

PE: Sports & Games - Year 2 - Gymnastics

Explore rolls and form movement sequences

Practise log, egg and teddy bear rolls

Combine rolls with curved shapes to form movement sequences.

The forward roll

Learn and practise how to forward roll.

Explore on the apparatus and develop a movement sequence.

Jumping from a springboard

Practise and perfect a straight jump and hurdle step on to a springboard.

Travel, balance and create movement sequences.

Bridges

Practise making front and back bridge with bodies.

Explore movement and different levels in the bridge shape using the apparatus.

Supported handstands

Build confidence and strength to take weight on hands.

Lunges, t-lever movements and scissor kicks.

Learn and practise handstands with support or against a wall.

Improve performance

Compose movement sequences consolidating skills learnt over the unit.

Evaluate own and peer performances.

Developing:

Embedded:

PE: Sports & Games - Year 2 - Dance

Begin creating own movements

Create movements linked to a theme.

Adapt and perform in unison with a partner.

Begin learning about canon.

Perform a whole class dance

Create own dance focusing on vocabulary and shape.

Watch and evaluate the work of others.

Combine learning to perform a whole class dance.

Cooperation

Learn ready choreographed movements.

Create own related movements in groups.

Create own dance

Bring together skills and techniques (unison/canon) to create dance motifs that tell a story.

Work in pairs to combine movements into a final performance.

Practise and perform

Explore movements related to a story and character.

Practise parts of a dance independently.

Perform as a whole class.

Practise and perform

Build on previous learning, explore movements and combine parts into a final performance.

Developing:

Embedded:

PE: Sports & Games - Year 2 - Gymnastics

Learn basic static shapes

Learn the tuck, straddle and pike shapes and explore variations on the floor.

Perform shapes in flight

Perform some basic body positions in the air (star, straight and tucked shapes).

Perform jumps along and from low level apparatus

Learn how to land safely.

Rhythmic gymnastics

Perform rhythmic moves with beanbags and balls.

Throw, catch, roll and bounce a ball whilst performing body shapes and positions.

Rhythmic gymnastics

Create and perform a short rhythmic gymnastics routine.

Symmetrical shapes

Create symmetrical shapes on the floor and apparatus.

Work individually, in pairs and small groups.

Create and perform routines

Work in small groups to perform routines applying skills learnt.

Watch and evaluate own and others' performances.

Developing:

Embedded:

PE: Sports & Games - Year 2 - Invasion games

What is invasion?	Basic skills	Passing and defending	Dodging	Protect and defend	Teamwork
Dribbling with a football. Attacking skill of dodging. Combine skills in a game.	Learn about finding and using space in invasion games. Passing and receiving a football. Mini game.	Passing a ball by throwing underarm and good techniques for catching a ball. Apply skills in a game.	How to dodge to get free of a defender. Understand why we need to mark an opponent in an invasion game.	Practise aim using underarm and overarm throws. Learn how to protect and defend a goal or target. Use skills in a team game.	Learn the importance of teamwork and following rules. Consolidate skills learnt and apply in games of a competitive nature. Evaluate performance.
Developing:			Embedded:		

PE: Sports & Games - Year 2 - Bat & ball

How to hold a racket

Introduction to different rackets/bats used in PE.

Learn how to hold a racket correctly.

Practise controlling a bean bag in a variety of ways.

Using a racket to hit a ball

Practise hitting a beanbag forwards.

Apply skills learnt in a game situation.

Introduce balls and apply skills using instead.

Teamwork and cooperation

Practise and apply racket skills with a particular focus on hitting for accuracy in a game situation with a partner.

Cricket bats

Learn how to hold a bat correctly and how to move a ball along the ground with it.

Apply skills in a scoring game with partner.

Striking a ball

Learn how to use a bat to strike a ball in cricket.

Begin to learn some of the roles in a game of cricket - such as batter, bowler and fielder

Further develop rolling and striking skills.

Cooperate with others to apply learning in a small game.

Begin to learn some tactics that may be used to score more points.

Developing:

Embedded:

PE: Sports & Games - Year 2 - Summer sports

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Developing:

Embedded:

PE: Sports & Games - Year 3/4 - Invasion games

Fundamentals	Keeping possession of a ball	Passing a ball	Defending	Attacking	Consolidate skills in a game
<p>Recap the basic principals.</p> <p>Games that practise keeping possession, teamwork, attacking and defending.</p>	<p>Skills to practise moving with a ball in rugby or football.</p>	<p>Practise netball passing and receiving skills.</p> <p>Learn the chest pass, bounce pass and overhead pass.</p>	<p>Learn about marking an opponent.</p>	<p>Learn about dodging and shooting.</p> <p>Opportunity to develop both attacking and defending skills in a group game.</p>	<p>Play a range of games that cover the main skills and principles of attacking and defending such as marking, dodging, possession and teamwork.</p>
<p>Developing: Arden, Freddie, Darcey, Millie</p>			<p>Embedded:</p>		

PE: Sports & Games - Year 3/4 - Gymnastics & Dance

Jumps and leaps	Rolls	Vaulting	Handstands and cartwheels	Link movements	Performance
Recap known jumps and leaps from Y2 or outside of school.	Learn how to perform the straddle forward roll and backwards roll to straddle.	Practise using the Pommel Horse and learn how to perform a straddle on vault.	Learn how to perform a lunge into a handstand and cartwheel.	Continue practising skills learned.	Choreograph and perform own gymnastic movement sequence with a theme.
Learn and perform cat leaps half turns and straight jump full turns.	Explore performing rolls with different start and end levels using apparatus.	Create movement sequences using skills learned so far.	Add new skills to movement sequences created last week.	Learn how to give and use constructive feedback to improve a movement sequence.	

Developing:

Embedded:

PE: Sports & Games - Year 3/4 - Invasion games (2)

Fundamental skills	Dribbling with a ball	Controlling a ball	Attacking	Defending	Goalkeeping
<p>See how some of the FUNs skills can be applied in most invasion games.</p> <p>Apply side stepping and dodging in a game.</p>	<p>Practise different ways of moving and dribbling with a ball in basketball and football.</p> <p>Experiment dribbling with a range of balls focusing on teamwork and problem solving.</p>	<p>Practice passing a football and the technique of stopping and controlling the ball.</p> <p>Investigate passing the ball over a range of distances.</p>	<p>Recap skills such as passing and dodging.</p> <p>Practise keeping possession and create space.</p> <p>Learn about the fake dodge.</p>	<p>Practise marking and intercepting to help try win back possession of the ball.</p>	<p>Learn about the 'keeper ready position' in football and practise ball handling skills including catching and saving the ball at different heights.</p> <p>Play a five a side game to apply skills learnt.</p>

Developing: Arden, Freddie, Darcey, Millie

Embedded:

PE: Sports & Games - Year 3/4 - Net & Wall Games

Footwork	Throw accurately	Racket skills	Skillful hitting	Skillful hitting	Embed learning
<p>Use effective footwork, movement and positioning in the context of tennis, volleyball or badminton.</p> <p>Learn about the ready position and a range of footwork drills.</p>	<p>Roll and throw a ball underarm with accuracy.</p>	<p>Become familiar with a racket.</p> <p>Use a racket to control, bounce and balance a ball.</p> <p>Hit a ball along the ground with accuracy using a racket.</p>	<p>Holding and gripping a tennis racket correctly when hitting forehand.</p> <p>Practise using this technique to hit a ball at a target.</p>	<p>Holding and gripping a tennis racket correctly when hitting backhand.</p> <p>Practise using this technique to keep a rally going in a game.</p>	<p>Play competitive games to practise and consolidate skills learnt over the term.</p> <p>1vs1 game.</p>

Developing:

Embedded:

PE: Sports & Games - Year 3/4 - Swimming

Objectives -

- 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.

Developing:

Secure:

Embedded:

PE: Sports & Games - Year 4/5 - Hockey

Passing and receiving

Basic skills needed to push, pass and receive the ball in hockey.

Moving with the ball

Learn and use the basic dribble used in hockey.

Getting past a player

Learn to dribble around a player using the Indian dribble.

Tackling

Carry out and use the block tackle safely in hockey.

Practise safe tackling in order to win the ball from an opponent.

Hitting and shooting

Learn how to hit the ball and shoot at a target.

Use and apply skills learnt in a competitive game situation.

Skills include: passing, stopping, dribbling and tackling.

Developing:

Embedded:

PE: Sports & Games - Year 4/5 - Tag Rugby

Throwing and catching	Moving and dodging	Tagging	Intercepting	Attacking and defending tactics	
<p>Practise holding, passing and receiving a rugby ball.</p> <p>Become familiar with the game and its rules.</p>	<p>Work cooperatively to pass the ball backwards, whilst moving to the try line.</p> <p>Learn to use the side step to get around a defender.</p>	<p>Learn about the rules of tagging in the game.</p> <p>Play small games to apply the rules of tagging and use the skill of dodging and sidestepping to avoid being tagged.</p>	<p>Gain possession of the ball by intercepting a pass.</p> <p>Learn where to position self to make an interception and introduce the offside rule.</p> <p>3 vs 3 game.</p>	<p>Learn to make the right tactical decision based on the situation they are faced with.</p> <p>2 vs 1 defender scenarios that force to make decisions.</p>	<p>Use attacking and defending skills in a competitive game.</p> <p>Show an understanding of the rules of the game.</p> <p>Evaluate the performance of others.</p>

Developing:

Embedded:

PE: Sports & Games - Year 4/5 - Swimming

Objectives -

- 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.

Developing:

Secure:

Embedded:

PE: Sports & Games - Year 4/5 - Striking and Fielding Games (cricket)

Catching

Catching a ball effectively from different heights and angles.

Attacking the ball

Work as a proactive fielder by attacking the ball.

Distance throwing

Throw a ball using the over arm technique over large distances and at a target.

Batting

Practise batting a bowled ball into a space.

Bowled over

Bowl accurately at a target using the overarm technique.

Game situation - diamond cricket.

Developing:

Embedded:

PE: Sports & Games - Year 4/5 - Athletics and OAA

<p>Sprinting and high jump Test reaction times & observe/ give feedback to others.</p> <p>Jumping activities to practise & improve ability to jump for height & accurately record.</p>	<p>Endurance running & throwing</p> <p>Develop stamina & endurance by running for long distances.</p> <p>Use a variety of throw techniques using the howlers and tennis balls.</p>	<p>OAA</p> <p>Develop skills for communicating and collaborating with others when completing challenges.</p>	<p>OAA</p> <p>Gain an understanding of what a compass is and how it works.</p>	<p>OAA</p> <p>Develop an understanding of the different features of a map, including symbols, key, scale, compass directions.</p>	<p>OAA</p> <p>Learn the skills needed to navigate around a chosen area, identify the meaning of orienteering symbols, mark and find control points on a map.</p>
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Developing:

Embedded:

PE: Sports & Games - Year 6 - Swimming

Objectives -

- 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.

Developing:

Secure:

Embedded:

PE: Sports & Games - Year 6 - Netball & Basketball

Passing and catching

Practise the chest pass, bounce pass and shoulder pass.

Learn rules of the game and what High 5 netball involves.

Passing and catching

Passing and catching with one hand.

Continue learning rules of the game.

Footwork and pivoting

Learn how to pivot and the important netball rules around footwork.

Practise skills in mini games or activities.

Outwitting the defender

Use different movement skills to evade a defender.

Apply a range of attacking movement skills in a game.

Attacking and defending

Defending skills of marking (1 to 1 - both on the ball and off the ball).

Attacking skill of shooting.

Practise skills learnt in a mini High 5 netball tournament.

Developing:

Embedded:

PE: Sports & Games - Year 6 - Invasion Games

Dribbling	Passing	Attacking	Defending	Invent a new invasion game	Play a new invasion game.
Recap dribbling techniques for football, hockey and basketball.	Recap and practise passing and receiving the ball in football, using the push pass in hockey and the chest, bounce and overhead pass in basketball.	Different shooting techniques used in football for power and accuracy. Learn some football turns: stop turn, drag back and cruyff turn. Mini 3vs3 game	Different marking techniques used in football such as closing down a player and the defensive stance. Tackling effectively. Mini 3vs3 game	Consider the principles of an invasion game and use leadership skills to invent and trial a new invasion game. Include: attacking, defending, a scoring system and working as a team.	Lead own and participate in others invasion games. Evaluate own and other's performances.

Developing:

Embedded:

PE: Sports & Games - Year 6 - Athletics

**Sprint relays
and hurdling**

High jump

**Middle
distance and
long distance
running**

Long jump

**Throwing -
tennis ball and
howlers**

Speed bounce

**Organising
and setting up
a tournament -
sports day
help**

Tennis games

Diamond cricket

Developing:

Embedded:

PE: Sports & Games - Year 6 - Striking & Fielding Games (rounders)

Batting and bowling

Become familiar with the game of rounders and the rules and players.

Learn the correct techniques for bowling and batting.

Throwing and catching

Correct techniques for throwing and catching when fielding in rounders.

Backstop and bases

Learn to play different fielding positions such as when backstop and at bases to equip in a competitive rounders game.

Deep fielding

Roles and responsibilities of deep fielding in rounders.

Game Tactics

Learn how to 'read' the game, anticipate play and react strategically to positively impact on the outcome of a match in order to equip self for playing a competitive rounders game.

Playing a competitive game

Apply skills in batting, bowling, throwing, catching and fielding in a competitive rounders game.

Developing:

Embedded: