

Gainsborough Primary and Nursery School: Being a sports person-Curriculum Overview

	Year One	Year Two	Year Three	Year Four	Year Five	Year Six
Autumn 1	Gymnastics: -I can make my body curled, tense, stretched and relaxed. -I can control my body when travelling and balancing.	Gymnastics: -I can work on my own and with a partner. -I can plan and perform a sequence of movements.	Gymnastics: -I can explain how strength and suppleness affect performance. -I can compare and contrast gymnastic sequences.	Gymnastics: -I can work in a controlled way. -I can include change of speed and direction.	Gymnastics: -I can make complex extended sequences. -I can combine action, balance and shape -I can perform consistently to different audiences.	Gymnastics: -I can combine my own work with that of others. - I can link sequences to specific timings.
Autumn 2	Gymnastics: -I can copy sequences and repeat them. -I can roll, curl, travel and balance in different ways.	Gymnastics: -I can improve my sequence based on feedback. -I can think of more than one way to create a sequence which follows some rules.	Gymnastics: -I can adapt sequences to suit different types of apparatus and criteria. Dance: -I can improve freely and translate ideas from a stimulus into movement.	Gymnastics: -I can include a range of shapes. -I can work with a partner to create, repeat and improve a sequence with at least 3 phases.	Dance: -I can compose my own dances in a creative way. -I can perform to an accompaniment. -My dance shows clarity. Fluency, accuracy and consistency.	Dance: -I can develop sequences in a specific style. -I can chose my owm music and style.
Spring 1	Dance: -I can move safely in a space. -I can move to music. -I can copy dance moves	Dance: -I can use dance to show a mood or a feeling. -I can dance with control and coordination.	Dance: -I can share and create phrases with a partner or small group. I can repeat, remember and perform phrases.	Dance: -I can take the lead when working with a partner or group. -I can use dance to communicate an idea.	Games: -I can pass in different ways. -I can field -I can use forehand and backhand with a racket.	Games: -I can play to agreed rules. -I can explain the rules.
Spring 2	Dance: -I can make up a short dance. -I can perform my own dance moves.	Dance: -I can change rhythm, speed, level and direction in my dance. -I can make a sequence by linking sections together.	Games: -I can throw and catch with control. -I am aware of space and use it to support team – mates and to cause problems for the opposition. -I know and use rules fairly.	Games: - I can catch with one hand. -I can throw and catch accurately. I can hit a ball accurately with control. I can keep possession of the ball. -I can vary tactics and adapt skills depending on what is happening in a game.	Games: -I can gain possession by working as a team. -I can use a tactic for defending and attacking. -I can use a number of techniques to pass, dribble and shoot.	Games: -I can umpire. -I can make a team and communicate a plan. -I can lead others in a game situation.
Summer 1	Games: -I can move and stop safely. -I can throw and catch with both hands. -I can throw underarm	Games: -I can use hitting, kicking and/or rolling in a game. -I can follow rules.	Outdoor and adventurous: -I can follow a map in a familiar context. -I can use clues to follow a	Outdoor and adventurous: -I can follow a map in a (more demanding) familiar context.	Outdoor and adventurous: -I can follow a map in an unknown location. -I can use clues and a	Outdoor and adventurous: -I can plan a route and a series of clues for someone else.

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			<p>route.</p> <p>-I can follow a route safely.</p>		<p>compass to navigate a route.</p> <p>I can change my route to overcome a problem.</p> <p>I can use new information to change my route.</p>	<p>-I can plan with others taking account of safety and danger.</p>
<p>Summer 2</p>	<p>Games:</p> <ul style="list-style-type: none"> -I can hit a ball with a bat. -I can throw and kick in different ways. 	<p>Games:</p> <ul style="list-style-type: none"> -I can use one tactic in a game. -I can decide the best space to be in during a game. 	<p>Athletics:</p> <ul style="list-style-type: none"> -I can run at fast, medium and slow speeds, changing speed and direction. -I can take part in a relay, remembering when to run and what to do. 	<p>Athletics:</p> <ul style="list-style-type: none"> -I can run over a long distance. -I can sprint over a short distance. -I can throw in different ways. - I can hit a target. -I can jump in different ways. 	<p>Athletics:</p> <ul style="list-style-type: none"> -I am controlled when taking off and landing. -I can throw with accuracy. -I can combine running and jumping. 	<p>Athletics:</p> <ul style="list-style-type: none"> -I can demonstrate stamina.
	<p>General:</p> <ul style="list-style-type: none"> -I can copy actions -I can repeat actions and skills. -I can move with control and care. -I can use equipment safely. 	<p>General:</p> <ul style="list-style-type: none"> -I can copy and remember actions. -I can talk about what is different from what I did and what someone else did. 		<p>Swimming and water safety:</p> <ul style="list-style-type: none"> -I can swim competently, confidently and proficiently over a distance of at least 25 metres. -Use a range of strokes effectively. -Perform safe self-rescue in different water based situations. 	<p>General:</p> <ul style="list-style-type: none"> -I can use running, jumping, throwing and catching in isolation and combination. -I can play competitive games and apply basic principles for attacking and defending. - I can develop flexibility, strength, technique, control and balance. 	<ul style="list-style-type: none"> -I can perform dances using a range of movement patterns. -I can take part in outdoor and adventurous activity challenges both individually and within a team. -I can compare my performances with previous ones and demonstrate improvement to achieve a personal best.