

PE High Level Plan

	Pupils should be taught:		KS1		KS2	
	<p>The national curriculum for physical education aims to ensure that 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. 		<ul style="list-style-type: none"> ○ master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities ○ participate in team games, developing simple tactics for attacking and defending ○ perform dances using simple movement patterns. 		<ul style="list-style-type: none"> ○ use running, jumping, throwing and catching in isolation and in combination ○ play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending ○ develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] ○ perform dances using a range of movement patterns ○ take part in outdoor and adventurous activity challenges both individually and within a team ○ compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nur	Movement, balancing, riding	Ball skills	Hop, skip, stand on one leg. Pose in games e.g. musical statues.	Ball skills	Climbing, apparatus, using alternative feet	Climbing, apparatus, using alternative feet
Rec	Body Management	Cooperate and solve problems	Dance Performing with others	Gymnastics Travelling movements	Manipulation and coordination	Speed agility travel
Y1	Dance (Unit 1) Jungle: Using mirroring in partner work	Gymnastics (Unit 1) Using simple gym actions and shapes	Dance (Unit 2) Seasons: Using formation to perform as a group	Gymnastics (Unit 2) Performing gym actions with control	Attack Defend Shoot (Unit 2) Simple invasion games Applying rules	Run Jump Throw (Unit 2) Increase stamina and core strength

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	Attack Defend Shoot (Unit 1) Basic movements/competition	Hit Catch Run (Unit 1) Hit objects with hand or bat	Run Jump Throw (Unit 1) Begin to link running & jumping	Send and Return (Unit 1) Send an object with increasing accuracy	Athletics	Outdoor Adventurous Activities
Y2	Dance (Unit 1) Transition of shapes and balances	Gymnastics (Unit 1) Performance and judging	Dance (Unit 2) Perform sophisticated formations	Gymnastics (Unit 2) Body tension and control	Attack Defend Shoot (Unit 2) Select & apply a simple range of tactics	Run Jump Throw (Unit 2) Improve running and jumping movements
	Attack Defend Shoot (Unit 1) Send & receive a ball using feet	Hit Catch Run (Unit 1) Develop hitting skills with a variety of bats	Run Jump Throw (Unit 1) Throw and handle a variety of objects	Send and Return (Unit 1) Hit and return over a net	Athletics	Outdoor Adventurous Activities
Y3	Dance (Unit 1) Practice and put together a performance	Gymnastics (Unit 1) Use different pathways, direction and shapes	Swimming	Swimming	Athletics	Athletics
	Swimming	Swimming	Net & Wall: Tennis	Net & Wall: Netball	Striking & Fielding: Rounders	Striking & Fielding: Cricket
Y4	Dance (Unit 1) Practice and perform a variety of formations	Gymnastics (Unit 1) Use compositional ideas in a sequence	Dance (Unit 2) Link activities to a theme in a performance	Gymnastics (Unit 2) Refine taking weight on small and large body parts	Athletics	Athletics

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	Invasion Games: Basketball	Invasion Games: Netball	Net & Wall: Badminton	Net & Wall: Volleyball	Striking & Fielding: Cricket	Outdoor Adventurous Activities
Y5	Dance (Unit 1) Refine and improve dances using space, rhythm and expression	Gymnastics (Unit 1) Create longer and more complex sequences and adapt performances	Dance (Unit 2) Using professional examples to inspire ideas for explosive action	Gymnastics (Unit 2) Perform more complex actions, shapes and balances with accuracy	Athletics	Athletics
	Invasion Games: Football	Invasion Games: Tag Rugby	Net & Wall: Tennis	Net & Wall: Netball	Striking & Fielding: Rounders	Striking & Fielding: Cricket
Y6	Dance (Unit 1) Work collaboratively to include more complex, compositional ideas	Gymnastics (Unit 1) Demonstrate accuracy, consistency and clarity of movement	Dance (Unit 2) Demonstrate narrative through contact and relationships	Gymnastics (Unit 2) Show a desire to improve competency across a range of movements	Athletics	Athletics
	Invasion Games: Netball	Invasion Games: Hockey	Net & Wall: Handball	Net & Wall: Badminton	Outdoor Adventurous Activities	Striking & Fielding: Rounders

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Inter sport Competitions

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><u>September</u></p> <ul style="list-style-type: none"> Year 3 and 4 Virtual Kurling (on school site) Year 3/ 4, year 5/ 6 Rugby @Trinity Road, 9:30-13:00 Week 1 Boccia League @Trinity Road, 13:00-14:30 <p><u>October</u></p> <ul style="list-style-type: none"> Week 1 Basketball league 16:00-17:00 Year 1 + 2 Multi-skills, 13:00-14:30 	<p><u>November</u></p> <ul style="list-style-type: none"> Personal challenge 1 Year 3 + 4 Multi-sport, 13:00-14:30 Year 4-6 Aston's Got Talent, 13:00-15:00 Week 2 Boccia League @Trinity Road, 13:00-14:30 <p><u>December</u></p> <ul style="list-style-type: none"> Year 4-6 Girls World Cup Football, 13:00-17:00 (2 sessions) Year 3-4 Boys World Cup Football, 13:00-17:00 (2 sessions) Week 2 Basketball League, 16:00-17:00 	<p><u>January</u></p> <ul style="list-style-type: none"> Year 5+6 Virtual Archery (on school site) Year 5+6 Sports Hall Athletics, 13:00-16:30 Year 3+4 Sports Hall Athletics, 13:00-16:30 Week 3 Boccia League @Trinity Road, 13:00-14:30 <p><u>February</u></p> <ul style="list-style-type: none"> Personal Challenge 2 Week 3 Basketball League, 16:00-17:00 Sunshine Festival 1, 13:00-14:30 <p><u>March</u></p> <ul style="list-style-type: none"> Year 3+4 Gymnastics, 15:30-17:00 Girls Football Festival Year 5+6 Handball @Trinity Road, 16:00-17:30 	<p>Healthy Me week (All year groups)</p>	<p>Walk to school week (All year groups)</p>	<p>Sports Day (All year groups)</p>



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		Week 4 Bocchia League @Trinity Road, 13:00- 14:30			
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