

Year A						
Key stage: 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Intent of study:	Intent: At Key Stage 2, we aim to develop pupils who can express themselves clearly, listen with empathy, and work respectfully with others (Mindful Communicators), while also encouraging them to enjoy being active, set personal goals, and show perseverance through physical challenges (Motivated Movers). Together, these skills help children build positive relationships, confidence, and a healthy, resilient mindset for learning and life.					
Practical focus	Gymnastics	Invasion games	Net and wall	Striking and fielding	Athletics	OAA
Concept	Growth Mindset	Sporting values	My movement journey	Leadership	Motivation	Communication
Mindful communicators and Motivated movers	<ul style="list-style-type: none"> Balancing Rolling Jumping Landing Travelling Climbing Weight transfer Inversions Flexibility Core strength Sequencing movements Timing and rhythm Matching and mirroring Canon Pathways and levels Transitions Goal setting Self-reflection Perseverance Risk-taking Problem-solving Learning from mistakes Positive self-talk Accepting feedback Visualisation Peer collaboration 	<ul style="list-style-type: none"> Teamwork Respect Fair play Communication Honesty Resilience Responsibility Integrity Determination Self-control Inclusion Encouragement Leadership Cooperation Effort Empathy 	<ul style="list-style-type: none"> Hand-eye coordination Sending and receiving Underarm and overarm serves Forehand and backhand shots Rallying Court awareness Movement to space Anticipation Timing Rules and scoring Tactical thinking Personal best Growth mindset Respect for opponents Communication with a partner Trying new techniques Learning from mistakes Practising with purpose Resilience in challenge Enjoyment of progress 	<ul style="list-style-type: none"> Giving clear instructions Encouraging others Organising teams or roles Demonstrating skills to peers Supporting fair play Making tactical decisions Communicating effectively Listening to team members Staying positive under pressure Setting a good example Adapting strategies Resolving conflicts calmly Celebrating team success Taking responsibility Reflecting and improving Building team spirit 	<ul style="list-style-type: none"> Setting personal goals Trying your best Celebrating effort Improving your own score/time Pushing through challenges Staying focused Practising regularly Supporting others Believing in yourself Learning from mistakes Staying positive Enjoying progress Keeping going when it's hard Competing fairly Being proud of effort Wanting to improve Taking on new challenges 	<ul style="list-style-type: none"> Giving clear instructions Listening carefully Using non-verbal signals Taking turns to speak Explaining ideas Asking questions Sharing responsibilities Encouraging teammates Checking for understanding Giving and receiving feedback Solving problems together Staying calm under pressure Using positive language Making group decisions Reflecting as a team

Year B						
Key stage: 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Intent of study:	Intent: At Key Stage 2, we aim to help pupils build confidence in their abilities and develop a positive attitude towards challenges in sport. We encourage them to take risks, try new skills, and learn from mistakes, understanding that effort and perseverance are key to progress. By facing challenges with courage and resilience, pupils grow in self-belief, support their teammates, and enjoy participating in sport with a healthy mindset.					
Practical focus	Competitive sports	Dodgeball	Dance	Racket sports	Athletics	Striking and fielding
Concept	Resilience	Confidence	The power of positivity	Failure	Self-reflection	Problem solving
Confidence and facing challenges that may arise in sport	<ul style="list-style-type: none"> Bouncing back from setbacks Keeping a positive mindset Staying focused under pressure Learning from mistakes Trying again after failure Managing nerves Staying motivated Coping with losing gracefully Persisting through fatigue Adapting strategies when needed Maintaining effort until the end Encouraging teammates Setting realistic goals Reflecting on performance Celebrating small successes Using feedback to improve 	<ul style="list-style-type: none"> Taking part without fear Trusting your own ability Making quick decisions Taking risks to dodge or throw Staying calm under pressure Expressing yourself on the court Supporting teammates confidently Celebrating your successes Learning from mistakes without worry Communicating assertively Keeping a positive attitude Trying new tactics Taking the lead when needed Believing in your skills Staying focused on the game 	<ul style="list-style-type: none"> Embracing mistakes as learning Encouraging yourself and others Celebrating creativity Staying motivated to practise Expressing feelings through movement Trying new styles and moves Supporting classmates Smiling and having fun Using positive self-talk Being open to feedback Focusing on progress, not perfection Taking pride in effort Helping others feel confident Staying optimistic during challenges Enjoying the journey of improvement 	<ul style="list-style-type: none"> Accepting mistakes calmly Learning from missed shots Trying again after losing points Staying positive after setbacks Reflecting on what went wrong Using failure to improve technique Being patient with progress Not giving up easily Asking for help or advice Keeping a growth mindset Understanding that failure is part of learning Practising resilience during matches Encouraging yourself and others after errors Taking constructive feedback well Staying focused despite challenges 	<ul style="list-style-type: none"> Reviewing personal performance Setting realistic goals Identifying strengths Recognising areas for improvement Keeping a training journal Comparing results over time Considering what worked well Thinking about what could be done differently Accepting feedback openly Planning next steps Celebrating progress Being honest about effort Reflecting on mindset and motivation Learning from successes and mistakes Adjusting techniques based on reflection 	<ul style="list-style-type: none"> Identifying challenges during play Making quick decisions Adapting tactics Communicating solutions with teammates Positioning effectively Reading the game situation Creating strategies to outsmart opponents Managing unexpected situations Collaborating under pressure Using creativity to find options Learning from unsuccessful attempts Planning before acting Staying calm to think clearly Adjusting techniques mid-game Reflecting on what worked best

Year C						
Key stage: 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Intent of study:	Intent: At Key Stage 2, we aim to develop pupils who can express themselves clearly, listen with empathy, and work respectfully with others (Mindful Communicators), while also encouraging them to enjoy being active, set personal goals, and show perseverance through physical challenges (Motivated Movers). Together, these skills help children build positive relationships, confidence, and a healthy, resilient mindset for learning and life.					
Practical focus	Gymnastics	Invasion games	Competitive sports	OAA	Athletics	Striking and fielding
Concept	Growth Mindset	Sporting values	My movement journey	Leadership	Motivation	Communication
Mindful communicators and Motivated movers	<ul style="list-style-type: none"> Balancing Rolling Jumping Landing Travelling Climbing Weight transfer Inversions Flexibility Core strength Sequencing movements Timing and rhythm Matching and mirroring Canon Pathways and levels Transitions Goal setting Self-reflection Perseverance Risk-taking Problem-solving Learning from mistakes Positive self-talk Accepting feedback Visualisation Peer collaboration	<ul style="list-style-type: none"> Teamwork Respect Fair play Honesty Communication Responsibility Self-discipline Cooperation Encouragement Integrity Resilience Sportsmanship Inclusion Leadership Perseverance Supportiveness 	<ul style="list-style-type: none"> Learning basic rules Developing fundamental movement skills Practising techniques consistently Building stamina and strength Understanding tactics and strategies Improving coordination and agility Setting personal goals Experiencing winning and losing Reflecting on performance Showing good sportsmanship Managing nerves and pressure Supporting teammates Adapting to different roles Celebrating progress Taking on new challenges Building confidence 	<ul style="list-style-type: none"> Giving clear instructions Making decisions confidently Listening to others' ideas Encouraging teammates Organising group tasks Staying calm under pressure Taking responsibility Problem-solving as a team Supporting others when needed Communicating effectively Setting a positive example Adapting plans when necessary Motivating the group Managing conflicts calmly Reflecting on leadership experiences 	<ul style="list-style-type: none"> Setting personal goals Trying your best Celebrating effort Improving your own score/time Pushing through challenges Staying focused Practising regularly Supporting others Believing in yourself Learning from mistakes Staying positive Enjoying progress Keeping going when it's hard Competing fairly Being proud of effort Wanting to improve Taking on new challenges 	<ul style="list-style-type: none"> Calling for the ball Giving clear instructions Using hand signals Listening to teammates Encouraging others Sharing information about opponents Alerting teammates to game situations Communicating tactically Providing positive feedback Responding to teammates' calls Coordinating team movements Staying calm and clear under pressure Asking for help when needed Celebrating good teamwork Reflecting together after games

Year D						
Key stage: 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Intent of study:	Intent: At Key Stage 2, we aim to help pupils build confidence in their abilities and develop a positive attitude towards challenges in sport. We encourage them to take risks, try new skills, and learn from mistakes, understanding that effort and perseverance are key to progress. By facing challenges with courage and resilience, pupils grow in self-belief, support their teammates, and enjoy participating in sport with a healthy mindset.					
Practical focus	Invasion games	Dance	Dodgeball	Competitive sports	Athletics	Striking and fielding
Concept	Resilience	Confidence	The power of positivity	Failure	Self-reflection	Problem solving
Confidence and facing challenges that may arise in sport	<ul style="list-style-type: none"> Bouncing back after losing possession Staying positive after mistakes Keeping effort up despite setbacks Learning from challenges Remaining focused under pressure Trying different tactics when needed Supporting teammates during tough moments Managing frustration calmly Persisting to regain control Adapting to fast-changing situations Maintaining motivation throughout the game Reflecting on performance to improve Staying confident after errors Encouraging others to keep going Using feedback constructively 	<ul style="list-style-type: none"> Performing without fear Expressing yourself through movement Trying new moves and styles Trusting your body Taking the lead in group dances Practising regularly Using positive self-talk Accepting constructive feedback Smiling and enjoying performing Overcoming stage fright Celebrating your progress Supporting others confidently Being proud of your efforts Staying focused during routines Believing in your abilities 	<ul style="list-style-type: none"> Encouraging teammates Celebrating others' successes Staying positive after being out Using positive self-talk Smiling and having fun Supporting others who make mistakes Focusing on effort, not just winning Learning from errors Keeping calm under pressure Motivating yourself and others Showing good sportsmanship Being patient with progress Trying new strategies with confidence Recognising teamwork benefits Reflecting positively on each game 	<ul style="list-style-type: none"> Accepting mistakes calmly Learning from losses Trying again after failure Staying positive despite setbacks Reflecting on what went wrong Using failure to improve skills Being patient with progress Not giving up easily Asking for help when needed Keeping a growth mindset Understanding failure is part of learning Encouraging others after mistakes Taking feedback constructively Staying motivated after setbacks Viewing challenges as opportunities 	<ul style="list-style-type: none"> Reviewing personal performance Setting realistic goals Identifying strengths Recognising areas for improvement Keeping a training journal Comparing results over time Considering what worked well Thinking about what could be done differently Accepting feedback openly Planning next steps Celebrating progress Being honest about effort Reflecting on mindset and motivation Learning from successes and mistakes <p>Adjusting techniques based on reflection</p>	<ul style="list-style-type: none"> Identifying challenges during play Making quick decisions Adapting tactics Communicating solutions with teammates Positioning effectively Reading the game situation Creating strategies to outsmart opponents Managing unexpected situations Collaborating under pressure Using creativity to find options Learning from unsuccessful attempts Planning before acting Staying calm to think clearly Adjusting techniques mid-game Reflecting on what worked best