

# Hunslet Moor Primary School – PE Curriculum 2023-24



Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Nursery</b>	<p><b>Physical Development</b></p> <ul style="list-style-type: none"> <li>Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.</li> <li>Go up steps and stairs, or climb up apparatus, using alternate feet.</li> <li>Skip, hop, stand on one leg and hold a pose for a game like musical statues.</li> <li>Use large-muscle movements to wave flags and streamers, paint and make marks.</li> <li>Start taking part in some group activities which they make up for themselves, or in teams.</li> <li>Increasingly able to use and remember sequences and patterns of movements which are related to music and rhythm.</li> <li>Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width.</li> </ul> <p><b>PSED</b></p> <ul style="list-style-type: none"> <li>Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen or one which is suggested to them.</li> <li>Increasingly follow rules, understanding why they are important.</li> <li>Remember rules without needing an adult to remind them</li> </ul>					
<b>Reception</b>	<p><b><u>Body Management</u></b></p> <p>Physical Development Objectives</p> <ul style="list-style-type: none"> <li>Revise and refine the fundamental movement skills.</li> <li>Develop overall body-strength, balance, co-ordination and agility.</li> </ul> <p>Early Learning Goals</p> <ul style="list-style-type: none"> <li>Develop strength, balance and coordination when playing.</li> <li>Be confident to try new activities and show independence, resilience and perseverance in the face of a challenge.</li> <li>Move energetically such as running, jumping, dancing, skipping and climbing.</li> </ul>	<p><b><u>Gymnastics</u></b></p> <p>Physical Development Objectives</p> <ul style="list-style-type: none"> <li>Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.</li> </ul> <p>Early Learning Goals</p> <ul style="list-style-type: none"> <li>Negotiate space and obstacles safely, with consideration for themselves and others.</li> </ul>	<p><b><u>Speed Agility Travel</u></b></p> <p>Physical Development Objectives</p> <ul style="list-style-type: none"> <li>Progress towards a more fluent style of moving, with developing control and grace.</li> <li>Develop overall body-strength, balance, co-ordination and agility.</li> </ul> <p>Early Learning Goals</p> <ul style="list-style-type: none"> <li>Develop strength, balance and coordination when playing.</li> <li>Move energetically such as running, jumping, dancing, skipping and climbing.</li> </ul>	<p><b><u>Dance</u></b></p> <p>Physical Development Objectives</p> <ul style="list-style-type: none"> <li>Progress towards a more fluent style of moving, with developing control and grace.</li> <li>Combine different movements with ease and fluency.</li> </ul> <p>Early Learning Goals</p> <ul style="list-style-type: none"> <li>Negotiate space and obstacles safely, with consideration for themselves and others.</li> <li>Demonstrate strength, balance and coordination when playing.</li> <li>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</li> </ul>	<p><b><u>Manipulation and coordination</u></b></p> <p>Physical Development Objectives</p> <ul style="list-style-type: none"> <li>Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.</li> <li>Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</li> <li>Develop overall body-strength, balance, co-ordination and agility.</li> </ul> <p>Early Learning Goals</p> <ul style="list-style-type: none"> <li>Negotiate space and obstacles safely, with consideration for themselves and others.</li> <li>Demonstrate strength, balance and coordination when playing.</li> <li>Work and play cooperatively and take turns with others</li> </ul>	<p><b><u>Cooperate and solve problems</u></b></p> <p>Physical Development Objectives</p> <ul style="list-style-type: none"> <li>Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.</li> <li>Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</li> <li>Know and talk about the different factors that support overall health and wellbeing: - regular physical activity</li> </ul> <p>Early Learning Goals</p> <ul style="list-style-type: none"> <li>Be confident to try new activities and show independence, resilience and perseverance in the face of a challenge.</li> <li>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</li> </ul>

<b>1</b>	<b>Outdoor: Hit, Catch, Run</b>	<b>Outdoor: Run, jump, throw</b>	<b>Attack, defend and shoot.</b>	<b>Send and return</b>
	<p><b>National Curriculum Objectives</b></p> <ul style="list-style-type: none"> <li>To develop fundamental movement skills and become increasingly competent.</li> <li>To engage in competitive and co-operative physical activities in a range of challenging situations</li> <li>To master basic movements including running, throwing, jumping and catching.</li> <li>To develop balance, agility and co-ordination and begin to apply these to a range of activities.</li> <li>To participate in team games, developing simple tactics for attacking and defending.</li> </ul> <p><b>The PE Hub objectives</b></p> <ul style="list-style-type: none"> <li>To be able to hit objects with hands or bats.</li> <li>To track and retrieve a rolling ball.</li> <li>To throw and catch a variety of balls and objects.</li> <li>To develop sending and retrieving skills.</li> </ul> <p style="padding-left: 40px;">To distinguish between the roles of batting and fielding</p>	<p><b>National Curriculum Objectives</b></p> <ul style="list-style-type: none"> <li>To develop fundamental movement skills and become increasingly competent.</li> <li>To engage in competitive and co-operative physical activities in a range of challenging situations</li> <li>To master basic movements including running, throwing, jumping and catching.</li> <li>To develop balance, agility and co-ordination and begin to apply these in a range of activities.</li> </ul> <p><b>The PE Hub objectives</b></p> <ul style="list-style-type: none"> <li>To link running and jumping.</li> <li>To learn and refine a range of running which includes varying pathways and speeds.</li> <li>To develop throwing techniques to send objects over long distances.</li> </ul> <p style="padding-left: 40px;">To increase stamina and core strength needed to undertake athletics activities.</p>	<p><b>National Curriculum Objectives</b></p> <ul style="list-style-type: none"> <li>To develop fundamental movement skills and become increasingly competent.</li> <li>To engage in competitive and co-operative physical activities in a range of challenging situations.</li> <li>To develop balance, agility and co-ordination and begin to apply these to a range of activities.</li> <li>To participate in team games, developing simple tactics for attacking and defending.</li> </ul> <p><b>The PE Hub Objectives</b></p> <ul style="list-style-type: none"> <li>To practice basic movements including running, jumping and throwing.</li> <li>To begin to engage in competitive activities.</li> <li>To experience opportunities to improve agility, balance and coordination.</li> <li>To develop sending skills with a variety of balls.</li> <li>To track, intercept and stop a variety of objects such as balls and beanbags.</li> <li>To select and apply skills to beat the opposition.</li> </ul>	<p><b>National Curriculum Objectives</b></p> <ul style="list-style-type: none"> <li>To develop fundamental movement skills and become increasingly competent.</li> <li>To engage in competitive and co-operative physical activities in a range of challenging situations.</li> <li>To develop balance, agility and co-ordination and begin to apply these to a range of activities.</li> <li>To participate in team games, developing simple tactics for attacking and defending.</li> </ul> <p><b>The PE Hub Objectives</b></p> <ul style="list-style-type: none"> <li>To be able to send an object with increased confidence using a hand or bat.</li> <li>To move towards a moving ball.</li> <li>To send and return a variety of balls.</li> </ul>
	<b>Indoor: Gymnastics</b>	<b>Indoor: Dance</b>		
	<p><b>National Curriculum Objectives</b></p> <ul style="list-style-type: none"> <li>To develop balance, agility and co-ordination and begin to apply these to a range of activities.</li> </ul> <p><b>The PE Hub objectives</b></p> <ul style="list-style-type: none"> <li>Identify and use simple gymnastics actions and shapes showing control.</li> <li>To introduce a turn, twist, spin, rock and roll and link these into movement patterns.</li> <li>Apply basic strength to a range of gymnastics actions.</li> <li>To begin to carry basic apparatus such as mats and benches.</li> <li>To recognise like actions and link them.</li> <li>To perform longer movement phrases and link with confidence.</li> </ul>	<p><b>National Curriculum Objectives</b></p> <ul style="list-style-type: none"> <li>To develop balance, agility and co-ordination and begin to apply these to a range of activities.</li> <li>To perform dances, using simple movement patterns.</li> </ul> <p><b>The PE Hub objectives</b></p> <ul style="list-style-type: none"> <li>To respond to a range of stimuli and types of music.</li> <li>To explore space, direction, levels and speeds.</li> <li>To compose and link actions to make simple movement phrases.</li> <li>To respond appropriately to supporting concepts such as canon and levels.</li> <li>To experiment creating actions and performing movements with different body parts.</li> </ul>		

<p><b>2</b></p>	<p><b><u>Run, jump, throw</u></b></p> <p><b><u>National Curriculum Objectives</u></b></p> <ul style="list-style-type: none"> <li>• To develop fundamental movement skills and become increasingly competent.</li> <li>• To engage in competitive ad co-operative physical activities in a range of challenging situations</li> <li>• To master basic movements including running, throwing, jumping and catching.</li> <li>• Develop balance, agility and co-ordination and begin to apply these in a range of activities.</li> </ul> <p><b><u>The PE Hub objectives</u></b></p> <ul style="list-style-type: none"> <li>• To link running and</li> <li>• To develop power, agility, coordination and balance over a variety of activities.</li> <li>• To improve running and jumping movements, working for sustained periods of time.</li> <li>• To throw and handle a variety of objects including quoits, beanbags, balls and hoops.</li> <li>• To negotiate obstacles showing increased control of body and limbs.</li> <li>• To reflect on activities and make connections between a healthy, active lifestyle.</li> <li>• To experience and improve on jumping for distance and height.</li> </ul>	<p><b><u>Hit, catch, run</u></b></p> <p><b><u>National Curriculum Objectives</u></b></p> <ul style="list-style-type: none"> <li>• To develop fundamental movement skills and become increasingly competent.</li> <li>• To engage in competitive ad co-operative physical activities in a range of challenging situations</li> <li>• To master basic movements including running, throwing, jumping and catching.</li> <li>• To develop balance, agility and co-ordination and begin to apply these to a range of activities.</li> <li>• To participate in team games, developing simple tactics for attacking and defending.</li> </ul> <p><b><u>The PE Hub objectives</u></b></p> <ul style="list-style-type: none"> <li>• To develop hitting skills with a variety of bats.</li> <li>• To practice feeding and bowling skills.</li> <li>• To hit and run to score points in games.</li> <li>• To work on a variety of ways to score runs in the different hit, catch, run games.</li> <li>• To work in teams to field.</li> <li>• To begin to play the role of wicketkeeper or backstop.</li> </ul>	<p><b><u>Outdoor: Send and return</u></b></p> <p><b><u>National Curriculum Objectives</u></b></p> <ul style="list-style-type: none"> <li>• To develop balance, agility and co-ordination and begin to apply these to a range of activities.</li> <li>• To perform dances, using simple movement patterns.</li> </ul> <p><b><u>The PE Hub objectives</u></b></p> <ul style="list-style-type: none"> <li>• To be able to track the path of a ball over a net and move towards it.</li> <li>• To begin to hit and return a ball using hands and racquets with some consistency.</li> <li>• To play modified net/wall games throwing, catching and sending over a net.</li> <li>• To be able to make it difficult for their opponent to score a point by defending.</li> <li>• To begin to choose specific tactics appropriate to the situation.</li> </ul>	<p><b><u>Outdoor: Attack, defend and shoot.</u></b></p> <p><b><u>National Curriculum Objectives</u></b></p> <ul style="list-style-type: none"> <li>• To develop fundamental movement skills and become increasingly competent.</li> <li>• To engage in competitive ad co-operative physical activities in a range of challenging situations.</li> <li>• To develop balance, agility and co-ordination and begin to apply these to a range of activities.</li> <li>• To participate in team games, developing simple tactics for attacking and defending.</li> </ul> <p><b><u>The PE Hub Objectives</u></b></p> <ul style="list-style-type: none"> <li>• To send a ball using feet and can receive a ball using feet.</li> <li>• To refine ways to control bodies and a range of equipment.</li> <li>• To recall and link combinations of skills, for example dribbling and passing.</li> <li>• To select and apply a small range of simple tactics.</li> <li>• To recognise good qualities in self and others.</li> <li>• To work with others to build basic attacking play.</li> </ul>
			<p><b><u>Indoor: Gymnastics</u></b></p> <p><b><u>National Curriculum Objectives</u></b></p> <ul style="list-style-type: none"> <li>• To develop balance, agility and co-ordination and begin to apply these to a range of activities.</li> </ul> <p><b><u>The PE Hub objectives</u></b></p> <ul style="list-style-type: none"> <li>• To describe and explain how performers can transition and link gymnastic elements.</li> <li>• To perform with control and consistency basic actions at different speeds and on different levels.</li> <li>• To challenge themselves to develop strength and flexibility.</li> <li>• To create and perform a simple sequence that is judged using simple gymnastic scoring.</li> <li>• To develop body management through a range of floor exercises.</li> <li>• To use core strength to link recognised gymnastics elements.</li> </ul> <p>To attempt to use rhythm while performing a sequence.</p>	<p><b><u>Indoor: Dance</u></b></p> <p><b><u>National Curriculum Objectives</u></b></p> <ul style="list-style-type: none"> <li>• To develop fundamental movement skills and become increasingly competent.</li> <li>• To engage in competitive ad co-operative physical activities in a range of challenging situations.</li> <li>• To develop balance, agility and co-ordination and begin to apply these to a range of activities.</li> <li>• To participate in team games, developing simple tactics for attacking and defending.</li> </ul> <p><b><u>The PE Hub Objectives</u></b></p> <ul style="list-style-type: none"> <li>• To describe and explain how performers can transition and link shapes and balances.</li> <li>• To perform basic actions with control and consistency at different speeds and on different levels.</li> <li>• To challenge themselves to move imaginatively responding to music.</li> <li>• To work as part of a group to create and perform short movement sequences.</li> </ul>

<p><b>3</b></p>	<p style="text-align: center;"><b>Outdoor: Handball</b></p> <p><b>National Curriculum objectives</b></p> <ul style="list-style-type: none"> <li>● To use running, jumping, throwing and catching in isolation and in combination.</li> <li>● To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> <li>● To take part in outdoor and adventurous activity challenges both individually and within a team.</li> </ul> <p><b>The PE Hub objectives</b></p> <ul style="list-style-type: none"> <li>● To demonstrate catching skills in isolation and game scenarios.</li> <li>● To verbally communicate between the players to help their team mates.</li> <li>● To combine running and throwing to complete the 3 step handball rule.</li> <li>● To play in competitive games developing stamina and endurance.</li> <li>● To be able to perform basic game skills, for example bouncing the ball.</li> <li>● To identify and describe rules of games.</li> </ul>	<p style="text-align: center;"><b>Outdoor: Football</b></p> <p><b>National Curriculum objectives</b></p> <ul style="list-style-type: none"> <li>● To use running, jumping, throwing and catching in isolation and in combination.</li> <li>● To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> <li>● To take part in outdoor and adventurous activity challenges both individually and within a team.</li> </ul> <p><b>The PE Hub objectives</b></p> <ul style="list-style-type: none"> <li>● To verbally communicate between the players to help their team mates.</li> <li>● To play in competitive games developing stamina and endurance</li> <li>● To be able to perform basic game skills, for example dribbling in football.</li> <li>● To identify and describe rules of games.</li> <li>● To use defensive skills to stop opponents scoring/progressing towards the goal.</li> <li>● To use basic tactics and skills for attacking and defending in play.</li> <li>● To master basic movements including sprinting, change of direction and coordination of the feet.</li> </ul>	<p style="text-align: center;"><b>Outdoor: Athletics</b></p> <p><b>National Curriculum objectives</b></p> <ul style="list-style-type: none"> <li>● To use running, jumping, throwing and catching in isolation and in combination.</li> <li>● To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> <li>● To take part in outdoor and adventurous activity challenges both individually and within a team.</li> <li>● To compare their performances with previous ones and demonstrate improvement to their personal best.</li> </ul> <p><b>The PE Hub objectives</b></p> <ul style="list-style-type: none"> <li>● To compete against self and others.</li> <li>● To master basic movements including running, throwing and jumping.</li> <li>● To demonstrate agility and speed.</li> <li>● To jump for height and distance with control and balance.</li> <li>● To throw with speed and power and apply appropriate force.</li> </ul>
	<p style="text-align: center;"><b>Indoor: Gymnastics</b></p> <p><b>National Curriculum objectives</b></p> <ul style="list-style-type: none"> <li>● To develop flexibility, strength, technique, control and balance.</li> <li>● To compare their performances with previous ones and demonstrate improvement to their personal best.</li> </ul> <p><b>The PE Hub objectives</b></p> <ul style="list-style-type: none"> <li>● To modify actions independently using different pathways, directions and shapes.</li> <li>● To consolidate and improve the quality of movements and gymnastics actions.</li> <li>● To relate strength and flexibility to the actions and movements they are performing.</li> <li>● To use basic compositional ideas to improve sequence work – unison.</li> <li>● To identify similarities and differences in sequences.</li> <li>● To develop body management over a range of floor exercises.</li> <li>● To attempt to bring explosive moves into floor work through jumps and leaps.</li> </ul>	<p style="text-align: center;"><b>Indoor: Dance</b></p> <p><b>National Curriculum objectives</b></p> <ul style="list-style-type: none"> <li>● To perform dance using a range of movement patterns.</li> <li>● To perform to an audience.</li> </ul> <p><b>The PE Hub objectives</b></p> <ul style="list-style-type: none"> <li>● To practice different sections of a dance aiming to put together a performance.</li> <li>● To perform using facial expressions.</li> <li>● To perform with a prop.</li> <li>● To build stylistic qualities of Barn Dance through repetition and applying movement to own bodies.</li> <li>● To build creative choreography skills in travelling, dynamics and partner work.</li> </ul>	<p style="text-align: center;"><b>Indoor: Tennis</b></p> <p><b>National Curriculum objectives</b></p> <ul style="list-style-type: none"> <li>● To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> <li>● To compare their performances with previous ones and demonstrate improvement to their personal best.</li> </ul> <p><b>The PE Hub objectives</b></p> <ul style="list-style-type: none"> <li>● To send the ball with some accuracy to maintain possession and build attacking play.</li> <li>● To play in competitive games developing stamina and endurance.</li> <li>● To send the ball with some accuracy to maintain possession and build attacking play.</li> <li>● To use basic tactics and skills for attacking and defending in play.</li> <li>● To master basic movements including volleying, change of direction and coordination of the feet.</li> </ul>

<p>4</p>	<p style="text-align: center;"><b>Outdoor: Football</b></p> <p><b>National Curriculum objectives</b></p> <ul style="list-style-type: none"> <li>● To play in competitive games developing stamina and endurance.</li> <li>● To practice and use running, sprinting and dynamic balance in games.</li> <li>● To work collaboratively to use basic tactics for defending and attacking.</li> </ul> <p><b>The PE Hub objectives</b></p> <ul style="list-style-type: none"> <li>● To introduce some defensive skills.</li> <li>● To dribble in different directions using different parts of their feet.</li> <li>● To pass for distance.</li> <li>● To evaluate skills to aid improvement.</li> </ul>	<p style="text-align: center;"><b>Outdoor: Badminton</b></p> <p><b>National Curriculum objectives</b></p> <ul style="list-style-type: none"> <li>● To use running, jumping, throwing and catching in isolation and in combination.</li> <li>● To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> <li>● To take part in outdoor and adventurous activity challenges both individually and within a team.</li> <li>● To compare their performances with previous ones and demonstrate improvement to their personal best.</li> </ul> <p><b>The PE Hub objectives</b></p> <ul style="list-style-type: none"> <li>● To explore and use different shots with both the forehand and backhand.</li> <li>● To demonstrate different badminton skills.</li> <li>● To practice some trick shots in isolation.</li> </ul>	<p style="text-align: center;"><b>Outdoor: Athletics</b></p> <p><b>National Curriculum objectives</b></p> <ul style="list-style-type: none"> <li>● To use running, jumping, throwing and catching in isolation and in combination.</li> <li>● To take part in outdoor and adventurous activity challenges both individually and within a team.</li> <li>● To compare their performances with previous ones and demonstrate improvement to their personal best.</li> </ul> <p><b>The PE Hub objectives</b></p> <ul style="list-style-type: none"> <li>● To use running, jumping and throwing stations to investigate in small groups different ways of performing.</li> <li>● To use a variety of equipment and ways of measuring timing, comparing the effectiveness of different styles of runs, jumps and throws.</li> </ul>
	<p style="text-align: center;"><b>Indoor: Netball</b></p> <p><b>National Curriculum objectives</b></p> <ul style="list-style-type: none"> <li>● To play in competitive games developing stamina and endurance.</li> <li>● To practice and use running, sprinting and dynamic balance in games.</li> <li>● To work collaboratively to use basic tactics for defending and attacking.</li> </ul> <p><b>The PE Hub objectives</b></p> <ul style="list-style-type: none"> <li>● To introduce high five netball positions.</li> <li>● To acquire and apply basic shooting techniques.</li> <li>● To demonstrate an implement some basic rules of high five. To develop netball skills such as marking and footwork</li> </ul>	<p style="text-align: center;"><b>Indoor: Gymnastics</b></p> <p><b>National Curriculum objectives</b></p> <ul style="list-style-type: none"> <li>● To develop flexibility, strength, technique, control and balance.</li> <li>● To compare their performances with previous ones and demonstrate improvement to their personal best.</li> </ul> <p><b>The PE Hub objectives</b></p> <ul style="list-style-type: none"> <li>● To become increasingly competent and confident to perform skills more consistently.</li> <li>● To be able to perform in time with a partner and group.</li> <li>● To use compositional ideas in sequences such as changes in height, speed and direction.</li> <li>● To develop an increased range of body actions and shapes to include in a sequence.</li> <li>● To define muscles groups needed to support the core of their body.</li> <li>● To refine taking weight on small and large body parts, for example, hand and shoulder.</li> </ul>	<p style="text-align: center;"><b>Indoor: Hockey</b></p> <p><b>National Curriculum objectives</b></p> <ul style="list-style-type: none"> <li>● To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> </ul> <p><b>The PE Hub objectives</b></p> <ul style="list-style-type: none"> <li>● To be able to consistently perform basic hockey skills such as dribbling and push pass.</li> <li>● To implement the basic rules of hockey.</li> <li>● To develop tactics and apply them in competitive situations.</li> <li>● To increase speed and endurance during game play.</li> </ul>

Swimming**National Curriculum objectives**

- To swim competently, confidently and proficiently over a distance of at least 25 metres.
- To use a range of swimming strokes effectively.
- To perform safe self-rescue in different water based situations.

**Outdoor: Tennis**

Autumn 1 Tennis + swimming

**National Curriculum objectives**

- To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
- To develop flexibility, strength, technique, control and balance.
- To take part in outdoor and adventurous activity challenges both individually and within a team.
- To compare their performances with previous ones and demonstrate improvement to their personal best.

**The PE Hub objectives**

- To develop backhand shots.
- To introduce the lob.
- To begin to use the full tennis scoring system.
- To continue developing doubles play and tactics to improve.

**Indoor: Gymnastics**

Autumn 2 Gymnastics + swimming

**National Curriculum objectives**

- To develop flexibility, strength, technique, control and balance.
- To compare their performances with previous ones and demonstrate improvement to their personal best

**The PE Hub objectives**

- To create longer and more complex sequences and adapt performances.
- To take the lead in a group when preparing a sequence.
- To develop symmetry individually, as a pair and in a small group.
- To compare performances and judge strengths and areas for improvement.
- To select a component for improvement.
- To perform more complex actions, shapes and balances with consistency.
- To remember and repeat longer sequences with more difficult actions.

**Cricket**

+ Swimming

**National Curriculum objectives**

- To play in competitive games developing power, flexibility and cardiovascular endurance.
- To recognise where improvements could be made in their work.
- To select and combine more complex skills in game situations.

**The PE Hub objectives**

- To link together a range of skills and use in combination.
- To collaborate with a team to choose, use and adapt rules in games.
- To recognise how some aspects of fitness apply to cricket, e.g power, flexibility and cardiovascular endurance.

**. Rounders**

+ Swimming

**National Curriculum objectives**

- To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
- To develop flexibility, strength, technique, control and balance.
- To take part in outdoor and adventurous activity challenges both individually and within a team.
- To compare their performances with previous ones and demonstrate improvement to their personal best.

**The PE Hub objectives**

- To apply rounders rules consistently in conditioned games.
- To play small sided games using standard rounders pitch layout.
- To use a range of tactics for attacking and defending in the role of bowler, batter and fielder.

**Athletics**

+ Swimming

**National Curriculum objectives**

- To use running, jumping, throwing and catching in isolation and in combination.
- To develop flexibility, strength, technique, control and balance.
- To take part in outdoor and adventurous activity challenges both individually and within a team.
- To compare their performances with previous ones and demonstrate improvement to their personal best.

**The PE Hub objectives**

- To sustain pace over short and longer distances such as running 100m and running for two minutes.
- To be able to run as part of a relay team working at their maximum speed.
- To perform a range of jumps and throws demonstrating increasing power and accuracy.

<p>6</p>	<p style="text-align: center;"><b>Outdoor: Cricket</b></p> <p><b>National Curriculum objectives</b></p> <ul style="list-style-type: none"> <li>● To play in competitive games developing fluency in skills and techniques.</li> <li>● To work in collaboration to apply defensive and attacking tactics.</li> <li>● To compare team performance against other team performances.</li> </ul> <p><b>The PE Hub objectives</b></p> <ul style="list-style-type: none"> <li>● To apply with consistency cricket rules in a variety of different styles of games.</li> <li>● To use a range of tactics for attacking and defending in the role of bowler, batter and fielder.</li> <li>● To attempt a small range of recognised shots in isolation and in competitive scenarios.</li> </ul>	<p style="text-align: center;"><b>Outdoor: Tag Rugby</b></p> <p><b>National Curriculum objectives</b></p> <ul style="list-style-type: none"> <li>● To play in competitive games developing fluency in skills and techniques.</li> <li>● To work as a team implementing attacking and defending tactics.</li> <li>● To compare team performances against other teams.</li> </ul> <p><b>The PE Hub objectives</b></p> <ul style="list-style-type: none"> <li>● To choose and implement a range of strategies and tactics to attack and defend.</li> <li>● To combine and perform more complex skills at speed.</li> <li>● To observe, analyse and recognise good individuals and team performances.</li> <li>● To suggest, plan and lead a warm up as a small group.</li> </ul>	<p style="text-align: center;"><b>Outdoor: Athletics</b></p> <p><b>National Curriculum objectives</b></p> <ul style="list-style-type: none"> <li>● To use running, jumping, throwing and catching in isolation and in combination.</li> <li>● To develop flexibility, strength, technique, control and balance.</li> <li>● To take part in outdoor and adventurous activity challenges both individually and within a team.</li> <li>● To compare their performances with previous ones and demonstrate improvement to their personal best.</li> </ul> <p><b>The PE Hub objectives</b></p> <ul style="list-style-type: none"> <li>● To become confident and expert in a range of techniques and recognise their success.</li> <li>● To apply strength and flexibility to a broad range of throwing, running and jumping activities.</li> <li>● To work in collaboration and demonstrate improvement when working with self and others.</li> <li>● To accurately and confidently judge across a variety of activities.</li> </ul>
	<p style="text-align: center;"><b>Indoor: Badminton</b></p> <p><b>National Curriculum objectives</b></p> <ul style="list-style-type: none"> <li>● To play in competitive games developing fluency in skills and techniques.</li> <li>● To work hard to challenge self to improve consistency of shots, including newly learnt shots.</li> <li>● To implement basic tactics in gameplay and score games using appropriate scoring systems.</li> </ul> <p><b>The PE Hub objectives</b></p> <ul style="list-style-type: none"> <li>● To develop a wider range of shots including drop and smash.</li> <li>● To begin to use a more sophisticated tactic, such a net play and offensive and defensive positioning.</li> <li>● To begin to select appropriate tactics during games.</li> <li>● To play with fluency with a partner in double scenarios.</li> </ul>	<p style="text-align: center;"><b>Indoor: Dance</b></p> <p><b>National Curriculum objectives</b></p> <ul style="list-style-type: none"> <li>● To perform dance using a range of movement patterns.</li> <li>● To perform to an audience.</li> </ul> <p><b>The PE Hub objectives</b></p> <ul style="list-style-type: none"> <li>● To work collaboratively to include more complex compositional ideas.</li> <li>● To develop motifs and incorporate into self – composed dances such as individuals, pairs and groups.</li> <li>● To talk about different styles of dance, with understanding, using appropriate language and terminology.</li> <li>● To demonstrate narrative through contact and relationships.</li> <li>● To show tension through pattern and formation.</li> </ul>	<p style="text-align: center;"><b>Indoor: Gymnastics</b></p> <p><b>National Curriculum objectives</b></p> <ul style="list-style-type: none"> <li>● To develop flexibility, strength, technique, control and balance.</li> <li>● To compare their performances with previous ones and demonstrate improvement to their personal best</li> </ul> <p><b>The PE Hub objectives</b></p> <ul style="list-style-type: none"> <li>● To lead group warm-ups showing understanding of the need for strength and flexibility.</li> <li>● To demonstrate accuracy, consistency and clarity of movement.</li> <li>● To work independently and in small groups to make up own sequences.</li> <li>● To arrange own apparatus to enhance work and vary compositional ideas.</li> <li>● To experience flight on and off of high apparatus.</li> <li>● To perform increasingly complex sequences.</li> <li>● To combine own ideas with others to build sequences.</li> </ul> <p>To show a desire to improve across a broad range of gymnastics actions</p>