



Curriculum Flight Path Year A				
Theme 1	EYFS	KS1 - Developing Multi Skills	Year 3/4	Year 5/6
Autumn - Term 1				
Teacher Taught	Gym	Gym	Gym	Gym
Vocabulary	-Movement, Direction, Speed, Balance. Stretch	-Composition, Coordination, Travel, Technique, Alignment	-Specific movement, Success criteria, Positive effect, negative effect, Posture, Maneuver	-Complex, Precise and controlled, Pivots, Centre of gravity, Base their balance
PPA Cover		Rugby	Rugby	Rugby
Vocabulary		-Attack, Consecutive, Dodge, Defend	-Pass, Tag, Possession, Pass backwards, Interception	-Collaboration, Opponent, Hold, Strategic, Evade
Autumn - Term 2				
Teacher Taught	Gym	Dance	Dance	Dance
Vocabulary	-Movement, Direction, Speed, Balance, Stretch	-Motif, Explore range, Bodies and limbs, Transition, Timing, Improvise	-Compare, Adapt, Express opinion, Awareness of rhythm, Dance style, Precision, Dynamics, Self-evaluation	-Pace and timing, Devise, Peer-evaluation, Flexible, Fluency, Rhythmically and accurately
PPA Cover		Netball	Netball	Netball
Vocabulary		-Ball control, Bounce pass, Push ball, Dribble	-Movement, Getting into space, Footwork, Dribble	-Scoring, Tactics, Playing to the rules

<b>Other:</b> Sports premium, Extra-Curricular, Opal	Lunchtime/ Opal After School Clubs CPD Continuous provision	Lunchtime/ Opal After School Clubs CPD	Lunchtime/ Opal After School Clubs CPD	Lunchtime/ Opal After School Clubs CPD
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Curriculum Flight Path Year A				
Theme 2	EYFS	KS1 - Developing Multi-Skills	Year 3/4	Year 5/6
Spring - Term 1				
<b>Teacher Taught</b>	Ball Skills	Gym	Gym	Gym
<b>Vocabulary</b>	-Roll, Drop, Chase, Target, Aim, Rule	-Composition, Coordination, Travel, Technique, Alignment	-Specific movement, Success criteria, Positive effect, negative effect, Posture, Maneuver	-Complex, Precise and controlled, Pivots, Centre of gravity, Base their balance
<b>PPA Cover</b>		Benchball/Dodgeball	Benchball/Dodgeball	Benchball/Dodgeball
<b>Vocabulary</b>		-Distance, Target, Greater control, Accuracy to target	-Accepting the rules, Different techniques, Duck, dive, dodge	-Compromise, Evaluate and change skill, Pressure, Quick thinking, Game play
Spring - Term 2				
<b>Teacher Taught</b>	Ball Skills	Dance	Dance	Dance
<b>Vocabulary</b>	-Roll, Drop, Chase, Target, Aim, Rule	-Motif, Explore range, Bodies and limbs, Transition, Timing, Improvise	-Compare, Adapt, Express opinion, Awareness of rhythm, Dance style, Precision, Dynamics, Self-evaluation	-Pace and timing, Devise, peer-evaluation, Flexible, Fluency, Rhythmically and accurately
<b>PPA Cover</b>		Tennis	Tennis	Tennis

<b>Vocabulary</b>		-Catch (cup hands), Watch the ball, Balance, Racket, grip, Balance	-Racket control, Sideways on, Forehand	-Backhand, Volley, Serve, Net, Backhand, Volley, Serve
<b>Other:</b> <i>Sports premium, Extra-Curricular, Opal</i>	Lunchtime/ Opal After School Clubs CPD Continuous provision	Lunchtime/ Opal After School Clubs CPD	Lunchtime/ Opal After School Clubs CPD Year 3 Residential	Lunchtime/ Opal After School Clubs CPD

Curriculum Flight Path Year A				
Theme 3	EYFS	KS1 - Developing Multi Skills	Year 3/4	Year 5/6
			SWIMMING	
Summer - Term 1				
Teacher Taught	Athletics	Hockey	Hockey	Hockey
Vocabulary	-Speed, Landing, Jogging, Sprinting, Underarm throw	-Hand force, Arm force, Hockey stick, target	-Dribble, Side Step, Force, Pass and Stop, Control	-Attack and Defend, Back line, Flick
PPA Cover		Athletics	Athletics	Athletics
Vocabulary		-Pace, Balance, Posture, Distance, Power	-Flight phase, Accuracy, Long jump, Push throw	-Short distance running, Long distance running, Fling throw, Technique, Control, Routine
Summer - Term 2				
Teacher Taught	Athletics	Competitive Games/Analyse and Evaluate	Competitive Games/Analyse and Evaluate	Competitive Games/Analyse and Evaluate
Vocabulary	-Speed, Landing, Jogging, Sprinting, Underarm throw	-Performance, Improve, Describe, Technique	-Effectiveness, Improvements, Modify, Achieve,	Success Criteria, Adaption, Precise, Structure, Thoughtful, Appropriate

<b>PPA Cover</b>		Cricket	Cricket	Cricket
<b>Vocabulary</b>		-Catch (cup hands), Balance, sideways on batting, backstop	- Accuracy, Long barrier, Fielding, Scoring	- Point at your target, Playing to the rules, Tactics
<b>Other:</b> <i>Sports premium, Extra-Curricular, Opal</i>	Lunchtime/ Opal After School Clubs CPD Continuous provision	Haven Banks Lunchtime/ Opal After School Clubs CPD	Year 4 residential Haven Banks Lunchtime/ Opal After School Clubs CPD	Sports Day Year 6 residential Haven Banks Lunchtime/ Opal After School Club CPD

Curriculum Flight Path Year B				
Theme 1	EYFS	KS1	Year 3/4	Year 5/6
Autumn - Term 1				
<b>Teacher Taught</b>	Dance	Gym	Gym	Gym
<b>Vocabulary</b>	-Movement style, Movement phrase	- Stretch, Explore, Composition, Coordination, Balance, Technique, Alignment	-Fluency, Straddle, Success criteria, Positive effect, negative, Posture, Skills, Positions, Maneuvers	-Pivots, Centre of gravity, Base their balance, Complex, Precise
<b>PPA Cover</b>		Football	Football	Football
<b>Vocabulary</b>		-Direction, Attacking, Defending, Obstacle, Variety, Effective	-Compare, Evaluate, Predict, Successful tactics, Possession, Contribute, Tackling, Scoring, Overcrowd	-Adapt, Awareness, Anticipation, Attack and defence
Autumn - Term 2				
<b>Teacher Taught</b>	Dance	Dance	Dance	Dance

<b>Vocabulary</b>	-Movement style, Movement phrase	-Motif, Explore range, Bodies and limbs, Transition, Timing, Improvise	-Compare, Adapt, Express opinion, Awareness of rhythm, Dance style, Precision, Dynamics, Self-evaluation	-Pace and timing, Devise, Peer-evaluation, Flexible, Fluency, Rhythmically and accurately
<b>PPA cover</b>		Basketball	Basketball	Basketball
<b>Vocabulary</b>		Ball control, Bounce pass, Push ball, Dribble	-Movement, Getting into space, Footwork, Dribble	-Scoring, Tactics, Playing to the rules
<b>Other: Staff Training or Sports premium</b>	Lunchtime/ Opal After School Clubs CPD Continuous provision	Lunchtime/ Opal After School Clubs CPD	Lunchtime/ Opal After School Clubs CPD	Lunchtime/ Opal After School Clubs CPD

Curriculum Flight Path Year B				
Theme 2	EYFS	KS1	Year 3/4	Year 5/6
Spring - Term 1				
<b>Teacher Taught</b>	Ball Skills	Gym	Gym	Gym
<b>Vocabulary</b>	-Roll, Drop, Chase, Target, Aim, Rule	- Stretch, Explore, Composition, Coordination, Balance, Technique, Alignment	-Fluency, Straddle, Success criteria, Positive effect, negative, Posture, Skills, Positions, Maneuvers	-Pivots, Centre of gravity, Base their balance, Complex, Precise
<b>PPA Cover</b>		Volleyball	Volleyball	Volleyball
<b>Vocabulary</b>		-Link Hands, Cave Hands, Blocking	-Passing, Digging,	-Spiking, Agressessive Shot
Spring - Term 2				

Teacher Taught	Ball Skills	Dance	Dance	Dance
<b>Vocabulary</b>	-Roll, Drop, Chase, Target, Aim, Rule	-Motif, Explore range, Bodies and limbs, Transition, Timing, Improvise	-Compare, Adapt, Express opinion, Awareness of rhythm, Dance style, Precision, Dynamics, Self-evaluation	-Pace and timing, Devise, Peer-evaluation, Flexible, Fluency, Rhythmically and accurately
<b>PPA Cover</b>		Tennis	Tennis	Tennis
<b>Vocabulary</b>		-Catch (cup hands), Watch the ball, Balance, Racket, Grip, Balance	-Racket control, Sideways on, Forehand	-Backhand, Volley, Serve, Net, Backhand, Volley, Serve
<b>Other: Staff Training or Sports premium</b>	Lunchtime/ Opal After School Clubs CPD Continuous provision	Lunchtime/ Opal After School Clubs CPD	Lunchtime/ Opal After School Clubs CPD Year 3 Residential	Lunchtime/ Opal After School Clubs CPD

Curriculum Flight Path Year B				
Theme 3	EYFS	KS1	Year 3/4	Year 5/6
			Swimming	
Summer - Term 1				
Teacher Taught	Athletics	Rounders	Rounders	Rounders
Vocabulary	-Speed, Landing, Jogging, Sprinting	-Catch (cup hands), Balance-sideways on batting, Backstop	- Accuracy, Long barrier, Fielding, Scoring	- Sideways on, Point at your target, Teamwork, Tactics
PPA Cover		Athletics	Athletics	Athletics

<b>Vocabulary</b>		-Pace, Balance, Posture, Distance, Power	-Flight phase, Accuracy, Long jump, Push throw	-Short distance running, Long distance running, Fling throw, Technique, Control, Routine
<b>Summer - Term 2</b>				
<b>Teacher Taught</b>	Athletics	Competitive Games/Analyse and Evaluate	Competitive Games/Analyse and Evaluate	Competitive Games/Analyse and Evaluate
<b>Vocabulary</b>	-Speed, Landing, Jogging, Sprinting	-Performance, Improve, Describe, Technique	-Effectiveness, Improvements, Modify, Achieve,	-Success Criteria, Adaption, Precise, Structure, Thoughtful, Appropriate
<b>PPA Cover</b>		Frisbee	Frisbee	Frisbee
<b>Vocabulary</b>		-Disc, Frisbee, Energetically,	-Spirit of the Game Principle, Bank Hand Pass, Crocodile Catch, Pivot	-Advanced back hand pass, Fake throw, Curve pass, Competence
<b>Other: Staff Training or Sports premium</b>	Lunchtime/ Opal After School Clubs CPD Continuous provision	Haven Banks Lunchtime/ Opal After School Clubs CPD	Year 4 residential Haven Banks Lunchtime/ Opal After School Clubs CPD	Sports Day Year 6 residential Haven Banks Lunchtime/ Opal After School Club CPD

Spring - Ball Skills - Negotiate space and obstacles safely, and with consideration

Autumn - Dance - Demonstrates strength, balance and coordination

Summer - Athletics - Move energetically running, jumping, dancing skipping, climbing