**CYCLE A**

|  |  |  |  |
| --- | --- | --- | --- |
| **PHYSICAL EDUCATION** | **KS1****Year 1 & Year 2****(Y2 UNITS)** | **LKS2****Year 3 & Year 4****(Y4 UNITS)** | **UKS2****Year 5 & Year 6****(Y6 UNITS)** |
| **AUTUMN** | Unit Name: Pathways* Pupils should be taught to perform dances using simple movement patterns.

Team Building* Pupils should be taught to 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.

Mr Candy’s Sweet Factory* Pupils should be taught to perform dances using simple movement patterns.

Games for Understanding* Pupils should be taught to 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.
* Pupils should be taught to participate in team games, developing simple tactics for attacking and defending.
 | Unit Name:Basketball* Pupils should be taught to 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.

Throwing and Jumping* Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination

Bridges* Pupils should be taught to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]

Space* Pupils should be taught to perform dances using a range of movement patterns.
 | Unit Name:Basketball* Pupils should be taught to 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.

Communication and TacticsMatching and Mirroring* Pupils should be taught to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]

Titanic* Pupils should be taught to perform dances using a range of movement patterns.
 |
| **SPRING** | Unit Name:Linking* Pupils should be taught to perform dances using simple movement patterns.

Water* Pupils should be taught to perform dances using simple movement patterns.

Feet 1* Pupils should be taught to 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.
* Pupils should be taught to participate in team games, developing simple tactics for attacking and defending.

Explorers* Pupils should be taught to perform dances using simple movement patterns.
 | Unit Name:Cats* Pupils should be taught to perform dances using a range of movement patterns.

Hockey* Pupils should be taught to 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.

Tennis* Pupils should be taught to 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.

Problem Solving* Pupils should be taught to take part in outdoor and adventurous activity challenges both individually and within a team.
 | Unit Name:Hockey* Pupils should be taught to 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.

Carnival* Pupils should be taught to perform dances using a range of movement patterns.

Cricket* Pupils should be taught to 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.

Orienteering* Pupils should be taught to take part in outdoor and adventurous activity challenges both individually and within a team.
 |
| **SUMMER** | Unit Name:Rackets, Bats and Balls* Pupils should be taught to 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.

Jumping 1* Pupils should be taught to 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.

Hands 1* Pupils should be taught to 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.

Dodging 1* Pupils should be taught to participate in team games, developing simple tactics for attacking and defending.
* Pupils should be taught to perform dances using simple movement patterns.
 | Unit Name:Cricket* Pupils should be taught to 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.

Athletics* Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination
* Pupils should be taught to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]

Rounders* Pupils should be taught to 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.

Orienteering* Pupils should be taught to take part in outdoor and adventurous activity challenges both individually and within a team.
 | Unit Name:Athletics* Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination.
* Pupils should be taught to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]

Tennis* Pupils should be taught to 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.

Rounders* Pupils should be taught to 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.

Running* Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination
* Pupils should be taught to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
 |
| The depth thread is …Teach – Practice - Repeat | We aim to improve depth of learning by teaching, practicing and repeating those skills related to games, gymnastics, athletics and dance. The skills and units which are covered further down the school are practiced, repeated and built upon as you progress through the academy. Competition and tactics become more prevalent as skills are polished and applied. Sequences become more independent and longer, they become more spectacular in dance and more technically accurate in Gymnastics. From the first work on balancing and core strength that our pupils undertake they are starting a journey which will result in them having a greater understating of their body and its capabilities. |
| SMSC development – Spiritual, Moral, Social, Cultural | **SMSC LINKS****SPIRITUAL**In PE lessons students are encouraged to delve deeper in to their understanding of PE and the body and how it can be maximized to improve performance – this leaves pupils amazed at the body’s ability.**MORAL**Pupils develop the ability to tell between right and wrong through fair play in sporting events and participating in competitive situations, giving pupils a sense of justice, and how to respond appropriately when they feel there is an injustice.**SOCIAL**The nature of PE allows all pupils to develop the necessary skills to work in teams or pairs, as the majority of activities are based around team games or creating sequences in groups, co-operation with others is paramount to success.**CULTURAL**Pupils are given the opportunity to explore dances and learn games from different traditions and cultures including their own. |

**CYCLE B**

|  |  |  |  |
| --- | --- | --- | --- |
| **PHYSICAL EDUCATION** | **KS1****Year 1 & Year 2****(Y1 UNITS)** | **LKS2****Year 3 & Year 4****(Y3 UNITS)** | **UKS2****Year 5 & Year 6****(Y5 UNITS)** |
| **AUTUMN** | Unit Name:Feet 1* Pupils should be taught to 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.

Team Building* participate in team games, developing simple tactics for attacking and defending

Body Parts* Pupils should be taught to perform dances using simple movement patterns.

The Zoo* Pupils should be taught to perform dances using simple movement patterns.
 | Unit Name:Problem Solving* Pupils should be taught to take part in outdoor and adventurous activity challenges both individually and within a team.

Football* Pupils should be taught to 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.

Weather* Pupils should be taught to perform dances using a range of movement patterns.

Unison and Cannon* Pupils should be taught to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
 | Unit Name: Problem Solving* Pupils should be taught to take part in outdoor and adventurous activity challenges both individually and within a team.

Football* Pupils should be taught to 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.

Flight* Pupils should be taught to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]

The Greeks* Pupils should be taught to perform dances using a range of movement patterns.
 |
| **SPRING** | Unit Name:Games for Understanding* participate in team games, developing simple tactics for attacking and defending
* Pupils should be taught to 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.

Heroes* Pupils should be taught to perform dances using simple movement patterns.

Wide, Narrow, Curled* Pupils should be taught to perform dances using simple movement patterns.

Jumping 1* Pupils should be taught to 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.
 | Unit Name:Game Sense – Invasion* Pupils should be taught to 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.

Symmetry and Asymmetry* Pupils should be taught to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]

Cricket* Pupils should be taught to 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.

Witches and Wizards* Pupils should be taught to perform dances using a range of movement patterns.
 | Unit Name:Counter Balance and Counter Tension* Pupils should be taught to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]

Tag Rugby* Pupils should be taught to 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.

Street Art* Pupils should be taught to perform dances using a range of movement patterns.

Cricket* Pupils should be taught to 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.
 |
| **SUMMER** | Unit Name:Rackets, Bats and Balls* participate in team games, developing simple tactics for attacking and defending.
* Pupils should be taught to 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.

Running 1* Pupils should be taught to 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.

Hands 1* Pupils should be taught to 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.

Health and Wellbeing* Pupils should be taught to 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.
 | Unit Name:Running* Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination.
* Pupils should be taught to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]

Rounders* Pupils should be taught to 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.

Throwing and Jumping* Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination

Orienteering* Pupils should be taught to take part in outdoor and adventurous activity challenges both individually and within a team.
 | Unit Name:Throwing and Jumping* Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination

Rounders* Pupils should be taught to 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.

Running* Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination.
* Pupils should be taught to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]

Orienteering* Pupils should be taught to take part in outdoor and adventurous activity challenges both individually and within a team.
 |
| The depth thread is …Teach – Practice - Repeat | We aim to improve depth of learning by teaching, practicing and repeating those skills related to games, gymnastics, athletics and dance. The skills and units which are covered further down the school are practiced, repeated and built upon as you progress through the academy. Competition and tactics become more prevalent as skills are polished and applied. Sequences become more independent and longer, they become more spectacular in dance and more technically accurate in Gymnastics. From the first work on balancing and core strength that our pupils undertake they are starting a journey which will result in them having a greater understating of their body and its capabilities. |
| SMSC development – Spiritual, Moral, Social, Cultural | **SMSC LINKS****SPIRITUAL**In PE lessons students are encouraged to delve deeper in to their understanding of PE and the body and how it can be maximized to improve performance – this leaves pupils amazed at the body’s ability.**MORAL**Pupils develop the ability to tell between right and wrong through fair play in sporting events and participating in competitive situations, giving pupils a sense of justice, and how to respond appropriately when they feel there is an injustice.**SOCIAL**The nature of PE allows all pupils to develop the necessary skills to work in teams or pairs, as the majority of activities are based around team games or creating sequences in groups, co-operation with others is paramount to success.**CULTURAL**Pupils are given the opportunity to explore dances and learn games from different traditions and cultures including their own. |