

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Sporting value of the half term	Passion	Self-belief	Honesty	Determination	Teamwork	Respect
Year R	Dance Fundamental movement skills (galloping, hopping, skipping)	Yoga Gymnastics - balancing (balances and beam)	Dance Fundamental - throwing skills	Gymnastics - static balances Fundamental skills - kicking and striking	Yoga Fundamental skills - throwing and catching	Gymnastics - linking movements (jumping and rolling) Fundamental skills - striking (mini tennis)
KS1 to use a variety of activities to teach the skills. Please don't be sport specific at this age (e.g. throwing and catching could use netball, basketball, volleyball and javelin activities)						
Year 1	Dance (creation) Multi-skills (throwing and catching)	Gym (rolls) Games (attacking and defending)	Dance (themed) Multi-skills (bat and ball)	Yoga Games (invasion games)	Gym Multi-skills (running and jumping)	Dance Multi-skills (Sports Day activities)
Year 2	Dance (movement) Multi-skills (throwing and catching)	Gym (balancing skills) Invasion games (hitting a target)	Dance (speed, weight and size of movement) Multi-skills (bat and ball)	Yoga Invasion games (dodging and passing)	Gym (rolls) Multi-skills (bat and ball)	Dance (sequencing actions) Athletics
Year 3 AK teaches all Sycamore PE but CT to plan lesson in black as MT will teach this lesson to Cedar	Dance (Net/wall games (Tennis))	Gym (movement) Invasion games (Football)	Dance Net/wall games (Volleyball)	Gym (shape) OAA	Gym Striking and fielding (Rounders)	Dance (montage) Athletics
Year 4 AK will need to teach different topics to each class due to different indoor space times. CT to plan 1 lesson, AK to plan other	Dance (technique and style) Badminton	Gym (movement) Invasion games (Football)	Gym Hockey	Gym Tag rugby	Dance Cricket (AK will need to teach dance to both classes)	Athletics OAA (both lessons can be outdoors)
Year 5	Dance Invasion games (Netball)	Gym (movement) Fitness activities (football/hockey links)	Dance Basketball	Gym Tennis	OAA Cricket	Athletics Rounders (both lessons can be outdoors)
Year 6 AK teaches all Chestnut PE but CT to plan lesson in black as MB will need to teach this lesson to Oak	Gym (shape and balance) Netball	Dance Swimming AK to teach Chestnut a different lesson Friday PM)	Fitness Badminton	Dance (improv.) Tag Rugby	Athletics Cricket AK to teach Chestnut a different lesson Friday PM	Gym (movement) Baseball Residential - OAA

MTP 2021-2022 FFT statements

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Sporting value of the half term	Passion	Self-belief	Honesty	Determination	Teamwork	Respect
Year R	<p>Dance Fundamental movement skills (galloping, hopping, skipping)</p>	<p>Yoga Gymnastics - balancing (balances and beam)</p>	<p>Dance Fundamental - throwing skills</p>	<p>Gymnastics - static balances Fundamental skills - kicking and striking</p>	<p>Yoga Fundamental skills - throwing and catching</p>	<p>Gymnastics - linking movements (jumping and rolling) Fundamental skills - striking (mini tennis)</p>
Year 1	<p>Dance (creation) He/she can perform the basic dance actions e.g. travel and change direction, turn, jump, gesture, balance/stillness, change of size and shape. Twinkl traditional tales or animals units available</p> <p>Multi-skills (throwing and catching) He/she can throw a ball underarm, over arm and use a bounce pass.</p>	<p>Gym (rolls) He/she can balance using his/her hands, feet or seat.</p> <p>Games (attacking and defending) He/she is beginning to understand where to stand to make a game more difficult for an opponent. Twinkl unit available</p>	<p>Dance (themed) He/she can copy short motifs (a short phrase, movement or gesture that is repeated).</p> <p>Multi-skills (bat and ball) He/she can pass a ball to a partner using his/her hands and feet. Twinkl unit available</p>	<p>Yoga He/she can copy stretching movements for different parts of the body Twinkl unit 'salute to the sun' available</p> <p>Games (invasion games) He/she can move into a given space within a game.</p>	<p>Gym He/she can begin to perform simple rolls e.g. forward, pencil, teddy-bear</p> <p>Multi-skills (running and jumping) He/she can sprint up to 60m He/she can jump: side to side; both feet together; one foot to the other Twinkl unit available</p>	<p>Dance He/she can link two or more actions together. He/she can copy short movements to combine simple balances. e.g. balance - travel - balance Twinkl unit 'Seasons' available</p> <p>Multi-skills (Sports Day activities)</p>

<p>Year 2</p>	<p>Dance (movement) He/she can travel in different ways e.g. Jumping, skipping, walking, leaping, hopping etc. Twinkl unit 'landscapes and cityscapes' available</p> <p>Multi-skills (throwing and catching) He/she can throw a ball underarm, over arm and use a bounce pass. He/she can move into a given space to catch a ball.</p>	<p>Gym (balancing skills) He/she can create different shapes when balancing e.g. thin, wide, twisted, curled.</p> <p>Invasion games (hitting a target) He/she is beginning to understand where to stand to make a game more difficult for an opponent. Twinkl unit available</p>	<p>Dance (speed, weight and size of movement) He/she can copy short motifs (a short phrase, movement or gesture that is repeated).</p> <p>Multi-skills (feet and ball) He/she can pass a ball to a partner using his/her hands and feet. He/she can stop a ball with his/her feet before passing it. Twinkl unit 'bat and ball' available</p>	<p>Yoga/Dance He/she can copy stretching movements for different parts of the body. Twinkl unit 'China' available</p> <p>Invasion games (dodging and passing) He/she can move into a given space within a game. He/she is beginning to understand where to stand to make a game more difficult for an opponent.</p>	<p>Gym (rolls) He/she can perform simple rolls e.g. forward, pencil, teddy-bear.</p> <p>Multi-skills (bat and ball) He/she can hit a ball with a tennis style bat or racquet. Twinkl unit 'bat and ball' available</p>	<p>Dance (sequencing actions) He/she can link two or more actions together. He/she can copy short movements to combine simple balances. e.g. balance - travel - balance Twinkl unit 'Plants' available</p> <p>Athletics He/she can run 100m. He/she can use over arm and underarm throws to throw items in a straight line. He/she can jump: side to side; both feet together; one foot to the other</p>
<p>Year 3</p>	<p>Dance He/she can perform basic dance actions with greater control over each element.</p> <p>(Net/wall games (Tennis)) He/she can hit a ball with a range of different bats/racquets. Twinkl unit available</p>	<p>Gym (movement) He/she can use all parts of his/her body when travelling in different ways.</p> <p>Invasion games (Football) He/she can pass a ball accurately when moving around during a game. Twinkl unit available</p>	<p>Dance He/she can perform given routines from memory, performing all the elements in the correct order. Twinkl unit 'Extreme Earth' available</p> <p>Net/wall games (Volleyball) He/she can show control of a range of different throws / passes e.g. Over arm, underarm, chest pass.</p>	<p>Gym (shape) He/she can balance on pads and points. He/she can make a range of different shapes when balancing. OAA He/she can follow a school map to navigate around a simple course He/she can read basic symbols on an orienteering map He/she can use verbal communication within group activities to help solve problems/complete challenges. He/she can follow the instructions of others when working within a team. Twinkl unit available</p>	<p>Gym He/she can create his/her own stretching routine to prepare for gymnastics.</p> <p>Striking and fielding (Rounders) He/she can move to catch a ball within a game, maintaining eye contact with the ball. Twinkl unit available</p>	<p>Dance (montage) Twinkl unit 'Roman's available in Y4 planning</p> <p>Athletics He/she can sprint up to 100m. He/she can use the correct action to throw a javelin without a run up.</p>

Dance (technique and style)

He/she can choreograph motifs using repetition, direction, level, speed & space.

He/she can choreograph short routines in time with a given piece of music.

Twinkl unit 'water' available

Badminton

He/she can find space to move into within a game.

Gym (movement)

He/she can combine shapes and balances in a performance.

Invasion games (Football)

He/she can pass a ball accurately when moving around during a game.

He/she can use a range of techniques to help keep possession of the ball in a team game.

Twinkl unit available

Gym

He/she can perform a range of rolls with a good level of accuracy e.g. forwards, backwards.

Hockey

He/she can hit a ball with a range of different bats/racquets.

He/she can dribble a ball in a straight line. e.g. With his/her feet or a hockey stick.

Twinkl unit available

Gym

He/she can use all parts of his/her body when travelling in different ways.

Tag rugby

He/she can find space to move into within a game.

He/she can use a range of techniques to help keep possession of the ball in a team game.

Dance

He/she can explore different styles of dance and copy steps from them with increasing accuracy.

Twinkl unit 'animals' available

Cricket

He/she can hit a ball with a range of different bats/racquets.

Athletics

He/she can run 200m

He/she can use a push throw to throw a discus and shot put.

He/she can jump: one foot to the other (high jump); one foot to two feet (long jump).

OAA

He/she can follow a school map to navigate around a simple course designed by themselves and others.

He/she can read basic symbols on an orienteering map and start to create his/her own appropriate symbols.

He/she can use non-verbal communication strategies to help solve

problems/complete challenges

He/she can evaluate his/her own performance within a group or individual challenge.

Twinkl unit available

Dance

He/she can perform dance actions with control and expression.

He/she can choose his/her own dance steps and movements and then develop them into a routine.

Invasion games (Netball)

He/she can choose the most appropriate throw to use within a game.

He/she can call out for a catch in a game showing they know they are in the best place.

Twinkl unit available

Gym (movement)

He/she can perform a range of balances with a high level of control and accuracy.

Twinkl unit available

Football

He/she can dribble a ball in different directions and avoid obstacles. e.g. With his/her feet or a hockey stick.

Dance

He/she can explore different styles of dance and develop short routines in a those styles.

Basketball

Twinkl unit available

Gym

He/she can perform actions in and out of rolls.

Tennis

He/she can hit a ball into space to help increase his/her score within a game.

OAA

He/she can plan a simple orienteering trial for others to complete. e.g. Using the local area.

He/she can read a wide variety of map symbols and use a compass when following a given route.

He/she can plan ideas of how to solve a problem before attempting it.

He/she can decide if verbal or non-verbal communication is the most effective choice when solving problems.

He/she can take the lead within a group challenge and give clear instructions to others

He/she can evaluate his/her own and the teams performance within a challenge and make suggestions of how to improve for next time.

Cricket

He/she can hit a ball into space to help increase his/her score within a game.

Athletics

He/she can run longer distances knowing when to use a sprint.

He/she can use the correct action to throw a javelin with a run up.

Revisit long jump and high jump

Rounders

He/she can hit a ball into space to help increase his/her score within a game.

Twinkl unit available

Gym (shape and balance)
 He/she can lead others in a stretching routine to prepare for gymnastics. He/she can hold different positions when balancing and use different shapes to express a given theme/mood.

Netball
 He/she can choose the most appropriate throw to use within a game. He/she can select the most appropriate person to pass to within a game and the most appropriate style of pass to ensure accuracy.
Twinkl unit available

Dance
 He/she can perform longer routines from memory adding expression and extension to his/her movements.

Swimming
 He/she can swim a complete length of the pool, on his/her front and back without stopping. He/she can use the correct arm and leg movements to swim breaststroke. He/she can tread water for at least 2 minutes. He/she can put his/her head in the water when using different strokes. He/she can swim a distance of 25m without stopping and using a consistent stroke. He/she can swim using a range of strokes accurately, e.g. front crawl, backstroke and breaststroke, He/she can perform different self rescue actions. e.g. Using a buoyancy aid, treading water etc. He/she can synchronise his/her breathing with his/her stroke.

Hockey/Football
 He/she can dribble a ball in different directions and avoid obstacles. e.g. With his/her feet or a hockey stick.
Twinkl unit available

Badminton

Dance (improv.)
 He/she can choreograph short routines to portray a particular mood or style.
Twinkl unit 'Electricity' available

Tag Rugby
 He/she can help other members of his/her team to find space within a team game.

Athletics
 He/she can change his/her body shape to decrease air resistance when running. He/she can use his/her toe and heel to spin and throw a discus and shot put. He/she can jump: one foot to same foot to two feet (triple jump)

Cricket
 He/she can use a range of attacking and defending skills when playing a team game.

Gym (movement)
 He/she can create sequences that have changes of speed and level. He/she can select the most appropriate ways to travel from one balance to another.

Baseball
 He/she can hit a ball into space to help increase his/her score within a game.
(MLB CPD resources)

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