



## Physical Education

(38 weeks)

|                 | Nursery   | Reception   | Year 1  | Year 2   | Year 3  | Year 4   | Year 5   | Year 6  |
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| <b>Autumn 1</b> | <p><u>Introduction to PE 1</u></p> <ul style="list-style-type: none"> <li>- move safely and sensibly in a space with consideration of others.</li> <li>- develop moving safely and stopping with control.</li> <li>- use equipment safely and responsibly.</li> <li>- use different travelling actions whilst following a path.</li> <li>- work with others co-operatively and play as a group.</li> <li>- To follow, copy and lead a partner.</li> </ul> | <p><u>Introduction to PE 2</u></p> <ul style="list-style-type: none"> <li>- To move around safely in space.</li> <li>- To follow instructions and stop safely.</li> <li>- To stop safely and develop control when using equipment.</li> <li>- To follow instructions and play safely as a group.</li> <li>- To follow a path and take turns.</li> <li>- To work co-operatively with a partner.</li> </ul> | <p><u>Fundamentals</u></p> <ul style="list-style-type: none"> <li>- To explore balance, stability and landing safely.</li> <li>- To explore how the body moves differently when running at different speeds.</li> <li>- To explore changing direction and dodging.</li> <li>- To explore jumping, hopping and skipping actions.</li> <li>- To explore co-ordination and combination jumps.</li> <li>- To explore combination jumping and skipping in an individual rope.</li> </ul> | <p><u>Ball Skills</u></p> <ul style="list-style-type: none"> <li>- To develop dribbling a ball with your hands.</li> <li>- To explore accuracy when rolling a ball.</li> <li>- To explore throwing with accuracy towards a target.</li> <li>- To explore catching with two hands.</li> <li>- To explore dribbling a ball with your feet.</li> <li>- To explore tracking a ball that is coming towards me.</li> </ul> | <p><u>Fundamentals</u></p> <ul style="list-style-type: none"> <li>- To develop balancing and understand the importance of this skill.</li> <li>- To develop technique when running at different speeds.</li> <li>- To develop agility using a change of speed and direction.</li> <li>- To develop technique and control when jumping, hopping and landing.</li> <li>- To develop skipping with a rope.</li> <li>- To apply fundamental skills to a variety of challenges.</li> </ul> | <p><u>Football</u></p> <ul style="list-style-type: none"> <li>- To maintain possession when dribbling.</li> <li>- To dribble with control under pressure.</li> <li>- To select the appropriate skill, choosing when to pass and when to dribble.</li> <li>- To move into and create space to support a teammate.</li> <li>- To use the appropriate defensive technique for the situation.</li> <li>- To apply rules, skills and principles to play in a tournament.</li> </ul> | <p><u>Fitness</u></p> <ul style="list-style-type: none"> <li>- To develop an awareness of what your body is able to do.</li> <li>- To develop speed and stamina.</li> <li>- To develop strength using my own body weight.</li> <li>- To develop co-ordination.</li> <li>- To develop agility.</li> <li>- To develop balancing with control.</li> </ul> | <p><u>Basketball</u></p> <ul style="list-style-type: none"> <li>- To dribble with control under pressure.</li> <li>- To move into and create space to support a teammate.</li> <li>- To choose when to pass and when to dribble.</li> <li>- To use the appropriate defensive technique for the situation.</li> <li>- To develop shooting technique and make decisions about when to pass, dribble or shoot.</li> <li>- To apply principles, rules and tactics to a tournament.</li> </ul> |

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| <p style="text-align: center;"><b>Autumn 2</b></p> | <p><u>Fundamentals 1</u></p> <ul style="list-style-type: none"> <li>- To develop balancing whilst stationary and on the move.</li> <li>- To develop running and stopping.</li> <li>- To develop changing direction.</li> <li>- To develop jumping and landing.</li> <li>- To develop hopping and landing with control.</li> <li>- To explore different ways to travel.</li> </ul>                       | <p><u>Fundamentals 2</u></p> <ul style="list-style-type: none"> <li>- To develop balancing whilst stationary and on the move.</li> <li>- To develop running and stopping.</li> <li>- To develop changing direction.</li> <li>- To develop jumping and landing.</li> <li>- To develop hopping and landing with control.</li> <li>- To explore different ways to travel.</li> </ul>                   | <p><u>Sending and Receiving</u></p> <ul style="list-style-type: none"> <li>- To develop rolling and throwing a ball towards a target.</li> <li>- To develop receiving a rolling ball and tracking skills.</li> <li>- To be able to send and receive a ball with your feet.</li> <li>- To develop throwing and catching skills over a short distance.</li> <li>- To develop throwing and catching over a longer distance.</li> <li>- To apply sending and receiving skills to small games.</li> </ul> | <p><u>Invasion</u></p> <ul style="list-style-type: none"> <li>- To understand what being in possession means and support a teammate to do this.</li> <li>- To understand that scoring goals is an attacking skill and to explore ways to do this.</li> <li>- To understand that stopping goals is a defending skill and explore ways to do this.</li> <li>- To explore how to gain possession.</li> <li>- To mark an opponent and understand that this is a defending skill.</li> <li>- To apply simple tactics for attacking and defending.</li> </ul> | <p><u>Ball Skills</u></p> <ul style="list-style-type: none"> <li>- To develop tracking and collecting skills.</li> <li>- To develop confidence and accuracy when tracking a ball.</li> <li>- To develop dribbling skills with hands and feet.</li> <li>- To develop catching skills using one and two hands.</li> <li>- To explore and develop a variety of throwing techniques.</li> <li>- To use tracking and sending skills with feet.</li> </ul> | <p><u>Yoga</u></p> <ul style="list-style-type: none"> <li>- To explore connecting breath and movement.</li> <li>- To explore new yoga poses and begin to connect them.</li> <li>- To explore gratitude when remembering and repeating a yoga flow.</li> <li>- To develop flexibility and strength in a positive summer flow.</li> <li>- To develop flexibility and wellbeing in an individual yoga flow.</li> <li>- To develop confidence and strength through arm balances.</li> </ul> | <p><u>Netball</u></p> <ul style="list-style-type: none"> <li>- To develop passing and moving to maintain possession.</li> <li>- To use a variety of attacking skills to lose a defender.</li> <li>- To move into and create space to support a teammate.</li> <li>- To use defending skills to gain possession.</li> <li>- To develop accuracy in the shooting action under pressure.</li> <li>- To use and apply skills, principles and tactics to a game situation.</li> </ul> <p><i>Athlete Study - Irene von Dyk (netball)</i></p> | <p><u>Volleyball</u></p> <ul style="list-style-type: none"> <li>- To use the fast catch volley to create space and place the ball.</li> <li>- To develop the set shot and understand when to use it.</li> <li>- To develop the dig and understand when to use it.</li> <li>- To select and apply skills to keep a continuous rally going.</li> <li>- To develop the underarm serve and learn the rules of serving.</li> <li>- To apply rules, skills and principles to play in a tournament.</li> </ul> <p><i>Athlete Study - Melissa Stockwell (paralympic swimmer)</i></p> |
| <p style="text-align: center;"><b>Spring 1</b></p> | <p><u>Gymnastics 1</u></p> <ul style="list-style-type: none"> <li>- To copy and create shapes with your body.</li> <li>- To create shapes whilst on apparatus.</li> <li>- To balancing and taking weight on different body parts.</li> <li>- To develop jumping and landing safely.</li> <li>- develop rocking and rolling.</li> <li>- To copy and create short sequences by linking actions</li> </ul> | <p><u>Gymnastics 2</u></p> <ul style="list-style-type: none"> <li>- To create short sequences using shapes, balances and travelling actions.</li> <li>- To develop balancing and safely using apparatus.</li> <li>- To develop jumping and landing safely from a height.</li> <li>- To develop rocking and rolling.</li> <li>- To explore travelling around, over and through apparatus.</li> </ul> | <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> <li>- To explore travelling movements.</li> <li>- To develop and combine travelling movements.</li> <li>- To develop quality when performing and linking shapes.</li> <li>- To develop stability and control when performing balances.</li> <li>- To develop technique and control when performing shape</li> </ul>  | <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> <li>- To perform gymnastics shapes with control and link them together.</li> <li>- To use shapes to create balances.</li> <li>- To develop travelling actions and balances using apparatus.</li> <li>- To demonstrate different shapes, take off and landing when performing jumps.</li> <li>- To develop rolling</li> </ul>  | <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> <li>- To be able to create interesting point and patch balances.</li> <li>- To develop stepping into shape jumps using apparatus.</li> <li>- To develop the straight, barrel, and forward roll.</li> <li>- To be able to transition smoothly into and out of balances.</li> <li>- To create a</li> </ul>   | <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> <li>- To develop individual and partner balances.</li> <li>- To develop rotation jumps and sequence building using apparatus.</li> <li>- To develop the straight, barrel, forward and straddle roll.</li> <li>- To assess my straight, barrel, forward and straddle roll.</li> </ul>  | <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> <li>- To perform symmetrical and asymmetrical balances.</li> <li>- To perform interesting symmetrical and asymmetrical balances using apparatus.</li> <li>- To develop the straight, forward, straddle and backward roll.</li> <li>- To explore different</li> </ul>   | <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> <li>- To develop the straddle, forward and backward roll.</li> <li>- To develop rolling into sequence work and on apparatus.</li> <li>- To develop counter balance and counter tension.</li> <li>- To develop counter balance and counter tension into sequence work with apparatus.</li> <li>- To develop jumps</li> </ul>  |

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|                 | together.  | - To create sequences using apparatus.  | jumps.<br>- To develop technique in the barrel, straight and forward roll.<br><br><i>Athlete Study - Simone Biles</i>  | and sequence building.<br>- To create a sequence using apparatus.   | sequence with matching and contrasting actions and shapes.<br>- To create a partner sequence using the skills that I have learnt and apparatus.   | - To link actions that flow using the rolls I have learnt.<br>- To link actions that flow in a partner sequence using the rolls I have learnt.<br><br><i>Athlete Study - Kohei Uchimura (gymnastics)</i>   | travelling actions using both canon and synchronisation.<br>- To explore matching and mirroring in sequence work.<br>- To create a group sequence using apparatus.   | and explore the effect of height.<br>- To use flight from hands to travel over apparatus.<br><br><i>Athlete Study - Willi Ninja (dance)</i>  |
| <b>Spring 2</b> | <u>Dance 1</u><br>- To explore different body parts and how they move.<br>- To explore different body parts and how they move and remember and repeat actions.<br>- To express and communicate ideas through movement exploring directions and levels.<br>- To create movements and adapt and perform simple dance patterns.<br>- To copy and repeat actions showing confidence and imagination.<br>- To move with control and co-ordination, linking, copying and repeating actions.<br><br><i>Athlete Study - Anna Pavlova</i> | <u>Dance 2</u><br>- To copy, repeat and explore actions in response to a theme.<br>- To explore and remember actions considering level, shape and direction.<br>- To explore movement using a prop with control and co-ordination.<br>- To move with control and co-ordination, expressing ideas through movement.<br>- To remember and repeat actions moving in time with the music.<br>- To explore actions in response to a theme and begin to use counts. | <u>Ball Skills</u><br>- To develop dribbling a ball with your hands.<br>- To explore accuracy when rolling a ball.<br>- To explore throwing with accuracy towards a target.<br>- To explore catching with two hands.<br>- To explore dribbling a ball with your feet.<br>- To explore tracking a ball that is coming towards me. | <u>Ball Skills</u><br>- To develop rolling a ball to hit a target.<br>- To stop a rolling ball.<br>- To dribble a ball with your feet.<br>- To develop kicking a ball.<br>- To develop throwing and catching.<br>- To develop dribbling a ball with your hands. | <u>Netball</u><br>- To develop passing and moving and play within the footwork rule.<br>- To use a variety of passes to move towards a goal.<br>- To develop movement skills to lose a defender.<br>- To defend an opponent and try to win the ball.<br>- To develop the shooting action.<br>- To apply skills and knowledge to play games using netball rules. | <u>Basketball</u><br>- To develop the attacking skill of dribbling.<br>- To protect the ball when dribbling against an opponent.<br>- To develop passing and begin to recognise when to use different skills.<br>- To use defending skills to delay an opponent and gain possession.<br>- To develop technique in the attacking skill of shooting.<br>- To apply skills and knowledge to compete in a tournament.<br><br><i>Athlete Study - Michael Jordan</i> | <u>Dodgeball</u><br>- To throw under pressure and apply this to a target game.<br>- To select the appropriate dodging skill for the situation.<br>- To develop catching with increasing consistency under pressure.<br>- To develop defensive techniques and select the appropriate action for the situation.<br>- To understand and apply tactics in a game.<br>- To develop officiating skills and referee a game. | <u>Hockey</u><br>- To develop dribbling to beat a defender.<br>- To send and receive the ball with control under pressure.<br>- To select the appropriate skill, choosing when to pass and when to dribble.<br>- To move into and create space to support a teammate.<br>- To use the appropriate defensive technique for the situation.<br>- To apply rules, skills and principles to play in a tournament. |

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| <p style="text-align: center;"><b>Summer 1</b></p> | <p><u>Games 1</u></p> <ul style="list-style-type: none"> <li>- To work safely and develop running and stopping.</li> <li>- To develop throwing and learn how to keep score.</li> <li>- To play games showing an understanding of the different roles within it.</li> <li>- To follow instructions and move safely when playing tagging games.</li> <li>- To work co-operatively and learn to take turns.</li> <li>- To work with others to play team games.</li> </ul> | <p><u>Games 2</u></p> <ul style="list-style-type: none"> <li>- To aim when throwing and practise keeping score.</li> <li>- To follow instructions and move safely when play tagging games.</li> <li>- To learn to play against a partner.</li> <li>- To develop co-ordination and play by the rules.</li> <li>- To explore striking a ball and keeping score.</li> <li>- To work co-operatively as a team.</li> </ul> <p><i>Athlete Study - Serena Williams</i></p> | <p><u>Yoga</u></p> <ul style="list-style-type: none"> <li>- To explore yoga and mindfulness.</li> <li>- To be able to copy and remember poses.</li> <li>- To develop flexibility when holding poses.</li> <li>- To develop balance whilst holding poses.</li> <li>- To create yoga poses using a hoop.</li> <li>- To create a yoga flow with a partner.</li> </ul>  | <p><u>Fitness</u></p> <ul style="list-style-type: none"> <li>- To learn how to run for a long time.</li> <li>- To develop jumping in a long rope using timing.</li> <li>- To develop co-ordination in individual skipping.</li> <li>- To develop stamina and change of direction.</li> <li>- To explore exercises to develop strength.</li> <li>- To develop agility, balance and co-ordination.</li> </ul>  | <p><u>Fitness</u></p> <ul style="list-style-type: none"> <li>- To recognise different areas of fitness and explore what your body can do.</li> <li>- To develop speed and strength.</li> <li>- To develop co-ordination.</li> <li>- To develop agility.</li> <li>- To develop balance.</li> <li>- To develop stamina.</li> </ul> <p><i>Athlete Study - Fred Astaire</i></p>  | <p><u>Rounders</u></p> <ul style="list-style-type: none"> <li>- To develop overarm and underarm throwing and catching and apply these to a striking and fielding game.</li> <li>- To develop bowling and learn the rules of the skill within this game.</li> <li>- To develop batting technique and understand where to hit the ball.</li> <li>- To develop fielding techniques and apply them to game situations.</li> <li>- To play different roles in a game and begin to think tactically about each role.</li> <li>- To apply skills and knowledge to compete in a tournament.</li> </ul> | <p><u>Football</u></p> <ul style="list-style-type: none"> <li>- To maintain possession when dribbling.</li> <li>- To dribble with control under pressure.</li> <li>- To select the appropriate skill, choosing when to pass and when to dribble.</li> <li>- To move into and create space to support a teammate.</li> <li>- To use the appropriate defensive technique for the situation.</li> <li>- To apply rules, skills and principles to play in a tournament.</li> </ul> <p><i>Athlete Study - Olga Korbut (gymnastics)</i></p> | <p><u>Athletics</u></p> <ul style="list-style-type: none"> <li>- To develop my own and others sprinting technique.</li> <li>- To identify a suitable pace for the event.</li> <li>- To develop power, control and technique for the triple jump.</li> <li>- To develop power, control and technique when throwing for distance.</li> <li>- To develop throwing with force and accuracy for longer distances.</li> <li>- To work collaboratively in a team to develop the officiating skills of measuring, timing and recording.</li> </ul> |
| <p style="text-align: center;"><b>Summer 2</b></p> | <p><u>Ball Skills 1</u></p> <ul style="list-style-type: none"> <li>- To develop rolling a ball to a target.</li> <li>- To develop stopping a rolling ball.</li> <li>- To develop accuracy when throwing to a target.</li> <li>- To develop bouncing and catching a ball.</li> <li>- To develop dribbling a ball with your feet.</li> </ul>   | <p><u>Ball Skills 2</u></p> <ul style="list-style-type: none"> <li>- To develop rolling and tracking a ball.</li> <li>- To develop accuracy when throwing to a target.</li> <li>- To develop dribbling with hands.</li> <li>- To develop throwing and catching with a partner.</li> <li>- To develop dribbling a ball with your feet.</li> <li>- To develop kicking a ball to a target.</li> </ul>  | <p><u>Swimming</u></p> <ul style="list-style-type: none"> <li>- To develop confidence when entering and moving in the water.</li> <li>- To safely enter and exit the pool and develop confidence in the water.</li> <li>- To develop confidence when travelling in the water and begin to develop floating.</li> <li>- To develop confidence to submerge in the water.</li> <li>- To develop confidence when submerging.</li> <li>- To develop floating on front and back.</li> <li>- To develop the kicking action on front.</li> <li>- To develop the kicking action and introduce breathing.</li> <li>- To develop the arm action of pulling.</li> </ul> | <p><u>Swimming</u></p> <ul style="list-style-type: none"> <li>- To develop an understanding of buoyancy and balance in the water.</li> <li>- To develop independent movement and submersion.</li> <li>- To develop gliding and crawl legs.</li> <li>- To develop front crawl breathing.</li> <li>- To develop gliding and backstroke.</li> <li>- To develop rotation, sculling and treading water.</li> <li>- To develop surface dives, submersion and handstands.</li> <li>- To develop head above water breaststroke technique.</li> <li>- To develop head above water breaststroke</li> </ul> | <p><u>Swimming</u></p> <ul style="list-style-type: none"> <li>- To develop gliding, front crawl and backstroke.</li> <li>- To develop rotation, sculling and treading water.</li> <li>- To develop the front crawl stroke and breathing technique.</li> <li>- To develop the technique for backstroke arms and legs.</li> <li>- To develop breaststroke technique.</li> <li>- To develop breaststroke technique.</li> <li>- To develop breaststroke and breathing technique.</li> <li>- To develop basic skills of water safety and floating.</li> </ul> |  |   |  |

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|  | <ul style="list-style-type: none"> <li>- To develop kicking a ball.</li> </ul> |  | <ul style="list-style-type: none"> <li>- To develop the pulling arm action and begin to glide on fronts.</li> <li>- To develop the kicking action and gliding on backs.</li> <li>- To develop confidence and consistency in a range of skills.</li> </ul>  | <p>technique.</p> <ul style="list-style-type: none"> <li>- To develop basic skills in water safety and floating.</li> <li>- To learn techniques for personal survival.</li> <li>- To develop water safety skills and an understanding of personal survival.</li> </ul>   | <ul style="list-style-type: none"> <li>- To develop the dolphin kick.</li> <li>- To learn techniques for personal survival.</li> <li>- To develop water safety skills and an understanding of personal survival.</li> <li>- To identify fastest strokes and personal bests.</li> </ul>  |  |  |   |
|  |  |  | <p><u>Net and Wall</u></p> <ul style="list-style-type: none"> <li>- To defend space using the ready position.</li> <li>- To play against an opponent and keep the score.</li> <li>- To explore hitting with a racket.</li> <li>- To develop racket and ball skills.</li> <li>- To develop sending a ball using a racket.</li> <li>- To develop hitting over a net.</li> </ul> <p><i>Athlete Study - Chelsea McClammer (paralympic track and field)</i></p> | <p><u>Athletics</u></p> <ul style="list-style-type: none"> <li>- To develop the sprinting action.</li> <li>- To develop jumping for distance.</li> <li>- To develop technique when jumping for height.</li> <li>- To develop throwing for distance.</li> <li>- To develop throwing for accuracy.</li> <li>- To select and apply knowledge and technique in an athletics carousel.</li> </ul> <p><i>Athlete Study - Jesse Owens (track and field)</i></p> | <p><u>Tennis</u></p> <ul style="list-style-type: none"> <li>- To develop racket and ball control.</li> <li>- To explore rallying using a forehand.</li> <li>- To explore returning the ball using a forehand.</li> <li>- To explore returning the ball using a backhand.</li> <li>- To learn how to score and use simple rules.</li> <li>- To work co-operatively with others to begin to manage a game.</li> </ul> | <p><u>Athletics</u></p> <ul style="list-style-type: none"> <li>- To develop stamina and an understanding of speed and pace in relation to distance.</li> <li>- To develop power and speed in the sprinting technique.</li> <li>- To develop technique when jumping for distance.</li> <li>- To develop power and technique when throwing for distance.</li> <li>- To develop a pull throw for distance and accuracy.</li> <li>- To develop officiating and performing skills.</li> </ul> | <p><u>Cricket</u></p> <ul style="list-style-type: none"> <li>- To develop throwing and catching under pressure and apply these to a striking and fielding game.</li> <li>- To develop bowling under pressure whilst abiding by the rules of the game.</li> <li>- To strike a bowled ball with increasing consistency.</li> <li>- To develop fielding techniques and select the appropriate action for the situation.</li> <li>- To understand and apply tactics in a game.</li> <li>- To apply skills and knowledge to compete in a tournament.</li> </ul> | <p><u>Tennis</u></p> <ul style="list-style-type: none"> <li>- To develop placement of the ball using a forehand.</li> <li>- To return the ball using a backhand groundstroke.</li> <li>- To develop the volley and understand when to use it.</li> <li>- To employ tactics when playing with a partner.</li> <li>- To develop accuracy and consistency using the underarm serve.</li> <li>- To apply rules, skills and principles to play against an opponent.</li> </ul> |