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|  | Year 3 | Year 4 | Year 5 | Year 6 |
| Autumn 1 | **Outdoor, Adventurous Activity Milestone 2–** Show an ability to both lead and perform part of a team.**Milestone 2-** Show resilience when plans do not work and initiative to find new ways of working.**Fundamental Skills- Agility, Balance and CoordinationMilestone 2-** Follow the rules of a game and play fairly | **Outdoor, Adventurous Activity** **Milestone 2–** Show an ability to both lead and perform part of a team.**Milestone 2-** Show resilience when plans do not work and initiative to find new ways of working.**SwimmingMilestones-** Swim between 25 and 50 metres unaided.Use more than one stroke and coordinate breathing as appropriate for the stroke being used.Coordinate leg and arm movements.Swim at the surface and below the water. | **Invasion Games- Basketball** **Milestone 3-** Choose and combine techniques in game situations (running and passing)**Milestone 3-** Work alone or with others in order to gain points or possession.**Outdoor Adventurous Activity Milestone 3-** Embrace both leadership and team roles and gain the commitment and respect of a team.**Milestone 3**-Empathise with others and offer support without being asked. Seek support from the team and the experts if in any doubt. | **Invasion Games- Handball** **Milestone 3-** Choose and combine techniques in game situations (running, throwing, catching, passing)**Milestone 3-** Work alone or with others in order to gain points or possession.**Outdoor Adventurous Activity****Milestone 3-** Embrace both leadership and team roles and gain the commitment and respect of a team.**Milestone 3-** Empathise with others and offer support without being asked. Seek support from the team and the experts if in any doubt. |
| Autumn 2 | **Ball Skills Unit Milestone 2-** Throw and catch with control and accuracy.**Milestone 2-** Maintain possession of a ball (with feet, hands or stick).**Invasion Games Basketball** **Milestone 2-** Throw and catch with control and accuracy.**Milestone 2**- Maintain possession of a ball (with feet, hands or stick) | **Invasion Games- NetballMilestone 2-** Throw and catch with control and accuracy.**Milestone 2-** Maintain possession of a ball (with feet, hands or stick).**Swimming** Milestones continuous throughout the year. | **Invasion Games- Netball****Milestone 3-** Choose and combine techniques in game situations (running, throwing, catching, passing)., passing).**Fitness embedding the fundamental skills of ABC** | **Invasion Games- Football****Milestone 3-** Choose and combine techniques in game situations (running, throwing, catching, passing)**Dance Unit – Anti-bullying** **Milestone 3-** Perform expressively and hold a precise and strong body posture. |
| Spring 1 | **Gymnastics** **Milestone** **2**- Refine movements into sequences.**Invasion Games- Football****Milestone 2**- Pass to team mates at appropriate times. | **Gymnastics** **Milestone 2-** Refine movements into sequences**Swimming**Milestones continuous throughout the year. | **Gymnastics**  **Milestone 3-** Hold shapes that are strong, fluent and expressive.**Milestone 3-** Practise and refine the gymnastic techniques used in performances.**Invasion Games Hockey Milestone 3-** Choose and combine techniques in game situations (running, throwing, catching | **Gymnastics** **Milestone 3-** Hold shapes that are strong, fluent and expressive.**Milestone 3-** Practise and refine the gymnastic techniques used in performances.**Net and Wall- Volleyball****Milestone 3-** Work alone or with team mates in order to gain points or possessions**Milestone 3-** Choose the most appropriate tactics for a game. |
| Spring 2 | **Dance Unit - Romans****Milestone 2-**Plan, perform and repeat sequences.**Milestone 2-**Move in a clear, fluent and expressive manner.**Milestone 2-**Refine movements into sequences.**Invasion Games- Tag Rugby****Milestone 2-** Maintain possession of a ball**Milestone 2**- Choose appropriate tactics to cause problems for the opposition. | **Dance – States of Matter** **Milestone 2-**Plan, perform and repeat sequences.**Milestone 2-**Move in a clear, fluent and expressive manner.**Milestone 2-**Refine movements into sequences.**Swimming**Milestones continuous throughout the year | **Dance Unit – Rock n Roll** **Milestone 3-** Perform expressively and hold a precise and strong body posture.**Net and Wall- Tennis**  **Milestone 3-** Use forehand and backhand when playing racket games. | **Invasion Games- Tag Rugby Milestone 3-** Choose and combine techniques in game situations (running, throwing, catching, passing)**Milestone 3-** Field, defend and attack tactically by anticipating the direction of play (defending and attacking)**Yoga-** Hold shapes that are strong, fluent and expressive. Milestone 3- Demonstrate good kinaesthetic awareness (placement and alignment of body parts is usually good). |
| Summer 1 | **Net and Wall- Tennis** **Milestone 2**- Strike a ball with control**Striking and Fielding- Rounders****Milestone 2-**Strike a ball and field with control. | **Striking and Fielding- Cricket****Milestone 2-** Strike a ball and field with control.**Swimming**Milestones continuous throughout the year | **Striking and Fielding- Rounders****Milestone 3-** Field, defend and attack tactically by anticipating the direction of play. (Fielding element)**Milestone 3**- Strike a bowled or volleyed ball with accuracy.**Net and Wall- Badminton****Milestone-** Use forehand and backhand when playing racket games. | **Striking and Fielding- Cricket** **Milestone 3-** Field, defend and attack tactically by anticipating the direction of play. (Fielding element)**Milestone 3-** Strike a bowled or volleyed ball with accuracy.**Net and Wall- TennisMilestone 3-** Use forehand and backhand when playing racket games. |
| Summer 2 | **Athletics- Running, Jumping and Throwing** **Milestone 2-**Jump in a number of ways, using a run up where appropriate.**Milestone 2-**Throw with accuracy to hit a target or cover a distance. | **Athletics- Running, Jumping and Throwing****Milestone 2-**Jump in a number of ways, using a run up where appropriate.**Milestone 2-**Throw with accuracy to hit a target or cover a distance.**Swimming** Milestones continuous throughout the year. | **Athletics - Running, Jumping and Throwing** (Link to analysing and improving performance)**Milestone 3-** Combine sprinting with low hurdles over 60 metres.**Milestone 3-**Choose the best place for running over a variety of distances.**Milestone 3-**Throw accurately and refine performance by analysing technique and body shape. | **Athletics - Running, Jumping and Throwing** (Link to analysing and improving performance)**Milestone 3-** Combine sprinting with low hurdles over 60 metres.**Milestone 3-**Choose the best pace for running over a variety of distances.**Milestone 3-**Throw accurately and refine performance by analysing technique and body shape. |