

Molehill Primary Academy has a PAN of 45 and as a result there are some classes in the school which have a mixture of pupils from two year groups. As such, specific foundation subjects are taught in a two-year cycle which ensures that all knowledge and skills are covered over a two-year period.

Cycle A: 2022-2023

| | Who we are | How we express ourselves | Where we are in place and time | Sharing the planet | How the world works | How we organise ourselves |
|----------------------|----------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| KS1 Cycle A | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| Knowledge | Gymnastics | Dance | Football | Tennis | Tennis | Athletics |
| Ongoing | | | | | | |
| | Gymnastics | Dance | Invasion Games | Striking and Fielding Games | Personal and Health | Athletics |
| Year 1 Skills | Remember, repeat and link simple actions together Make decisions and choose actions for an idea | Build a sequence of movements Make decisions and choose actions for an idea | Begin to move a ball with control Begin to know and use simple tactics with guidance | Begin to control the ball Begin to know and use simple tactics with guidance | Be able to work with a partner and small group to play games and solve challenges Begin to think about how their body changes during exercise | Show some control and balance when travelling at different speeds or in different directions Perform different types of jumps with some control Throw towards a target with increasing accuracy |
| Ongoing | | | | | | |
| | Gymnastics | Dance | Invasion Games | Striking and Fielding Games | Personal and Health | Athletics |
| Year 2 Skills | Copy and explore movements and actions with increasing control Begin to select and apply the best actions and movements for own sequences | Use a wider range of actions to build a sequence of movements Begin to select and apply the best skills to use | Refine controlled movement with a ball (skills practice, not in a game situation) Know and use simple tactics and rules | Increasing control of striking and catching balls Know and use simple tactics and rules | Be able to work effectively and fairly in small group to play games and solve challenges Begin to understand the impact exercise has on our bodies | Begin to select the most suitable pace and speed for distance Choose the most appropriate jumps to cover different distances Throw with accuracy at targets of different heights |
| | Who we are | How we express ourselves | Where we are in place and time | How the world works | How we organise ourselves | Sharing the planet |
| LKS2 Cycle A | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| Knowledge | Hockey | Dance | Basketball | Badminton | Athletics | Athletics |
| Ongoing | | | | | | |
| | Striking and Fielding Games | Dance | Net and Wall Games | | Athletics | Personal and Health |
| Year 3 Skills | Developing striking and catching skills Know and use simple tactics and rules individually and as a team | Create short dance phrases that communicate an idea Begin to use feedback to improve the performance of themselves and others | Developing sending and skills in order to keep a game going Know and use simple tactics and rules more independently | | Show balance, coordination and technique when running Jump for distance and height with an awareness of technique Throw a variety of objects, changing action for accuracy and distance | Begin to use rules showing awareness of fairness and honesty Recognise and describe the effects of exercise on their body |
| Ongoing | | | | | | |
| | Striking and Fielding Games | Dance | Net and Wall Games | | Athletics | Personal and Health |
| Year 4 Skills | Refine a range of striking and fielding skills Understand and apply the basic principles of a game | Choreograph considering structure, starting to show control and precision Know which aspects of a performance were strong and what could be improved | Developing increased control of sending and skills in order to keep a rally/game going Understand and apply the basic principles of a game | | Be able to demonstrate how and when to speed up and slow down when running Know how to jump in a variety of ways for height and distance Continue to develop techniques to throw for increased distance | Be able to work well with others in competitive situations and to achieve shared goals Know why warming up and cooling down are important |

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| UKS2 Cycle A | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| Knowledge | Netball | Dance | Gymnastics | Rounders | Tennis | Athletics |
| | Ongoing | | | | | |
| | Net and Wall Games | Dance | Gymnastics | Striking and Fielding Games | Net and Wall Games | Athletics |
| Year 5 Skills | Develop the range and quality of skills for net and wall games Understand the need for tactics and identify when to use in different situations | Choreograph phrases considering actions, dynamics, space and relationships Give and receive feedback and make edits appropriately | Create and perform more complex sequences with a good level of quality, control and technique Give and receive feedback and adapt sequences appropriately | Develop accuracy in striking and fielding skills Understand the need for tactics and identify when to use in different situations | Develop the range and quality of skills for net and wall games Understand the need for tactics and identify when to use in different situations | Select the most suitable pace for the distance and their fitness level to maintain a sustained run Perform a range of more complex jumps showing some technique Develop techniques for accuracy and power when throwing for distance |
| | Ongoing | | | | | |
| | Net and Wall Games | Dance | Gymnastics | Striking and Fielding Games | Net and Wall Games | Athletics |
| Year 6 Skills | Use a range of skills for net and wall games with control Understand and choose the best tactics for different situations | Work creatively and imaginatively to choreograph longer phases Reflect and evaluate performances, identifying strengths and areas for development | Plan and perform sequences using a wide range of skills with precision, control and fluency Reflect and evaluate performances, identifying strengths and areas for development | Apply striking and fielding skills successfully within game situations Be able to work collaboratively to create tactics | Use a range of skills for net and wall games with control Understand and choose the best tactics for different situations | Demonstrate a controlled running technique using the appropriate speed for distance and time Perform jumps for height and distance using good technique Show accuracy and good technique when throwing for distance |
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| | Swimming - Year 4 | | | | | |