



PE Champions Year Plan

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<p>Master basic movements including: jumping, throwing and catching</p> <p>Developing balance, agility and co-ordination, and begin to apply these in a range of activities</p>	<p>Master basic movements including running</p> <p>Perform dances using simple movement patterns</p>	<p>Become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.</p> <p>master basic movements including: jumping, as well as developing balance, agility and co-ordination</p>	<p>Master basic movements in throwing and catching</p> <p>Develop balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>Participate in team games, developing simple tactics for attacking and defending</p>	<p>Master basic movements including: running, throwing and catching</p> <p>Develop agility and co-ordination, and begin to apply these in a range of activities</p> <p>Participate in team games, developing simple tactics for attacking and defending</p>	<p>Master basic movements including: running, jumping, throwing and catching</p> <p>Develop balance, agility and co-ordination, and begin to apply these in a range of activities both challenging</p>
	Multi-Skills	Story Time Dance Mighty Movers (Running)	Groovy Gymnastics	Brilliant Ball Skills	Throwing and Catching	Active Athletics Sports Day
Year 2	<p>Master basic movements including: jumping, throwing and catching</p> <p>Developing balance, agility and co-ordination, and begin to apply these in a range of activities</p>	<p>Master basic movements including running</p> <p>Perform dances using simple movement patterns</p>	<p>Become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.</p> <p>master basic movements including: jumping, as well as developing balance, agility and co-ordination</p>	<p>Master basic movements in throwing and catching</p> <p>Develop balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>Participate in team games, developing simple tactics for attacking and defending</p>	<p>Master basic movements including: running, throwing and catching</p> <p>Develop agility and co-ordination, and begin to apply these in a range of activities</p> <p>Participate in team games, developing simple tactics for attacking and defending</p>	<p>Master basic movements including: running, jumping, throwing and catching</p> <p>Develop balance, agility and co-ordination, and begin to apply these in a range of activities both challenging</p>
	Multi-skills	Ugly Bug Ball Dance Mighty Movers (Running)	Groovy Gymnastics	Brilliant Ball Skills	Throwing and Catching	Active Athletics Sports Day
Year 3	<p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Develop technique, control and balance</p>	<p>Perform dances using a range of movement patterns</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Develop flexibility, strength, technique, control and balance</p>	<p>Develop flexibility, strength, technique, control and balance</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team</p>	<p>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team</p> <p>Communicate and collaborate and with each other</p>	<p>Develop flexibility, strength, technique, control and balance</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team</p>
	Multi-skills	African Dance Cool Core (Strength)	Groovy Gymnastics	Brilliant Ball Skills	Throwing and Catching	Active Athletics Sports Day
Year 4	Communicate and collaborate and with each other	Perform dances using a range of movement patterns	Develop flexibility, strength, technique, control and balance	Use running, jumping, throwing and catching in isolation and in combination	Use running, jumping, throwing and catching in isolation and in	Use running, jumping, throwing and catching in isolation and in

	Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Develop flexibility, strength, technique, control and balance	Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Develop technique, control and balance Compare their performances with previous ones and demonstrate improvement to achieve their personal best	combination Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending Take part in outdoor and adventurous activity challenges both individually and within a team	combination Develop flexibility, strength, technique, control and balance Compare their performances with previous ones and demonstrate improvement to achieve their personal best
	Nimble Nets	Dynamic Dance Cool Core (Pilates)	Gym Sequences	Invaders	Striking and Fielding	Young Olympians Sports Day
Year 5	Communicate and collaborate and with each other Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	Perform dances using a range of movement patterns Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Develop flexibility, strength, technique, control and balance	Develop flexibility, strength, technique, control and balance Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Use running, jumping, throwing and catching in isolation and in combination Develop technique, control and balance Compare their performances with previous ones and demonstrate improvement to achieve their personal best	Use running, jumping, throwing and catching in isolation and in combination Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending Take part in outdoor and adventurous activity challenges both individually and within a team	Use running, jumping, throwing and catching in isolation and in combination Develop flexibility, strength, technique, control and balance Compare their performances with previous ones and demonstrate improvement to achieve their personal best
	Nimble Nets	Dynamic Dance Cool Core (Pilates)	Gym Sequences	Invaders	Striking and Fielding	Young Olympians Sports Day Swimming
Year 6	Communicate and collaborate and with each other Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	Perform dances using a range of movement patterns Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Develop flexibility, strength, technique, control and balance	Develop flexibility, strength, technique, control and balance Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Use running, jumping, throwing and catching in isolation and in combination Develop technique, control and balance Compare their performances with previous ones and demonstrate improvement to achieve their personal best	Use running, jumping, throwing and catching in isolation and in combination Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending Take part in outdoor and adventurous activity challenges both individually and within a team	Use running, jumping, throwing and catching in isolation and in combination Develop flexibility, strength, technique, control and balance Compare their performances with previous ones and demonstrate improvement to achieve their personal best
	Nimble Nets	Dynamic Dance Cool Core (Pilates)	Gym Sequences	Invaders	Striking and Fielding	Young Olympians Sports Day Swimming