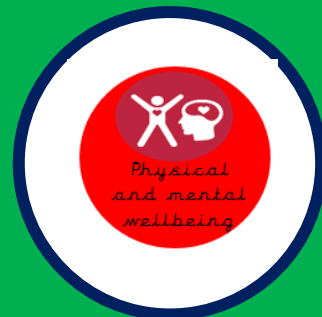


Long-Term Map



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	Gymnastics Perform short sequence with: Low and medium level shapes; matching and mirroring; contrasting shapes with some linking Sports Focus: Netball Send, receive, return (KS1) Throw, catch, prepare Builds on fundamental skills of striking with hands and equipment Supports the development of catching, tracking, chasing and aiming. Assessment: I can use a range of techniques to send and receive an object.	Dance Organising sections of dances to create one piece, working in sync with other group members Assess others work. Assessment: Sports focus: Football Hands, feet, equipment Pass, position, patience Develops understanding of attacking strategies. Develops knowledge of finding effective spaces Assessment: I can develop an accurate and appropriate pass to a teammate.	Gymnastics Perform a wide range of shapes and balances on apparatus Perform shapes in flights on and off a piece of apparatus including turn, twist and spin Sports focus: Tag rugby Fair, share, dare Look, run, avoid Builds on fundamental movement skills. Consider how to look for space before moving with speed to evade defenders. Assessment: I can find an effective space and share different ways to challenge myself.	Dance Select and explore a variety of movements, responding imaginatively to a range of stimuli Perform movement actions individually, with partners, a group and a whole class Sports focus: Cricket React, roll, retrieve Strike, react, rally Support the development of moving at speed, as well as developing striking and fielding games. Assessment: I can develop accuracy when rolling and striking an object.	Gymnastics Perform mirrored and matching travels and balances with a partner. Sports focus: Athletics Run, jump, throw Accuracy, power, distance Develop an understanding of techniques that improve running, jumping and throwing. Assessment: I can select when to use different speeds and powers.	Dance Perform movement actions individually with partners, a group and a whole class Respond to a beat using music as a stimulus to influence dance Sports focus: Hockey Duel, win, lose Hands, feet, equipment (Year 4) Develop fundamental movements and select tactics to help in competitive games. Assessment: I can share how I feel when I lose in a game.
Year 4	Gymnastics Perform and evaluate a routine: matching balances and stands, with matching balancing on apparatus, with contrasting balances on and over apparatus, with linked balances on and over apparatus Sports focus: Tennis Hands, feet, equipment Strike, react, rally Apply a range of striking techniques within a game. I can ask for support to do my best. Assessment: I can maintain concentration throughout a rally.	Dance Developing dance when creating one piece, performing in unison and sync with other group members in front Of the class Self-assess and assess peers' work and give feedback using appropriate dance vocabulary Sports focus: Basketball Target, control, combine Pass, position, patience Develops fundamental movement skills of object control, locomotion and stability. Assessment: I can independently apply a combination of sending and catching skills.	Gymnastics Perform a forward roll with appropriate entrances and exits including on and off and over apparatus Link movements by performing jumps, turns and pivots Sports focus: Handball Throw, catch, prepare, Duel, win, lose Applying different techniques when throwing and catching, alongside working out which technique works best. Assessment: I can decide which tactic works best for me.	Dance Developing choreographic skill incorporating more free- creative thinking Movements articulate the style of dance well Sports focus: Athletics Run, jump, throw Developing confidence in different athletic skills, including running, jumping and throwing. Assessment: I can apply different techniques when faced with challenges.	Gymnastics Completing mirroring actions along different pathways and levels, including basic rolls Sports focus: Athletics Accuracy, power, distance Apply throwing skills to strike an object with accuracy. Assessment: I can explain and demonstrate which type of throw is best for each focus.	Dance Develop good co-ordination within a sequence of movements Use music to influence movement with increasing skill Sports focus: Rounders React, roll, retrieve, Modified game: Rounders Explore a range of fielding and bowling skills Assessment: I can communicate with my team during fielding and bowling games.

Year 5	Gymnastics Perform a wide range of routines with rolling; including jumping rolls, build into rolling from and into a pike position Sports focus: Football Block, guard, support Modified game: Football Play competitive games and apply basic principles suitable for attacking and defending. Assessment: I can keep control of the ball while combining with a teammate to score a goal.	Dance Learn, rehearse and perform choreographed dance phrases of increasing complexity Self-assess others work and give critical feedback using appropriate vocabulary Sports focus: Netball Lend, move, score Modified game: Netball Apply basic principles suitable for appropriate attacking and defending, Assessment: I can find space quickly and pass with confidence.	Gymnastics Perform backwards and forward rolls with a range of entrances and exits. Learning a handstand, transitioning into a forward roll and incorporating as part of a routine. Vault safely with a range of entrances and exits into rolling Sports focus: Hockey Evade, invade, capture Modified game: Hockey Apply basic principles suitable for appropriate attacking and defending, Assessment: I can pass accurately and work collaboratively with others.	Dance Use a range of dance techniques to develop movements Identify floor plans and use within their movements including starting and finishing area Sports focus: Tag Rugby Fair, share, dare Modified game: Tag rugby Play competitive games, modify where appropriate and apply basic principles suitable for attacking and defending. Assessment: I can run, throw and catch in isolation.	Gymnastics Plan a sequence of movements on apparatus both individually and as a group in time with each other to form a routine Sports focus: Athletics Run, jump, throw Speed, distance, strength Develop key fundamental skills of running, jumping and throwing. Assessment: I can embed running, jumping and throwing skills within an athletics activity.	Dance Develop movements to incorporate at least one lift sequence in a sequence of movements Sports focus: Cricket Aim, strike, retrieve (Year 6) Modified game: Cricket Develop an understanding of control, accuracy and consistency in a game setting. Assessment: I can adapt the direction and force of the ball.
Year 6	Gymnastics Incorporate stands into cannon and or unison performances. Perform rotation, balances and stands in unison and cannon. Sports focus: Tennis Set, serve, slam Modified game: Mini Tennis Develop an understanding of how to maintain control and strike a tennis ball. Assessment: I can watch the movement of the ball and adjust my position,	Dance Perform choreographed dance narrative, improving movements, developing timing and spacing. Assess self and others with increasing critical feedback and suggested actions for improving using apt and precise language Sports focus: Basketball Modified game: Basketball Develop an understanding of recognizing when to pass and dribble a ball. Assessment: I can dribble a ball and pass effectively.	Gymnastics Perform to roll on, off and over apparatus within routines, including counterbalances and counter tension balances Roll in sequences on and off apparatus including partner routines Sports focus: Handball Modified game: Handball Promote fluidity and consistent movement while passing and receiving the ball. Assessment: I can effectively partake in a handball match.	Dance Use choreographed movements and patterns to tell a narrative; adapt movements in a more creative style Use gymnastics equipment to create improvised movement Sports focus: Athletics Run, jump, throw Develop flexibility, strength, technique, control and balance. Assessment: I can master key techniques to run, jump and throw effectively.	Gymnastics Combine balancing and travelling to produce a floor routine including matching. Incorporate apparatus. Produce mirroring routine with a partner on apparatus. Sports focus: Athletics Athletics curriculum Develop an understanding of the different athletics activities. Assessment: I can take part in a wide range of athletics events.	Dance Allow different parts of the body to lead and influence the rest of the movement using a range of levels, tempos and contact work. Sports focus: Rounders Modified game: Rounders Develop an understanding of the different roles in rounders and how they differ from one another. Assessment: I can be involved in multiple roles during a rounders tournament.