

# PE

	Autumn		Spring		Summer	
<b>EYFS2</b>	<p><b>Intro to PE</b> Basic principles of a PE lesson such as finding space, freezing on command, using and sharing equipment and working individually, with a partner and group. Fundamental movement skills such as running, jumping, skipping.</p> <p><b>Fundamentals</b> Learning skills of balancing, running, changing direction, jumping, hopping and travelling.</p>	<p><b>Gymnastics</b> Children explore creating shapes, balances, and jumps and begin to develop rocking and rolling.</p> <p><b>Dance Unit 1</b> Explore space, how to use space safely, travelling movements, shapes and balances. They are given the opportunity to copy, repeat and remember actions. Counting to help keep in time with the music.</p>	<p><b>Play and Discovery</b> Playing games with a range of PE equipment.</p> <p><b>Games: Unit 1</b> Further develop fundamental movement skills through games. Learn how to score and play by the rules, how to work with a partner and begin to understand what a team is, as well as learning how to behave when winning and losing.</p>	<p><b>Ball Skills: Unit 1</b> Rolling and receiving a ball, throwing to a target, bouncing and catching, dribbling with feet and kicking a ball.</p> <p><b>Ball Skills: Unit 2</b> Throwing and catching, rolling a ball, using targets, dribbling with feet, kicking a ball, bouncing and catching a ball.</p>	<p><b>Multi Skills</b> Sports Day practice</p> <p><b>Fundamentals: Unit 2</b> Balancing, running, hopping, jumping, travelling and changing direction.</p>	<p><b>Outdoor Learning</b> Forest School inspired lessons and exploring</p> <p><b>Games: Unit 2</b> Further develop fundamental movement skills. Learn and develop these skills by playing a variety of games. Learn how to work as a team, take turns, keep the score, play against an opponent and play by the rules.</p>
<b>Year 1</b>	<p><b>Fundamentals</b> Explore skills of balancing, running, changing direction, jumping, hopping &amp; skipping.</p>	<p><b>Gymnastics</b> Explore &amp; develop basic gymnastics on the floor. (jumping, rolling, balancing &amp; travelling)</p> <p><b>Team Building</b> Learning to take turns, work collaboratively and lead each other.</p>	<p><b>Dance</b> Explore travelling actions, movement skills and balancing, Understand the importance to count to music.</p> <p><b>Fitness</b> Understand the benefits of exercise and a healthy lifestyle on their body, mood &amp; overall health.</p>	<p><b>Ball Skills</b> Explore &amp; develop fundamental skills such as throwing, catching, rolling and dribbling with hands and feet.</p>	<p><b>Target Games</b> Sending an object towards a target. Defending &amp; attacking within games.</p> <p><b>Fundamentals</b> Explore &amp; develop skills of balancing, running, changing direction, jumping, hopping &amp; skipping.</p>	<p><b>Fitness</b> Understand the benefits of exercise and a healthy lifestyle on their body, mood &amp; overall health.</p> <p><b>Sending &amp; Receiving</b> Develop sending &amp; receiving skills including throwing and catching, rolling, kicking, tracking and stopping a ball.</p>
<b>Year 2</b>	<p><b>Fundamentals</b> Develop skills of balancing, running, changing direction, jumping, hopping &amp; skipping.</p>	<p><b>Gymnastics</b> Learn, explore &amp; develop basic gymnastics on the floor and using apparatus. Using skills to make short sequences and movement phrases.</p> <p><b>Team Building</b> Develop key skills of communication &amp; problem solving. Learn to discuss, plan and reflect on ideas and strategies.</p>	<p><b>Dance</b> Explore space and how their body can move to express an idea, mood, character or feeling.</p> <p><b>Fitness</b> Take part in a range of activities to develop components of fitness. (Agility, balance, coordination, speed &amp; stamina)</p>	<p><b>Dance</b> Expand knowledge of travelling actions and use these in relation to a stimulus. Build on understanding of dynamics and expression.</p> <p><b>Sending &amp; Receiving</b> Sending and receiving skills including throwing and catching, rolling, kicking, tracking and stopping different sized balls.</p>	<p><b>Target Games</b> Sending and receiving skills including throwing and catching, rolling, kicking, tracking and stopping different sized balls.</p> <p><b>Athletics</b> Develop skills required in athletic activities such as running at different speeds, jumping and throwing.</p>	<p><b>Invasion Games</b> Develop understanding of the principles of defending and attacking for invasion games.</p> <p><b>Ball Skills</b> Explore &amp; develop fundamental skills such as throwing, catching, rolling, hitting a target and dribbling with hands and feet and kicking.</p>
<b>Year 3</b>	<p><b>Ball Skills</b> Tracking a ball when dribbling with hands, feet, throwing and catching and kicking. Apply to small group games.</p> <p><b>Fundamentals</b> Develop skills of balancing, running, jumping,</p>	<p><b>Gymnastics</b> Develop balancing, rolling and jumping. Develop sequence work, with others to use matching and contrasting actions and shapes.</p> <p><b>Tennis</b></p>	<p><b>Fitness</b> Explore and develop different areas of health and fitness. Pupils are asked to recognise areas for improvement and suggest activities that they could do to do this. Pupils will be encouraged to</p>	<p><b>Invasion Games</b> In this unit pupils develop their understanding of the attacking and defending principles of invasion games. In all games activities, pupils have to think about how they use skills, strategies and</p>	<p><b>Athletics 1 &amp; 2</b> Use different styles and combinations of running, jumping and throwing. Think about how to achieve their greatest possible speed, distance or accuracy and learn how to persevere to achieve their</p>	<p><b>OAA</b> Pupils learn what makes a good team and explore key skills such as inclusion and trust. Pupils begin to learn to orientate a map, identify key symbols and draw and follow routes.</p>

	<p>hopping and skipping. Change direction with balance and control. Explore how the body moves at different speeds as well as how to speed up and slow down.</p>	<p>Understand the principles of net and wall games. Use skills, strategies and tactics to outwit the opposition. Pupils learn key skills such as racket control, hitting a ball and how to score points.</p>	<p>work safely and with control.</p> <p><b>Dance</b> Create dances in relation to an idea. Pupils develop their use of counting and rhythm. Learn to use canon, unison, formation and levels in dances.</p>	<p>tactics to outwit the opposition.</p>	<p>personal best. Pupils are also given opportunities to measure, time and record scores.</p>	
<b>Year 4</b>	<p><b>Tennis</b> Think about how they use skills, strategies and tactics to outwit the opposition. Learn key skills such as racket control, hitting a ball and how to score points.</p> <p><b>Cricket</b> Develop an understanding of the different roles of bowler, wicket keeper, fielder and batter. Use skills, strategies and tactics to outwit the opposition.</p>	<p><b>Fitness</b> Explore and develop different areas of health and fitness. Pupils are asked to recognise areas for improvement and suggest activities that they could do to do this. Pupils will be encouraged to work safely and with control.</p> <p><b>Gymnastics</b> Develop balancing, rolling, jumping and inverted movements and use these skills to create more complex sequences.</p>	<p><b>Dance</b> Pupils focus on creating characters and narrative through movement and gesture. Gain inspiration from a range of stimuli.</p> <p><b>Swimming</b> Introduced to specific swimming strokes on their front and on their back. Learn how to travel, float and submerge with increasing confidence. Learn and use different kicking and arm actions. Personal survival skills and how to stay safe around water.</p>	<p><b>Swimming</b> Introduced to specific swimming strokes on their front and on their back. Learn how to travel, float and submerge with increasing confidence. Learn and use different kicking and arm actions. Personal survival skills and how to stay safe around water.</p> <p><b>Invasion games (Netball)</b> Attacking and defending principles of invasion games. In netball pupils do this by maintaining possession and moving the ball towards goal to score.</p>	<p><b>Athletics 1 &amp; 2</b> Pupils will develop basic running, jumping and throwing techniques. They are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. As in all athletic activities, pupils think about how to achieve their greatest possible speed, distance or accuracy and learn how to persevere to achieve their personal best.</p>	<p><b>Invasion Games</b> In this unit pupils develop their understanding of the attacking and defending principles of invasion games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition.</p> <p><b>OAA</b> Develop navigation skills including orientating a map, identifying key symbols and drawing and following a route.</p>
<b>Year 5</b>	<p><b>Badminton</b> Think about how to use skills, strategies and tactics to outwit the opposition. In badminton, they do this by placing an object away from an opponent to make it difficult for them to return.</p> <p><b>Tennis</b> Use skills, strategies and tactics to outwit the opposition. Lead and officiate showing honesty and fair play whilst abiding by the rules. Develop their tactical awareness, learning how to outwit an opponent.</p> <p><b>Swimming</b> Introduced to specific swimming strokes on their front and on their back. Learn how to travel, float and submerge with</p>	<p><b>Invasion Games</b> In this unit pupils develop their understanding of the attacking and defending principles of invasion games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition.</p> <p><b>Swimming</b> Introduced to specific swimming strokes on their front and on their back. Learn how to travel, float and submerge with increasing confidence. Learn and use different kicking and arm actions. Personal survival skills and how to stay safe around water.</p>	<p><b>Dance</b> Learn different styles of dance. Think about how to use movement to explore and communicate ideas and issues, and their own feelings and thoughts. Awareness of the historical and cultural origins of different dances.</p> <p><b>OAA</b> Pupils develop map reading skills including the use of cardinal points, scale and direction to create, plan and follow routes around a course.</p>	<p><b>Rounders</b> Develop fielding skills and understanding of when to use them such as throwing underarm and overarm, catching and retrieving a ball. Expand knowledge of how to play the different roles of bowler, backstop, fielder and batter and to apply tactics in these positions.</p> <p><b>Gymnastics</b> Develop balancing, rolling, jumping and inverted movements. Explore partner relationships such as canon and synchronisation and matching and mirroring.</p>	<p><b>Athletics 1 &amp; 2</b> Pupils learn the following athletic activities: long distance running, sprinting, relay, triple jump, shot put and javelin.</p>	<p><b>Cricket</b> Expand on knowledge of the different roles of bowler, wicket keeper, fielder and batter. Think about how they use skills, strategies and tactics to outwit the opposition. In cricket, pupils achieve this by striking a ball and trying to avoid fielders, so that they can run between wickets to score runs.</p> <p><b>Fitness</b> Develop fitness including speed, stamina, strength, co-ordination, balance and agility.</p>

	<p>increasing confidence. Learn and use different kicking and arm actions. Personal survival skills and how to stay safe around water.</p>					
<b>Year 6</b>	<p><b>Rounders</b> Develop fielding skills and understanding of when to use them such as throwing underarm and overarm, catching and retrieving a ball. Expand knowledge of bowler, backstop, fielder and batter.</p> <p><b>Cricket</b> Expand on knowledge of the different roles of bowler, wicket keeper, fielder and batter. Develop skills of striking a ball and trying to avoid fielders, so that they can run between wickets to score runs.</p>	<p><b>Invasion Games</b> In this unit pupils develop their understanding of the attacking and defending principles of invasion games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition.</p>	<p><b>Gymnastics</b> Use their knowledge of compositional principles e.g. how to use variations in level, direction and pathway, how to combine and link actions, how to relate to a partner and apparatus, when developing sequences.</p> <p><b>Fitness</b> Further develop fitness including speed, stamina, strength, co-ordination, balance and agility.</p>	<p><b>Badminton</b> Use skills, strategies and tactics to outwit the opposition. In badminton, they do this by placing an object away from an opponent to make it difficult for them to return.</p> <p><b>Dance</b> Pupils will focus on developing an idea or theme into dance choreography. Use different choreographing tools to create dances e.g. formations, timing, dynamics.</p>	<p><b>Athletics</b> Pupils learn the following athletic activities: long distance running, short distance running, triple jump, discus and shot put.</p> <p><b>Swimming</b> Introduced to specific swimming strokes on their front and on their back. Learn how to travel, float and submerge with increasing confidence. Learn and use different kicking and arm actions. Personal survival skills and how to stay safe around water.</p>	<p><b>Swimming</b> Introduced to specific swimming strokes on their front and on their back. Learn how to travel, float and submerge with increasing confidence. Learn and use different kicking and arm actions. Personal survival skills and how to stay safe around water.</p> <p><b>Sports Education</b> Tchouk Ball – Application of ball skills, teamwork and physical fitness in a Tchouk tournament.</p>