



Physical Education

Motor Competence; Rules, Strategies and Tactics; and Healthy Participation



EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn						
<p>Introduction to PE 2</p> <p>To move around safely in space. To follow instructions and stop safely. To stop safely and develop control when using equipment. To follow instructions and play safely as a group. To follow a path and take turns. To work cooperatively with a partner.</p> <p>Fundamentals Unit 2</p> <p>To develop balancing. To develop running and stopping. To develop changing direction. To develop jumping. To develop hopping. To explore different ways to travel using equipment.</p>	<p>Fundamentals</p> <p>To explore balance, stability and landing safely. To explore how the body moves differently when running at different speeds. To explore changing direction and dodging. To explore jumping, hopping, and skipping actions. To explore coordination and combining jumps. To explore combination jumping and skipping in an individual rope.</p> <p>Ball Skills</p> <p>To develop control and co-ordination when dribbling a ball with your hands. To explore accuracy when rolling a ball. To explore throwing with accuracy towards a target. To explore catching with two hands. To explore control and co-ordination when dribbling a ball with your feet. To explore tracking a ball that is coming towards me.</p> <p>Sending and Receiving</p>	<p>Fundamentals</p> <p>To develop balance, stability and landing safely. To explore how the body moves differently when running at different speeds. To develop changing direction and dodging. To develop and explore jumping, hopping and skipping actions. To develop co-ordination and combining jumps. To develop combination jumping and skipping in an individual rope.</p> <p>Ball Skills</p> <p>To be able to roll a ball to hit a target. To develop co-ordination and be able to stop a rolling ball. To develop technique and control when dribbling a ball with your feet. To develop control and technique when kicking a ball. To develop co-ordination and technique when throwing and catching.</p> <p>Sending and Receiving</p> <p>To roll a ball towards a target. To be able to track and receive a rolling ball. To be able to stop, send and receive a ball with your feet. To develop throwing and catching skills. To develop throwing and catching skills.</p>	<p>Fundamentals</p> <p>To develop balancing and understand the importance of this skill. To understand how to change speed and be able to demonstrate good technique when running at different speeds. To demonstrate a change of speed and direction to outwit others. To develop technique and control when jumping, hopping and landing. To develop skipping in a rope. To apply fundamental skills to a variety of challenges.</p> <p>Swimming</p> <p>To develop an understanding of buoyancy and balance in the water. To develop independent movement and submersion. To develop gliding and crawl legs. To develop front crawl breathing. To develop gliding and backstroke. To develop rotation, sculling and treading water.</p> <p>Ball Skills</p> <p>To develop confidence and accuracy when tracking a ball. To develop confidence and accuracy when tracking a ball. To explore and develop a variety of throwing techniques.</p>	<p>Football</p> <p>To develop controlling the ball and dribbling under pressure. To develop passing to a teammate. To be able to control the ball with different parts of the body. To develop changing direction with the ball using an inside and outside hook. To jockey / track an opponent. To be able to apply the rules and tactics you have learnt to play in a football tournament.</p> <p>Fitness</p> <p>To develop an awareness of what your body is capable of. To develop speed and strength. To complete actions to develop co-ordination. To complete actions to develop agility. To complete actions to develop balance. To complete actions to develop stamina.</p> <p>Basketball</p> <p>To develop the attacking skill of dribbling. To use protective dribbling against an opponent. To develop the bounce and chest pass and begin</p>	<p>Netball</p> <p>To develop passing and moving. To be able to use the attacking principle of creating and using space. To be able to change direction and lose a defender. To be able to defend ball side and know when to go for interceptions. To develop the shooting action. To use and apply skills and tactics to small sided games.</p> <p>Yoga</p> <p>To develop an understanding of yoga. To develop flexibility through the sun salutation flow. To develop strength through yoga flows. To create your own flow showing quality in control, balance and technique. To develop balance through yoga flows. To work collaboratively to create a controlled paired yoga flow. To create your own yoga flow that challenges technique, balance and control.</p> <p>Dance</p> <p>To create a dance using a random structure and perform the actions showing quality and control. To understand how changing the dynamics of an action changes the appearance of the performance. To understand and use relationships and space to change how a performance looks.</p>	<p>Tag Rugby</p> <p>To develop attacking principles, understanding when to run and when to pass. To be able to use the 'forward pass' and 'offside' rules. To be able to play games using tagging rules. To develop dodging skills to lose a defender. To develop drawing defence and understanding when to pass. To be able to apply the rules and tactics you have learnt to play in a tag rugby tournament.</p> <p>Golf</p> <p>To develop putting technique and accuracy. To develop the technique for chipping. To develop technique for a short game. To develop the technique for a long game. To select the appropriate shot for the situation. To design a course and select the appropriate shot for the situation.</p> <p>Basketball</p> <p>To develop protective dribbling against an opponent. To be able to move into space to support a teammate. To choose when to pass and when to dribble.</p>

To develop rolling and throwing a ball towards a target.
To develop receiving a rolling ball and tracking skills.
To be able to send and receive a ball with your feet.
To develop throwing and catching skills over a short distance.
To develop throwing and catching skills over a long distance.
To apply sending and receiving skills to small games.
Dancing
To explore travelling actions and use counts of 8 to move in time with the music.
To remember and repeat actions and respond imaginatively to a stimulus.
To copy, remember and repeat actions that represent the theme.
To use expression and create actions that relate to the story.
To use a pathway when travelling.
To copy, repeat and choose actions that represent the theme.
To show changes in expression, level and shape.

To send and receive a ball using a racket.
Dancing
To explore travelling actions and use counts of 8 to move in time with the music.
To remember and repeat actions and respond imaginatively to a stimulus.
To copy, remember and repeat actions that represent the theme.
To use expression and create actions that relate to the story.
To use a pathway when travelling.
To copy, repeat and choose actions that represent the theme.
To show changes in expression, level and shape.

To develop catching skills using one and two hands.
To develop dribbling a ball with hands.
To use tracking, sending and dribbling skills with feet.
Swimming
To develop surface dives, submersion and handstands.
To develop head above water breaststroke technique.
To develop head above water breaststroke technique.
To develop basic skills in water safety and floating.
To learn techniques for personal survival.
To develop water safety skills and an understanding of personal survival.

to recognise when to use them.
To develop tracking and defending an opponent.
To develop the technique for the set shot.
To be able to apply the skills, rules and tactics you have learnt to a mini tournament.
Dance
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 understand how dynamics, space and relationships can be used to represent a dance idea.
To use actions, dynamics, space and relationships to represent a dance idea.
To remember and repeat actions and create dance ideas in response to a stimulus.
To use action and reaction when creating ideas with a partner.
To remember, repeat and create actions to represent an idea.
To use choreographing ideas to change how actions are performed.

To work with a group to create poses and link them together using transitions.
To use choreographing devices when working as a group.
To copy and repeat movements in the style of Rock 'n' Roll.
To work with a partner to copy and repeat actions keeping in time with the music.
To work collaboratively with a group to create a dance in the style of Rock 'n' Roll.
Dodgeball
To recap on the rules of dodgeball and apply them to a game.
To develop throwing at a moving target.
To use jumps, dodges and ducks to avoid being hit.
To develop catching to get an opponent out.
To select and apply tactics in the game.
To develop officiating skills and referee a dodgeball game.

To be able to track an opponent and use defensive techniques to win the ball.
To be able to perform a set shot and a jump shot.
To be able to apply the rules and tactics you have learnt to play in a basketball tournament.
Dance
To copy and repeat a set dance phrase showing confidence in movements.
To work collaboratively with a partner to explore and develop the dance idea.
To use changes in level and speed when choreographing.
To copy and create actions using a prop as a dance stimulus.
To use choreographing devices to improve how the performance looks.
To select actions and dynamics to convey different characters.
To choreograph a dance that shows contrasting characters.
To communicate a story through dance.

Spring

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Gymnastics To copy and create shapes with your body. To be able to create shapes whilst on apparatus. To develop balancing and taking weight on different body parts. To develop jumping and landing safely. To develop rocking and rolling. To copy and create short sequences linking actions together.</p> <p>Dance To use counts of 8 to know when to change action. To explore different body parts and how they move. To explore different body parts and how they move and remember and repeat actions. To express and communicate ideas through movement exploring directions and levels. To copy and repeat actions showing confidence and imagination.</p>	<p>Gymnastics To explore travelling movements using the space around you. To develop quality when performing gymnastic shapes. To develop stability and control when performing balances. To develop technique and control when performing shape jumps. To develop technique in the barrel, straight and forward roll. To link gymnastic actions to create a sequence.</p> <p>Target Games To develop underarm throwing towards a target. To develop throwing for accuracy. To develop underarm and overarm throwing for accuracy. To develop throwing for accuracy and distance using underarm and overarm. To select the correct technique for the situation. To select the correct technique for the situation. To develop throwing for accuracy and distance.</p> <p>Invasion To develop dribbling towards a goal and</p>	<p>Gymnastics To perform gymnastic shapes and link them together. To be able to use shapes to create balances. To be able to link travelling actions and balances using apparatus. To demonstrate different shapes, take off and landings when performing jumps. To develop rolling and sequence building. To develop sequence work on apparatus.</p> <p>Target Games To develop an understanding of target games and consider how much power to apply when aiming at a target. To understand how to score in different target games using overarm throwing. To develop understanding of different target games using the skill of kicking. To develop striking to a target. To develop hitting a moving target. To select an appropriate skill to play a game.</p> <p>Invasion To understand what being in possession means and support a teammate to do this. To use a variety of skills to score goals. To develop stopping goals.</p>	<p>Gymnastics To perform gymnastic shapes and link them together. To be able to use shapes to create balances. To be able to link travelling actions and balances using apparatus. To demonstrate different shapes, take off and landings when performing jumps. To develop rolling and sequence building. To develop sequence work on apparatus.</p> <p>Netball To develop passing and moving and play within the footwork rule. To develop passing and moving towards a goal. To develop movement skills to lose a defender. To be able to defend an opponent and try to win the ball. To develop the shooting action. To develop playing using netball rules.</p> <p>Dance 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 understand how dynamics affect the actions performed. To be able to select and use actions to represent an idea. To work with a partner to choose actions that relate to an idea. To remember and repeat actions, using dynamics to clearly show different phrases.</p>	<p>Gymnastics To develop individual and partner balances. To develop control in performing and landing rotation jumps. To develop the straight, barrel, forward and straddle roll. To develop the straight, barrel, forward and straddle roll. To develop strength in inverted movements. To be able to create a partner sequence to include apparatus.</p> <p>Tennis To develop hitting the ball using a forehand. To develop returning the ball using a forehand. To develop the backhand and understand when to use it. To work co-operatively with a partner to keep a continuous rally going. To use simple tactics in a game to outwit an opponent. To demonstrate honesty and fair play when competing against others.</p> <p>Tag Rugby To develop throwing, catching and running with the ball. To develop an understanding of tagging rules. To begin to use the 'forward pass' and 'off side' rule. To dodge a defender and move into space when running towards the goal.</p>	<p>Gymnastics To be able to perform symmetrical and asymmetrical balances. To develop the straight, forward, straddle and backward roll. To be able to explore different methods of travelling, linking actions in both canon and synchronisation. To be able to perform progressions of inverted movements. To explore matching and mirroring using actions both on the floor and on apparatus. To be able to create a partner sequence using apparatus.</p> <p>Swimming To develop gliding, front crawl and backstroke. To develop rotation, sculling and treading water. To develop the front crawl stroke and breathing technique. To develop the technique for backstroke arms and legs. To develop breaststroke technique. To develop breaststroke technique.</p> <p>Hockey To develop dribbling to beat a defender. To develop sending the ball using a push pass. To develop receiving the ball with control. To be able to move into space to support a teammate. To develop using an open stick (block) tackle and jab tackle to gain possession of the ball. To apply the rules and skills you have learnt to play in a hockey tournament.</p>	<p>Gymnastics To be able to develop the straddle, forward and backward roll. To develop counter balance and counter tension. To be able to perform inverted movements with control. To be able to perform the progressions of a headstand and a cartwheel. To be able to use flight from hands to travel over apparatus. To be able to create a group sequence using formations and apparatus.</p> <p>Swimming</p> <p>Volley ball To develop the fast catch volley. To be able to volley the ball using a set shot. To develop the dig and understand when to use it. To keep a continuous rally going over the net. To develop the underarm serve and learn the rules of serving. To apply the rules, skills and tactics learnt to play in a volleyball tournament.</p> <p>Swimming To develop breaststroke and breathing technique. To develop basic skills of water safety and floating. To develop the dolphin kick. To learn techniques for personal survival. To develop water safety skills and an understanding of personal survival.</p>

<p>To move with control and coordination, linking, copying and repeating actions.</p>	<p>understand what being 'in possession' means. To understand who to pass to and why when playing against a defender. To move towards a goal with the ball. To support a teammate when in possession. To move into space showing an awareness of defenders. To be able to stay with a player when defending.</p> <p>Yoga To explore yoga and mindfulness. To be able to copy and remember poses. To develop flexibility when holding poses. To develop balance whilst holding poses. To create yoga poses using a hoop. To create a yoga flow with a partner.</p>	<p>To learn how to gain possession of the ball. To develop an understanding of marking an opponent. To learn to apply simple tactics for attacking and defending.</p> <p>Yoga 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. To copy and remember actions linking them into a flow. To create a flow and teach it to a partner. To explore poses and create a yoga flow.</p>	<p>To choose actions which relate to the idea, using space and timing to make my work look interesting. To understand and use formations, choosing poses which relate to the stimulus. To use transitions and changes of timing to move into and out of shapes.</p> <p>Hockey To develop sending the ball with a push pass. To develop receiving the ball. To develop dribbling using the reverse stick (Indian dribble). To develop moving into space after passing the ball. To use an open stick tackle to gain possession. To apply to defend and attack principles and skills in a hockey tournament.</p>	<p>To develop defending skills and use them in a game situation. To apply the rules and skills you have learnt and play in a tag rugby tournament.</p> <p>OAA To develop co-operation and teamwork skills. To develop trust and team work. To involve all team members in an activity and work towards a collective goal. To develop trust whilst listening to others and following instructions. To be able to identify objects on a map, draw and follow a simple map. To draw a route using directions. To be able to orientate a map and navigate around a grid.</p>	<p>Swimming To develop breaststroke and breathing technique. To develop basic skills of water safety and floating. To develop the dolphin kick. To learn techniques for personal survival. To develop water safety skills and an understanding of personal survival. To increase endurance in swim challenges. To identify fastest strokes and personal bests.</p>	<p>To increase endurance in swim challenges. To identify fastest strokes and personal bests.</p>
---	--	--	---	---	---	--

Summer

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Games To work safely and develop running and stopping. To develop throwing and learn how to keep score. To be able to play games showing an understanding of the different roles within it. To follow instructions and move safely when playing tagging games.</p>	<p>Athletics To learn to move at different speeds for varying distances. To develop a foundation for balance and stability. To develop agility and coordination. To explore hopping, jumping and leaping for distance. To develop throwing for distance. To develop throwing for accuracy.</p> <p>Net and Wall To defend space, using the ready position.</p>	<p>Athletics To develop the sprinting action. To develop jumping for distance. To develop technique when jumping for height. To develop throwing for distance. To develop throwing for accuracy. To develop technique when taking part in an athletics carousel.</p> <p>Swimming To develop confidence when entering and moving in the water.</p>	<p>Athletics To develop the sprinting technique and improve on your personal best. To develop changeover in relay events. 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. To develop officiating and performing skills.</p> <p>Tennis To develop racket and ball control.</p>	<p>Athletics To develop stamina and an understanding of speed and pace in relation to distance. To develop power and speed in the sprinting technique. 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. To develop officiating and performing skills.</p>	<p>Athletics To be able to apply different speeds over varying distances. To develop fluency and co-ordination when running for speed. To develop technique in relay changeovers. To develop technique and co-ordination in the triple jump. To develop throwing with force for longer distances. To develop throwing with greater control and technique.</p> <p>Badminton To develop footwork and the forehand and backhand grip.</p>	<p>Athletics To work collaboratively with a partner to set a steady pace. To develop your own and others sprinting technique. To develop power, control and technique for the triple jump 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, timing and recording.</p>

<p>To work co-operatively and learn to take turns. To work with others to play team games.</p> <p>Ball Skills To develop rolling a ball to a target. To develop stopping a rolling ball. To develop accuracy when throwing to a target. To develop bouncing and catching a ball. To develop dribbling a ball with your feet. To develop kicking a ball.</p> <p>Team Building To co-operate and communicate with a partner to solve challenges. To explore and develop teamwork skills. To develop communication skills. To use communication skills to lead a partner. To plan with a partner and small group to solve problems. To communicate with a group to solve challenges.</p>	<p>To play against an opponent and keep the score. To develop control when handling a racket. To develop racket and ball skills. To develop sending a ball using a racket. To develop hitting over a net.</p> <p>Striking and Fielding To develop underarm throwing and catching and put this into small sided games To develop overarm throwing.. To develop striking a ball with my hand and equipment. To retrieve a ball when fielding. To understand how to get a batter out. To develop decision making and understand how to score points.</p> <p>Team Building To co-operate and communicate with a partner to solve challenges. To explore and develop teamwork skills. To develop communication skills. To use communication skills to lead a partner. To plan with a partner and small group to solve problems. To communicate with a group to solve challenges.</p>	<p>To safely enter and exit the pool. To develop confidence in the water. To develop confidence when travelling in the water. To begin to develop floating. To develop confidence to submerge in the water. To develop confidence when submerging. To develop floating on front and back.</p> <p>Striking and Fielding To be able to track a rolling ball and collect it. To develop accuracy in underarm throwing and consistency in catching when fielding a ball. To develop accuracy with overarm throwing to send a ball over a greater distance and limit a batter's score. To develop striking for distance and accuracy. To develop decision making to get a batter out. To develop decision making when under pressure.</p> <p>Swimming To develop the kicking action on front. To develop the kicking action and introduce breathing. To develop the arm action of pulling. To develop the pulling arm action and begin to develop gliding on fronts. To develop the kicking on action on backs and gliding on backs. To consolidate skills learnt. To develop confidence and consistency in a range of skills.</p>	<p>To develop returning the ball using a forehand groundstroke. To be able to rally using a forehand. To develop the two handed backhand. To learn how to score. To develop playing against an opponent. To work collaboratively with a partner and compete against others.</p> <p>Cricket To develop overarm throwing and catching. To develop underarm bowling. To learn how to grip the bat and develop batting technique. To be able to field a ball using a two handed pick up and a short barrier. To develop overarm bowling technique. To play apply skills learnt to mini cricket.</p> <p>OAA To develop co-operation and teamwork skills. To develop trust and team work. To involve all team members in an activity and work towards a collective goal. To develop trust whilst listening to others and following instructions. To be able to identify objects on a map, draw and follow a simple map. To draw a route using directions. To be able to orientate a map and navigate around a grid.</p>	<p>Swimming To develop surface dives, submersion and handstands. To develop head above water breaststroke technique. To develop head above water breaststroke technique. To develop basic skills in water safety and floating. To learn techniques for personal survival.</p> <p>To develop water safety skills and an understanding of personal survival.</p> <p>Rounders To play different roles in a game and begin to think tactically about each role. To develop the bowling action and learn the rules of bowling. To run around the outside of the bases and make decisions about when to stop and when to run. To field a ball using a two handed pick up and a short barrier. To develop batting technique and an understanding of where to hit the ball. To apply skills and rules learnt to play rounders.</p> <p>Swimming To develop surface dives, submersion and handstands. To develop head above water breaststroke technique. To develop head above water breaststroke technique. To develop basic skills in water safety and floating. To learn techniques for personal survival.</p>	<p>To develop the backhand serve over a net. To develop rallying using an overhead forehand clear. To develop the forehand serve over a net. To learn how to score points and play in competitive games. To develop the backhand clear and apply this to game situations. To show respect, honesty and fair play when competing against an opponent.</p> <p>Cricket To develop throwing accuracy and catching skills. To develop batting accuracy and directional batting. To develop catching skills (close/deep catching and wicket keeping). To develop overarm bowling technique and accuracy. To develop a variety of fielding techniques and to use them within a game. To develop long and short barriers and apply them to a game situation.</p> <p>OAA To build communication and trust whilst showing an awareness of safety. To work as a team to solve problems, sharing ideas and collaborating with one another. To develop tactical planning and problem solving. To share ideas and work as a team to solve problems. To develop navigational skills and map reading. To use a key to identify objects and locations.</p>	<p>Tennis To develop the forehand groundstroke. To be able to return the ball using a backhand groundstroke. To develop the volley and understand when to use it. To develop the volley and use it in a game situation. To develop accuracy of the underarm serve. To learn to use the official scoring system. To work co-operatively with a partner and employ tactics to outwit an opponent.</p> <p>Rounders To develop the bowling action and understand the role of the bowler. To develop the bowling action and understand the role of the bowler. To make decisions about where and when to send the ball to stump a batter out. To develop a variety of fielding techniques and when to use them in a game. To develop long and short barriers in fielding and understand when to use them. To apply the rules and skills you have learnt to play in a rounders tournament.</p> <p>OAA???</p>
---	---	---	---	---	---	--

				To develop water safety skills and an understanding of personal survival.		
--	--	--	--	---	--	--
