




| | 1 ST HALF | AUTUMN | 2 ND HALF | 1 ST HALF | SPRING | 2 ND HALF | 1 ST HALF | SUMMER | 2 ND HALF |
|--|---|---|--|--|--|--|----------------------|--------|----------------------|
| RECEPTION (TUES PM PPA) SPR – THURS AM SUM – WED AM | INTRODUCTION TO PE (BECKY) TUES PM | DANCE (BECKY) TUES PM | FITNESS (CHRIS) THURS AM GYM (BECKY) TUES PM | BASKET/NETBALL (CHRIS) THURS AM GYM (BECKY) TUES PM | TENNIS (CHRIS) WED AM DANCE (BECKY) TUES PM | ATHLETICS/FOOTBALL (CHRIS) WED AM DANCE (BECKY) TUES PM | | | |
| YEAR 1 (WED PM PPA) AUT THURS AM SPR - DANCE SUM THURS AM | THROWING/CATCHING CHRIS WED PM INTRODUCTION TO PE USING PE EQUIPMENT CHRIS THURS AM | FITNESS CHRIS WED PM BASKET/NETBALL CHRIS THURS AM | TENNIS CHRIS WED PM DANCE (MON/FRI/TUES AM) | GYMNASTICS CHRIS WED PM DANCE (MON/FRI/TUES AM) | FOOTBALL CHRIS WED PM GYMNASTICS CHRIS THURS AM | ATHLETICS CHRIS WED PM CRICKET CHRIS THURS AM | | | |
| YEAR 2 (THUS PM PPA) AUT WED AM SPR WED AM SUM - DANCE | FOOTBALL CHRIS THURS PM EXPLORING PE EQUIPMENT CHRIS WED AM | BASKET/NETBALL CHRIS THURS PM FITNESS CHRIS WED AM | TENNIS CHRIS THURS PM GYMNASTICS CHRIS WED AM | CRICKET CHRIS THURS PM GYMNASTICS CHRIS WED AM | ROUNDERS CHRIS THURS PM DANCE (MON/FRI/TUES AM) | ATHLETICS CHRIS THURS PM DANCE (MON/FRI/TUES AM) | | | |

| Year 1 | | |
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| Knowledge  | Skills  | Vocabulary  |
| <p>All pupils:</p> <ul style="list-style-type: none"> • develop competence to excel in a broad range of physical activities • are physically active for sustained periods of time • engage in competitive sports and activities • lead healthy, active lives. | | |
| <p>Autumn 1 Throwing and Catching</p> <ul style="list-style-type: none"> - Be confident in space used - Improve Co-ordination with a ball - Develop techniques when passing a ball - Be able to work as part of a team | <p>Autumn 1 Throwing and Catching</p> <ul style="list-style-type: none"> - Be able to move in a variety of ways - Be able to control a ball when moving - Be able to pass to a partner and team mates <p>By the end of the unit, children should be able to:</p> <ul style="list-style-type: none"> • Maintain balance and control of a ball when running indifferent ways • Take part in relay races • Catch & move with a ball | <ul style="list-style-type: none"> • CONTROL • MOVE • PASS • TEAMWORK <ul style="list-style-type: none"> • MATS • HOOPS • BALLS • HURDLES • LADDERS <ul style="list-style-type: none"> - TABLES - BENCHES - TUNNELS |
| <p>Autumn 1 Introduction to PE equipment</p> <ul style="list-style-type: none"> - To improve co-ordination & control of body & a range of equipment. - To choose skills & equipment to help them reach the challenges they are set - Use small and large scale equipment showing a range of skills | <p>Autumn 1 Introduction to PE equipment</p> <ul style="list-style-type: none"> - To follow instructions - To use all equipment correctly - Be confident when using equipment - Demonstrate coordination and control when taking part in PE | |

Spring 1 Tennis

Pupils will learn to

- Show appropriate control with both a racquet and a ball
- Use tennis equipment safely

Spring 1 and 2 Dance

- To perform basic movements to music
- To build a simple themed dance

Spring 1 Tennis

Be able to perform a range of movement drills with good control & balance.

- Be able to perform different catching skills.
- Perform safe & controlled activities with a racquet & a ball
- Be able to work with a partner under control

By the end of the unit, children should be able to:

- Catch & throw in a variety of ways both stationary & when moving
- Understand & perform basic tennis strokes with control
- Work with a partner

Spring 1 and 2 Dance

- Demonstrate more control in a variety of movements.
- Recognise rhythm and beat within the music and be able to move in time to the music led by the teacher.
- Make a suggestion on how to improve my performance.
- Create and develop actions and movements around a given story or theme.

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| <p>Spring 2 and Summer 1 Gymnastics</p> <p>Pupils will learn to</p> <ul style="list-style-type: none"> - Use space safely and effectively - Jumping - Rolling - Balancing - Travelling - Work both individually and in pairs - Build a simple sequence | <p>Spring 2 and Summer 1 Gymnastics</p> <ul style="list-style-type: none"> - Be able to explore travelling movements using the space around you - To develop quality when performing gymnastic shapes - To develop technique and control when performing shapes <p>By the end of the unit, children should be able to:</p> <ul style="list-style-type: none"> - Perform in front of others - Link simple actions to make a sequence - Make body tense, relaxed, stretched and curled - Use apparatus safely and wait your turn | |
| <p>Summer 1 Football</p> <ul style="list-style-type: none"> - To be confident & safe in space provided. - To improve co-ordination & control of body. - To use equipment with co-ordination & control. - To work as part of a team. - To develop skills & techniques used in the game. - To develop decision making during competitive play | <p>Summer 1 Football</p> <ul style="list-style-type: none"> - Be able to perform a range of kicking & gathering skills with control. - Be able to choose & use tactics to suit different situations. - Be able to use the side of the foot to pass the ball. - Be able to watch & describe performances accurately. - Be able to learn different turns & dribbling. - Be able to bring developed skills into their game. | |

Summer 2 Athletics

- To improve co-ordination & control of body & a range of equipment.
- To remember, repeat & link a combination of action.
- To choose skills & equipment to help them reach the challenges they are set
- To remember, repeat & link a combination of actions.

Summer 2 Cricket

- To use good throwing & catching techniques.
- To improve the quality of their throwing & catching techniques & their ability to link movements.
- To develop underarm and over arm bowls.
- To develop skills in fielding games & use a range of simple techniques.
- To develop technique
- To choose a range of simple tactics & strategies.

Summer 2 Athletics

- Be able to throw with increasing accuracy & co-ordination into targets set at different distances.
- Be able to demonstrate a range of throwing actions & use different techniques to throw.
- Be able to use different techniques, speeds & effort to meet challenges set for running.
- Be able to demonstrate the five basic jumps on their own & combination.

By the end of the unit, children should be able to:




- Run at different speeds
- Take part in a relay activity
- Jump with accuracy into & out of areas from a standing position
- Throw a variety of objects
- Use small range of techniques

Summer 2 Cricket

- Be able to throw & catch with a partner
- Be able to use throwing skills in tasks that involve hitting targets & scoring points.
- Be able to bowl with some control & accuracy
- Be able to use throwing & catching skills as a team.
- Be able to strike a ball accurately.
- Be able to work as a team when playing games.

By the end of the unit, children should be able to:

- Perform a basic bowling action with the some control.
- Be able to strike a ball into a space
- Develop skills into a game situation
- Develop simple fielding skills both catching & throwing

| Year 2 | | |
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| Knowledge  | Skills  | Vocabulary  |
| <p>All pupils:</p> <ul style="list-style-type: none"> • develop competence to excel in a broad range of physical activities • are physically active for sustained periods of time • engage in competitive sports and activities • lead healthy, active lives. | | <p>March, Spring, Jump, Freeze, Slow, Quick, Swish, Crawl, Kick, Cape, Dancer.</p> <p>Levels, Balance, Forest Industry, Planting, Re-growing, Travel, Jumping, Turning, Balance, Levels, Beat, Rhythm, Travel, Turn, rainforest, climate, water cycle.</p> |
| <p>Autumn 1 Football</p> <ul style="list-style-type: none"> - To be confident and safe in the spaces used to play games - To improve co-ordination & control of bodies - To use equipment safely - To work as part of a team - To develop techniques used in football games - To improve decision making <p>Autumn 1 Introduction to PE equipment</p> <ul style="list-style-type: none"> - To improve co-ordination & control of body & a range of equipment. - To choose skills & equipment to help them reach the challenges they are set - Use small and large scale equipment showing a range of skills | <p>Autumn 1 Football</p> <ul style="list-style-type: none"> - Be able to perform a range of kicking and gathering skills with control - Be able to choose & use tactics to suit different situations - Be able to learn to score - Be able to watch and describe performances accurately - Learn to perform basic dribbling & passing - Be able to make decisions to aid performance in competitive play <p>Autumn 1 Introduction to PE equipment</p> <ul style="list-style-type: none"> - To follow instructions - To use all equipment correctly - Be confident when using equipment - Demonstrate coordination and control when taking part in PE | |

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| <p>Autumn 2 Basketball/Netball</p> <ul style="list-style-type: none"> - Be able to maintain balance through different movement patterns - Link this movement to being able to control a ball - Work as a team - moving and passing a ball <p>Autumn 2 Fitness</p> <ul style="list-style-type: none"> - Take part a range of fitness activities <p>Begin to explore and develop</p> <ul style="list-style-type: none"> - Agility - Balance - Co-ordination - Speed - stamina | <p>Autumn 2 Basketball/Netball</p> <ul style="list-style-type: none"> - Be able to move at pace with & without a ball - Working as part of a team to score a goal - Be able to play a basic match <p>By the end of the unit, children should be able to:</p> <ul style="list-style-type: none"> •Move with control of a ball •Play a basic match - working as part of a team <p>Autumn 2 Fitness</p> <ul style="list-style-type: none"> - Be able to run for longer periods of time without stopping - To develop individual skipping - Be able to take part in a circuit to develop stamina and agility - To develop agility, balance and co ordination <p>By the end of the unit, children should be able to:</p> <ul style="list-style-type: none"> - Children will be able to describe how their body feels during exercise - Show determination to continue to work over a longer period of time <p>Understand that running at a slower speed will allow you to run for a longer period of time</p> | |
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Spring 1 Tennis

- To recognise good quality in performance.
- To improve co-ordination and control of body & a range of equipment.
- To improve co-ordination with a racquet & ball with good quality.
- To improve co-ordination when working as a team.

Spring 1 & 2 Gymnastics

Pupils will learn to

- Explore and develop basic gymnastic actions on the floor and using apparatus
- Develop gymnastic skills of jumping, rolling, balancing and travelling individually and in combination to create short sequences
- To work safely with and around others while using apparatus

Spring 1 Tennis

- Be able to perform a range of movement drills with good control & balance.
- Be able to perform different catching skills. Perform safe & controlled activities with a racquet & a ball
- Be able to perform a range of hitting & catching balls with control.
- Be able to work with a partner under control & as a team

By the end of the unit, children should be able to:

- Move with speed, control & balance on more complex movement patterns
- Catch & throw in a variety of ways both stationary & when moving
- Understand & perform basic tennis strokes with control
- Work as a team & with a partner
- Keep score & compete in a variety of ways

Spring 1 & 2 Gymnastics

- Be able to perform gymnastic shapes and link together
- Be able to perform shapes to create balances
- Link travelling actions and balances using apparatus
- Develop sequences

By the end of the unit, children should be able to:

- Be confident to perform in front of others
- Can plan and repeat simple sequences of actions.
- Provide feedback using key words

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| <p>Spring 2 Cricket</p> <ul style="list-style-type: none"> - To use good throwing & catching techniques. - To improve the quality of their throwing & catching techniques & their ability to link movements. - To develop underarm and over arm bowls. - To develop skills in fielding games & use a range of simple techniques. - To develop technique - To choose a range of simple tactics & strategies. | <p>Spring 2 Cricket</p> <ul style="list-style-type: none"> - Be able to throw & catch with a partner - Be able to use throwing skills in tasks that involve hitting targets & scoring points. - Be able to bowl with some control & accuracy - Be able to use throwing & catching skills as a team. - Be able to strike a ball accurately. - Be able to work as a team when playing games. <p>By the end of the unit, children should be able to:</p> <ul style="list-style-type: none"> • Perform a bowl with control • Be able to strike a ball into space • Use skills in a game situation • Use both catching & throwing fielding skills | |
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| <p>Summer 1 Rounders</p> <ul style="list-style-type: none"> - To use good throwing & catching techniques. - To improve the quality of their throwing & catching techniques & their ability to link movements. - To develop underarm and over arm bowls. - To develop skills in fielding games & use a range of simple techniques. - To develop technique - To choose a range of simple tactics & strategies. <p>Sum 1 Dance</p> <ul style="list-style-type: none"> - To be able perform basic movements to music to build a simple COUNTRIES themed dance | <p>Summer 1 Rounders</p> <ul style="list-style-type: none"> - Be able to throw & catch with a partner - Be able to use throwing skills in tasks that involve hitting targets & scoring points. - Be able to bowl with some control & accuracy - Be able to use throwing & catching skills as a team. - Be able to strike a ball accurately. - Be able to work as a team when playing games. <p>By the end of the unit, children should be able to:</p> <ul style="list-style-type: none"> • Perform a bowl with control • Be able to strike a ball into space • Use skills in a game situation • Use both catching & throwing fielding skills <p>Sum 1 Dance</p> <ul style="list-style-type: none"> - Explore combining skills such as travelling and jumping, turning on different levels. - Describe how my body feels during different activities and explain what my body needs to keep healthy. - Link 2 or more movements together to form a sequence. Remember the movement order and perform the sequence. - Use creative and expressive ideas. - Work with a partner or small group to copy start and end positions. - Demonstrate control over movements and show goodco-ordination. | |
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Sum 2 Athletics

- To improve co-ordination & control of body & a range of equipment
- To remember, repeat & link a combination of actions
- To choose skills & equipment to help them reach the challenges they are set
- To remember, repeat & link a combination of actions

Sum 2 Dance

- To be able to perform basic movements to music and to build a simple themed dance focussing on Rainforests.

Sum 2 Athletics

- Be able to throw with increasing accuracy & co-ordination into targets set at different distances
- Be able to demonstrate a range of throwing actions & use different techniques to throw
- Be able to use different techniques, speeds & effort to meet challenges set for running
- Be able to demonstrate the five basic jumps on their own & in combination

By the end of the unit, children should be able to:

- Run at different speeds in safety
- Take part in a relay activity
- Jump with accuracy into & out of areas from a standing position
- Throw a variety of objects
- Use small range of techniques

Sum 2 Dance

- Explore combining skills such as travelling and jumping, turning on different levels.
- Describe how my body feels during different activities and explain what my body needs to keep healthy.
- Link 2 or more movements together to form a sequence. Remember the movement order and perform the sequence.
- Use creative and expressive ideas.
- Work with a partner or small group to copy start and end positions.
- Demonstrate control over movements and show good co-ordination.
- I can make suggestions on how to improve my performance and the performance of others.