



Crucial

Learning To Year 5		Athletics		Underarm throwing Overarm throwing Catching Over and underarm bowling Cricket	
	Passing Catching Tagging Dodging Scoring	Pacing Sprinting technique Jumping for distance Throwing for distance		of d Usir Unis Forr Dyn	forming a variety ance actions ng canon son Dance mation namics aracter
	Tag Rugby	Hockey	т	ennis	
Gymnastics Individual and partner balances Jumps using rotation Straight roll Barrell roll Forward roll	Handball	Dribbling Passing Receiving Intercepting Tackling	Ci Fo Bi	ll	
	Ball control		Americo		Poundara
C M E	Throwing Catching Moving with the ball Dribbling Shooting		Forehand Backhand Throwing Catching Ready position		Rounders Underarm throwing Overarm throwing Catching Tracking a ball Fielding and retrieving a ball batting
Football	Bask	etball	Tennis	Dance	e
Football	Run			Using car	

Throw Catch Dribble Intercept Shoot

Y3

Jump

Unison Formation dynamics Pathways Direction Copying and performing actions Control Balance

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Gymnastics

Individual balances Straight roll Barrell roll Forward roll Straight jump Tuck

Netball

Catching Passing Footwork Intercepting Shooting





Pacing

Sprinting

Crucial

Crucial Learning	Sprinting Jumping for distance Throwing for distance Fling throwing distance	for		
	Athletics	6	Cricket	
Catching Throwing Tagging Dodging Scoring			Underarm throwing Overarm throwing Catching Over and underarm bowling Long and short barrier Batting	Dance Performing a variety of dance actions Using canon Unison Formation Dynamics Character Emotion Matching Mirroring Transitions
Tag Rug	by	Hockey	Tennis	
nastics Straddle roll Forward roll Backward roll Counter-balance Counter tension Bridge and shoulder stand		Dribbling Passing Receiving Tackling Creating and using space shooting	Forehand groundstroke Backhand groundstroke Forehand volley Backhand volley Underarm serve	
	Handball	Y6	Swimming	
Tł Ca M Di In	hrowing atching loving with the ball ribbling tercepting hooting		Floating Breathing technique in front crawl Breathing technique in breaststroke Backstroke arms Tread water Survival in water	Athletics Pacing Sprinting technique Relay changeovers Jumping for distance Push and pull throwing for distance
Basketball	Dance	Tennis	Ro	ounders

Performing a variety of dance actions

Forehand

groundstroke

Throwing and catching

Football

Gymn

Dribbling Ball control Passing Tracking/jockeying Turning Receiving Goalkeeping

Using canon Using canor Unison Formation Dynamics Character Structure Space Emotion Matching Mirroring Transitions

Backhand groundstroke Forehand volley Backhand volley Underarm serve

Bowling Tracking Fielding and retrieving a ball Batting

Gymnastics	Netball	Y5
Symmetrical and asymmetrical balances Straight roll Forward roll Straddle roll Backward roll	Catching Passing Footwork Intercepting Shooting Dodging	

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