

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
PPA Year 3	Fundamental movement skills <i>Sending, receiving, jumping, running, movement rolling & striking.</i>	Athletics <i>Long jump, speed bounce, throwing for distance and sprinting technique.</i>	Gymnastics <i>Exploring movement, roll from/into standing, developing balance & flight.</i>	Invasion games <i>Understanding the basic principles of attacking and defending and applying them to invasion-based activities.</i>	Net/wall games <i>Understanding the basics of net/wall games, developing forehand and backhand shots.</i>	Striking & Fielding <i>Understanding the basics of striking and fielding, developing striking and catching techniques.</i>
Year 3 2nd lesson	Fundamental movement skills (Double lessons) <i>Sending, receiving, jumping, running, movement rolling & striking.</i>	Target sports/games <i>Archery, dodgeball, passing and other target-based activities.</i>	Dance <i>Linked to current topic- Stone Age.</i>	Dance <i>Linked to current topic- Ancient Greece.</i>	Throwing and catching <i>Drills and activities aimed to complement PPA lessons and improve fielding technique.</i>	Sports day practice <i>Run through of all races and/or events for this year's sports day.</i>
PPA Year 4	Fundamental movement skills <i>Sending, receiving, jumping, running, movement rolling & striking.</i>	Athletics <i>Triple jump, chest push, javelin, obstacles, sprint races.</i>	Gymnastics <i>Exploring movement over/under/on/off equipment, safety & forward rolls, developing balance & flight.</i>	Invasion games <i>Learning basic tactics to apply in invasion games sports such as handball, netball and basketball.</i>	Net/wall games <i>Understanding the basics of net/wall games, mastering forehand, backhand shots and serving.</i>	Striking & Fielding <i>Understanding the basics of striking and fielding, developing striking and catching techniques.</i>
Year 4 2nd lesson	Dance <i>Linked to current topic-</i>	Dance <i>Linked to current topic-</i>	Rugby <i>Small, sided games, ball handling, attack/defend tactics & basic rules. Delivered by Thanet Wanderers coaches.</i>	Speed Stacking <i>Developing hand-eye co-ordination and improving fine motor skills. Pupils learn the 3-3-3 and 3-6-3 challenges and finish with an intra-class competition.</i>	Football <i>Building skills and understanding to be able to play small, sided games. Mini fair play festival.</i>	Sports day practice <i>Run through of all races and/or events for this year's sports day.</i>

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PPA Year 5	Fundamental sports skills <i>Sending, receiving, jumping, running, movement rolling & striking.</i>	Athletics <i>Vertical jump, throwing for accuracy & distance, knowledge of performance, hurdles.</i>	Gymnastics <i>Travelling from feet to hands/hands to feet, hanging, climbing, swinging & flight.</i>	Invasion games <i>Developing tactics and understanding to apply to a variety of invasion sports.</i>	Net/wall games <i>Tennis, Pickleball, applying and understanding basic principles of net/wall games.</i>	Striking & Fielding <i>Applying knowledge of striking and fielding to competitive cricket and rounder's-based activities.</i>
Year 5 2nd lesson	Rugby <i>Touch rugby specific drills building up to an intra-year Rugby festival. Delivered by Thanet Wanderers coaches.</i>	Football <i>Building confidence on the ball through a series of ball mastery drills building up to an intra-year football festival to celebrate the World Cup.</i>	Swimming Hockey <i>Building skills and understanding to be able to play small, sided games.</i>	Swimming Basketball <i>Building skills, applying tactics and understanding to be able to play small sided competitive games.</i>	Dance <i>Linked to current topic-Battle of Britain.</i>	Dance <i>Linked to current topic-</i>
PPA Year 6	Fundamental sports skills <i>Sending, receiving, jumping, running, movement rolling & striking.</i>	Athletics <i>5 strides, shot put & discus technique, relay races.</i>	Gymnastics <i>Travelling sequences, hanging and climbing challenges, balance & flight.</i> Netball <i>Practice pivoting and shooting. Learning the rules and restrictions of at least two different positions.</i>	Invasion games <i>Applying skills, tactics and understanding of invasion games to a different invasion sport/activity each week.</i> Basketball <i>Practice pivoting and shooting. Learning the rules and restrictions of at least two different positions.</i>	Net/wall games <i>Consolidating skills and understanding of tennis through sessions delivered by Infinity Tennis coaches.</i> Athletics <i>Track events to consolidate understanding of athletics and prepare for sports day.</i>	Striking & Fielding <i>Applying knowledge of striking and fielding to competitive cricket and rounder's-based activities.</i> Dance <i>Linked to current topic-</i>
Year 6 2nd lesson	Swimming Running <i>For those not swimming. Developing stamina & fitness to be able to run for distance.</i>	Swimming Football <i>For those not swimming. Applying skills and understanding to be able to play small, sided games.</i>	OAA <i>Developing teamwork, strategy, basic map reading skills & communication through a range of outdoor challenges and activities.</i>	Invasion games <i>Applying skills, tactics and understanding of invasion games to a different invasion sport/activity each week.</i>	Net/wall games <i>Tennis, Pickleball, volleyball, Badminton. Applying and understanding basic principles of net/wall games.</i>	Plan and deliver a lesson <i>Pupils will be allocated a game type, work in groups to plan and deliver a 45-minute PE lesson to their peers.</i>

