



PHYSICAL EDUCATION CURRICULUM

Our Physical Education is based on the National Curriculum and aims to ensure that all pupils develop competence to excel in a broad range of physical activities; are physically active for sustained periods of time; engage in competitive sports and activities and have the skills, and knowledge to be able to lead healthy, active lifestyles. To ensure that this happens, we have carefully designed a curriculum that meets the needs of the children at Northwood and equips them with the fundamental skills and knowledge needed to achieve these aims.

Physical Education Curriculum Topics of Study and

NATIONAL CURRICULUM TOPICS OF STUDY	Year Group & Sport Coverage					
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
KS1						
Master Basic Movements, including running, jumping, throwing and catching as well as developing balance, agility and co-ordination and begin to apply these in a range of activities	Fundamentals ✓ Gymnastics ✓ Dance ✓ Athletics ✓	Fundamentals ✓ Gymnastics ✓ Dance ✓ Athletics ✓				
Participate in team games, developing simple tactics for attacking and defending	Fundamentals ✓	Fundamentals ✓				
Perform dances using simple movement patterns	Dance ✓	Dance ✓				
KS2						
Use running, jumping, throwing and catching in isolation and in combination			Netball ✓ Cricket ✓ Athletics ✓	Tag Rugby ✓ Cricket ✓ Athletics ✓	Netball ✓ Cricket ✓ Athletics ✓	
Play competitive games, modified where appropriate			Hockey ✓ Netball ✓ Cricket ✓ Athletics ✓	Tag Rugby ✓ Cricket ✓ Football ✓ Athletics ✓	Hockey ✓ Netball ✓ Cricket ✓ Athletics ✓	
Perform dances using a range of movement patterns			Dance ✓	Dance ✓	Dance ✓	
Take part in outdoor and adventurous activity challenges both individually and within a team					OAA ✓	OAA ✓
Compare their performance with previous ones and demonstrate improvement to achieve their personal best			Dance ✓ Gymnastics ✓	Dance ✓ Gymnastics ✓	Dance ✓ Gymnastics ✓	
Swimming & Water Safety						
Swim competently, confidently and proficiently over a distance of at least 25m.					✓	✓
Use a range of strokes effectively					✓	✓
Perform safe self-rescue in different water-based situations					✓	✓

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Fundamentals Playing Games	Fundamentals Team Building	Fundamentals Ball Skills - Hands 1	Gymnastics Wide, Narrow, Curled	Dance The Zoo	Athletics Running 1 Jumping
Year 2	Fundamentals Ball Skills – Hands	Fundamentals Team Building	Fundamentals Games for Understanding	Gymnastics Pathways	Dance The Sweet Factory	Athletics Ball Skills – Hands 2 Jumping
Year 3	Hockey	Gymnastics Canon & Unison	Dance Witches & Wizards	Netball	Cricket	Athletics
Year 4	Tag Rugby	Gymnastics Bridges	Dance Space	Football	Rounders	Athletics
Year 5	Hockey	Gymnastics Counter Balance & Counter Tension	Dance The Circus	Netball	Cricket	Athletics
		OAA Challenging Collaboration Leadership				
Year 6	Tag Rugby	Gymnastics Creating Sequences	Dance Carnival	Football	Rounders	Athletics
		OAA Communication & Tactics Orienteering				



YEAR 1

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Year 1

Progression

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Fundamentals Playing Games	Fundamentals Team Building	Fundamentals Ball Skills - Hands 1	Gymnastics Wide, Narrow, Curled	Dance The Zoo	Athletics Running 1 Jumping
Teach It	Teach It	Teach It	Teach It	Teach It	Teach It
- Through exploring a range of games ensure children are able to follow instructions, keep count, take turns and compete against themselves and others in an appropriate manner. - To travel in different ways with increasing control. - To time running and stopping to avoid/catch players	- Through a range of team building challenges, ensure children are able to develop listening skills; use strategies to communicate with peers and develop teamwork through communication and encouragement. - To develop balance, agility and coordination - Change direction with increasing control - Begin to develop use of ball skills with hands/feet	- Develop and master sending and receiving of a ball from the hands - To develop balance, agility and coordination - To make use of coordination, accuracy and weight transfer - To use ball skills in games-based activities	- Explore gymnastics actions and shapes - Explore travelling on apparatus such as benches - To repeat and link combinations of gymnastics actions - Link combinations of movements and shapes with control	- Explore basic body patterns, gestures and movements to music - Change direction during travelling moves - Link moves together that change direction and level - Link together dance moves with gestures and changing direction in time to music	- To use varying speeds when running - Explore footwork patterns - Explore arm mobility - Explore different methods of jumping - Practice short distance running - Practice taking off from different positions
Know It	Know It	Know It	Know It	Know It	Know It
Direction, change, movement, technique, fast, slow, travel, co-ordination	Travel, equipment, space, balance, coordination	Send, receive, underarm, overarm, roll, throw, catch, bounce, receive, react	Travel, link, sequence, level, tension, wide, narrow, curled, direction, level, over, onto, off	Level, speed, beat, movement, expression, control	Speed, take off, landing, balance, jog, sprint
Show It	Show It	Show It	Show It	Show It	Show It
- Respond effectively to instructions - Run on the balls of the feet, concentrating on coordination, not always speed. - Co-ordinate the upper and lower body together.	- Work collaboratively with a peer - Run on the balls of the feet, concentrating on coordination, not always speed. - Co-ordinate the upper and lower body together.	- Develop anticipation and reaction when working with beanbags and balls - Catch a ball on a bounce - Catch a ball from a throw	- Travel in different directions at different levels and speeds - Link three moves together while travelling, aiming to change level, speed and direction	- Create movements to represent different animals - Practice travelling and moving in a variety of ways with changes in direction - Understand beats in music	- Know how to travel in different ways - Change from fast to slow - Know how to jump and show good posture and technique when

• Change direction quickly whilst running, beginning to show control and fluency • Use agility, balance and coordination skills when playing games	• Change direction quickly whilst running, with increasing control and fluency • Use agility, balance and coordination skills when playing games	• Develop accurate throwing skills • Develop accuracy of send • Understand the overarm throwing technique • Understand when to use the overarm or underarm throw • Stop, trap or catch the ball while on the move	• Link isolated moves and shapes when travelling • Explore travelling to move along, over and around onto and off a bench • Travel with a focus on changing direction and level using small equipment	• Move in time to music • Develop gestures and ways of travelling • Dance to beats of four or eight • Perform a dance in time with fluency	jumping, travelling and landing • Run and jump with good balance and coordination
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YEAR 2

PHYSICAL EDUCATION

CURRICULUM

Year 2

Progression

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Fundamentals Ball Skills – Hands 1	Fundamentals Team Building	Fundamentals Games for Understanding	Gymnastics Pathways	Dance The Sweet Factory	Athletics Ball Skills – Hands 2 Jumping
Teach It	Teach It	Teach It	Teach It	Teach It	Teach It
- Use hand-eye coordination to control a ball - Catch a variety of balls/objects - Vary type of throw based on need/scenario - Throw a ball for accuracy and/or distance	- How to work collaboratively to be an effective team which includes all team members - Communicate effectively between one another	- Explore the use of various tactics within different games - Understand the principles of attack - Understand the principles of defence - Develop an understanding of transition from defence to attack and vice versa	- To explore different types of pathways e.g. zig-zag/ curved - Remember and repeat simple gymnastics actions with control - Balance on isolated parts of the body using the floor and hold balance - Link together a number of actions into a sequence - Choose and use a variety of gymnastic actions to make a sequence	- Create movements that explore expression - Link movements together using control and varying speeds - Compose and perform simple dance phrases - Work with a partner to develop an extended sequence	- Learn the best techniques for jumping distance - Throw objects in a variety of ways - Apply accurate throwing technique to throw for both accuracy and distance
Know It	Know It	Know It	Know It	Know It	Know It
Send, receive, overarm, underarm, catch, accuracy	Travel, equipment, space, balance, coordination, communication	Attacking, defending, transition, teamwork, tactics, create, apply	Zig-zag, curved, travelling, tension, balance, point of contact.	Beat, partner, performance, motif, sequence, expression	Power, speed, angle, jump, throw
Show It	Show It	Show It	Show It	Show It	Show It
- Know how to catch different objects - Target receivers' hands when throwing - Watch the ball/object when trying to catch it. - Know how to throw both underarm and overarm with	- Work collaboratively within a team - Communicate effectively with peers to achieve a positive outcome	- Apply attacking principles within a range of mini-games - Adjust attacking principles within games such as adjusting speed and changing direction	- Link balances with other travelling movements - Showcase a range of pathways within a routine. - Safely use equipment such as benches and mats within a gymnastic sequence.	- Show contrasting movements with clarity - Explore patterns of movement with a partner - Link contrasting movements together to make a dance sequence	- Use accurate technique when jumping for distance - Use accurate technique when throwing for distance

increasing degree of accuracy, • Catch a ball at different heights i.e. above head, chest height etc.		• Apply basic defending principles within a range of mini-games • Create and apply tactics to use within games that show an understanding of defence and attack		• Use emotion and expression when performing simple dance sequences.	
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YEAR 3

PHYSICAL EDUCATION
CURRICULUM

Year 3

Progression

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Hockey	Gymnastics Canon & Unison	Dance Witches & Wizards	Netball	Cricket	Athletics
Teach It	Teach It	Teach It	Teach It	Teach It	Teach It
- Hold the hockey stick correctly, using the lower hand for stability and upper hand for movement/guidance - Control the hockey ball using the inside of the stick - Develop passing technique by pushing the ball from the stick to a partner (in isolation and within a game situation) - Receive the ball from a pass to gain control of the ball - Begin to develop technique for shooting	- Explore gymnastic techniques such as balances and travelling in unison. - Explore gymnastic techniques such as balances and travelling in canon - Work with a partner to create a sequence that includes both canon and unison balances/travelling	- Respond to different stimuli to add drama and emotion to a dance - Explore how characters are shown through dance, including appropriate actions and expression - Develop precision of movements - Work cooperatively within a group to create own short motif. - Perform in front of others with confidence	- Develop technique for a range of passes used in netball: chest, bounce, shoulder - Understand basic footwork rules - Receive a range of passes within competitive games and under pressure - Develop technique when shooting, using the correct technique (BEEF)	- Understand the concept of batting and fielding - Explore different throwing techniques (underarm/overarm) and begin to decide when to use each of these, - Use overarm/underarm throwing with increasing degree of accuracy. - Begin to develop accuracy when striking the ball - Practise the correct technique when catching a ball and use it within isolation and a game - Understand the basic principles of cricket: how to score runs, how to get a batsman out	- Run in different directions and at different speeds, using good technique - Explore acceleration when running and when it is required - Improve throwing technique - Reinforce jumping techniques - Understand the relay and passing the baton
Know It	Know It	Know It	Know It	Know It	Know It
Pass, dribble, control, push pass, receive, shoot	Unison, canon, sequence, movement, balance, flow	Direction, tempo, timing, performance, formation, canon, unison, performance, confidence	Pass, receive, chest, shoulder, bounce, footwork, shoot,	Wicket, bat, field, bowl, ball, throw, catch, overarm, underarm, strike, long-barrier	Direction, underarm, overarm, relay, change over, technique, take off, travelling, landing, competition
Show It	Show It	Show It	Show It	Show It	Show It

• Travel around the pitch/hall holding the hockey stick safely • Use the correct technique when dribbling, allowing for change of speed, direction • Be able to showcase the push-pass in isolation and to a peer within a games-based situation. • Pass and receive the ball within a game situation. • Shoot the ball in isolation towards a target/ goal	• Explore a variety of jumps, balances and travelling techniques • Land safely when jumping from the floor and from apparatus • Link jumps into sequences • Use all skills learned in previous lessons to develop a sequence • Analyse own and others' performances	• Count beats and change direction while dancing • Create and maintain character while dancing through showing great expression • Showcase cooperation with others while creating own dance.	• Apply a range of passes in isolation and within game situations • Apply footwork rules within small game situations • Begin to apply correct technique when shooting in netball • Apply rules and skills within small games	• Apply the principles of cricket to a small game (adapted if needed) • Throw with increasing accuracy when fielding to field with positive intent • When batting, hit the ball in the intended direction on many occasions.	• Look forward when running. Run at varying speeds, showcasing acceleration when needed. • Use arms and legs when throwing. • Know how to perform a standing long jump, understanding the rules. • Know how to pass and receive the baton in the relay. • Know how to start a race correctly.
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YEAR 4

PHYSICAL EDUCATION

CURRICULUM

Year 4

Progression

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Tag Rugby	Gymnastics Bridges	Dance Space	Football	Rounders	Athletics
Teach It	Teach It	Teach It	Teach It	Teach It	Teach It
- Understand and apply basic passing technique for rugby - Apply principle of passing sideways/backwards whilst moving - Understand the 'offside' rule and apply it within games situations - Apply defensive principles of 'tagging' the attacker - Apply attacking principle of 'ripping the ball' to allow attacks to remain fluid - Begin to evade defenders through using movements such as dodging, side stepping and changing pace.	- Explore movements and balances which create a bridge - Use apparatus safely while creating bridge balances - Form a sequence of movements which incorporate bridge balances on and off apparatus - Explore movements to move over and under bridge balances with a partner - Link movements and balances together with increasing fluidity - Perform to peers with confidence, showing skills learnt within the sequence of learning	- Explore movement through improvisation. - Sustain characters to add drama and emotion to dance - Create a dance sequence which is fitting to the theme space - Perform and evaluate own and others work - Show an understanding of the music by showing rhythm when performing	- Refine dribbling techniques to keep the ball close and under control - Turn with the ball to maintain possession when under pressure - Pass the ball with appropriate technique over a range of short-medium and long distances. - Receive the ball, using correct technique to gain control of the ball - Use accurate power and placement when shooting	- Develop the concept of batting and fielding and understand how to apply the basic rules of rounders - Understand the roles of the bowler and backstop - Bowl with a degree of accuracy, ensuring the ball is between shoulder and waist - Hit the ball using correct technique, holding the bat with one hand. - Begin to understand and develop basic fielding tactics	- Apply positive running technique when sprinting - Ensure that children understand the importance of staying in their lane/running in a straight line - Demonstrate ability to exchange baton at an appropriate pace to maintain speed within a race - Develop use of correct throwing techniques for javelin (howler) and shot put (bean bag) - Develop use of correct technique for standing long jump
Know It	Know It	Know It	Know It	Know It	Know It
Pass, backwards, forwards, offside, tackle/tagging, ripping, movement, evasion, attack, defend	Tension, extension, balance, bridge, travelling, fluid	Improvise, space, sequence, balance, timing, expression	Ball, pass, receive, inside, outside, possession, tackle, space, shooting	Batting, fielding, backstop, bowling, catch, throw	Momentum, swing, run, throw, jump, javelin, shot put, technique
Show It	Show It	Show It	Show It	Show It	Show It
Pass backwards or sideways in isolation and within a small-sided game	- Create a bridge - Move in and out a bridge position - Execute bridge balances as an	- Perform with a range of movement patterns - Develop own dancing and performance skills	Use the inside and outside of the foot to control the ball when dribbling	- Apply rules of rounders during a game - Bowl underarm in isolation and within a game, throwing	Run in a straight line when sprinting, staying in own lane

• Apply the offside principle within a game to follow the rules of rugby • Rip the ball from an attacker to ensure an attack remains fluid • Dodge, side step and change pace to pass defenders in a game.	individual and as a pair • Create bridges whilst connected to apparatus • Showcase a range of balances and movements through a performance • Show tension and extension when travelling and balancing	• Develop an understanding of how to prepare for a dance performance	• Change pace and direction when dribbling in isolation and within a game whilst maintaining control of the ball • Use a range of turn to maintain possession while under pressure in small-sided games. • Pass the ball using the inside of the foot for short range passes, laces for longer passes • Pass the ball with increasing degree of accuracy when under pressure in games-based situations. • Shoot with accuracy in isolation and in small-sided games using chosen technique dependent on placement of goal	towards the backstop at an appropriate pace • Understand how and where to hit the ball • Based on fielding position, begin to chose placement of hitting when batting • Show an understanding of fielding tactics to prevent the batter from scoring	• Pump arms with elbows bent when sprinting • When exchanging baton, hands ready, palms upwards • Extend as releasing when throwing howler/beanbag • Swing arms to increase momentum when jumping • Extend legs on take off of jumping
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YEAR 5

**PHYSICAL EDUCATION
CURRICULUM**

Year 5

Progression

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Hockey	Gymnastics Counter Balance & Counter Tension	Dance The Circus	Netball	Cricket	Athletics
Teach It	Teach It	Teach It	Teach It	Teach It	Teach It
- Refine passing skills in order to use a range of passes when appropriate - Refine dribbling skills to apply effectively within a game - Develop an awareness of how to block and tackle effectively - Develop technique for shooting to shot with appropriate power and accuracy - Understand rules of hockey and apply these within games-based activities	- Develop counter balances with a partner/group - Incorporate counter balances while using apparatus - Include counter balances within a short sequence - Complete a sequence of balances at the same time as a partner - Show control, tension and extension when balancing - Explore the concept of counter tension balances - Link moves and balances together with fluency and body tension	- Consistently include flow within movements - Make improvements to own and others work - Incorporate previously learned aspects of dance such as expression, unison, canon - Develop character linked to a 1850s circus - Showcase clear difference between two or more characters	- Refine passing and moving skills, showcasing a range of passes previously taught (bounce, chest, shoulder) - Develop defending and marking to prevent attacking opportunities - Develop an understanding of positions and tactics - Understand how to adhere to positions and rules within a game	- Understand the concept of batting and fielding and apply skills effectively within game situations - Strike a ball with accuracy and control - Develop skills when bowling at a batter in cricket - Develop distance and accuracy of overarm throws to field effectively - Work together as a team to field effectively, applying tactics where appropriate	- Apply correct running technique when sprinting - Ensure that children understand the importance of staying in their lane/running in a straight line - Demonstrate ability to exchange baton at an appropriate pace to maintain speed within a race - Use correct throwing techniques for javelin (howler) and shot put (bean bag) - Use correct technique for standing long jump
Know It	Know It	Know It	Know It	Know It	Know It
Stick, technique, block tackle, foot fault, push pass, slap	Star, dish, arch, balance, shape, sequence, direction, rotation, roll, bridge, counterbalance, tension extension	Choreograph, motif, circus, ringmaster, expression, flow, routine, timing	Footwork, chest pass, shoulder pass, bounce pass, centre, goal attack, wing attack, wing defence, goal defence, goalkeeper, goal shooter	Grip, wicketkeeper, action, overarm, bowl, release, long-barrier, catch, communication, over, innings	Momentum, swing, run, throw, jump, javelin, shot put, technique
Show It	Show It	Show It	Show It	Show It	Show It

• Apply a range of passes within a game situation • Move into a space to receive passes within games • Use appropriate technique for tackling an opponent within game play • Use defensive tactics such as marking during games-based activities • Shoot within games-based activities with good accuracy and power	• Use linking moves with control and accuracy • Use linking moves within sequence of movements • Showcase a variety of counter/tension balances within isolation and a sequence • Perform a sequence to peers	• Showcase flow when following a choreographed routine • Provide feedback to others to aid improvements • Dance in time to music within a choreographed piece	• Apply footwork rule within games-based activities • Use a variety of passes where appropriate within games • Mark players within a ground, not crowding around the ball carrier to ensure players are not left 'free' • Play in a variety of positions within a game of netball • Apply and follow the rules required for a competitive game of netball	• Bowl accurately and consistently towards a wicket • Begin to vary the way that you are bowling depending on the batsman • Field and return the ball quickly and accurately, including throwing over longer distances	• Run in a straight line when sprinting, staying in own lane • Pump arms with elbows bent when sprinting • When exchanging baton, hands ready, palms upwards • Extend as releasing when throwing howler/beanbag, pointing in direction of throw • Swing arms to increase momentum when jumping • Extend legs on take-off of jumping, exerting maximum power
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Year 5

Progression

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Outdoor Adventurous Activities (OAA)				
	Challenging Collaboration	Leadership			
Teach It	Teach It	Teach It	Teach It	Teach It	Teach It
	- Understand what makes an effective team to achieve an agreed goal - Apply collaboration skills when working as part of a team - Understand why it is so important to collaborate in order for a team to be successful	- Understand and identify different attributes that make an effective leader - Understand what is meant by effective communication and why it is important to communicate clearly as a leader			
Know It	Know It	Know It	Know It	Know It	Know It
	Collaborate, teamwork, responsibility	Leadership, communication, support,			
Show It	Show It	Show It	Show It	Show It	Show It
	- Demonstrate effective teamworking skills when working within a group - Collaborate together to score points - Collaborate together to complete challenges	- Display leadership attributes - Communicate effectively to peers within tasks - Make decisions as a leader to organise groups fairly and effectively			



YEAR 6

PHYSICAL EDUCATION

CURRICULUM

Year 6

Progression

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Tag Rugby	Gymnastics Creating Sequences	Dance Carnival	Football	Rounders	Athletics
Teach It	Teach It	Teach It	Teach It	Teach It	Teach It
• Pass and move accurately and consistently within games-based situations • Apply principle of passing sideways/backwards whilst moving • Apply the 'offside' rule consistently when playing games • Apply defensive principles of tagging and formations to defend with effectiveness • Apply attacking principles to evade defensive formations	• Identify and practise gymnastics shapes and balances • Practice symmetrical and asymmetrical body shapes • Construct sequences using balances and linking movements • Use counterbalances and incorporate them into a sequence of movements • Perform movements in unison and canon • Perform and evaluate own others' sequences	• Apply choreography with control and rhythm • Create own movements from a stimulus • Apply compositional principles • Perform sequences with technical control and a good sense of rhythm	• Refine techniques to maintain possession such dribbling and passing. • Understand the rules of football to be able to officiate small-sided games • Understand defensive tactics and shape in order to stifle attacking opportunities • Develop an understanding or attacking and defensive tactics through applying varying formations.	• Apply principles of batting and fielding to a full rounders game • Bowl, bat and field with accuracy and effectiveness within a game of rounders • Consider and apply varying tactics within a game of rounders • Understand the rules of rounders and apply these within a game.	• Apply correct running technique when sprinting • Ensure that children understand the importance of staying in their lane/running in a straight line • Demonstrate ability to exchange baton at an appropriate pace to maintain speed within a race • Use correct throwing techniques for javelin (howler) and shot put (bean bag) • Use correct technique for standing long jump
Know It	Know It	Know It	Know It	Know It	Know It
• Tag, try, formation, tactics, possession	• Symmetrical, asymmetrical, balance, shape, sequence, support, direction, rotation, movement, rolling, bridge	• Mirror, match, routine, choreograph, timing, beat, fluency, energy, formation	• Formation, attack, defence, transition, possession, press, shape, officiate	• Batting, fielding, backstop, bowling, catch, throw, base, tactics,	• Momentum, swing, run, throw, jump, javelin, shot put, technique
Show It	Show It	Show It	Show It	Show It	Show It
• Display attacking principles such as passing and moving to be effective within games • Display defensive principles such as tagging and	• Use and refine the following skills; flexibility, strength, balance, power • Cooperate with others within a sequence	• Perform as part of a group with high energy • Show clarity, fluency and accuracy when following a choreographed routine	• Decide on and apply defensive tactics within a game • Decide on and apply attacking tactics within a game	• Return the ball quickly with increased accuracy • Consistently bowl with accuracy towards the backstop	• Run in a straight line when sprinting, staying in own lane • Pump arms with elbows bent when sprinting

formations to be effective within games.	• Develop skills for movement including rolling, bridging and dynamic movements • Use own and others' bodyweight to balance • Improve sequences by adding variety of movements	• Suggest improvements to own and other pupil' work	• Officiate a small-sided game, enforcing laws of the game. • Discuss tactics which are most effective for varying games/scenarios	• Apply tactics when fielding and batting to be successful in a game • Follow the rules of a rounders game	• When exchanging baton, hands ready, palms upwards • Extend as releasing when throwing howler/beanbag, pointing in direction of throw • Swing arms to increase momentum when jumping • Extend legs on take-off of jumping, exerting maximum power
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Year 6

Progression

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Outdoor Adventurous Activities (OAA)				
	Communication & Tactics	Orienteering			
Teach It	Teach It	Teach It	Teach It	Teach It	Teach It
	- Work as a team to create simple tactics - develop qualities and attributes for effective leadership - collaborate and communicate within a team to achieve a desired goal - devise tactics to solve problems	- Use a map and navigate effectively - Understand how to follow a route using a map - Understand how to orientate a map, locate points and travel to points on a map			
Know It	Know It	Know It	Know It	Know It	Know It
	Communicate, tactics, leadership,	Map, key, orientate, locate, allocated time,			
Show It	Show It	Show It	Show It	Show It	Show It
	- Create tactics as a group - Identify and display attributes of a successful team - Work as a team collaboratively against others	- Follow maps with increasing degrees of accuracy - Use a map to follow a route with a partner - Locate and find points, using a map - Orienteering a map correctly			