

P.E 2020-21	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	See long term plans					
Year 1	<p><u>Invasion Games</u> (Spent on throwing and catching skills using various sized balls and activities.)</p> <p><u>Zumba and fitness</u> Strength and control of movements</p>	<p><u>Invasion Games</u> (Football-basic sending and receiving techniques, develop agility, coordination and balance, use balance of weight to move with the ball.</p> <p><u>Zumba and fitness</u> Strength and control activities and games</p>	<p><u>Cricket</u> Learn basic sending and receiving techniques of the ball, practise throwing and catching a smaller and larger ball.</p> <p><u>Gymnastics</u> explore movement, actions with control, shapes, travelling along benches</p>	<p><u>Invasion Games</u> (Spent on throwing and catching skills using various sized balls and small sided games. Increasing more skills of balance, coordination and agility.)</p> <p><u>Gymnastics</u> explore movement, actions with control, shapes, travelling along benches Link movements together with shapes and control</p>	<p><u>Athletics (Indoor and out)</u> To use varying speeds when running, explore footwork patterns, arm mobility, explore different methods of throwing, practise short distance running.</p> <p>(Preparation for sports day.)</p> <p><u>Yoga and dance</u> (Learning relaxation techniques and stretching.)</p>	<p><u>Multi Skills</u> (Various games, skills like balance, agility and movement speeds and control.)</p> <p><u>Yoga and dance</u> (Simple exercises to create calm, strength and focus.)</p>
Year 2	<p><u>Football Invasion Games</u> (Football-develop dribbling and</p>	<p><u>Dance</u> Explore different speeds, and levels of movement, contrasts in body shapes and</p>	<p><u>Dance</u> <u>Explore different speeds, and levels of movement, contrasts in body shapes and</u></p>	<p><u>Athletics / Circuits (Indoor and out) -</u> Run, complete obstacle courses with confidence and agility, throw</p>	<p><u>Indoor games</u> (Various small sided games to encourage skills of throw/catch/spatial awareness</p>	<p><u>Gymnastics</u> Repeat simple gym actions, balance on isolated body</p>

	<p>kicking skills while moving with the ball individually, in pairs and small sided games.) Participate in team games, developing simple tactics for attacking and defending.</p>	<p>position, show movement that follow rhythm and work to the music. (Topic related movement using various stimuli.- Gingerbread man.)</p>	<p><u>position, show movement that follow rhythm and work to the music.</u> (Topic related movement using various stimuli.- <u>GFOL.</u>)</p> <p><u>Dodgeball</u> -Invasion Games Dodgeball-throwing and catching larger balls individually and in teams. Participate in team games, developing simple tactics for attacking and defending.</p>	<p>objects in a variety of ways, (Preparation for sports day.)</p> <p><u>Yoga</u> -Repeat simple actions, balance on isolated body parts, stretch and hold movements and positions.</p>	<p>individually and in pairs using various sized balls/beanbags.)</p> <p><u>Athletics (Indoor and out)</u> Run, complete obstacle courses with confidence and agility, throw objects in a variety of ways, (Preparation for sports day.)</p>	<p>parts, and link a number of movements together,</p> <p><u>Rounders</u> Develop catching skills, position body to strike the ball and field appropriately in a designated space.</p>
Year 3	<p><u>Invasion Games</u> (Basketball-show increased control and accuracy, throw and direct a ball in different ways, identify and follow the basic rules of a game, apply</p>	<p><u>Gymnastics</u> Link jumping skills to other gymnastic actions (balance), Develop jumping skills with a partner. Select appropriate movements for the task in hand.</p>	<p><u>Invasion Games</u> (Hockey-show increasing control in dribbling the ball close to the stick, pass the ball with accuracy, shoot between two markers standing and while on the move.</p> <p><u>Dance</u> Create and explore patterns of</p>	<p><u>Invasion Games</u> (Dodgeball) Practice the correct technique to catch a ball within a game, throw and hit a ball in different ways and react to situations to make it difficult for the opposition.</p> <p><u>Zumba/Fitness</u> Strength and</p>	<p><u>Tennis</u> To become familiar with balls and short tennis rackets. • To get the ball into play. To identify and apply techniques for hitting a tennis ball, develop techniques for ground strokes of</p>	<p><u>Athletics (Indoor and out)</u> Use appropriate ways to throw a ball, practice the correct technique to catch a ball within a game,</p>

	<p>skills and tactics appropriately.</p> <p><u>Dance – Zumba</u></p> <p>Follow and copy patterns of movement using repetition. Perform with rhythm and expression in a large group.</p>	<p><u>Invasion Games</u> (Football- dribbling the ball with accuracy and close to foot, pass between pairs standing and on the move, shoot into goals, and start to play a small sided game.)</p>	<p>movement. Perform with rhythm and expression in small groups and peer assess performances. (Topic related movement using various stimuli.-Great fire of London.)</p>	<p>control activities and games</p>	<p>forehand and backhand and develop serving underarm. • To build up a rally. • exploring different shots.</p> <p><u>Dance-</u></p> <p>Create and explore patterns of movement. Perform with rhythm and expression in small groups and peer assess performances. (Topic related movement using various stimuli.- Romans)</p>	<p>Rounders Increase accuracy of throwing a ball, position of body when striking and know when to intercept a ball by moving into the correct space within a game.</p>
<p>Year 4</p>	<p><u>Cricket</u> Develop and investigate various ways to throw a ball, use agility, balance and coordination to field a ball, use hand eye coordination to strike a stationary and</p>	<p><u>Indoor Invasion games</u> Keep possession of a ball, use ABC to control the ball in a more competitive situation, use accurate passing and dribbling, apply</p>	<p><u>Invasion Games</u> (Basketball- Keep possession of a ball, use ABC to control the ball in a more competitive situation, use accurate passing, apply ways to move a ball towards an opponent's goal and learn the concept of attacking and defending.</p>	<p><u>Invasion Games</u> Hockey-passing, dribbling, scoring. Devising own rules.) Keep possession of a ball, use ABC to control the ball in a more competitive situation, use accurate passing and dribbling,</p>	<p><u>Athletics</u> Practise throwing with added power and accuracy, throw with safety in mind, explore different footwork patterns, and utilise skills for effective jumping.</p> <p><u>Gymnastics</u></p>	<p>Rounders Perfect accuracy of throwing a ball, position of body when striking and know when to intercept a ball by moving into the correct space within</p>

	<p>on the move ball and play a competitive game in a sporting manner. (With chance to shine from Meakins)</p> <p>Table Tennis: Introducing grip, handling the bat, bouncing, and tapping the ball individually and in pairs, forehand and backhand, push pass, tactics of the game, timing on the ball and the serve.</p>	<p>ways to move a ball towards an opponent's goal and learn the concept of attacking and defending. Benchball, dodgeball and crab football.</p> <p>Handball: Learn rules, keep possession of the ball, use specific footwork, control the ball, shoot from certain zones, practise passing, work as a team</p>	<p>Throw/catch/spatial awareness and larger sided games, devising own rules)</p> <p>Dance Identify and practise the patterns of the style of dance, develop the awareness of rhythm when music is playing when improvising and planning sequences, to perform a dance using a range of movements individually and in small groups and evaluate own and other's performances.(Viking related movement using various stimuli.)</p>	<p>apply ways to move a ball towards an opponent's goal and learn the concept of attacking, defending and to play in a mini competition format.</p> <p>Dance Identify and practise the patterns of the style of dance, develop the awareness of rhythm when music is playing when improvising and planning sequences, to perform a dance using a range of movements individually and in small groups and evaluate own and other's performances.(Anglo Saxon related movement using various stimuli.)</p>	<p>Emphasise and practise body shapes, practise asymmetrical and symmetrical body shapes, construct sequences using balances and movement, use counterbalance with partners and evaluate own and other's performances.</p>	<p>a game. (Non-stop rounders to build up stamina)</p> <p>Gymnastics Emphasise and practise body shapes, practise asymmetrical and symmetrical body shapes, construct sequences using balances and movement, use counterbalance with partners and evaluate own and other's performances.</p>
Year 5	Basketball - passing and throwing	Invasion Games Football-	Volleyball Basic control of the volleyball, ball's highest	Dance Practise and develop patterns of a	Yoga and Pilates (Strength and flexibility style	Cricket Explore various ways

	<p>skills, develop passing and receiving skills, good use of coordination to pass successfully and receive, dribbling the ball around the court, understand the importance of getting free to receive the ball, display a range of attacking and defending skills and to learn how to shoot.</p> <p>Athletics (Preparation for sports hall competition) Use correct techniques to run at speed, throw with accuracy and power, apply techniques for relay running, understand which techniques are effective when jumping,</p>	<p>dribbling the ball with increased accuracy and close to foot, pass between pairs standing and on the move, shoot into goals, and play larger sided games, know the importance of marking a partner and getting free into a space to receive the ball.</p> <p><u>In place of swimming:</u> <u>Dance-</u> Identify and practise the patterns of the style of dance, develop the awareness of rhythm when music is playing when improvising and planning sequences, to perform a dance using a range of</p>	<p>and lowest point, feeding the ball to a partner, passing using push pass and dig. Learn to serve using the underarm technique. Play small sided game with a rally.</p> <p>Invasion Games <u>Tag Rugby</u> Understand the basic rules of tag rugby, work as a team using ball handling skills, pass and carry a ball using coordination and balance, apply rules and skills of the game and play a mini game of tag rugby competitively.</p>	<p>particular dance style, show an increased awareness of rhythm when improvising, create partnered and group dances that are appropriate to the style, use various movement patterns in a dance and evaluate own and other's performances. Topic related to around the world.</p> <p>Benchball/Dodgeball <u>Invasion games -</u> Keep possession of a ball, use ABC to control the ball in a more competitive situation, use accurate passing, apply ways to move a ball towards an opponent's goal and perfect the concept of attacking and defending. Perfect different types of passes appropriate to the situation, larger sided games, plus whole match, devising own rules and tactics.</p> <p><u>Rounders-Perfect</u></p>	<p>movements.) Athletics-Use correct techniques to run at speed, throw with accuracy and power, apply techniques for relay running, understand which techniques are effective when jumping, using good techniques when throwing in a push action.</p> <p><u>Tennis</u> Identify the techniques to hit the ball successfully, perform forehand and backhands, to understand the importance of the position of the body to receive the ball and then hit to a partner.</p>	<p>to bowl a ball, throw a ball, use agility, balance and coordination to field a ball, use hand eye coordination to strike increasingly mobile balls and play a competitive game in a sporting manner using various types of team games.</p> <p>Badminton Use correct grip of the racket to get in position, develop skills of hand/eye coordination to connect with the racket and shuttle, understand how to serve to start play, develop and understand the use of an overhead and</p>
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	<p>use good techniques when throwing in a push action. <u>In place of Swimming:</u> <u>Gymnastics</u> - Identify and practise body shapes, balances, asymmetric and symmetrical shapes, refine body shape, flexibility, strength and mental focus. Develop skills of rolling and dynamic movement. Use counterbalances and incorporate into a sequence. Evaluate own and other's performances.</p>	<p>movements individually and in small groups and evaluate own and other's performances</p>		<p>accuracy of throwing a ball, position of body when striking and know when to intercept a ball by moving into the correct space within a game.</p>		<p>underarm shot, use appropriate shot to outwit a partner depending on where they are positioned on the court.</p>
<p>Year 6</p>	<p><u>Athletics</u> (Preparation for sports hall- investigate running styles and changes of speed, practise throwing with power and accuracy and with safety, explore effective techniques in both throwing</p>	<p><u>Indoor Invasion games</u> Football-Keep possession of a ball, use ABC to control the ball in a more competitive situation, use accurate passing, apply</p>	<p><u>Invasion Games</u> (Hockey- Keep possession of a ball, use ABC to control the ball in a more competitive situation, use accurate passing and dribbling, apply ways to move a ball towards an opponent's goal and perfect the concept of</p>	<p><u>Invasion Games</u> (Basketball- develop and utilise skills of throwing and catching knowing where to stand and move into a space, use hand/eye coordination to pass a ball successfully, develop skills in a range of passes and know which one to use for optimum</p>	<p><u>Cricket</u> To investigate ways of throwing and catching and to know which is appropriate in the situation at hand, to use hand/eye coordination to strike a moving ball or when stationary. Play in a competitive situation and</p>	<p><u>Athletics</u> Investigate running styles and changes of speed, practise throwing with power and accuracy and with safety, explore effective techniques in both throwing and jumping,</p>

	<p>and jumping, utilise all skills learned to become more effective. Record measurements and improve own personal bests.</p> <p>Tag Ruby (Spatial awareness, small sided games and passing, devising own rules and tactics.)</p> <p><u>In place of swimming:</u> <u>Circuit Training</u> To improve fitness and levels of stamina on an individual basis. Create awareness of how exercise can improve overall mood and mental wellbeing. Explore different types of exercise and the effect it has on the body/which muscles are used.</p>	<p>ways to move a ball towards an opponent's goal and perfect the concept of attacking and defending.</p> <p>Perfect different types of passes appropriate to the situation, larger sided games, plus whole match, devising own rules and tactics.</p> <p><u>In place of swimming:</u> <u>Volleyball-</u> Using control and accuracy, use a push and dig pass effectively knowing when to use the specific pass in appropriate circumstances. Learn how to serve</p>	<p>attacking, defending and to use their knowledge of skills learned to play a game competitively and successfully.</p> <p><u>Gymnastics</u> Identify and practise body shapes, balances, asymmetric and symmetrical shapes, refine body shape, construct sequences that include balances, rolling, linking movements and travel, Use counterbalances and incorporate into a sequence. Evaluate own and other's performances.</p>	<p>success in a game, understand a range of attacking and defending skills and the importance of getting free, and have the opportunity to devise own rules and tactics.</p> <p><u>Circuit Training</u> To improve fitness and levels of stamina on an individual basis. Create awareness of how exercise can improve overall mood and mental wellbeing. Explore different types of exercise and the effect it has on the body/which muscles are used</p>	<p>display sporting conduct.</p> <p><u>Dance</u> Practise and develop patterns of a particular dance style, show an increased awareness of rhythm when improvising, develop group dances using style appropriate to the music incorporating change of speeds, direction and levels. (Topic related movement using various stimuli.-Ancient Greeks and Skellig.)</p>	<p>utilise all skills learned to become more effective and take part in competitive activities to improve personal bests.</p> <p><u>Indoor Invasion games</u> Bench ball and crab football. Keep possession of a ball, use ABC to control the ball in a more competitive situation, use accurate passing, apply ways to move a ball towards an opponent's goal and perfect the concept of attacking and defending. Perfect different</p>
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		accurately in a game and record points and scores devising games and activities to promote these skills.				types of passes appropriate to the situation, larger sided games, plus whole match, devising own rules and tactics.
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