

Acquiring and developing skills

Selecting and applying skills, tactics and compositional ideas

Evaluating and improving performance

Knowledge and understanding of fitness and health

(This strand should be evident and taught throughout all topics in all year groups)

P.E	AUTUMN		SPRING		SUMMER		Key Objectives:	Key Vocabulary:
Year	1	2	1	2	1	2		
<b>3</b>	<b>Netball</b>	<b>Rugby/ Football</b>	<b>Hockey</b>	<b>Cricket</b>	<b>Tennis</b>	<b>Athletics</b>	<p><u>Games:</u></p> <ul style="list-style-type: none"> <li>I can throw and catch with control</li> <li>I am aware of space and use it to support team-mates and cause problems for the opposition.</li> <li>I know and use rules fairly.</li> </ul> <p><u>Gymnastics:</u></p> <ul style="list-style-type: none"> <li>I can adapt sequences to suit different types of apparatus/criteria.</li> <li>I can explain how strength and suppleness affect performance.</li> <li>I can compare and contrast gymnastic sequences.</li> </ul> <p><u>Dance:</u></p> <ul style="list-style-type: none"> <li>I can improvise freely and translate ideas from a stimulus into movement.</li> <li>I can share and create phrases with a partner and small group.</li> <li>I can repeat, remember and perform phrases.</li> </ul> <p><u>Athletics:</u></p> <ul style="list-style-type: none"> <li>I can run at fast, medium and slow speeds; changing speed and direction.</li> <li>I can take part in a relay, remembering when to run and what to do.</li> </ul> <p><u>Outdoor &amp; Adventurous:</u></p> <ul style="list-style-type: none"> <li>I can follow a map in a familiar context.</li> <li>I can use clues to follow a route.</li> <li>I can follow a route safely.</li> </ul>	Agility Analyse Applying Balance Challenge Competitive sport Complex Confident Control Co-ordination Core movement Effectiveness Expert Fairness and respect Fitness Flexibility Movement patterns Strength Tactic Technique
<p>Alongside one games lesson each week, each class does one P.E lesson each week. Every Year 3 class will go swimming for ONE whole term, complete ONE half term of street dance and ONE half term of country dance, ONE term of gymnastics divided over two half terms (1. Balances and jumps/2. Co-operative balances).</p> <p>= TWO hours of high quality Physical Education EVERY week.</p>								

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4	Netball			Cricket	Tennis/ Rounders	Athletics	<p><u>Games:</u></p> <ul style="list-style-type: none"> <li>I can catch with one hand</li> <li>I can throw and catch accurately</li> <li>I can hit a ball accurately and with control</li> <li>I can keep possession of the ball</li> <li>I can vary tactics &amp; adapt skills depending on what is happening in a game</li> </ul> <p><u>Gymnastics:</u></p> <ul style="list-style-type: none"> <li>I can work in a controlled way</li> <li>I can include change of speed and direction</li> <li>I can include a range of shapes</li> <li>I can work with a partner to create, repeat &amp; improve a sequence with at least 3 phrases</li> </ul> <p><u>Dance:</u></p> <ul style="list-style-type: none"> <li>I can take the lead when working with a partner or group</li> <li>I can use dance to communicate an idea</li> </ul> <p><u>Athletics:</u></p> <ul style="list-style-type: none"> <li>I can run over a long distance</li> <li>I can sprint over a short distance</li> <li>I can throw in different ways</li> <li>I can hit a target</li> <li>I can jump in different ways</li> </ul> <p><u>Outdoor &amp; Adventurous:</u></p> <ul style="list-style-type: none"> <li>I can follow a map in (a more demanding) familiar environment</li> <li>I can follow a route within a time limit</li> </ul>	<p>Agility Analyse Applying Balance Challenge Competitive sport Complex Confident Control Co-ordination Core movement Effectiveness Expert Fairness and respect Fitness Flexibility Movement patterns Strength Tactic Technique</p>
<p>Alongside one games lesson each week, each class does one P.E lesson each week. Every Year 4 class will go swimming for ONE whole term, complete ONE half term of Bollywood dance (Jai Ho) and ONE half term of Charleston dance, ONE term of gymnastics divided over two half terms (1. Balances/2. Rolling). = TWO hours of high quality Physical Education EVERY week.</p>								

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5	Netball			Cricket	Tennis/ Rounders	Athletics	<p><u>Games:</u></p> <ul style="list-style-type: none"> <li>I can gain possession by working as part of a team</li> <li>I can pass in different ways</li> <li>I can use forehand &amp; backhand with a racquet</li> <li>I can field</li> <li>I can choose a tactic for defending &amp; attacking</li> </ul> <p><u>Gymnastics:</u></p> <ul style="list-style-type: none"> <li>I can make complex extended sequences</li> <li>I can combine action, balance and shape</li> <li>I can perform consistently to different audiences</li> </ul> <p><u>Dance:</u></p> <ul style="list-style-type: none"> <li>I can compose my own dances in a creative way</li> <li>I can perform to an accompaniment</li> <li>My dance shows clarity, fluency, accuracy and consistency</li> </ul> <p><u>Athletics:</u></p> <ul style="list-style-type: none"> <li>I can control my take-off and landing</li> <li>I can throw with accuracy</li> <li>I can combine running and jumping</li> </ul> <p><u>Outdoor &amp; Adventurous:</u></p> <ul style="list-style-type: none"> <li>I can follow a map in an unknown location</li> <li>I can use clues and a compass to navigate a route</li> <li>I can change my route to overcome a problem</li> <li>I can use new information to change my route</li> </ul>	<p>Agility Analyse Applying Balance Challenge Competent Competence Competitive sport Complex Confident Control Co-ordination Core movement Effectiveness Excel Expert Fairness and respect Fitness Flexibility Movement patterns Strength Sustained Tactic Technique Strategy</p>
<p>Alongside one games lesson each week, each class does one P.E lesson each week. Every Year 5 class will go swimming for ONE whole term, complete ONE half term of Musical Theatre dance (Hairspray) and ONE half term of Salsa dance, ONE term of gymnastics divided over two half terms (1. Flight/2. Matching).</p> <p>= TWO hours of high quality Physical Education EVERY week.</p>								

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6	Netball	Hockey	Rugby	Cricket	Tennis Rounders	Athletics	<p><u>Games:</u></p> <ul style="list-style-type: none"> <li>I can play to agreed rules</li> <li>I can explain rules</li> <li>I can umpire</li> <li>I can make a team and communicate a plan</li> <li>I can lead others in a game situation</li> </ul> <p><u>Gymnastics:</u></p> <ul style="list-style-type: none"> <li>I can combine my own work with that of others</li> <li>I can link sequences to specific timings</li> <li>I can evaluate and understand what factors will improve a performance.</li> </ul> <p><u>Dance:</u></p> <ul style="list-style-type: none"> <li>I can develop sequences in a specific style</li> <li>I can choose my own music and style</li> </ul> <p><u>Athletics:</u></p> <ul style="list-style-type: none"> <li>I can demonstrate stamina</li> <li>I can refine and improve techniques through coaching</li> </ul> <p><u>Outdoor &amp; Adventurous:</u></p> <ul style="list-style-type: none"> <li>I can plan a route and a series of clues for someone else</li> <li>I can plan with others taking account of safety and danger (may be evidenced at Ambleside)</li> </ul>	<p>Agility</p> <p>Analyse</p> <p>Applying</p> <p>Balance</p> <p>Challenge</p> <p>Competent</p> <p>Competence</p> <p>Competitive sport</p> <p>Complex</p> <p>Confident</p> <p>Control</p> <p>Co-ordination</p> <p>Core movement</p> <p>Effectiveness</p> <p>Excel</p> <p>Expert</p> <p>Fairness and respect</p> <p>Fitness</p> <p>Flexibility</p> <p>Movement patterns</p> <p>Strength</p> <p>Sustained</p> <p>Tactic</p> <p>Technique</p> <p>Strategy</p>
	<p>Alongside one games lesson each week, each class does one P.E lesson each week. Every Year 6 class will go swimming for ONE whole term, complete ONE half term of Rock 'n' Roll dance and ONE half term of Maypole dance, ONE term of gymnastics divided over two half terms (1. Paired balances 2. Obstacles).</p> <p>= TWO hours of high quality Physical Education EVERY week.</p>							

Commented [MLC1]: