

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 Follow instructions involving several ideas and actions, and are able to answer how and why	To form positive relationships and develop respect for others To speak and listen in a range of situations	Show good control and co-ordination in large and small movements Safely negotiate space without and with equipment. Combine different movements with ease and fluency	Learning Theme	Fair Share Dare	Observe Move Dodge	Think Aim Pass	Travel Balance Climb	Invent Lead Follow	Choose Use Improve
					-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). Fundamental movement skills (FMS).	Understanding and following rules. Working with others; individual and pair work	Develop agility, balance and co-ordination (ABC). Develop fundamental movement skills (FMS).	Learning Theme	Win Lose learn	Strike React Rally	Move Solve Challenge	Perform Balance Land	Create Play Compete	Run Throw Jump
					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 compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Communication, collaboration and competition. Develop a capacity for growth and resilience	Flexibility, strength, technique, control and balance. play competitive games and apply basic principles suitable for attacking and defending	Learning Theme	Working together	Challenging yourself	Inventing & managing your own game	Defending and attacking skills	Team challenges	Around the world
					Team Games	Small-sided games (up to 5v5)		Multi-sports	Team activities	Games from around the world
Year 5&6	Evaluating performance; how to improve compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Communication, collaboration and competition. Develop a capacity for growth and resilience	Flexibility, strength, technique, control and balance. Game-related decision-making; sport-specific skills.	Learning Theme	Including everyone	Evaluating success	Inventing and managing your own game	Defending and attacking skills	Problem solving	Competing as a team
					Team Games	Athletics		Multi-sports	Team activities	Sport Education Model Team Invasion game