

Class 1: PE

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Ball Skills	Mini Dance	Gymnastics	Skip School	Net and Wall	Athletics
<p>1. Aiming, catching, throwing, object control: Throwing Aim Dodge Running</p> <p>2. Throwing and catching different size and shaped balls: Catching Ball control</p> <p>3. Throwing and catching at various distances</p> <p>4. Throwing, catching and moving into space. Spatial awareness</p> <p>5. As above</p> <p>6. Shooting at a target. Working as a team: Netball Basketball Dodgeball Handball</p> <p>7. Combining throwing catching, movement and shooting</p>	<p>1. Counting/listening to music 4 beats in a bar: Walking Skipping Running Gallop Jumping</p> <p>2. Characterisation Telling a story</p> <p>3. As above</p> <p>4. As above</p> <p>5. As above Recognition of the music without instruction</p> <p>6. As above Recognition of the music without instruction</p> <p>Free dance</p> <p>7. To be able to listen to full cd and identify the music and characteristics. Move freely and independently without instruction</p>	<p>1. Safety in Gymnastics Basic Agilities Good execution of Gross motor skills: Running Jumping Hopping Skipping Walking</p> <p>2. Recap of safety Basic agilities Good execution of gross motor skill: Climbing Balancing Good use of knees and ankles</p> <p>3. Recap of safety Basic agilities Good execution of gross motor skill. Explore different dismounts from apparatus.</p> <p>4. As above, adding agilities, forwards rolls, prep backward roll etc</p> <p>5. As above</p> <p>6. As above</p> <p>7. As above</p>	<p>1. Introduction and safety Jumping, hopping, skipping (without hoops/ropes etc) good use of knees and ankle Flexion Walking Running Skipping Jumping Hopping</p> <p>2. Jumping into hoops gaining distance. To encourage good use of legs, core and balance</p> <p>3. Jumping over ropes and hoops, forwards and backwards Encouraging co-ordination</p> <p>4. Skipping with hoops and individual ropes Skipping with individual ropes</p> <p>5. Introduction of large rope Skipping with individual and large rope, encouraging co-ordination and timing, skipping with rhymes.</p> <p>6. Repeat as above</p> <p>7. Repeat as above</p>	<p>1. Bat and ball, object manipulation, hand eye co-ordination. Working in pairs and against a wall. Hitting ball with small tennis racket.</p> <p>2. Repeat as above working with bowling action, under arm and over arm throw.</p> <p>3. Using hockey sticks, manipulation of small plastic ball, working in and out of obstacles. Striking the ball, hand eye co-ordination.</p> <p>4. Repeat as above.</p> <p>5. Working in pairs striking the small ball with tennis rackets to each other.</p> <p>6. As above introducing competition element.</p> <p>7. Small game, bowling, striking and running to score points using different bats, cricket, small rounders and tennis.</p>	<p>1. Running techniques</p> <p>2. Running techniques over objects: Running Walking Jumping Hopping Skipping</p> <p>3. Developing awareness of distance & weight, learning to throw in a coordinated way for distance, learning to throw a range of different throwing implements: Aim Power distance</p> <p>4. As above</p> <p>5. Jumping for Height & Distance developing awareness of distance & height learning to take off & land in a coordinated & controlled way learning to jump in a variety of different ways</p> <p>6. Combination of all, Improvement, progression and confidence.</p> <p>7. Put skills in to practice at Sports Day</p>

Class 2: PE

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Ball Skills	Mini Dance	Gymnastics	Skip School	Net and Wall	Athletics
<p>1. Aiming, catching, throwing, object control: Throwing Aim Dodge Running</p> <p>2. Throwing and catching different size and shaped balls: Catching Ball control</p> <p>3. Throwing and catching at various distances</p> <p>4. Throwing, catching and moving into space. Spatial awareness</p> <p>5. As above</p> <p>6. Shooting at a target. Working as a team: Netball Basketball Dodgeball Handball</p> <p>7. Combining throwing catching, movement and shooting</p>	<p>1. Counting/listening to music 4 beats in a bar: Walking Skipping Running Galloping Jumping</p> <p>2. Characterisation Telling a story</p> <p>3. As above</p> <p>4. As above</p> <p>5. As above Recognition of the music without instruction</p> <p>6. As above Recognition of the music without instruction</p> <p>Free dance</p> <p>7. To be able to listen to full cd and identify the music and characteristics. Move freely and independently without instruction</p>	<p>1. Safety in Gymnastics Basic Agilities Good execution of Gross motor skills: Running Jumping Hopping Skipping Walking</p> <p>2. Recap of safety Basic agilities Good execution of gross motor skill: Climbing Balancing Dismounting Apparatus, exploring different ways.</p> <p>3. Recap of safety Basic agilities Good execution of gross motor skills. Dismounting using good technique. Adding agilities</p> <p>4. As above working on correct technique and core strength.</p> <p>5. As above working on agilities and gross motor skills.</p> <p>6. As above all combined</p> <p>7. As above all combined</p>	<p>1. Skipping safety, fundamentals of skipping, jumping over individual rope, double bounce and speed bounce. Create good rhythm, work on co-ordination</p> <p>2. As above and introduce, hop and swap, cross over, criss cross.</p> <p>3. As above introducing working in pairs, butterfly and face to face.</p> <p>4. As above Introduction of large rope, run in jump and out.</p> <p>5. As above, keep the kettle boiling. Encourage good timing, rhythm, and fluidity of movement</p> <p>6. Repeat all of the above, creating repetition to improve strength and stamina.</p>	<p>1. Bat and ball, object manipulation, hand eye co-ordination. Working in pairs and against a wall. Hitting ball with small tennis racket.</p> <p>2. Repeat as above working with bowling action, under arm and over arm throw.</p> <p>3. Using hockey sticks, manipulation of small plastic ball, working in and out of obstacles. Striking the ball, hand eye co-ordination.</p> <p>4. Repeat as above.</p> <p>5. Working in pairs striking the small ball with tennis rackets to each other.</p> <p>6. As above introducing competition element.</p> <p>7. Small game, bowling, striking and running to score points using different bats, cricket, small rounders and tennis.</p>	<p>1. Running techniques</p> <p>2. Running techniques over objects: Running Walking Jumping Hopping Skipping</p> <p>3. Developing awareness of distance & weight, learning to throw in a coordinated way for distance, learning to throw a range of different throwing implements: Aim Power distance</p> <p>4. As above</p> <p>5. Jumping for Height & Distance developing awareness of distance & height learning to take off & land in a coordinated & controlled way learning to jump in a variety of different ways</p> <p>6. Combination of all, Improvement, progression and confidence.</p> <p>7. Put skills in to practice at Sports Day</p>

Class 3: PE

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Invasion/Ball skill	Dance	Gymnastics	Skip School / Skip Dance	Net and Wall Rounders	Athletics
<p>1. Aim Throwing Catching Team work Strategy, dodging, running Focus, agility, aim Throwing Jumping Awareness</p> <p>2. Aim Throwing Catching Team work Strategy, dodging, running Focus, agility, aim, throwing Jumping, awareness</p> <p>3.. Dodge ball game. Strategies. Refereeing/rules</p> <p>4. Netball: Passing and catching Pass variation: Throwing, Catching, Running Chest pass, Shoulder pass Bounce pass.</p> <p>5. Footwork, dodging, pivot Shooting</p> <p>6. Defence play. Throwing, catching, aim shoot, passing into space, time on ball (3 seconds)</p> <p>7. Positional play + basic rules.</p>	<p>1. Basic Agilities Understanding the importance of a Warm Up: Walking Running Jumping Skipping Front, back and side support Forward roll Backward roll Cartwheel Bridge position</p> <p>2. To advance basic agilities up: with creative endings to agilities</p> <p>3. Working with partners and or small groups: adding balancing, mirroring and weight baring</p> <p>4. Working with partners and or small groups. Linking agilities and movements</p> <p>5. As above</p> <p>6. As above</p> <p>7. Performance</p>	<p>1. Genres of dance, discussion of different styles of dance, contemporary, lyrical, street, hip hop, ballet etc.</p> <p>2. Running Jumping Skipping Hopping Leaping</p> <p>3. Creating effective choreography and music to suite. Discussion of how simple movements can be more effective when working in a group. Working as a team</p> <p>4. Using knowledge of effective choreography groups to demonstrate and teach. Working as a team</p> <p>5. Pattern and direction</p> <p>6. Pulling all choreography together and performance technique</p> <p>7. Performance and Evidence</p>	<p>1. Skipping safety, looking at different skills, accessing skill level. Double bounce and speed bounce, use time element to increase strength and stamina.</p> <p>2. Repeat as above with different skip skills, hop and swap, criss cross, cross over, side swing.</p> <p>3. Repeat above, working in partners, face to face and butterfly. Introduction of large rope practice keep the kettle. To create good rhythm, fluidity and timing.</p> <p>3. As above introducing harder skills, the pretzel, side swing cross and straddle.</p> <p>4. Looking at being creative with skipping, ideas for new moves, combining skills. Choreography, pattern and unison.</p> <p>5. As above, begin choreography using skills from previous sessions.</p> <p>6. As above</p> <p>7. As above plus performance.</p>	<p>1. Fielding skills, throwing and catching, long barrier, walking in, hand eye co-ordination.</p> <p>2. Batting practice using different bats, rounders, cricket, tennis, badminton. Using different techniques.</p> <p>3. Combination of fielding and batting practice. Small games and matches of tennis, badminton and Kwik Cricket. Discussion of rules.</p> <p>4. As above</p> <p>5. As above</p> <p>6. Rounders – Discussion of rules, into game implementing rules, batting and fielding.</p> <p>7. As above</p>	<p>1. Long distance running – Endurance and stamina: Running Walking Skipping Hopping Jumping,</p> <p>2. Sprinting</p> <p>3. Hurdles and Relay</p> <p>4. Throwing: Throwing catching aiming</p> <p>5. Jumping: Hopping Jumping Skipping Running</p> <p>6. Combining activities</p> <p>7. Put skills in to practice at Sports Day</p>

Class 4: PE

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Ball Skills and Invasion	Dance	Gymnastics	Skip School / Skip Dance	Net and Wall	Athletics
<p>1. Aim Throwing Catching Team work Strategy, dodging, running Focus, agility, aim Throwing Jumping Awareness</p> <p>2. Aim Throwing Catching Team work Strategy, dodging, running Focus, agility, aim, throwing Jumping, awareness</p> <p>3.. Dodge ball game. Strategies. Refereeing/rules</p> <p>4. Netball: Passing and catching Pass variation: Throwing, Catching Running, Chest pass Shoulder pass, Bounce pass.</p> <p>5. Footwork, dodging, pivot Shooting</p> <p>6. Defence play. Throwing, catching, aim shoot, passing into space, time on ball (3 seconds)</p> <p>7. Positional play + basic rules.</p>	<p>1. Genres of dance, discussion of different styles of dance, contemporary, lyrical, street, hip hop, ballet etc.</p> <p>2 Running Jumping Skipping Hopping Leaping</p> <p>3. Creating effective choreography and music to suite. Discussion of how simple movements can be more effective when working in a group. Working as a team</p> <p>4. Using knowledge of effective choreography groups to demonstrate and teach. Working as a team</p> <p>5. Pattern and direction</p> <p>6. Pulling all choreography together and performance technique</p> <p>7. Performance and Evidence</p>	<p>1. Basic Agilities Understanding the importance of a Warm Up: Walking Running Jumping Skipping Front, back and side support Forward roll Backward roll Cartwheel Bridge position</p> <p>2. To advance basic agilities up: with creative endings to agilities</p> <p>3. Working with partners and or small groups: adding balancing, mirroring and weight baring</p> <p>4. Working with partners and or small groups. Linking agilities and movements</p> <p>5. As above</p> <p>6. As above</p> <p>7. Performance</p>	<p>1. Skipping safety, looking at different skills, accessing skill level. Double bounce and speed bounce, use time element to increase strength and stamina.</p> <p>2. Repeat as above with different skip skills, hop and swap, criss cross, cross over, side swing.</p> <p>3. Repeat above, working in partners, face to face and butterfly. Introduction of large rope practice keep the kettle. To create good rhythm, fluidity and timing.</p> <p>3. As above introducing harder skills, the pretzel, side swing cross and straddle.</p> <p>4. Looking at being creative with skipping, ideas for new moves, combining skills. Choreography, pattern and unison.</p> <p>5. As above, begin choreography using skills from previous sessions.</p> <p>6. As above</p> <p>7. As above plus performance.</p>	<p>1. Fielding skills, throwing and catching, long barrier, walking in, hand eye co-ordination.</p> <p>2. Batting practice using different bats, rounders, cricket, tennis, badminton. Using different techniques.</p> <p>3. Combination of fielding and batting practice. Small games and matches of tennis, badminton and Kwik Cricket. Discussion of rules.</p> <p>4. As above</p> <p>5. As above</p> <p>6. Rounders – Discussion of rules, into game implementing rules, batting and fielding.</p> <p>7. As above</p>	<p>1. Long distance running – Endurance and stamina: Running Walking Skipping Hopping Jumping,</p> <p>2. Sprinting</p> <p>3. Hurdles and Relay</p> <p>4. Throwing: Throwing catching aiming</p> <p>5. Jumping: Hopping Jumping Skipping Running</p> <p>6. Combining activities</p> <p>7. Put skills in to practice at Sports Day</p>