



Cliff Federation Year 5/ Year 6 Long Term Plan and Progression



	Year A	Year B
Autumn 1	Enrichment:	Enrichment:
	Tri Golf	Dance
	Netball	Basketball
Autumn 2	Enrichment:	Enrichment:
	Dance	Tag rugby
	OAA	Quick sticks
Spring 1	Enrichment	Enrichment:
	Swimming	Swimming
	Fitness	Gymnastics
Spring 2	Enrichment	Enrichment:
	Swimming	Swimming
	Gymnastics	OAA
Summer 1	Enrichment	Enrichment:
	Tennis	Tennis
	Rounders	Kwik Cricket
Summer 2	Enrichment:	Enrichment:
	Sports day	Sports day
	Athletics	Athletics



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	Year 5	Year 6
Gymnastics	• Perform complex shapes with control and some flexibility • Perform more complex jumps, tuck, pike and scissor kicks • Perform a T-roll • Perform symmetrical and asymmetrical balances • Perform a 'squat on, squat off' on various apparatus • Link skills to create a sequence with fluency • Co-operate, communicate and collaborate with others • Perform a hurdle step on the floor/springboard • Cartwheel on the floor and apparatus • Understand the steps in performing a cartwheel T-roll and jumps/pike/scissor kick • Understand the term symmetrical and asymmetrical	• Perform complex shaped when performing sequences • Show flexibility at different levels • Perform more complex jumps and travel on and off apparatus, tuck, pike and leads scissor kick and cat leap • Perform star roll, T-roll (with pointed toes_, backwards roll • Perform various balances counter balance and counter tension • Perform 'squat on, squat off' apparatus with a run • Compete as part of a team • Perform sequences and a vault competition as part of a team • Perform a hurdle step on the floor/springboard and onto apparatus • Perform shoulder stand, cartwheel, teddy bear roll, head stand and handstand • Understand what flexibility is and the roll in stretching to help to become flexible
Dance	• Demonstrate a 'relationship' element- unison, canon, matching, mirroring and formations • Begin to demonstrate more complex 'space' elements (level, size of movement, directions and pathways) • Perform some dynamic elements in the dance- Energy, Speed and Flow • Collaborate to create a dance performance displaying dance elements • Translate ideas from a stimulus into a performance- and incorporate some dance elements • Understand the elements of dance taught at Year 5	• Demonstrate new 'relationship' elements- contrast, complement, proximity • Perform a variety of 'dynamic' elements in the dance- perform with control and fluency • Demonstrate more complex 'space' elements (level, size of movement, directions and pathways) • Collaborate to create a dance performance displaying a range of dance elements taught through UKS2 • Translate ideas from a stimulus into a performance- and incorporate more dance elements • Understand the elements of dance taught at Year 6
OAA Outdoor Adventure Activities	• Use a key to identify orienteering landmarks on a map • Communicate and listen clearly to other members of the team to complete challenges in isolation • Use a compass to navigate a grid • Use 4-digit grid references to read an OS map • Work efficiently as part or a team to complete a challenge • Effectively lead a team to complete a task • Understand the qualities needed to lead a team	• Use a key to follow a route on an orienteering map • Use clear and concise communication skills to achieve a challenge • Use compass directions to navigate around a familiar area e.g. school grounds • Use 6-figure grid references to read an OS map • Work as a team to ensure all members are able to complete a challenge at a competitive pace • Effectively lead a team to complete a task#



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	• Understand how a compass work • Understand what 4-digit grid references are	• Evaluate their own leadership skills • Understand 6 digit grid references • Have a clear understanding of how to use a compass effectively
Tag Rugby	• Tag more than one player using either hand whilst moving at speed • Choose different pathways to move with a ball in hands against an opponent • Pass the ball and move (loop around a team mate) • Introduce looping around your teammate- to try and trick an opponent • Working as a team to score a try • Support runs in practice • Developing tactics for attacking and defending e.g. working as a team • As a team discuss and develop tactics for attacking • As a team discuss tactics for defending	• Tag a player using either hand when moving at full speed in a game situation • Dodge around a defender at speed with a ball in hands avoiding being tagged • Bring the pass and loop drill into a game situation • Looping around a teammate to try to trick an opponent in a game • Working together as a team to score a try in a tag rugby game • Use techniques learnt and apply in game situation • As a team discuss and create tactics to apply in a game situation
Tennis	• Move to hit a ball with some control • Hit/bounce with control when moving at different speeds • Serve diagonally with underarm throwing into a target/ game • Begin to use a racket to serve into a target • Moving into position to hit a ball with forehand/backhand • Communicate and collaborate as a pair to beat opponents • Develop tactics to apply in a game	• Move in a variety of directions (using footwork) when hitting the ball • Hit/bounce a ball to a partner with control • Serve diagonally underarm/overarm in a game • Keep on toes using quick feet to hit a ball in a game • Use techniques learnt and apply in a game situation • In pairs, discuss tactics of attacking and defending in tennis
Fitness	• Balancing on various parts of body when moving – using core strength and keeping control when moving • Compare their performance with previous ones and strive to achieve a personal best • Co-ordinate using both sides of the body when performing exercises- increasing speed and power • Create a warm up and cool down • Take pulse before and after exercise accurately • Know how to take their pulse • Understand the elements of a warm up and cool down	• Balance on various body parts using harder balances • Evaluate their performance level and demonstrate improvements to achieve their personal best • Co-ordinate using both sides of the body with fluency and speed to perform a combination of exercises • Use their knowledge to create an exercise to improve a specific fitness (speed, strength, power)
	• Can react and change stance for each strike • Jab cross developing speed and accuracy	• Change stance quickly, reacting and adapting for each strike • Jab cross with power and speed- using left and right hands



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Mini Muay Thai	• Perform upper cut and hook- confidently using front and rear technique • Perform knee strikes (front and rear) beginning to improve power • Kicks- develop flexibility to kick at different levels, using both left and right leg • Defensive- use shin check in isolation with control and fluency • Perform and remember a variety of striking combinations • Communicate and collaborate with others and create a Mini Muay Thai session • Begin to understand the best time to use each of the strikes	• Upper cut and hooks- use front and rear as part of combinations and developing speed, power and accuracy • Knee strike with fluency and power • Perform a front and rear kick with control, speed and power • Defensive- be able to react using shin check in isolation and combination • Perform a variety of striking combinations with flexibility, control, balance and strength • Use knowledge to create a mini Muay Thai session as part of a small group and actively lead another group
Athletics	• React quickly and accurately over short distances • Throw a javelin/vortex/tennis ball using correct stance, rotating hips forward with good height and distance • Perform a variety of jumps and measure for distance • Develop pace when running longer distance • Pass a relay baton with control and timing in pairs change over • Run and jump over hurdles	• Accelerate quickly with speed and control in movement- times/competitive races • Throw a javelin/vortex/shotput safely, with accuracy and power • Perform a jump for distance, varying techniques to improve performance • Develop long distance running- learning how to pace and show good technique • Pass a relay baton in competitive situations (timed) • Run and jump over hurdles with fluency and speed, improving time to achieve a personal best
Rounders	• Throw and catch the ball sometimes making the correct decisions in a game situation • Introduce donkey drop bowl • Begin to hit the ball in different directions • Field the ball using long barrier and attempting the run and scoop • Discuss and implement tactics as a team	• Throw and catch, making correct tactical decisions having an impact in a game situation • Use a variety of bowling techniques, beginning to add speed to the underarm bowl • Hit it in a variety of directions and look for space in a game situation • Use the run and scoop and throw to another player on their team • Apply techniques learnt to a game situation # • Create tactics for attacking and defending
Hockey	• To dribble the ball in different directions, keeping head up • Pass the ball over a variety of distances with increasing accuracy and power • Begin to defend against an opponent in a game situation- tackling and marking • Hit a moving ball with some accuracy and control into a goal • Begin to use techniques learned in a game situation and to understand key rules	• Dribble the ball at various speeds- both in isolation and in a game • Pass the ball over a variety of distances in attacking or defensive situations • Pass and move into space with accuracy, control and speed • Begin to defend as an individual and communicate to defend as a team • Hit a moving ball into a goal from different angles and levels of power • Used techniques learned and applied in a game situation • Apply basic principles of attacking and defending



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Kwik Cricket	• Begin to use fielding techniques with throwing, stopping and scooping up the ball • Throwing over/underarm and catching over various distances • Bowl, attempting to hit the wicket using under/overarm • Hit a moving ball with control and some distance • Communicate and collaborate as a team to beat an opponent • Develop tactics for striking and fielding	• Positioning in modified game to field a ball • Making correct decisions with the type of throw to use in a modified game • Move the body to catch the ball • Bowl at a wicket with some speed and control • Begin to tactically hit/place a ball into a space • Use techniques learned and apply in a game situation • Apply basic principles for attacking and defending • Discuss tactics of attacking and defending
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