

The curriculum is taught and assessed across three strands; Head, Heart and Hands.

## Head



1. Knowledge
2. Understanding
3. Analysis
4. Feedback
5. Responsibility
6. Rules

## Heart



1. Communication
2. Leadership
3. Respect
4. Resilience
5. Effort
6. Confidence

## Hands



1. Physical Ability
2. Fitness Levels
3. Competitive
4. Technique
5. Tactics
6. Problem Solving

	Head	Heart	Hands		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Enhance confidence and skills in expressing themselves	To form positive relationships and develop respect for others	Show good control and co-ordination in large and small movements	Learning Theme TKS	Fair Share Dare	Observe Move Dodge	Think Aim Pass	Travel Balance Climb	Invent Lead Follow	Choose Use Improve
	Follow instructions involving several ideas and actions, and are able to answer how and why	To speak and listen in a range of situations	Safely negotiate space without and with equipment.  Combine different movements with ease and fluency		-Multi-skills -FMS -ABC	-Team games -FMS -ABC	-Target games -FMS -ABC	-Movement games -FMS -ABC carousel	-Gymnastics -FMS -ABC carousel	Sports day activities
Year 1&2	Agility, balance and co-ordination (ABC).	Understanding and following rules.	Develop agility, balance and co-ordination (ABC).	Learning Theme	Win Lose learn	Strike React Rally	Move Solve Challenge	Perform Balance Land	Create Play Compete	Run Throw Jump
	Fundamental movement skills (FMS).	Working with others; individual and pair work	Develop fundamental movement skills (FMS).		Multi-skills / FMS / ABC carousel	Multi-skills / FMS / ABC carousel	Sports hall athletics games/ FMS / ABC carousel	Gymnastics / FMS / ABC carousel	Invasion games / FMS / ABC carousel	Sports day activities
Year 3&4	Evaluating performance; how to improve	Communication, collaboration and competition.	Flexibility, strength, technique, control and balance.	Learning Theme	Working together	Challenging yourself	Running, throwing and catching skills	Individual/group challenges	Defending and attacking skills	Around the world
	compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Develop a capacity for growth and resilience	play competitive games and apply basic principles suitable for attacking and defending		- Team games	- Small-sided games (Up to 5v5)	- Ball games - Athletics	- Gymnastics - Dance - Team games	- Multi-sports	- Games from around the world
Year 5&6	Evaluating performance; how to improve	Communication, collaboration and competition.	Flexibility, strength, technique, control and balance.	Learning Theme	Including everyone	Evaluating success	Thinking of others	Problem-Solving in games	Defending and attacking skills	Competing as a team
	compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Develop a capacity for growth and resilience	Game-related decision-making; sport-specific skills.		- Team games	- Athletics	- Modified games - Creating and managing own games	- Variety of activities	- Multi-sports	- Sport education model  Team invasion game