

Physical Education Red = Collis Team player			
EYFS			
Basic movements and Team Games			
Begin to learn basic movements including running, jumping, skipping, throwing and catching, as well as participating in simple team games,			
	- Develop basic skills, in particular throwing, catching and passing. - Play simple relay and target games. - Have an opportunity to work with a partner to push throw, catching and kick a ball. Sending & receiving: know to look at the target when sending a ball and watch the ball to receive it. Dribbling: know that keeping the ball close will help with control. Space: know that being in a space gives me room to play. Attacking & defending: know that there are different roles in games. Tactics: make simple decisions in response to a task. Rules: know that rules help us to stay safe		
Catching, passing, kicking, throwing, team, tag balance, safely, space, forwards, backwards			
Key Stage 1			
Basic movements and Team Games (ABC)			
master basic movements including running, jumping, throwing and catching, as well as participate in team games, developing simple tactics for attacking and defending			
YR1	Autumn 1 Fundamentals 1 - To explore balance, stability and landing safely. Balancing: know that looking ahead will help me to balance. - To explore how the body moves differently when running at different speeds. Running: understand that bending my knees will help me to change direction. - To explore changing direction and dodging. - To explore jumping, hopping, and skipping actions. Jumping: know that landing on the balls of my feet helps me to land with control. - To explore co-ordination and combining jumps. - To explore combination jumping and skipping in an individual rope. - Sometimes able to take turns with guidance - Work with a partner with direction from staff - Learn simple rules - Explore how to deal with winning and losing	Autumn 2 Ball skills 1 - To develop control and co-ordination when dribbling a ball with your hands. - To explore accuracy when rolling a ball. - To explore throwing with accuracy towards a target. - To explore catching with two hands. - To explore control and co-ordination when dribbling a ball with your feet. - To explore tracking a ball that is coming towards me. Dribbling: know that moving with a ball is called dribbling. Sending: know to face my body towards my target when rolling and throwing underarm to help me to balance. Catching: know to watch the ball as it comes towards me. Tracking: know to move my feet to get in the line with the ball. - Take turns with most partners - Work in pairs to complete a task - Keep simple rules - Begin to cope with different feelings (winning and losing)	Spring 1 Invasion 1 - To develop dribbling towards a goal and understand what being 'in possession' means. - To understand who to pass to and why when playing against a defender - To move towards a goal with the ball. - To support a teammate when in possession. - To move into space showing an awareness of defenders. - To be able to stay with a player when defending. Dribbling: know how to receive a ball with hands and feet. Space: to recognise space when playing games. - Take turns with a partner - Work in pairs considerably and effectively - Understand and adhere to simple rules - Able to cope with different feelings fairly well (winning and losing)
	Fast, hop, slow, direction, land, safely	Far, aim, safely, direction, balance, send	travelling, jumping and balancing

YR2	Autumn 1 Fundamentals 2 - To develop balance, stability and landing safely. Balancing: understand that squeezing my muscles helps me to balance. - To explore how the body moves differently when running at different speeds. Running: know that putting weight into the front of my feet helps me to stop in a balanced position. - To develop changing direction and dodging. - To develop and explore jumping, hopping and skipping actions. Jumping: know that swinging my arms forwards will help me to jump further. - To develop co-ordination and combining jumps. Hopping: know that if I look straight ahead it will stop me falling over when I land. - To develop combination jumping and skipping in an individual rope. - Work in pairs - Accept others' ideas - Give and receive basic feedback - Keep simple rules - Explore how to deal with different feelings (winning and losing)	Autumn 2 Ball Skills 2 - To be able to roll a ball to hit a target. Sending: know that stepping with opposite foot to throwing arm will help me to balance. - To develop co-ordination and be able to stop a rolling ball. Tracking: know that it is easier to move towards a ball to track it than chase it. - To develop technique and control when dribbling a ball with your feet. Dribbling: know to keep my head up when dribbling to see space/opponents - To develop control and technique when kicking a ball. - To develop co-ordination and technique when throwing and catching. Catching: know to use wide fingers and pull the ball in to my chest to help to securely catch. - To develop control and co-ordination when dribbling a ball with your hands. - Work in pairs considerably - Help to support team members and be positive - Give and receive feedback - Understand and adhere to simple rules - Understand expectations when dealing with their feelings and emotions - Make an effort to do their best	Spring 2 Invasion 2 - To understand what being in possession means and support a teammate to do this. Sending: I know who is on my team and I can attempt to send the ball to them. - To use a variety of skills to score goals. Attacking: I know how to score points and can remember the score. - To develop stopping goals. - To learn how to gain possession of the ball. - To develop an understanding of marking an opponent. Defending: I can stay with another player to try and win the ball. - To learn to apply simple tactics for attacking and defending. - Work effectively in same or mixed ability pairs - Help to support team members and value their effort and ideas - Give and receive constructive feedback - Make a conscientious effort to succeed - Able to manage emotions well
	Dodge, jog, hurdle, speed, steady, sprint	Overarm, collect, target, underarm, dribble, distance	

Physical Education: Key Stage 2			
Competitive Games			
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			
Yr3	Autumn 1 Fundamentals 3 - To develop balancing and understand the importance of this skill. Balancing: understand how balance helps us with everyday tasks. - To understand how to change speed and be able to demonstrate good technique when running at different speeds. Running: understand that leaning slightly forwards helps to increase speed (acceleration). - To demonstrate a change of speed and direction to outwit others. - To develop technique and control when jumping, hopping and landing. Jumping and hopping: know that if I jump and land in quick succession, momentum will help me to jump further. - To develop skipping in a rope. Skipping: understand that I should turn the rope from my wrists with wide hands to create a gap to step through. - To apply fundamental skills to a variety of challenges. - Work in a small group - Give and receive simple feedback within a group - Use basic rules (safely, fairly and honestly) - Make an effort to manage emotions (sportsmanship)	Autumn 2 Ball Skills 3 - To develop confidence and accuracy when tracking a ball. Tracking: know that using a ready position will help me to react to the ball. - To explore and develop a variety of throwing techniques. Sending: know that pointing my hand/foot/stick to my target on release will help me to send a ball accurately. - To develop catching skills using one and two hands. Catching: know to move my feet to the ball. - To develop dribbling a ball with hands. Dribbling: know that dribbling is an attacking skill used in games which helps us to move towards a goal or away from defenders. - To use tracking, sending and dribbling skills with feet and stick. - To know how to hold a hockey stick - Work well in small groups - Give and receive positive feedback within a group - Use simple rules (safely, fairly and honestly) - Co-operate in groups - Use appropriate words (sportsmanship)	Spring 1 Tag Rugby 3 To develop throwing, catching and running with the ball. To develop a basic understanding of tagging rules. To begin to pass the ball to a team mate. Sending & receiving: know that pointing my hand to my target on release will help me to send a ball accurately. To dodge a defender and move into space when running towards the try line To develop defending skills. To apply the rules and skills you have learnt and play in a tag rugby match. Rules: know the rules of the game and begin to apply them - Work cooperatively and effectively in small groups - Give and receive constructive feedback within a group - Use rules (safely, fairly and honestly) - Use appropriate positive words (sportsmanship)
	<i>Distance, technique, control, tension, coordination, rhythm</i>	Track, receive, chest, shoulder, overhead, accurate	<i>Tag, pass, run, try, support, defend, attack</i>
Yr4	Netball 4 Autumn 1 - To develop passing and moving and play within the footwork rule - To develop passing and moving towards a goal. Sending & receiving: know that cushioning a ball will help me to control it when receiving it. - To develop movement skills to lose a defender. Space: know that moving into space will help my team keep possession and score goals.	Hockey 4 Autumn 2 - To develop sending the ball with a push pass. - To develop receiving the ball Sending & receiving: know that cushioning a ball will help me to control it when receiving it. - To develop dribbling using the reverse stick (Indian dribble). Dribbling: know that protecting the ball as I dribble will help me to maintain possession.	Tag Rugby 4 Spring 1 - To continue to develop throwing, catching and running with the ball. - To develop a clearer understanding of tagging rules and how teamwork can help to tag opponents. - To begin to use the 'forward pass' rule. Sending & receiving: know that the ball needs to be passed backward and supporting player needs to be behind the ball carrier.

	4. To be able to defend an opponent and try to win the ball Defending: know when to mark and when to attempt to win the ball. 5. To develop the shooting action. Attacking: recognise when to pass and when to shoot. 6. To develop playing using netball rules. Rules: know and understand the rules to be able to manage our own game - Undertake some different roles within a group - Use simple rules (safely, fairly and honestly) - Support most peers to improve performance - Demonstrate some basic leadership skills	4. To develop moving into space after passing the ball Space: know that moving into space will help my team keep possession and score goals. 5. To use an open stick tackle to gain possession. Defending: know when to mark and when to attempt to win the ball. 6. To apply defending and attacking principles and skills in a hockey tournament Tactics: know that applying attacking tactics will help to maintain possession and score goals. Know that applying defending tactics will help to deny space, gain possession and stop goals. - Undertake different roles within a group - Adapt rules to make games safe and fair, and to keep a game going - Support peers in a positive manner - Demonstrate leadership skills	4. To be able to identify a '2v1' opportunity. 5. To develop defending skills and use them in a game situation. 6. To apply the rules and skills you have learnt and play in an inter-school tag rugby match Rules: know and understand the rules to be able to manage our own game - Willingly undertake a range of roles within a group - Actively adapt rules to make games safe and fair, and to keep a game going - Support peers to improve performance - Demonstrate good leadership skills
	<i>Outwit, opposition, opponent, contact, pivot, court, field, pitch, contact</i>		<i>Tag, pass, run, try, support, defend, attack, forward pass, 2v1</i>
Yr5	Netball 5 Autumn 1 1. To develop passing and moving. 2. To be able to use the attacking principle of creating and using space Space: know that by moving to space even if not receiving the ball will create space for a teammate. 3. To be able to change direction and lose defender Sending & receiving: know that not having a defender between myself and a ball carrier enables me to s&r with better control. 4. To be able to defend ball side and know when to go for interceptions 5. To develop the shooting action. 6. To use and apply skills and tactics to small sided games. Tactics: understand the need for tactics and identify when to use them in different situations. Rules: understand and apply rules whilst playing and officiating - Organise and lead warm up activities and games with guidance - With support from staff, help others to change in order to improve performances - Begin to accept decisions - Compromise with other teams/individuals	Hockey 4 Autumn 2 1. To develop dribbling to beat a defender. Dribbling: know that dribbling in different directions will help to lose a defender. 2. To develop sending the ball using a push pass 3. To develop receiving the ball with control. Sending & receiving: know that not having a defender between myself and a ball carrier enables me to s&r with better control. 4. To be able to move into space to support a teammate. Space: know that by moving to space even if not receiving the ball will create space for a teammate. Tactics: understand the need for tactics and identify when to use them in different situations. 5. To develop using an open stick (block) tackle and jab tackle to gain possession of the ball. 6. To apply the rules and skills you have learnt to play in a hockey tournament. Rules: understand and apply rules whilst playing and officiating - Organise and lead warm up activities and games - Help others to change in order to improve performances - Accept decisions - Compromise with other teams/individuals	Tag Rugby 5 Spring 1 1. To develop attacking principles, understanding when to run and when to pass. 2. To be able to use the 'offside' rule. 3. To be able to play games using tagging rules. 4. To develop dodging (side step) skills to lose a defender. Space: know that by moving to space even if not receiving the ball will create space for a teammate. 5. To develop '2v1 and 3v2' attacking options and understanding when and where to pass (in front – target) Tactics: understand the need for tactics and identify when to use them in different situations. 6. To be able to apply the rules and tactics you have learnt to play in a tag rugby tournament. Rules: understand and apply rules whilst playing and officiating - Actively organise and lead warm up activities and games - Keen to help others to change in order to improve performances - Accept decisions - Compromise with other teams/individuals without direction from staff

	<i>Tactics, offside, control, foul, support, pressure, obstruction, onside</i>		<i>Tag, pass, run, try, support, defend, attack, forward pass, 2v1, offside, side step</i>
Yr6	Autumn 1 Netball 6 - To choose and use the correct passing technique. To be able to shoot with the correct technique. - To apply the footwork rule in a game situation. Evasion skills: choose the appropriate skill for the situation under pressure e.g. pivot to keep the ball away from a defender. - To work effectively as an attacking unit to time movement and passing in order to outwit an opponent. Sending & receiving: understand and make quick decisions about when, how and who to pass to. - To man mark effectively to help close down space and intercept a pass. Rules: understand, apply and use rules consistently in a variety of invasion games whilst playing and officiating. - To work effectively in small teams and use tactics for attacking and defending. Space: understand that transitioning quickly between attack and defence will help my team to maintain or gain possession. - To play by the High 5 Netball rules. To work effectively in small teams understanding how to improve performance. Tactics: know how to create and apply a tactic for a specific situation or outcome. - With guidance, create/assign roles to include other members of a group - Understand how a role model should act - Understand sporting etiquette - Highlight basic changes in practices	Autumn 2 Ultimate Frisbee - To throw and catch a Frisbee Sending and receiving: Ability to accurately pass the disc using backhand. Catch the disc using both the crocodile and crab techniques - To know a range of techniques for throwing and catching (forehand and backhand – crab and crocodile) - To throw to an intended target - To mark effectively. To defend in a game situation Space: understand that getting between the sender and receiver, when out of possession, will help my team gain possession of the disc. - To use pivoting and faking to evade defenders. Evasion skills: choose the appropriate skill for the situation under pressure e.g. pivot/fake to keep the disc away from a defender. - To work as a team. Tactics: know how to create and apply a tactic for a specific situation or outcome. - To understand the rules of Ultimate Frisbee. - To use tactics to be successful in a game situation Rules: understand, apply and use rules consistently in a variety of invasion games whilst playing and officiating. - Create/assign roles to include all members of a group - Act as a role model - Display sporting etiquette - Lead changes in practices	Spring 1 NFL - To demonstrate how to catch a football Sending and receiving: know how to track and catch the ball including optimum hand position 'W-hands' - To snap the football - To throw the football - To demonstrate and describe the three basic pass patterns: Hook, slant and fade. Tactics: understand the different routes and how to run them - To demonstrate how to hand off a football and how to receive a handoff - To describe and display how defence players reduce space for the attacking team. Space: understand the difference between zone and player to player defence - Create/assign roles to include all members of a group and support them effectively - Create a positive team ethos - Act as a role model during all lessons - Display sporting etiquette at all times - Lead effective changes in practices
	<i>Consecutive, formation, consistently, conceding, dictate, turnover, contest, shut down</i>	<i>Frisbee, Backhand, Alligator catch, crab catch, intercept, pivot, fake, forehand</i>	