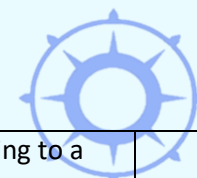
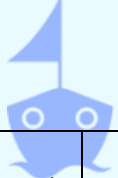




Navigating our way through P.E

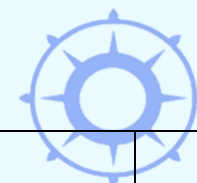
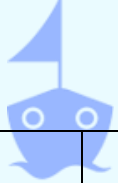


Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
N	Fundamentals- Unit 1 <ul style="list-style-type: none"> • Develop balancing whilst stationary and moving. • Develop running and stopping and changing direction. • Develop jumping and landing appropriately. • Develop hopping, landing with control and explore different ways to travel. 	Dance- Unit 1 <ul style="list-style-type: none"> • Explore different body parts and how they move and remember/ repeat actions. • Communicate ideas through movement exploring directions and levels. • Create movements, adapt and perform routines. • Copy and repeat actions showing confidence. • Move with control and co-ordination. 	Introduction to PE- Unit 1 <ul style="list-style-type: none"> • Move safely and sensibly in a space. • Develop moving safely and stopping with control. • Use equipment safely. • Ude different travelling actions whilst following a path. • Work with others co-operatively and play as a group. • Follow, copy and lead a partner. 	Ball skills- Unit 1 <ul style="list-style-type: none"> • Develop rolling a ball. • Develop stopping a rolling ball. • Develop accuracy when throwing a target. • Develop bouncing and catching a ball. • Develop dribbling a ball with your feet. • Develop kicking a ball. 	Gymnastics- Unit 1 <ul style="list-style-type: none"> • Copy and create shapes with your body. • Be able to create shapes whilst on apparatus. • Develop balancing and taking weight on different body parts. • Develop jumping and landing safely. • Develop rocking and rolling. • Create a sequence linking actions together. 	Games- Unit 1 <ul style="list-style-type: none"> • Work safely and develop running and stopping. • Develop throwing and learn how to keep score. • Be able to play games showing an understanding of different roles. • Follow instructions and move safely in tagging games. • Work co-operatively and take turns. • Work with others to play team games.
R	Introduction to PE- Unit 2 <ul style="list-style-type: none"> • Move around safely. 	Dance- Unit 2 <ul style="list-style-type: none"> • Copy, repeat and explore actions to a theme. 	Fundamentals- Unit 2 <ul style="list-style-type: none"> • Develop balancing. • Develop running and stopping. 	Gymnastics- Unit 2 <ul style="list-style-type: none"> • Create short sequences using shapes, balances and travelling. 	Ball skills- Unit 2 <ul style="list-style-type: none"> • Develop rolling and tracking a ball. • Develop accuracy when 	Games- Unit 2 <ul style="list-style-type: none"> • Aim when throwing and keep score. • Follow instructions and move safely in tagging games.

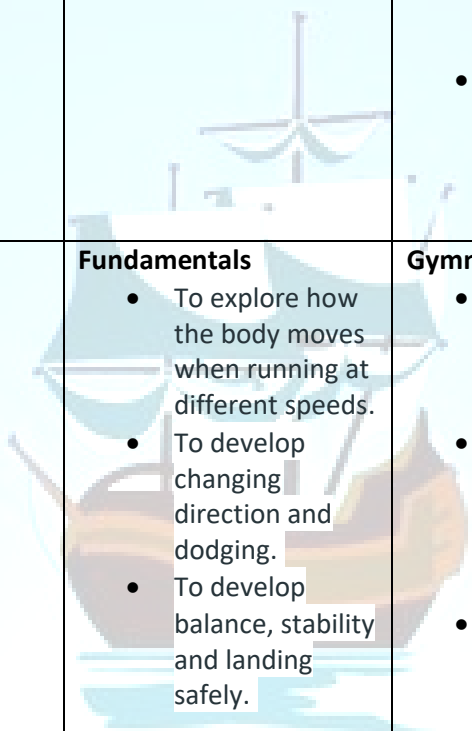


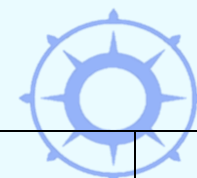
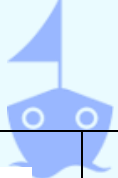
	<ul style="list-style-type: none"> Follow instructions and stop safely. Stop safely and develop control when using equipment. Follow instructions and play safely in a group. Follow a path and take turns. Work co-operatively with a partner. 	<ul style="list-style-type: none"> Remember actions considering level, shape and direction. Explore movement using a prop with control and co-ordination. Move with control and co-ordination. Remember and repeat actions moving in time to music. Explore actions in response to a theme and use counts. 	<ul style="list-style-type: none"> Develop changing directions. Be able to jump, hop with increased control. Explore different ways to travel whilst using equipment. 	<ul style="list-style-type: none"> Develop balancing and safely use apparatus. Develop jumping and landing safely from a height. Develop rocking and rolling. Explore travelling around, over and through apparatus. Create short sequences linking actions together and including apparatus. 	<p>throwing to a target.</p> <ul style="list-style-type: none"> Develop dribbling with hands. Develop throwing and catching with a partner. Develop dribbling a ball with feet. Develop kicking a ball to a target. 	<ul style="list-style-type: none"> Learn to play against a partner. Develop co-ordination and play by the rules. Explore striking a ball and keep score. Work co-operatively as a team.
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1	<p>Fundamentals</p> <ul style="list-style-type: none"> To explore balance, stability and landing safely. To explore changing direction and dodging. To explore co-ordination and combination jumps. 	<p>Gymnastics</p> <ul style="list-style-type: none"> To explore travelling movements. To develop and combine travelling movements. To develop quality when performing and linking shapes. 	<p>Dance (Themes: weather, prates, lost toy and on safari)</p> <ul style="list-style-type: none"> To use counts of 8 to move in time and make my dance look interesting. To explore pathways in my dance. To create my own dance using, 	<p>Yoga</p> <ul style="list-style-type: none"> To explore yoga and mindfulness. To be able to copy and remember poses. To develop flexibility when holding poses. <p>Sending and receiving</p> <ul style="list-style-type: none"> To develop rolling and throwing a ball towards a target. 	<p>Target games</p> <ul style="list-style-type: none"> To develop underarm throwing towards a target. To develop throwing for accuracy. To develop underarm and overarm throwing at a target. 	<p>Net and Wall</p> <ul style="list-style-type: none"> To defend space using the ready position. To play against an opponent and keep the score. To explore hitting with a racket. <p>Striking and Fielding</p> <ul style="list-style-type: none"> To develop underarm throwing and catching.
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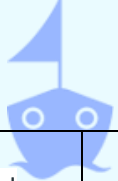


	<p>Team building</p> <ul style="list-style-type: none"> To co-operate with a partner to complete challenges. To develop talking, listening, and sharing skills. To plan with a partner and small group to complete challenges. 	<ul style="list-style-type: none"> To develop quality when linking shapes. <p>Fitness</p> <ul style="list-style-type: none"> To develop knowledge of how exercise can make you feel. To develop knowledge about how exercise can make you strong and healthy. To develop knowledge about how exercise relates to breathing. 	<p>actions, pathways and counts.</p> <p>Ball skills</p> <ul style="list-style-type: none"> To develop dribbling a ball with your hands. To explore accuracy when rolling a ball. To explore throwing with accuracy towards a target. 	<ul style="list-style-type: none"> To develop receiving a rolling ball and tracking skills. 	<p>Athletics</p> <ul style="list-style-type: none"> To move at different speeds over varying distances. To develop balance. To develop changing direction quickly. 	<ul style="list-style-type: none"> To develop overarm throwing.
2	<p>Fundamentals</p> <ul style="list-style-type: none"> To explore how the body moves when running at different speeds. To develop changing direction and dodging. To develop balance, stability and landing safely. 	<p>Gymnastics</p> <ul style="list-style-type: none"> To perform gymnastic shapes and link them together. To perform gymnastics shapes with control and link them together. To use shapes to create balances. 	<p>Dance (Themes: secret garden, circus, rainforest and Jack Frost)</p> <ul style="list-style-type: none"> To remember, repeat and link actions to tell the story of my dance. To develop an understanding of dynamics and how they can show an idea. 	<p>Yoga</p> <ul style="list-style-type: none"> To copy and repeat yoga poses. To develop an awareness of strength when completing yoga poses. To develop an awareness of flexibility when completing yoga poses. 	<p>Target games</p> <ul style="list-style-type: none"> To consider how much power to apply when aiming at a target. To understand how to score using overarm and underarm throwing. To develop striking to a target 	<p>Net and wall</p> <ul style="list-style-type: none"> To use the ready position to defend space on court. To develop returning a ball with hands. To play against a partner. <p>Striking and Field</p> <ul style="list-style-type: none"> To track a rolling ball and collect it.



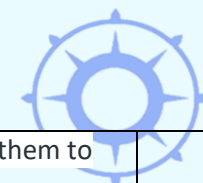
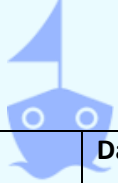


	<p>Team building</p> <ul style="list-style-type: none"> To co-operate with a partner to complete challenges. To explore and develop working as a team. To develop talking, listening and sharing skills. To use speaking and listening skills to lead a partner. 	<ul style="list-style-type: none"> To link travelling actions and balances using apparatus. <p>Fitness</p> <ul style="list-style-type: none"> To learn how to run for a long time. To develop jumping in a long rope using timing. To develop co-ordination in individual skipping. 	<ul style="list-style-type: none"> Use counts of 8 to help you stay in time with the music. <p>Ball skills</p> <ul style="list-style-type: none"> To develop rolling a ball to hit a target. To stop a rolling ball. To dribble a ball with your feet. 	<p>Invasion</p> <ul style="list-style-type: none"> To understand what being in possession means and support a teammate to do this. To understand that scoring goals is an attacking skill and to explore ways to do this. 	<p>Athletics</p> <ul style="list-style-type: none"> To develop the sprinting action. To develop jumping for distance. To develop technique when jumping for height. 	<ul style="list-style-type: none"> To develop overarm throwing to limit a batter's score.
3	<p>Health Related Fitness</p> <ul style="list-style-type: none"> To recognise different areas of fitness and explore what your body can do. To develop speed and strength. To develop co-ordination. <p>Dodgeball</p> <ul style="list-style-type: none"> To develop throwing and apply this to a target game. To develop dodging skills to avoid being hit. 	<p>Gymnastics</p> <ul style="list-style-type: none"> To be able to create interesting point and patch balances. To develop point and patch balances on apparatus. To develop stepping into shape jumps with control. To develop stepping into shape jumps using apparatus. <p>Quick sticks Hockey</p>	<p>Dance</p> <ul style="list-style-type: none"> To create actions in response to a stimulus and move in unison with a partner. To create actions to move in contact with a partner or interact with a partner. To select and link appropriate actions and dynamics to show our dance idea. <p>Basketball</p>	<p>Mini tennis</p> <ul style="list-style-type: none"> To develop racket and ball control. To explore rallying using a forehand. To explore returning the ball using a forehand. <p>Athletics</p> <ul style="list-style-type: none"> To develop the sprinting technique and improve on your personal best. To develop changeover technique in relay events. 	<p>Athletics</p> <ul style="list-style-type: none"> To develop jumping technique in a range of approaches and take off positions. To develop throwing for distance and accuracy. To develop throwing for distance in a pull throw. <p>Rounders</p> <ul style="list-style-type: none"> To develop overarm and 	<p>Golf</p> <ul style="list-style-type: none"> Develop the underarm throw for accuracy. Combine throwing and rolling with accuracy to beat an opponent. Combine throws and rolls to beat an opponent. <p>OAA</p> <ul style="list-style-type: none"> To develop co-operation and teamwork skills. To develop trust and teamwork.

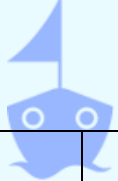


	<ul style="list-style-type: none"> To develop catching and learn the rules of the skill within this game. To further develop catching and use the rules of the skill within this game. 	<ul style="list-style-type: none"> To develop sending and receiving the ball with accuracy and control. To develop the attacking skill of dribbling. To develop dribbling to beat a defender. 	<ul style="list-style-type: none"> To develop the attacking skill of dribbling. To protect the ball when dribbling against an opponent. To develop passing and begin to recognise when to use different skills. 		<p>underarm throwing and catching and apply these to a striking and fielding game.</p> <ul style="list-style-type: none"> To develop bowling and learn the rules of the skill within this game. To develop batting technique and understand where to hit the ball.
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4	<p>Tag rugby</p> <ul style="list-style-type: none"> To develop throwing, catching and running with the ball. To develop an understanding of how to defend using tagging rules. To begin to use the 'forward pass' and 'offside' rule. <p>Gymnastics</p> <ul style="list-style-type: none"> To develop individual and 	<p>Football</p> <ul style="list-style-type: none"> To develop the attacking skill of dribbling. To develop changing direction and speed when dribbling. To develop passing and begin to recognise when to use different skills. To apply attacking skills to move towards a goal. 	<p>Health related fitness</p> <ul style="list-style-type: none"> To recognise different areas of fitness and explore what your body can do. To develop speed and strength. To develop co-ordination. <p>OAA</p> <ul style="list-style-type: none"> To develop co-operation and teamwork skills. To orientate a map and navigate around a grid. 	<p>Basketball</p> <ul style="list-style-type: none"> To use defending skills to delay an opponent and gain possession. To develop technique in the attacking skill of shooting. To apply skills and knowledge to compete in a tournament. <p>Athletics</p> <ul style="list-style-type: none"> To develop stamina and an understanding of speed and pace in relation to distance 	<p>Athletics</p> <ul style="list-style-type: none"> To develop technique when jumping for distance. To develop power and technique when throwing for distance. To develop a pull throw for distance and accuracy. <p>Rounders</p> <ul style="list-style-type: none"> To develop fielding techniques and 	<p>Mini tennis</p> <ul style="list-style-type: none"> To develop racket and ball control. To develop returning the ball using a forehand and understand when to use it. To develop the backhand and understand when to use it. <p>Health related fitness</p> <ul style="list-style-type: none"> To develop agility. To develop balance.
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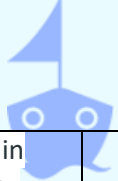


	<p>partner balances.</p> <ul style="list-style-type: none"> To develop individual and partner balances using apparatus. To develop control in performing and landing rotation jumps. To develop rotation jumps and sequence building using apparatus . 	<p>Dance</p> <ul style="list-style-type: none"> To copy and create actions in response to an idea and be able to adapt this using changes of space. To choose actions which relate to the theme. To develop a dance using matching and mirroring. 	<ul style="list-style-type: none"> To develop observational skills, listening to others and following instructions. 	<ul style="list-style-type: none"> To develop power and speed in the sprinting technique. 	<p>apply them to game situations.</p> <ul style="list-style-type: none"> To play different roles in a game and begin to think tactically about each role. To apply skills and knowledge to compete in a tournament.
5	<p>Gymnastics</p> <ul style="list-style-type: none"> To perform symmetrical and asymmetrical balances To perform interesting symmetrical and asymmetrical balances using apparatus. To develop the straight, forward, straddle and backward roll. <p>Handball</p> <ul style="list-style-type: none"> To use a variety of passes to 	<p>Health related fitness</p> <ul style="list-style-type: none"> To develop an awareness of what your body is able to do. To develop speed and stamina. To develop strength using my own body weight. To develop co-ordination. <p>Quick sticks hockey</p> <ul style="list-style-type: none"> To develop dribbling to beat a defender. 	<p>Tag rugby</p> <ul style="list-style-type: none"> To select the appropriate skill, choosing when to run and when to pass. To move into space to support a teammate abiding by the rules. To use defending skills to gain possession. <p>Dance</p> <ul style="list-style-type: none"> To create a dance using a random structure and perform the 	<p>Athletics</p> <ul style="list-style-type: none"> To understand pace and apply different speeds over varying distances. To develop fluency and co-ordination when running for speed. To develop technique in relay changeovers. <p>Cricket</p> <ul style="list-style-type: none"> To develop throwing and catching under pressure and apply these to a striking and fielding game. 	<p>Badminton</p> <ul style="list-style-type: none"> To return the shuttlecock using an underarm clear. To return the shuttlecock using an overhead clear. To use a variety of shots to keep a continuous rally going. <p>Athletics</p> <ul style="list-style-type: none"> To build momentum and
					<p>Health related fitness</p> <ul style="list-style-type: none"> To develop agility. To develop balancing with control. Flexible content. <p>OAA</p> <ul style="list-style-type: none"> To develop communication and negotiation skills. To develop strong communication and negotiation skills to solve challenges.



	<p>maintain possession under pressure.</p> <ul style="list-style-type: none"> To select the appropriate skill to create space, move towards goal and away from defenders. To select and apply the appropriate skill to score goals. To use defending skills to prevent an opponent from scoring. 	<ul style="list-style-type: none"> To send and receive the ball with control under pressure. To select the appropriate skill, choosing when to pass and when to dribble. 	<p>actions showing quality and control.</p> <ul style="list-style-type: none"> To understand how changing dynamics changes the appearance of the performance. To understand and use relationships and space to change how a performance looks. 	<ul style="list-style-type: none"> To develop bowling under pressure whilst abiding by the rules of the game. 	<p>power in the triple jump.</p> <ul style="list-style-type: none"> To develop throwing with force for longer distances. To develop throwing with greater control and technique. 	
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6	<p>Football</p> <ul style="list-style-type: none"> To maintain possession when dribbling. To dribble with control under pressure. To select the appropriate skill, choosing when to pass and when to dribble. <p>Dance</p> <ul style="list-style-type: none"> To copy and repeat a dance phrase showing 	<p>Health related fitness</p> <ul style="list-style-type: none"> To develop an awareness of what your body is able to do To develop speed and stamina. To develop strength using my own body weight. To develop co-ordination. <p>OAA</p> <ul style="list-style-type: none"> To build communication and trust whilst 	<p>Gymnastics</p> <ul style="list-style-type: none"> To develop the straddle, forward and backward roll. To develop rolling into sequence work and on apparatus. To develop counterbalance and counter tension. <p>Basketball</p> <ul style="list-style-type: none"> To dribble with control under pressure 	<p>Athletics</p> <ul style="list-style-type: none"> To develop my own and others sprinting technique. To identify a suitable pace for the event. To develop power, control and technique for the triple jump. <p>Handball</p> <ul style="list-style-type: none"> To use defending skills to prevent an opponent from scoring. To use the appropriate 	<p>Athletics</p> <ul style="list-style-type: none"> To develop power, control and technique when throwing for distance. To develop throwing with force and accuracy for longer distances. To work collaboratively in a team to develop the officiating skills of measuring, 	<p>Badminton</p> <ul style="list-style-type: none"> To develop the serve and understand the rules of serving. To employ tactics to play against an opponent and with a partner. To employ tactics to play against an opponent and with a partner. <p>Health related fitness</p> <ul style="list-style-type: none"> To develop agility. To develop balancing with control.
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confidence in movements.

- To work with others to explore and develop the dance idea
- To use changes in dynamics in response to the stimulus.
- Flexible content

showing an awareness of safety.

- To collaborate as a team to solve problems.
- To develop tactical planning and problem solving.

- To move into and create space to support a teammate.
- To choose when to pass and when to dribble.

defensive technique for the situation.

timing and recording.

Cricket

- To strike a bowled ball with increasing consistency.
- To develop fielding techniques and select the appropriate action for the situation.
- To understand and apply tactics in a game.

