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| Unit  Year B | Physical Skills | Social Skills | Emotional Skills | Thinking Skills |
| Netball | Passing, catching, footwork, intercepting, shooting, dodging. | Communication, collaboration. | Perseverance, honesty and fair play. | Planning strategies and using tactics, selecting and applying skills, decision making. |
| Swimming | Rotation, sculling, treading water, gliding, front crawl, backstroke, breaststroke, surface dives, floating, H.E.L.P and huddle positions. | Communication, supporting and encouraging others. | Determination. | Creating, decision making, using tactics. |
| Dance | Performing a variety of dance actions, using canon, unison, formation, dynamics, character, emotion, transitions, matching & mirroring. | Sharing ideas, consideration of others, inclusion, respect, leadership, supporting others. | Empathy, confidence. | Observing & providing feedback, using feedback to improve, selecting & applying skills. |
| Handball | Throwing and catching, moving with the ball, dribbling, intercepting, shooting. | Collaboration, communication. | Honesty and fair play, perseverance. | Planning strategies and using tactics, observing and provide feedback. |
| Gymnastics | Straddle roll, forward roll, backward roll, counterbalance, counter tension, bridge, shoulder stand, handstand, cartwheel, headstand, vault. | Responsibility, collaboration, communication, respect. | Confidence. | Observing and providing feedback, selecting and applying skills, evaluating and improving sequences. |
| OAA | Stamina, running. | Communication, teamwork, trust, inclusion, listening. | Confidence. | Planning, map reading, decision making, problem solving. |
| Hockey | Dribbling, passing, receiving, tracking, creating and using space, shooting. | Communication, collaboration. | Perseverance, honesty and fair play. | Planning strategies and using tactics, observing and providing feedback, selecting and applying skills. |
| Athletics | Pacing, sprinting, jumping for distance, push throwing for distance, fling throwing for distance. | Negotiating, collaborating with others. | Perseverance, determination. | Observing and providing feedback. |
| Volleyball | Volley, dig, set, serve, ready position. | Communication, respect, supporting and encouraging others. | Confidence, perseverance, honesty. | Decision making, selecting and applying tactics, identifying strengths and areas for development. |
| Rounders | Throwing & catching, bowling, tracking, fielding & retrieving a ball, batting. | Organising & self-managing a game, respect, supporting & encouraging others, communicating ideas & reflecting with others. | Honesty & fair play, confident to take risks, managing emotion. | Decision making, using tactics, identifying how to improve, selecting skills. |
| Tennis | Forehand groundstroke, backhand groundstroke, forehand volley, backhand volley, underarm serve. | Collaboration, communication, respect. | Honesty, perseverance. | Decision making, selecting and applying tactics, evaluating and improving. |

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| Unit | Lesson 1 | Lesson 2 | Lesson 3 | Lesson 4 | Lesson 5 | Lesson 6 |  |  |
| Netball | Develop passing and moving. | To be able to use the attacking principle of creating and using space. | To change direction and lose a defender. | To be able to defend ball side and know when to go for interceptions. | To develop the shooting action. | To able to use skills and tactics in small sided games. |  |  |
| Swimming |  |  |  |  |  |  |  |  |
| Dance | Create a dance using random structure and perform the actions using quality and control. | Understand how changing dynamics of an action changes the appearance of the performance. | Understand and use relationships and space ton change how a performance looks. | Work with a group to create poses and link them together using transitions. | Use choreographing devices when working as a group. | Copy and repeat movements in the style of Rock ‘n’ Roll. | Work with a partner to copy and repeat actions keeping in time with the music. | Work collaboratively with a group to create a dance in the style of Rock ‘n’ Roll. |
| Handball | Develop a variety of passes and know when to use each to help maintain possession. | Use stepping, dribbling and passing skills to create space, move towards the goal and away from defenders. | Use defending skills to stop an opponent from scoring. | Select and apply the appropriate skill to score goals. | Use defensive skills to gain possession. | Maintain possession under pressure. |  |  |
| Gymnastics | Develop the straddle, forward and backward roll. | Develop counter balance and counter tension. | Perform inverted movements with control. | Perform the progressions of a headstand and cartwheel. | Use flight from hands to travel over apparatus. | Create a group sequence using formations and apparatus. |  |  |
| OAA | Build communication and trust whilst showing an awareness of safety. | Work as a team to solve problems, sharing ideas and collaborating with each other. | Develop tactical planning and problem solving. | Share ideas and work as a team to solve problems. | Develop navigational skills and map reading. | Use a key to identify objects and locations |  |  |
| Hockey | Develop dribbling to beat a defender. | Develop sending the ball using a push pass. | Develop receiving the ball with control. | Be able to move into a space to support a teammate. | Develop using an open stick (block) tackle and jab tackle to gain possession of the ball. | Apply the skills and rules you have learnt to play in a tournament. |  |  |
| Athletics | Work collaboratively with a partner to set a steady pace. | Develop your own and others sprinting technique. | Develop power, control and technique for triple jump. | Develop power, control and technique when throwing for distance. | Develop throwing with force and accuracy for throwing longer distances. | Work collaboratively in a team to develop the officiating skills of measuring, timing and recording. |  |  |
| Volleyball | Develop the fast catch volley. | Volley the ball using a set shot. | Develop the dig and understand when to use it. | Keep a continuous rally going over the net. | Develop the underarm serve and learn the rules of serving. | Apply the rules, skills and tactics learnt, to play in a volleyball tournament. |  |  |
| Rounders | Develop the bowling action and understand the role of the bowler. | Develop batting technique. | Make decisions about where and when to send the ball to stump the batter out. | Develop a variety of fielding techniques and when to use them in a game. | Develop long and short barriers in fielding and understand when to use them. | Apply the rules and skills you have learnt to play in a rounders tournament. |  |  |
| Tennis | Develop the forehand groundstroke. | Return the ball using a backhand groundstroke. | Develop the volley and understand when to use it. | Develop the volley and use it in a game situation. | Develop accuracy of the underarm serve.  Learn to use official scoring system. | Work co-operatively with a partner and employ tactics to outwit an opponent. |  |  |