catching in isolation and in combination. - 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. - Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best. - Swim competently, confidently and proficiently over a distance of at least 25 metres - Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] - Perform safe self-rescue in different water-based situations. 	<p><u>Gymnastics and Swimming</u></p> <p><u>Vocabulary:</u> align, balance, base, body, centre of gravity, climb, compose, control, expression, flight, fluency, hang, leap, level, precision, select, sequence, stretch, travel, vault, freestyle, breaststroke, backstroke, butterfly, dive.</p>	<p>Cog Focus: Social (Red) FUNS Station 5- Dynamic balance on a line FUNS Station 7- Counter balance with a partner</p>

Term 4	<ul style="list-style-type: none"> - Use running, jumping, throwing and catching in isolation and in combination. - 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. - Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]. - Take part in outdoor and adventurous activity challenges both individually and within a team. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<p><u>Orienteering</u></p> <p><u>Vocabulary:</u> orienteering, checkpoint, compass, cardinal point.</p>	<p>Cog Focus: Physical (Light Blue) FUNS Station 1- Static balance 1 leg FUNS Station 6- Dynamic balance to agility</p>
Term 5	<ul style="list-style-type: none"> - Use running, jumping, throwing and catching in isolation and in combination. - 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. - Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<p><u>Athletics</u></p> <p><u>Vocabulary:</u> Sprint, reaction time, speed, standing long jump, standing triple jump, vertical jump, hurdles, relay, baton exchange, changeover zone, lead leg, trail leg, middle-distance, long-distance, endurance, stamina, pacing, stride pattern.</p>	<p>Cog Focus: Cognitive (Yellow) FUNS Station 4- Static Balance: Stance FUNS Station 10- Co-ordination Footwork</p>
Term 6	<ul style="list-style-type: none"> - Use running, jumping, throwing and catching in isolation and in combination. - 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. - Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<p><u>Cricket</u></p> <p><u>Vocabulary:</u> striking, fielding, hand-eye co-ordination, opposition, accuracy, catching, overarm bowling, batting, long-barrier, target, batter, rolling, stopping, bowler, fielding.</p>	<p>Cog Focus: Health & Fitness (Dark Blue) FUNS Station 11- Agility, ball chasing FUNS Station 8- co-ordination, sending and receiving</p>