

## Year 5/6 PE

Pupils should be taught:

### Sport & Games

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

### Swimming and water safety

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively
- perform safe self-rescue in different water-based situations.

	Year A			Year B		
	Term 1 – WWII	Term 2 – Incredible Earth	Term 3- Being Human	Term 1 – Welcome to Hogwarts	Term 2 - China	Term 3 - Romans
<b>Indoor PE</b>	<p><b>Street Dance:</b> Identify and practise the patterns and actions in a street dance style Learn street dance moves and devise poses Demonstrate an awareness of music’s rhythm and phrasing when improvising, add freestyle movements. Create a routine that represents street dance</p> <p><b>Dances from around the world:</b> Explore dances from different cultures around the world. Bhangra, Haka, African, Greek. Perform a dance with</p>	<p><b>Gymnastics:</b> <b>Shapes and balances:</b> identify and practise symmetrical and asymmetrical body shapes. <b>Rolls and Jumps:</b> Perform with confidence using the correct techniques Create a routine performing at different levels, speeds and skills Using shapes, rolls, balances and jumps</p> <p><b>Gymnastics level 2</b> <b>Rhythmic Gymnastics:</b> Create a routine using all previous skills learnt with equipment: Benches, Scarves, Balls, Ribbons Evaluate own and others</p>	<p><b>Group Exercise to music:</b> Understand the value of Aerobic exercise Perform Aerobic activity to music: practise and apply a sequence of step moves to the music Participate in High and low energy aerobic activities including: Dance Aerobics, Circuits, Yoga,</p> <p><b>Become an Aerobics Instructor:</b> Learn parts of the body and how they work: Muscles, Bones, Diet Plan and create a routine for others to follow Learn how to add changes, directions, speed and</p>	<p><b>Dance:</b> Research Harry Potter characters. Create a small group dance to represent the houses in Hogwarts Work on Characterisation and choreography that tells a story. Plan, Prepare, Create and Perform Use props to enhance their performances.</p>	<p><b>Gymnastics:</b> Gymnastic shapes and balances: identify and practise symmetrical and asymmetrical body shapes. Use Counterbalances and incorporate them into a sequence of movements. Use Equipment to create a routine performing at different levels, speeds and skills</p> <p><b>Gymnastics level 2:</b> Advanced Shapes, rolls, Jumps, sequences Perform movements in canon and unison. Evaluate own and others sequences</p>	<p><b>The Olympics:</b> Understand how to prepare the body for exercise Plan and develop a personal programme that is suitable for ability, including exercises and diet</p> <p><b>Boxercise:</b> Perform a boxercise routine demonstrating good technique, understand the principles of dynamic stretching, improve fitness and strength Perform actions and moves fluently to music</p>

	rhythm and expression using knowledge of that countries culture Perform in front of others with confidence	sequences	gestures to the routine to enhance becoming an instructor			
<b>Outdoor PE</b>	<p><b>Football:</b> Understand the key rules, basic attacking, and defensive play. Learn how to correctly dribble the ball during a game, pass and stop the ball. <b>Some lessons taken by a specialised football coach</b></p> <p><b>Netball</b> Understand the key rules and positions of the game. Learn to travel down the court, applying the correct footwork rules and selecting appropriate passing for the distance</p>	<p><b>Tennis</b> To become familiar with balls and short tennis requests. Understand how to get the ball in play, develop the techniques for ground strokes and volleys and accurately serve underarm: building up to a rally.</p> <p><b>Basketball</b> Keep Possession of the ball, use ABC techniques to keep control of a ball in competitive situations. Use accurate passing and dribbling in a game Learn concepts of attack and defence Play in a mini basketball competition</p>	<p><b>Rounders</b> Consolidate and develop a range of skills in striking and fielding; develop and investigate different ways of throwing and to know when it is appropriate to use them. Practise the correct technique for catching the ball and use it in a game situation and consolidate the throwing and catching skills already learned. Learn the positions and the roles they play in a rounders game</p> <p><b>Athletics</b> To be able to run in different styles, directions and different speeds. To improve running, throwing and jumping techniques. To begin to measure and assess own performance</p>	<p><b>Netball</b> Understand the key rules and positions of the game. Learn to travel down the court, applying the correct footwork rules and selecting appropriate passing for the distance</p> <p><b>Football:</b> Understand the key rules, basic attacking, and defensive play. Learn how to correctly pass and stop the ball. <b>Some lessons taken by a specialised football coach</b></p>	<p><b>Dodgeball</b> Learn how to aim and throw accurately at a moving target: eliminate opponents by throwing a ball. Use tactics to win and work as a team Use agility, balance and co-ordination to move quickly</p> <p><b>Bootcamp</b> Understand how to prepare the body for exercise &amp; the importance of a cool down. Complete a range of activities and understand the reasons for doing them. Understand what happens to the heart rate during exercise and record the results</p>	<p><b>Athletics</b> To be able to run in different directions and different speeds. To improve running, throwing and jumping techniques. To begin to measure and assess own performance</p> <p><b>Rounders</b> Consolidate and develop a range of skills in striking and fielding; develop and investigate different ways of throwing and to know when it is appropriate to use them. Practise the correct technique for catching the ball, use it in a game situation, and consolidate the throwing and catching skills already learned.</p>
<b>Key Vocabulary</b>	Musicality, Perform, develop, create, freestyle, rhythm Dribble, pass, attack, defend	Shape, Extend, Stretch, Posture, Emphasize, Accuracy, Safety, Observe. Volley, stroke, serve, attack, defend, ABC	Mirroring, Aerobic, Muscles, bones, warm up, cool down. Striking, fielding, tactics, Power, accuracy	Choreography, Musicality, Create, Timing, Observe, Communicate Chest pass, bounce pass, overhead pass, dribble, attack, defend, score	Unison, Canon, Balance, sequence, Posture, Accuracy Target, aim, dodge, tactics, Heart rate, results	Develop, Aerobic, jab, cross, upper cut, hook. Run, throw, jump, technique, fielding, batting, back stop
<b>MUST</b>	<b>Indoor P.E:</b> Identify and practise the patterns and actions in	<b>Indoor P.E:</b> Identify and practise shapes and balances	<b>Indoor P.E:</b> Understand the value of aerobic exercise	<b>Indoor PE:</b> Plan their routine as a group	<b>Indoor P.E:</b> Identify and practise shapes and balances	<b>Indoor P.E:</b> Plan a personal programme Revise punching techniques

	<p>styles of dance Observe and understand the style of dance Demonstrate an awareness of the music's rhythm and phrasing when improvising and performing routines</p> <p><b>Outdoor P.E</b> -Demonstrate Dribbling, pass the ball to other players, and maintain possession of the ball. Demonstrate attacking and defending safely. Know the positions and rules of the game. -Good use of hand-eye coordination to pass and receive the ball successfully when playing Netball.</p>	<p>Construct sequences using balances and shapes Explore jumping techniques and different types of rolls and link them together with gymnastic actions</p> <p><b>Outdoor P.E</b> -Identify and apply techniques for hitting a tennis ball. Build up to a constant rally across a net -Learn how to run whilst dribbling a ball whilst maintaining control of the ball against a defender. Use agility, balance and coordination (ABC)</p>	<p>Perform in time with the music Learn how to measure their heart rate and note the changes when performing exercise. Plan a personal programme</p> <p><b>Outdoor P.E</b> -Throw and catch under pressure: to learn how to react quickly. Use fielding skills to stop the ball effectively, learn batting control, know how to direct the ball effectively. Play in a tournament and work as a team. -Investigate good running styles and changes of speed, practise throwing with accuracy and power. Understand which technique is most effective when jumping for distance.</p>	<p>Explore different styles of movement Be able to work as a team showing creativity and imagination Dance individually to the music</p> <p><b>Outdoor P.E</b> -Good use of hand-eye coordination to pass and receive the ball successfully when playing Netball. -Demonstrate Dribbling, pass the ball to other players, and maintain possession of the ball. Demonstrate attacking and defending safely. Know the positions and rules of the game.</p>	<p>Construct sequences using balances and shapes Know the difference between symmetrical and asymmetrical.</p> <p><b>Outdoor P.E</b> -Learn how to aim and throw effectively at a moving target Eliminate opponents by throwing a ball at them -Understand the value of aerobic exercise Prepare the body for exercise, understand what fitness means Complete a range of circuit-based activities</p>	<p>demonstrate a good technique for all moves</p> <p><b>Outdoor P.E</b> -Investigate good running styles and changes of speed, practise throwing with accuracy and power. Understand which technique is most effective when jumping for distance -Throw and catch under pressure: to learn how to react quickly. Use fielding skills to stop the ball effectively, learn batting control, know how to direct the ball effectively. Play in a tournament and work as a team.</p>
<b>SHOULD</b>	<p><b>Indoor P.E</b> Learn new moves that can be developed into a routine Add freestyle moves, show creativity and originality Explore dance patterns and moving to the beat</p> <p><b>Outdoor P.E</b> -Captain a team during a football game in order to think about tactics. -Develop skills in a range of passes: chest pass, bounce pass, overhead pass and understand which pass to use depending on the distance the ball needs to travel.</p>	<p><b>Indoor P.E</b> Develop the understanding of gymnastic ability and therefore, select and adapt appropriate gymnastic actions Work with a partner or a small group to create a sequence</p> <p><b>Outdoor P.E</b> -Practise techniques for all strokes, establish good techniques to serve a ball accurately -Identify and apply ways to move the ball towards an opponent's goal. Communicate with</p>	<p><b>Indoor P.E:</b> -Create a more complicated routine Think carefully about the combination of exercise and food.</p> <p><b>Outdoor P.E</b> -Have the opportunity to play a range of positions before developing skills in one particular area. -be able to be realistic about your skills but celebrate others successes. Set goals which challenge ability.</p>	<p><b>Indoor P.E:</b> Plan a detailed routine and the movements that will be performed. Develop timing in order to not only dance individually but as part of a group. Construct and create own moves from knowledge</p> <p><b>Outdoor P.E</b> -Develop skills in a range of passes: chest pass, bounce pass, overhead pass and understand which pass to use depending on the distance the ball needs to travel. -Captain a team during a</p>	<p><b>Indoor P.E:</b> Should progress to more complicated gymnastics moves Be able to perform with confidence Perform movements in unison and canon</p> <p><b>Outdoor P.E</b> Dodge balls effectively, use the space wisely in order to protect yourself from being hit. -Help others in their group by coaching them with the correct techniques</p>	<p><b>Indoor P.E</b> Think about the combination of exercise and food Perform actions to music, repeat moves to build up a simple routine</p> <p><b>Outdoor P.E</b> -be able to be realistic about your skills but celebrate others successes. Set goals which challenge ability. -Have the opportunity to play a range of positions before developing skills in one particular area.</p>

		teammates during a game.		football game in order to think about tactics.		
<b>COULD</b>	<p><b>Indoor P.E</b> Create a dance that represents street dance. Create a dance as a group or an individual Perform in front of others with confidence Analyse own and others performances</p> <p><b>Outdoor P.E</b> -Start to understand the rules carefully enough in order to referee a small-sided game. - Understand how to intercept a pass, learn how to shoot. Understand the positions in Netball</p>	<p><b>Indoor P.E</b> Improve ability by rising to the challenge of trying new gymnastic actions Creating a sequence of gymnastics movements to music</p> <p><b>Outdoor P.E</b> -Play a game of tennis using overhead serve and the correct selection of shots. Understand scoring in a tennis game. -Learn more effective ways of attacking and defending: apply tactics and techniques used in a mini basketball competition</p>	<p><b>Indoor P.E</b> Perform confidently to an audience. Be able to comment on own and others performances knowledgeably Offer support and guidance to others</p> <p><b>Outdoor P.E</b> -Become an all-round player by demonstrating proficiency in both fielding and batting - Comment on others performances. Show mastery of many areas surrounding athletics.</p>	<p><b>Indoor P.E:</b> Show characterisation through dance. Choreograph a group routine and lead others. Show Musicality through creative movements and be able to tell a story</p> <p><b>Outdoor P.E</b> - Understand how to intercept a pass, learn how to shoot. Understand the positions in Netball -Start to understand the rules carefully enough in order to referee a small-sided game</p>	<p><b>Indoor P.E:</b> Be able to demonstrate to others the correct way of performing a move and safely help others if required</p> <p><b>Outdoor P.E</b> -Catch a ball without it touching another part of your body: use tactics to win -Decide which moves could be put in a circuit each week: lead a workout in a small group</p>	<p><b>Indoor P.E:</b> Offer support and guidance to others to help them complete their personal programmes. Improve personal fitness. To create and apply compositional ideas to the sequence</p> <p><b>Outdoor P.E</b> - Comment on others performances. Show mastery of many areas surrounding athletics. -Become an all-round player by demonstrating proficiency in both fielding and batting</p>

## Year 3/4 PE

Pupils should be taught:

Sport & Games

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

	Year A			Year B		
	Term 1 – Where’s Wally?	Term 2 – Egyptians	Term 3- Chocolate	Term 1 – Who let the God’s out?! (Greeks)	Term 2 – Funny Bones	Term 3 – Raiders and Invaders (Vikings/Saxons)
<b>Indoor PE</b>	<p><b>Introduction to dance:</b> Explore dances from different cultures around the world. Compose and perform simple dance phrases with good body shapes and positions Learn about beats and rhythms in order to stay in time with the music</p> <p><b>Dances with Partners</b> Work with a partner to create dance patterns, perform the dances with expression, creativity and rhythm. They choose the theme of their dance</p>	<p><b>Gymnastics</b> <b>Shapes and balances:</b> identify and practise symmetrical and asymmetrical body shapes. <b>Rolls and Jumps:</b> Perform with confidence using the correct techniques Create a routine performing at different levels, speeds and skills Using shapes, rolls, balances and jumps</p> <p><b>Gymnastics Level 2:</b> Advanced Shapes, rolls, Jumps, sequences Perform movements in canon and unison. Evaluate own and others sequences</p>	<p><b>Fun with Fitness:</b> Different aerobics activities: perform and devise sequences of movements to music. Activities include, Dance Aerobics, Circuits, Yoga and meditation. Create a short sequence with your chosen activity Perform and evaluate others sequences.</p> <p><b>Circuits:</b> Plan a personal programme, develop a personal programme that is suitable for ability: using knowledge and understanding gained in previous fitness sessions</p>	<p><b>Dance Part 1: Traditional Greek Dancing</b> Create a dance with a Partner using traditional Greek dance moves Plan, choreograph and perform the dance</p> <p><b>Dance Part 2: Mythical beasts</b> Create a group routine evolving your chosen mythical beast Plan, choreograph and perform the dance</p>	<p><b>Fitness Frenzy:</b> Complete agility and co-ordination circuits Improve fitness by raising the heart rate through exercise. Strength and stamina. Create your own circuits</p> <p><b>Healthy Body, Healthy Mind:</b> Learn the importance of diet and hygiene How the body works when we exercise Yoga, meditation and relaxation</p>	<p><b>Gymnastics part 1: Body Shapes and balances</b> Use and refine the following: Flexibility, strength, balance, power and mental focus Perform movements in canon and unison</p> <p><b>Gymnastics Part 2: Rolls, Jumps, Sequences</b> Learn all types of rolls and jumps safely and correctly. Link movements and incorporate them into a sequence. Evaluate own and others sequences</p>
<b>Outdoor PE</b>	<p><b>Netball</b> Understand the key rules and positions of the game. Learn to travel down the court, applying the correct footwork rules and selecting appropriate passing for the distance.</p>	<p><b>Football:</b> Understand the key rules, basic attacking, and defensive play. Learn how to correctly pass and stop the ball. <b>Some lessons taken by a specialised football coach</b></p>	<p><b>Athletics</b> To be able to run in different directions and different speeds. To improve running, throwing and jumping techniques. To begin to measure and assess own performance</p>	<p><b>Netball</b> Understand the key rules and positions of the game. Learn to travel down the court, applying the correct footwork rules and selecting appropriate passing for the distance.</p>	<p><b>Bootcamp</b> Understand how to prepare the body for exercise &amp; the importance of a cool down. Complete a range of activities and understand the reasons for doing them. Understand what happens</p>	<p><b>Athletics</b> To be able to run in different directions and different speeds. To improve running, throwing and jumping techniques. To begin to measure and assess own performance</p>

	<p><b>Hockey</b> Demonstrate how to hold and control a hockey stick correctly Move the ball with in a space and pass to other players Learn to defend a goal, score against other teams, maintain possession, intercept passes</p>	<p><b>Tennis</b> To become familiar with balls and short tennis requests. Understand how to get the ball in play and accurately serve underarm – building up to a rally.</p>	<p><b>Rounders</b> Consolidate and develop a range of skills in striking and fielding; develop and investigate different ways of throwing and to know when it is appropriate to use them; practise the correct technique for catching the ball and use it in a game situation and consolidate the throwing and catching skills already learned.</p>	<p><b>Football</b> Understand the key rules, basic attacking, and defensive play. Learn how to correctly pass and stop the ball.</p>	<p>to the heart rate during exercise and record the results</p> <p><b>Tennis</b> To become familiar with balls and short tennis requests. Understand how to get the ball in play and accurately serve underarm – building up to a rally.</p>	<p><b>Rounders</b> Consolidate and develop a range of skills in striking and fielding; develop and investigate different ways of throwing and to know when it is appropriate to use them; practise the correct technique for catching the ball and use it in a game situation and consolidate the throwing and catching skills already learned.</p>
<b>Key Vocabulary</b>	Expression, creativity, Attack, defend, intercept, pass, travel, footwork	Shapes, balance, roll, Defend, Attack, intercept, footwork, teamwork,	Aerobics, teach, confidence, sequence, Sprint, jump, striking, fielding, runs, tactic	Plan, Perform, Greece, mythical, traditional, Attack, defend, intercept, pass, travel, footwork	Diet, Vitamins, Muscles, joints, ligaments, backhand, heart rate, pulse, agility	Canon, unison, Sprint, jump, striking, fielding, runs, tactic
<b>MUST</b>	<p><b>Indoor:</b> Explore different styles of movement, compose and perform simple dance phrases Work with a partner <b>Outdoor P.E</b> -Good use of hand-eye coordination to pass and receive the ball successfully when playing Netball - Demonstrate how to hold the hockey stick correctly, to use the stick safely: move the ball within a space and pass to other players</p>	<p><b>Indoor:</b> Identify and practise body shapes and balances. Land correctly after jumping from different heights. Be able to perform a pencil roll <b>Outdoor P.E</b> -Demonstrate Dribbling, pass the ball to other players, and maintain possession of the ball. Demonstrate attacking and defending safely. Know the positions and rules of the game -Identify and apply techniques for hitting a tennis ball. Build up to a constant rally across a net</p>	<p><b>Indoor:</b> Understand the purpose of a circuit and how it can improve fitness. Practise agility and coordination activities. Know the 5 main food groups I can name some of the bones and muscles in my body <b>Outdoor P.E</b> -Investigate good running styles and changes of speed, practise throwing with accuracy and power. Understand which technique is most effective when jumping for distance -Throw and catch under pressure: to learn how to react quickly. Use fielding skills to stop the ball effectively, learn</p>	<p><b>Indoor:</b> Explore different styles of movement, compose and perform simple dance phrases Work with a partner <b>Outdoor P.E</b> -Good use of hand-eye coordination to pass and receive the ball successfully when playing Netball. -Demonstrate Dribbling, pass the ball to other players, and maintain possession of the ball. Demonstrate attacking and defending safely. Know the positions and rules of the game.</p>	<p><b>Indoor:</b> Understand the purpose of a circuit and how it can improve fitness. Practise agility and coordination activities. Know the 5 main food groups I can name some of the bones and muscles in my body <b>Outdoor P.E:</b> -Understand the value of aerobic exercise Prepare the body for exercise, understand what fitness means Complete a range of circuit-based activities -Identify and apply techniques for hitting a tennis ball. Build up to a constant rally across a net</p>	<p><b>Indoor:</b> Identify and practise body shapes and balances. Land correctly after jumping from different heights. Be able to perform a pencil roll <b>Outdoor P.E</b> -Investigate good running styles and changes of speed, practise throwing with accuracy and power. Understand which technique is most effective when jumping for distance -Throw and catch under pressure: to learn how to react quickly. Use fielding skills to stop the ball effectively, learn batting control, know how to direct the ball effectively.</p>

			batting control, know how to direct the ball effectively. Play in a tournament and work as a team.			Play in a tournament and work as a team.
<b>SHOULD</b>	<p><b>Indoor:</b> Develop a range of dance movements and improve timing, work with the rhythm and beats of the music. Understand the style of dance and perform it with confidence</p> <p><b>Outdoor P.E</b> -Develop skills in a range of passes: chest pass, bounce pass, overhead pass and understand which pass to use depending on the distance the ball needs to travel. -Learn to defend a goal and intercept passes from other players: maintain possession of the ball in a hockey game situation</p>	<p><b>Indoor:</b> Should refine the following skills: Flexibility, strength, balance, power and mental focus. Develop skills of movement. Correct posture when performing jumps Be able to perform a teddy bear roll</p> <p><b>Outdoor P.E</b> -Captain a team during a football game in order to think about tactics. -Practise techniques for all strokes, establish good techniques to serve a ball accurately</p>	<p><b>Indoor:</b> Understand the benefits of muscle tone and aerobic exercise Evaluate performance of moves within a circuit. Be able to explain how food is digested in the body Benefits of food and how these should be combined for a healthy diet</p> <p><b>Outdoor P.E</b> -be able to be realistic about your skills but celebrate others successes. Set goals which challenge ability. -Have the opportunity to play a range of positions before developing skills in one particular area.</p>	<p><b>Indoor:</b> Develop a range of dance movements and improve timing, work with the rhythm and beats of the music. Understand the style of dance and perform it with confidence</p> <p><b>Outdoor P.E</b> -Develop skills in a range of passes: chest pass, bounce pass, overhead pass and understand which pass to use depending on the distance the ball needs to travel. -Captain a team during a football game in order to think about tactics.</p>	<p><b>Indoor:</b> Understand the benefits of muscle tone and aerobic exercise Evaluate performance of moves within a circuit. Be able to explain how food is digested in the body Benefits of food and how these should be combined for a healthy diet</p> <p><b>Outdoor:</b> -Help others in their group by coaching them with the correct techniques -Practise techniques for all strokes, establish good techniques to serve a ball accurately</p>	<p><b>Indoor:</b> Should refine the following skills: Flexibility, strength, balance, power and mental focus. Develop skills of movement. Correct posture when performing jumps Be able to perform a teddy bear roll</p> <p><b>Outdoor P.E</b> -be able to be realistic about your skills but celebrate others successes. Set goals which challenge ability. -Have the opportunity to play a range of positions before developing skills in one particular area.</p>
<b>COULD</b>	<p><b>Indoor:</b> Build upon choreography skills; lead a group to perform a dance. Think about starting and finishing positions Build performance elements: facial expressions, straight legs, placed hands etc</p> <p><b>Outdoor P.E</b> - Understand how to intercept a pass, learn how</p>	<p><b>Indoor:</b> Use counter balances and incorporate them into a sequence Perform movements in Canon and unison Perform a sequence with confidence incorporating all elements of gymnastics taught Perform a forward roll</p> <p><b>Outdoor P.E</b> -Start to understand the</p>	<p><b>Indoor:</b> Understand why Fitness is good for health and wellbeing. Perform a sequence of moves at each station within a circuit with increased accuracy. Explain how a diet is broken down and whether it is healthy or not Perform yoga movements with confidence</p>	<p><b>Indoor:</b> Build upon choreography skills; lead a group to perform a dance. Think about starting and finishing positions Build performance elements: facial expressions, straight legs, placed hands etc</p> <p><b>Outdoor P.E</b> - Understand how to intercept a pass, learn how</p>	<p><b>Indoor:</b> Understand why Fitness is good for health and wellbeing. Perform a sequence of moves at each station within a circuit with increased accuracy. Explain how a diet is broken down and whether it is healthy or not Perform yoga movements with confidence, being still,</p>	<p><b>Indoor:</b> Use counter balances and incorporate them into a sequence Perform movements in Canon and unison Perform a sequence with confidence incorporating all elements of gymnastics taught Perform a forward roll</p> <p><b>Outdoor P.E</b> - Comment on others</p>

	<p>to shoot. Understand the positions in Netball -Lead others in developing their skills and learn from others about strategies that could be helpful in a hockey game.</p>	<p>rules carefully enough in order to referee a small-sided game. -Play a game of tennis using overhead serve and the correct selection of shots. Understand scoring in a tennis game</p>	<p><b>Outdoor P.E</b> - Comment on others performances. Show mastery of many areas surrounding athletics. -Become an all-round player by demonstrating proficiency in both fielding and batting</p>	<p>to shoot. Understand the positions in Netball -Start to understand the rules carefully enough in order to referee a small-sided game</p>	<p>and calm when required, and remaining extremely focused. <b>Outdoor P.E</b> -Decide which moves could be put in a circuit each week: lead a workout in a small group -Play a game of tennis using overhead serve and the correct selection of shots. Understand scoring in a tennis game.</p>	<p>performances. Show mastery of many areas surrounding athletics. -Become an all-round player by demonstrating proficiency in both fielding and batting</p>
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## Year 1/2 PE

Pupils should be taught:

Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities

Participate in team games, developing simple tactics for attacking and defending

Perform dances using simple movement patterns.

	Year A			Year B		
	Term 1 – Memory Box	Term 2 – Paddington	Term 3- Roots and Shoots	Term 1 – Toy Story	Term 2 - Pirates	Term 3 – Enchanted Woodland
<b>Indoor PE</b>	<p><b>Different ways of travelling</b> Explore movement at a variety of speeds and styles: travel in different directions with control. Link movements to take us on a journey from point A to B. How many different ways can we travel?</p> <p><b>Dance</b> Compose and perform simple dance phrases with good body shapes and positions Learn about beats and rhythms in order to stay in time with the music Link together dance moves with gestures and change direction in time with the music</p>	<p><b>Introduction to Gymnastics</b> <b>Shapes and balances:</b> identify and practise body shapes. <b>Rolls and Jumps:</b> Perform with confidence using the correct techniques. Create a short routine using shapes, rolls, balances and jumps</p> <p><b>Gymnastics with equipment</b> Gymnastic shapes and balances: identify and practise symmetrical and asymmetrical body shapes. Use Counterbalances and incorporate them into a sequence of movements. Use Equipment to create a routine performing at different levels, speeds and skills</p>	<p><b>Group Gymnastics</b> Using all skills and knowledge previously taught: combined all the gymnastics styles to create sequences and routines to music. Work in small groups to confidently perform with others</p> <p><b>Team activities and challenges</b> Children will prepare for sports day activities. Negotiate space successfully when playing racing and chasing games. Variety of team activities with equipment to develop their coordination skills, team work and resilience</p>	<p><b>Dance part 1:</b> Explore dance movements in a variety of styles, characters, speeds, directions and link the moves together. Create a class dance using characters from the Toy Story film.</p> <p><b>Dance Part 2:</b> Dancing through the decades: Rock'n'roll, Disco, Street. Partner work: ballroom style dances Compose and perform simple dance phrases.</p>	<p><b>Gymnastics: Strength</b> Develop and improve core strength and agility through gymnastic moves, using equipment and exercise. Can we climb the ropes?</p> <p><b>Gymnastics: Balances</b> Create Balances using different parts of the body. Footwork patterns using hoops, develop hoop skills which will aid core strength and balance Partner work/group work Can we walk the plank?</p>	<p><b>Healthy Bodies</b> Complete a circuit of activities, understand why we exercise and how it keeps us healthy Explore different group exercise activities including aerobics, yoga, boxercise and circuit training.</p> <p><b>Become an Exercise Instructor</b> Learn Muscles and Bones in the body Create a circuit routine that includes using all the muscles and parts of the body</p>
<b>Outdoor PE</b>	<p><b>Throwing and catching</b> Children are introduced to handling beanbags and balls. Children work</p>	<p><b>Striking and fielding skills</b> Learn skills for playing striking and fielding games: position the body to strike</p>	<p><b>Athletics</b> To be able to run in different directions and different speeds. To</p>	<p><b>Throwing and catching</b> Children are introduced to handling beanbags and balls. Children work</p>	<p><b>Attacking and defending skills in a range of different games</b></p>	<p><b>Running and Jumping Techniques</b> Run efficiently using the arms, demonstrate running</p>

	<p>towards throwing and catching them in a confined space, before moving on to larger spaces.</p> <p>Children develop confidence to throw and catch to themselves progressing to working with a partner and in small groups.</p>	<p>a ball, practise striking a small ball, develop catching skills and throw a ball for distance.</p> <p>Strike with a racket or bat.</p> <p>Play a game fairly and in a sporting manner, use fielding skills to play a game</p>	<p>improve running, throwing and jumping techniques. To begin to measure and assess own performance</p> <p><b>Sports Day practise</b> Prepare the children for sports day. Practise team activities and races that will take place on the day</p>	<p>towards throwing and catching them in a confined space, before moving on to larger spaces.</p> <p>Children develop confidence to throw and catch to themselves progressing to working with a partner and in small groups.</p>	<p>Work on teamwork, learning to play fairly with others, help and encourage each other.</p> <p>Master basic sending and receiving techniques, agility and coordination.</p> <p>Play a game fairly and in a sporting manner, use attacking and defending skills to play team games.</p>	<p>with balance, control and coordination.</p> <p>Run for distance</p> <p>Learn the best jumping techniques for distance.</p> <p>Hurdle an obstacle and maintain an effective running style.</p> <p>Complete an obstacle course with control and agility.</p> <p><b>Sports Day practise</b> Prepare the children for sports day. Practise team activities and races that will take place on the day</p>
<b>Key Vocabulary</b>	Explore, movement, travel, creativity, compose, perform, catch, throw, space, progression	Safety, balance, shape, technique, counterbalance, control, strike, fielding, fairly,	Sequence, routine, coordination, resilience, preparation, speed, team work	Expression, Style, characters, imagination, choreography, compose, perform, throw, catch, space, progression	Strength, core, balance, control, Team work, defend, attack,	Health, Aerobics, Anaerobic, muscles, bones, Coordinate, control, teams, fun
<b>MUST</b>	<p><b>Indoor P.E:</b> Explore different ways of travelling and moving. Incorporate different parts of the body To be able to move in time with the music and create a simple sequence</p> <p><b>Outdoor P.E</b> Handle a beanbag and ball with control: explore different ways of throwing them: learn to catch the beanbag and balls</p>	<p><b>Indoor P.E:</b> Develop strength within the core Perform an activity using the abdominals Be able to balance on one foot Be able to walk along a bench unaided Link two or three movements together to create a short sequence</p> <p><b>Outdoor P.E</b> Learn skills for striking and fielding games with a racket or ball. Practise throwing and catching skills at a basic</p>	<p><b>Indoor P.E:</b> Explore different styles of movement, compose and perform simple gymnastic sequences in a small group.</p> <p><b>Outdoor P.E</b> -Investigate good running styles and changes of speed, practise throwing with accuracy and power. Understand which technique is most effective when jumping for distance -Use all equipment appropriately and for what it was intended for in each activity</p>	<p><b>Indoor P.E:</b> Explore different ways of travelling and moving. Be able to create a simple sequence Incorporate different parts of the body</p> <p><b>Outdoor P.E</b> Handle a beanbag and ball with control: explore different ways of throwing them: learn to catch the beanbag and balls</p>	<p><b>Indoor P.E:</b> Develop strength within the core Perform an activity using the abdominals Be able to balance on one foot Be able to walk along a bench unaided Link two or three movements together to create a short sequence</p> <p><b>Outdoor P.E</b> Use of coordination and accuracy to master sending and receiving skills, pass a ball to a partner.</p>	<p><b>Indoor P.E:</b> Understand the purpose of a circuit and how it can improve fitness Follow instructions on how to perform an exercise correctly</p> <p><b>Outdoor P.E</b> -Investigate good running styles and changes of speed, practise throwing with accuracy and power. Understand which technique is most effective when jumping for distance</p>

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<b>SHOULD</b>	<p><b>Indoor P.E:</b> Move in time with the music, being creative with choreography Perform a sequence with confidence</p> <p><b>Outdoor P.E:</b> Demonstrate throwing and catching successfully: increase the height in which the beanbag or ball is thrown. Can throw and catch with a partner at a short distance</p>	<p><b>Indoor P.E</b> Think about using core muscles when balancing. Support body weight on the hands using the core.</p> <p><b>Outdoor P.E</b> Use throwing and catching skills in a game: throw and catch with increasing distances. Play a game fairly in a sporting manner</p>	<p><b>Indoor P.E</b> Identify and practise body shapes and balances. Land correctly after jumping from different heights. Be able to perform a pencil roll</p> <p><b>Outdoor P.E</b> -be able to be realistic about your skills but celebrate others successes. Set goals which challenge ability. -Develop a sense of where obstacles may be placed and apply the correct techniques to overcome them</p>	<p><b>Indoor P.E:</b> Move in time with the music, being creative with choreography Perform a sequence with confidence</p> <p><b>Outdoor P.E</b> Demonstrate throwing and catching successfully: increase the height in which the beanbag or ball is thrown. Can throw and catch with a partner at a short distance</p>	<p><b>Indoor P.E</b> Think about using core muscles when balancing. Support body weight on the hands using the core. Identify and practise shapes and balances Construct sequences using balances and shapes</p> <p><b>Outdoor P.E</b> Play a game fairly and in a sporting manner, use attacking and defending skills to play team games Show Good team working skills and listen to others</p>	<p><b>Indoor P.E</b> Name the main parts of the body Name some of the bones in the body Be able to instruct others on how to perform an exercise move safely</p> <p><b>Outdoor P.E</b> -be able to be realistic about your skills but celebrate others successes. Set goals which challenge ability.</p>
<b>COULD</b>	<p><b>Indoor P.E:</b> Choreograph movements with a partner and create a short routine. Understand the different genres of music and how you move to that style of music</p> <p><b>Outdoor P.E</b> Throw and catch from increasing distances Can throw and catch whilst travelling Can successfully pass a ball in a small group without anyone dropping the ball</p>	<p><b>Indoor P.E:</b> Articulate which exercises help with core strength and why, understand the muscles names. Jump and land successfully from equipment at different heights. Demonstrate good posture and balance when performing the core</p> <p><b>Outdoor P.E</b> Develop and use tactics when striking a ball: defend an area accurately by finding a space away from other players</p>	<p><b>Indoor P.E</b> Develop skills of movement. Correct posture when performing jumps and balances Be able to perform a teddy bear roll.</p> <p><b>Outdoor P.E</b> - Comment on others performances. Show mastery of many areas surrounding athletics -Use team work and resilience to achieve fast times for races or high scores on ration games</p>	<p><b>Indoor P.E:</b> Choreograph movements with a partner and create a short routine. Understand the different genres of music and how you move to that style of music</p> <p><b>Outdoor P.E</b> Throw and catch from increasing distances Can throw and catch whilst travelling Can successfully pass a ball in a small group without anyone dropping the ball</p>	<p><b>Indoor P.E:</b> Articulate which exercises help with core strength and why, understand the muscles names. Jump and land successfully from equipment at different heights. Demonstrate good posture and balance when performing the core movements, demonstrating good control</p> <p><b>Outdoor P.E</b> Use tactics when striking and fielding to develop successful team games Encourage others and help support team mates</p>	<p><b>Indoor P.E:</b> Name the bones and muscles in the body used whilst exercising Choreograph and instruct a fitness circuit with confidence, giving clear instructions and examples</p> <p><b>Outdoor P.E</b> - Comment on others performances. Show mastery of many areas surrounding athletics</p>

