





# <u>PE</u>

	Aut	umn		Spring	Summer	
Year 1 Topics	The Enchanted Woodland	Magical Story Chest	On the Move	Superheroes	Dinosaur in the city	Oh I do like to be Beside the Seaside
Year 1	Gymnastics – flight,	Dance linked to farming	Gymnastics -	Dance	Gymnastics – balancing	Dance (Peter Pan)
	balancing, jumping and landing Travel in a variety of ways,	d or weather/seasons ro	rolling  Travel in a	Copy, remember and repeat actions.	Travel in a variety of ways, including rolling, changing direction and speed	Copy, remember and repeat actions.
	including rolling, changing direction and speed	repeat actions.	variety of ways, including rolling,	Move in time to music.	Hold a still shape whilst balancing on different points of the body	Move in time to music.
	Hold a still shape whilst balancing on	Move in time to music.	changing direction and speed	Change the speed and level of their actions.	Move with increasing control and care	Change the speed and level of their actions.
	different points of the body	Change the speed and level of their actions.	Hold a still shape	Perform sequences of their	Link actions to make a sequence	Perform sequences of their own composition with
	Move with increasing control and care	Perform sequences of their own composition with coordination.	whilst balancing on different points	own composition with coordination.	Watch and describe performances, and use what they see to improve their own performance	coordination.  Watch and describe
	Link actions to make a sequence	Watch and describe performances, and use	of the body  Move with increasing	Watch and describe performances, and use what they see to improve their own performance.	Talk about the differences between their work and that of others	performances, and use what they see to improve their own performance.
	Watch and describe performances, and use	what they see to improve their own performance.	control and care	Talk about the differences	Bat and ball skills	Talk about the differences between their work and that
	what they see to improve their own performance	Talk about the differences	Link actions to make a sequence	between their work and that of others.	Travel with the ball in different ways	of others.
	Talk about the differences between their work and	that of others.	Watch and	Games –Aiming	Use kicking, throwing and dribbling skills in a game	Athletics Remember, repeat and link
	that of others Invasion Games	Invasion Games Travel with the ball in	describe performances,	Travel with the ball in different ways	Understand the importance of rules	combinations of actions.
	Ball control	different ways	and use what they see to improve their	Use kicking, throwing and dribbling skills in a game	Know how to pass the ball in different ways	Use their bodies and a variety of equipment with greater control and co-ordination
	Travel with the ball in different ways	Use kicking, throwing and dribbling skills in a game	own performance	and a game	Begin to use and understand the terms attacking and defending	33.3.3.3.3.3.3.3.3.3.3.3.3.3.3.3.3.3.3.3

	Use kicking, throwing and dribbling skills in a game  Understand the importance of rules  Know how to pass the ball in different ways  Begin to use and understand the terms attacking and defending  Change speed and direction whilst running	Understand the importance of rules  Know how to pass the ball in different ways  Begin to use and understand the terms attacking and defending  Change speed and direction whilst running	Talk about the differences between their work and that of others  Invasion games – rules Travel with the ball in different ways  Use kicking, throwing and dribbling skills in a game  Understand the importance of rules  Know how to pass the ball in different ways  Begin to use and understand the terms attacking and defending  Change speed and direction whilst running	Understand the importance of rules  Know how to pass the ball in different ways  Begin to use and understand the terms attacking and defending  Change speed and direction whilst running	Change speed and direction whilst running	Develop the following skills with increasing accuracy and velocity:  - Explore and throw a variety of objects with one hand.  - Jump from a stationary position with control.  - Change speed and direction whilst running.  Develop the following skills with increasing accuracy and velocity:  - Explore and throw a variety of objects with one hand.  - Jump from a stationary position with control.  - Change speed and direction whilst running  Watch, copy and describe what they and others are doing.  Set simple targets to improve performance — i.e. to be able to jump 10cm further.  To be able to measure performance accurately using tools.
Year 2 Topics	Towers, Tunnels and Turrets	Fire and Ice	Trave	el and Adventure	Homes and Habitats	Fit 4 Life
Year 2	Fire dance Copy, remember and repeat Move in time to music. Change the speed and level of		Gymnastics – pa Travel in a variety changing direction Hold a still shape v different points of	of ways, including rolling, and speed whilst balancing on	Athletics/ Sports Day Remember, repeat and link combinations of actions.  Use their bodies and a variety of equipment with greater control and coordination  Develop the following skills with increasing accuracy and velocity:	

Perform sequences of their own composition with coordination.

Watch and describe performances, and use what they see to improve their own performance.

Talk about the differences between their work and that of others.

## **Invasion Games**

Travel with the ball in different ways

Use kicking, throwing and dribbling skills in a game

Understand the importance of rules

Know how to pass the ball in different ways

Begin to use and understand the terms attacking and defending

Change speed and direction whilst running

### Gymnastics – jumping

Travel in a variety of ways, including rolling, changing direction and speed

Hold a still shape whilst balancing on different points of the body

Move with increasing control and care

Link actions to make a sequence

Watch and describe performances, and use what they see to improve their own performance

Talk about the differences between their work and that of others

Move with increasing control and care

Link actions to make a sequence

Watch and describe performances, and use what they see to improve their own performance

Talk about the differences between their work and that of others

#### Games

Travel with the ball in different ways

Use kicking, throwing and dribbling skills in a game

Understand the importance of rules

Know how to pass the ball in different ways

Begin to use and understand the terms attacking and defending

Change speed and direction whilst running

## World dance

- Explore and throw a variety of objects with one hand.
- Jump from a stationary position with control.
- Change speed and direction whilst running.

Develop the following skills with increasing accuracy and velocity:

- Explore and throw a variety of objects with one hand.
- Jump from a stationary position with control.
- Change speed and direction whilst running

Watch, copy and describe what they and others are doing.

Set simple targets to improve performance – i.e. to be able to jump 10cm further.

To be able to measure performance accurately using tools.

## **Habitat Dancing**

Copy, remember and repeat actions.

Move in time to music.

Change the speed and level of their actions.

Perform sequences of their own composition with coordination.

Watch and describe performances, and use what they see to improve their own performance.

Talk about the differences between their work and that of others.

## Striking and Fielding

Strike or hit a ball with increasing control

Throw different types of equipment in different ways, for accuracy and distance

Learn skills for playing simple, small-sided striking and fielding games

Position the body to strike a ball

Year 3 Topics	opics Stones and Bones Mighty Metals		I Want My Mummy		Watch and describe performances, and use what they see to improve their own performance  Talk about the differences between their work and that of others  Romans On The Rampage Raindrop To River		
Year 3	Gym – travelling Watch, describe and evaluate the effectiveness of a performance, giving ideas for improvements.  Describe how their performance has improved over time.  Modify their use of skills or techniques to achieve a better result. Invasion Move with the ball, using a range of techniques.  Pass the ball with increasing speed, accuracy and success.  Use different techniques to send and receive a ball in small sided game situations.  Contribute towards helping their team win back possession of the ball in a small sided team game.	Invasion Games Move with the ball, using a range of techniques.  Pass the ball with increasing speed, accuracy and success.  Use different techniques to send and receive a ball in small sided game situations.  Contribute towards helping their team win back possession of the ball in a small sided team game.	Dance Demonstrate precision and some control in response to stimuli.  Demonstrate rhythm and spatial awareness. Identify and repeat the movement patterns and actions of a chosen dance style.  Compose longer dance sequences, which reflect a chosen style, in a small group.  Begin to vary dynamics, and develop actions and motifs in response to stimuli.  Gym — symmetry Watch, describe and evaluate the effectiveness of a performance, giving ideas for improvements.  Describe how their performance has improved over time.	Games – net & wall skills  Use hand eye coordination to strike a moving and a stationary ball.  Send the ball with increasing speed, accuracy and success  Use different techniques to send a ball in small sided game situations.  Apply knowledge of simple tactics in game situations.  OAA – orienteering  Have experience of a range of roles within a team and begin to identify the key skills required to succeed at each.  Try a range of equipment and tactics for completing an activity	Use bats to hit a ball with accuracy and control. Use both backhand and forehand. Throw a ball, accurately overarm and under Arm Use fielding skills as an individual to prevent a player from scoring. Apply knowledge of simple tactics in game situations. Adapting rules to alter games. Use differences between their work and that of others to improve skills and performance. Move with the ball, using a range of techniques.  Pass the ball with increasing speed, accuracy and success	Athletics Consolidate and improve the quality, range and consistency of the techniques they use for particular activities.  Begin to develop their ability to choose and use simple tactics and strategies in different situations.  Develop the following skills with increasing accuracy and velocity: -Throw a variety of objects with one hand and know how to aim these to improve performance (using strategies) Show accurate pace - Run at a speed that is appropriate for the distance being run Take a running jump with appropriate feet patterns/movements Take part in relay activities, understanding the concept.	

			Modify their use of skills or techniques to achieve a better result.	Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements		
Year 4 Topics	Off with her head! (Tudors)	A Taste of India	I Predic	t a Riot!	Carnival of Animals	Secret Shores
Year 4	Gymnastics – sequences Watch, describe and evaluate the effectiveness of a performance, giving ideas for improvements.  Describe how their performance has improved over time.  Modify their use of skills or	Dance Demonstrate precision and some control in response to stimuli.  Demonstrate rhythm and spatial awareness. Identify and repeat the movement patterns and actions of a chosen dance style.  Compose longer dance sequences, which reflect a	Watch, describe and evaluate the effectiveness of a performance, giving ideas for improvements.  Describe how their performance has improved over time.  Modify their use of skills or techniques to achieve a better result.  Net and Wall games Use hand eye co-ordination to strike a moving and a stationary ball.  Send the ball with increasing speed, accuracy and		Striking and fielding games (skills) Use bats to hit a ball with accuracy and control. Use both backhand and forehand. Throw a ball, accurately overarm and under Arm Use fielding skills as an individual to prevent a player from scoring. Apply knowledge of simple tactics in game situations. Adapting rules to alter games. Use differences between their work and that of others to improve skills and performance.	Athletics  Consolidate and improve the quality, range and consistency of the techniques they use for particular activities.  Begin to develop their ability to choose and use simple tactics and strategies in different situations.  Develop the following skills
	techniques to achieve a better result.	chosen style, in a small group.  Begin to vary dynamics,			Move with the ball, using a range of techniques.  Pass the ball with increasing speed, accuracy	with increasing accuracy and velocity: -Throw a variety of objects with one hand and know how
	Invasion games  Move with the ball, using a range of techniques.	and develop actions and motifs in response to stimuli.			and success	to aim these to improve performance (using strategies) Show accurate pace - Run at
	Pass the ball with increasing speed, accuracy and success.	Invasion Games Move with the ball, using a range of techniques.				a speed that is appropriate for the distance being run Take a running jump with appropriate feet
	Use different techniques to send and receive a ball in small sided game situations.	Pass the ball with increasing speed, accuracy and success.	OAA – team challenge Have experience of a ran and begin to identify the succeed at each.	ge of roles within a team		patterns/movements Take part in relay activities, understanding the concept.
	Contribute towards helping their team win back possession of the ball in a small sided team game.	Use different techniques to send and receive a ball in small sided game situations.	Try a range of equipment completing an activity	uate the effectiveness of		

		Contribute towards				
		helping their team win				
		back possession of the ball				
		in a small sided team				
		game.				
Year 5 Topics	Victorians	Space	Natural [	Disasters/	Enterprise	Greeks
			Mat	erials		
Year 5	Invasion Games - Tag	Dance and Fitness	Games (Chi College	Games (Chi College	Striking and Fielding – rounders	OAA – orienteering
	Rugby	Demonstrate strong and	– football)	– football)	Sending a ball accurately over distances.	Use clear communication to
	Choose and make the best	controlled movements	Net/Wall Games	Net/Wall Games		effectively complete a
	pass in a game situation.	with consistent precision	Use good hand eye co-	Use good hand eye co-	Throwing and catching accurately and	particular role in a team.
		throughout a dance	ordination to be able	ordination to be able	successfully over distances.	
	Move with the ball, using a	sequence.	to direct a ball when	to direct a ball when		Choose the best equipment
	range of techniques,		striking or hitting.	striking or hitting.	Use a good awareness of space to prevent a	and tactics for completing an
	showing accuracy control	Improvise with confidence,			player from scoring.	activity.
	and fluency.	still	Send the ball, using a	Send the ball, using a	Apply knowledge of tactics, both individually	,
	·	demonstrating fluency	range of techniques,	range of techniques,	and as part of a team in game situations.	Thoroughly evaluate their own
	Keep and win possession	across their	showing accuracy	showing accuracy		work and that of others,
	of the ball effectively and	sequence.	control and fluency.	control and fluency.	Thoroughly, evaluate their own work and	suggesting thoughtful and
	in a variety of ways in a	·	,	,	others work, suggesting thoughtful and	appropriate improvements
	team game.	Dance with fluency and	Choose and make the	Choose and make the	appropriate improvements.	Athletics
	game.	control,	best shot in a game	best shot in a game		Develop the consistency of
	Choose and make the best	linking all movements and	situation and link a	situation and link a	Swimming	their actions in a number of
	pass in a game situation	ensuring	range of skills together	range of skills together		events.
	and link a range of skills	that transitions flow.	with fluency.	with fluency.	swim competently, confidently and	events.
	together with fluency.		Use a good awareness	Use a good awareness	proficiently over a distance of at least 25	Increase the number of
		Thoroughly evaluate their	of space to prevent a	of space to prevent a	metres	techniques they use.
	Thoroughly, evaluate their	own and	player from scoring.	player from scoring.		teeninques they use.
	own and others work,	others' work, explaining	Apply knowledge of	Apply knowledge of	use a range of strokes effectively [for	Confidently choose
	suggesting thoughtful and	why and suggesting	tactics, both	tactics, both	example, front crawl, backstroke and	· · · · · · · · · · · · · · · · · · ·
	appropriate	thoughtful and appropriate	individually and as part	individually and as part	breaststroke	appropriate techniques for
	improvements.	improvements.	of a team in game	of a team in game		specific events.
	Gymnastics – balances		situations.	situations.	Perform safe self-rescue in different	Develop the following skills
	Demonstrate precise and	Modify some elements of a	situations.	Situations.		with increasing accuracy and
	controlled placement of	sequence as a result of self	Thoroughly, evaluate	Thoroughly, evaluate	water-based situations.	velocity:
	body parts in their actions,	and peer evaluation.	their own and others	their own and others		- Improve and sustain running
	shapes and balances.		work, suggesting	work, suggesting		techniques at different
	onapes and salarices.	Swimming	thoughtful and	thoughtful and		speeds.
	Barralan atran 11	_	appropriate	appropriate		- Demonstrate accuracy and
	Develop strength,	swim competently,	improvements.	improvements.		technique in a range of
	technique and flexibility	confidently and	improvements.	improvements.		throwing and jumping
	throughout performances.	proficiently over a	Swimming			activities.

consistently, showing precision and control.  Create their own complex sequences involving the full range of actions and movements: travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching.	distance of at least 25 metres  use a range of strokes effectively [for example, front crawl, backstroke and breaststroke  Perform safe self-rescue in different water-based situations.	swim competently, confidently and proficiently over a distance of at least 25 metres  use a range of strokes effectively [for example, front crawl, backstroke and breaststroke  Perform safe self-rescue in different water-based situations.	Swimming swim competently, confidently and proficiently over a distance of at least 25 metres  use a range of strokes effectively [for example, front crawl, backstroke and breaststroke  Perform safe self- rescue in different water-based situations.		- Controlled take-off and landing when jumping Combine running and jumping well with fluency Be accurate and precise when throwing at a targetFollow and explain rules to others confidently.  Evaluate their own and others work and suggest constructive feedback.  Swimming swim competently, confidently and proficiently over a distance of at least 25 metres  use a range of strokes effectively [for example, front crawl, backstroke and breaststroke  Perform safe self-rescue in different water-based situations.
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Year 6 Topics	The Home Front	Hola N	1exico!	Vive la France!	I'm a Survivor
Year 6	Invasion Games –	Invasion Games (Chi	Net & Wall Games	Striking and Fielding – cricket	Striking and Fielding –
	netball	College- football)	Use good hand eye co-	Sending a ball accurately over distances.	cricket
	Choose and make the best	Choose and make the	ordination to be able		Sending a ball accurately over
	pass in a game situation.	best pass in a game	to direct a ball when	Throwing and catching accurately and	distances.
		situation.	striking or hitting.	successfully over distances.	
	Move with the ball, using a				Throwing and catching
	range of techniques,	Move with the ball,	Send the ball, using a	Use a good awareness of space to prevent a	accurately and successfully
	showing accuracy control	using a range of	range of techniques,	player from scoring.	over distances.
	and fluency.	techniques, showing	showing accuracy	Apply knowledge of tactics, both individually	
		accuracy control and	control and fluency.	and as part of a team in game situations.	Use a good awareness of
	Keep and win possession	fluency.			space to prevent a player from
	of the ball effectively and		Choose and make the	Thoroughly, evaluate their own work and	scoring.
	in a variety of ways in a	Keep and win	best shot in a game	others work, suggesting thoughtful and	Apply knowledge of tactics,
	team game.	possession of the ball	situation and link a	appropriate improvements.	both individually and as part of
		effectively and in a	range of skills together		a team in game situations.
	Choose and make the best	variety of ways in a	with fluency.		
	pass in a game situation	team game.	Use a good awareness		Thoroughly, evaluate their
	and link a range of skills		of space to prevent a	Gym – paired sequences	own work and others work,
	together with fluency.	Choose and make the	player from scoring.		suggesting thoughtful and
		best pass in a game	Apply knowledge of tactics, both	Demonstrate precise and controlled placement	appropriate improvements.
	Thoroughly, evaluate their	situation and link a	individually and as part	of body parts in their actions, shapes and	
	own and others work, suggesting thoughtful and	range of skills together with fluency.	of a team in game	balances.	Athletics
	appropriate	with nuency.	situations.		Develop the consistency of
	improvements.	Thoroughly, evaluate	Situations.	Develop strength, technique and flexibility	their actions in a number of
	improvements.	their own and others	Thoroughly, evaluate	throughout performances.	events.
	Dance – WW2	work, suggesting	their own and others	amoughout personnances	
	Demonstrate strong and	thoughtful and	work, suggesting	Apply skills and techniques consistently,	Increase the number of
	controlled movements	appropriate	thoughtful and	showing precision and control.	techniques they use.
	with consistent precision	improvements.	appropriate	showing precision and control.	
	throughout a dance		improvements.		Confidently choose
	sequence.		·	Create their own complex sequences involving	appropriate techniques for
	sequence.			the full range of actions and movements: travelling, balancing, holding shapes, jumping,	specific events.
	Improvise with confidence,			leaping, swinging, vaulting and stretching.	Develop the following skills
	still demonstrating fluency			reaping, swinging, vaulting and stretching.	with increasing accuracy and
	across their			Choose and use criteria to evaluate own and	velocity:
	sequence.			others' performances, suggesting thoughtful	- Improve and sustain running
				and appropriate improvements.	techniques at different
	Dance with fluency and			and appropriate improvements.	speeds.
	control,				- Demonstrate accuracy and
	linking all movements and				technique in a range of
	ensuring				

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that transitions flow.		Explain why they have used particular skills or	throwing and jumping
		techniques, and the effect they have had on	activities.
Thoroughly evaluate their		their performance.	- Controlled take-off and
own and			landing when jumping.
others' work, explaining			- Combine running and
why and suggesting			jumping well with fluency.
thoughtful and appropriate			- Be accurate and precise
improvements.			when throwing at a target.
			-Follow and explain rules to
Modify some elements of a			others confidently.
sequence as a result of self			
and peer evaluation.			Evaluate their own and others
and peer evaluation.			work and suggest constructive
			feedback.
			reedback.
			OAA
			Use clear communication to
			effectively complete a
			particular role in a team.
			Choose the best equipment
			and tactics for completing an
			activity.
			<b>'</b>
			Thoroughly evaluate their own
			work and that of others,
			suggesting thoughtful and
			appropriate improvements