



Learning Journey

2026

Dance - Perform dances using a range of different movement patterns

Take part in outdoor and adventurous activities both individually and within a team

Are rivers important for survival? To participate in different stretches to warm up and cool down the body

Swim competently and proficiently over a distance of 25 meters

Invasion games - Explore basic actions with the feet including kicking, dribbling and passing and stopping in isolation and in combination.

To explore basic gymnastic actions on the floor and using apparatus

To change the rhythm, speed, level and direction of their movements. To work with a partner or as part of a small group

Dance - Perform dances using simple movement patterns

Participate in team games developing simple tactics for attacking and defending (eg football and hockey)

Invasion games - Explore basic actions with the feet including kicking, dribbling and passing and stopping in isolation and in combination.

Dance - Perform dances using a range of different movement patterns.

2025

Take part in outdoor and adventurous activities both individually and within a team

Swim competently and proficiently over a distance of 25 meters.

Gymnastics - To explore combinations of floor, mats & apparatus, & find different ways of using shape, balance or travel

To be familiar with & use the rules set, & keep games going without disputes

Participate in team games developing simple tactics for attacking and defending (eg football and hockey)

To create, copy, perform and evaluate short movement phases

Gymnastics - Develop flexibility, technique, control and balance though gymnastics. To explore movement, stillness and how to find and use space safely

To use movement imaginatively, responding to stimuli.

How are skills from the iron/stone age still used today? To be familiar with & use the rules set, & keep games going without disputes

Body movements and Net and wall Games - Master basic movements including running and jumping within a range of activities. Practice movements within an obstacle course.

Participate in team games developing simple tactics for attacking and defending (eg netball, boccia, basketball, dodge ball)

Gymnastics - To explore combinations of floor, mats & apparatus, & find different ways of using shape, balance or travel

2024

Perform dances using a range of different movement patterns

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To be familiar with & use the rules set, & keep games going without disputes

Dance - Perform dances using simple movement patterns.

Gymnastics - Develop flexibility, technique, control and balance though gymnastics. To explore movement, stillness and how to find and use space safely

Are the Pyramids of Giza an important part of world history? Develop basic movements including, rolling throwing and catching in isolation and in combination

Participate in team games developing simple tactics for attacking and defending (eg netball, boccia, basketball, dodge ball)

Gymnastics - To explore combinations of floor, mats & apparatus, & find different ways of using shape, balance or travel

When did the Romans thrive the most? Swim competently and proficiently over a distance of 25 meters

Invasion games - Explore basic actions with the feet including kicking, dribbling and passing and stopping in isolation and in combination

To use movement imaginatively, responding to stimuli.

To change the rhythm, speed, level and direction of their movements. To work with a partner or as part of a small group

To explore basic gymnastic actions on the floor and using apparatus

To create, copy, perform and evaluate short movement phases

Develop basic movements including, rolling throwing and catching in isolation and in combination

To adapt a sequence to include different levels, speeds or directions

To participate in different stretches to warm up and cool down the body

Would you like to live near the equator? To adapt a sequence to include different levels, speeds or directions.

To participate in different stretches to warm up and cool down the body

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2023

Would you like to live near the equator? To adapt a sequence to include different levels, speeds or directions.

To participate in different stretches to warm up and cool down the body

What was life like during the turn of BC to AD? Participate in team games developing simple tactics for attacking and defending (eg netball, boccia, basketball, dodge ball)

Could you survive in a rainforest? Gymnastics - Develop flexibility, technique, control and balance though gymnastics. To explore movement, stillness and how to find and use space safely

How does it feel to be part of a carnival? To change the rhythm, speed, level and direction of their movements. To work with a partner or as part of a small group

Did the Vikings change our world? To be familiar with & use the rules set, & keep games going without disputes

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Human or Physical: what makes a good seaside? To participate in different stretches to warm up and cool down the body.

2022

Would you like to live in London during the Victorian times? Swim competently and proficiently over a distance of 25 meters.

Take part in outdoor and adventurous activities both individually and within a team

Body movements and Net and wall Games - Master basic movements including running and jumping within a range of activities. Practice movements within an obstacle course.

How has history changed the way we celebrate? Gymnastics - Develop flexibility, technique, control and balance though gymnastics To explore movement, stillness and how to find and use space safely

Would you like to live in Kenya? Dance - Perform dances using simple movement patterns.

Why was the year 1666 important to London? To change the rhythm, speed, level and direction of their movements. To work with a partner or as part of a small group

Human or Physical: what makes a good seaside? To adapt a sequence to include different levels, speeds or directions.

Would you like to live in London during the Victorian times? To adapt a sequence to include different levels, speeds or directions.

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Gymnastics - To explore combinations of floor, mats & apparatus, & find different ways of using shape, balance or travel

What is the difference between the weather and climate? To participate in different stretches to warm up and cool down the body

How was life different when Queen Victoria ruled? Invasion games - Explore basic actions with the feet including kicking, dribbling and passing and stopping in isolation and in combination.

Participate in team games developing simple tactics for attacking and defending. (eg football and hockey)

Where in the world are you? To change the rhythm, speed, level and direction of their movements. To work with a partner or as part of a small group

How has history changed the way we celebrate? Gymnastics - Develop flexibility, technique, control and balance though gymnastics. To explore movement, stillness and how to find and use space safely

What makes a person significant? Develop basic movements including, rolling throwing and catching in isolation and in combination.

Body Movements and Net and Wall Games Master basic movements including running and jumping within a range of activities. Practice movements within an obstacle course.

2021

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Learning Journey

2026

Undertake a variety of roles and responsibilities within a team

Outdoor and Adventurous activities (orienteeing and team games) - Improve map reading and running skills in a competitive situation

Begin to demonstrate spatial awareness when performing as a group.

Dance - To perform dances using various dance techniques within a range of dance styles and forms

Apply the appropriate safety rules applicable to themselves and others in a range of adventurous activities and team building tasks

Undertake a variety of roles and responsibilities within a team



Create movements that reflect the actions, relationships and emotions stated in words/ lyrics/ poems

Dance - To perform dances using various dance techniques within a range of dance styles and forms

Apply the appropriate safety rules applicable to themselves and others in a range of adventurous activities and team building tasks

Undertake a variety of roles and responsibilities within a team

Comment on the work of others, identifying strengths and areas for development

Demonstrate and explore technical skill in the five basic body actions, such as jumping turning, twisting

Dance - To perform dances using various dance techniques within a range of dance styles and forms

Are rivers important for survival?

Apply the appropriate safety rules applicable to themselves and others in a range of adventurous activities and team building tasks

What was life like in medieval times?

To be able to dribble a ball effectively in a conditioned game

Football - To be able to shoot a ball with accuracy and consistency

To use tactics successfully in game situations



Gymnastics - To be able to demonstrate different balances and roles

How high can I travel on Earth?

To apply their knowledge to create a gymnastic sequence

To be able to plan, lead and perform a warm up and cool down activity

Dance - To perform dances using various dance techniques within a range of dance styles and forms

How do different countries and religions celebrate?

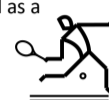
Comment on the work of others, identifying strengths and areas for development

Demonstrate and explore technical skill in the five basic body actions, such as jumping turning, twisting

To understand how to attack and defend as a team

How are skills from the iron/stone age still used today?

To be able to throw and catch effectively in a conditioned game



Net games - To use a range of passes in a conditioned game

2025

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Could you survive in the desert?

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When did the Romans change our world?

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Would you like to live near the equator?

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How did the Romans change our world?

Football - To be able to shoot a ball with accuracy and consistency

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What was life like during the turn of BC to AD?

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How have significant people changed our world?

Gymnastics - To be able to demonstrate different balances and roles

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How was life different when Queen Victoria ruled?

Football - To be able to shoot a ball with accuracy and consistency

To use tactics successfully in game situations

How does it feel to be part of a carnival?

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Could you survive in a rainforest?

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How has history changed the way we celebrate?

Dance - To perform dances using various dance techniques within a range of dance styles and forms

To be able to plan, lead and perform a warm up and cool down activity

Where in the world are you?

Gymnastics - To be able to demonstrate different balances and roles

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Can you travel the whole way around the world?

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