

	Autumn	Spring	Summer
Reception	<p>Introduction to PE The children will be introduced to PE and structured movement through 'fantasy and adventure'. They will learn the basic principles of the PE lesson, including finding space, freezing on command, using and sharing equipment and working individually, with a partner and in a group. They will also develop movement skills such as running, jumping and skipping. Children will play simple games and begin to understand and use rules.</p> <p>Fundamentals The children will develop their fundamental skills through the topic of 'all about me'. They will develop skills including balancing, running, changing direction, jumping, hopping and travelling. The children will develop their gross motor skills through handling equipment and a range of activities. They will learn how to stay safe using space, working independently and with a partner.</p>	<p>Gymnastics Explore basic movements, creating shapes, balances and jumps and developing rocking and rolling. They will develop an awareness of space and use it safely to perform basic skills on both floor and apparatus. The children will copy, create, remember and repeat short sequences. They will begin to understand using levels and direction when travelling and balancing.</p> <p>Dance The children will explore travelling movements and actions, shapes and balances. They will choose their own actions in response to a stimulus. They will copy, repeat and remember actions. Children will explore dance through the world around them. They will perform to others and begin to provide simple feedback.</p>	<p>Games The children will develop their understanding of playing games through the topics of 'transport' and 'around the world'. Children will practice and further develop fundamental movement skills through games. They will learn how to score and play by the rules, how to work with a partner and begin to understand how to work as a team, take turns and play against an opponent. They will learn how to behave when winning and losing.</p> <p>Ball Skills Children will develop fundamental ball skills such as rolling and receiving a ball, throwing to a target, bouncing and catching, dribbling with feet and kicking a ball. Children will be able to develop their fine and gross motor skills through a range of game play using balls. Children will work independently and with a partner and will develop decision making and using simple tactics.</p>
Year 1	<p>Fundamentals Pupils will develop the fundamental skills of balancing, running, changing direction, jumping, hopping and skipping. Pupils will be given opportunities to work with a range of different equipment. Children will be asked to observe and recognise improvements for their own and others' skills and identify areas of strength. Children will be given the opportunity to work collaboratively with others, taking turns and sharing ideas</p> <p>Dance Children will explore travelling actions, movement skills and balancing. They will understand why it is important to count to music and use this in their dances. Children will copy and repeat actions linking them together to make short dance phrases. The children will work individually and with a partner to create ideas in relation to the theme. Children will be given the opportunity to perform and also to provide feedback, beginning to use dance terminology to do so.</p>	<p>Gymnastics Children will learn to use space safely and effectively. They explore and develop basic gymnastic actions on the floor and using low apparatus. Basic skills of jumping, rolling, balancing and travelling are used individually and in combination to create movement phrases. Children will be given opportunities to select their own actions to build short sequences and develop their confidence in performing. The children will begin to understand the use of levels, directions and shapes when travelling and balancing.</p> <p>Sending and Receiving Children will develop their sending and receiving skills including throwing and catching, rolling, kicking, tracking and stopping a ball. They will also use equipment to send and receive a ball. The children will be given opportunities to work with a range of different sized balls. They will apply their skills individually, in pairs and in small groups and begin to organise and self-manage their own activities. They will understand the importance of following rules to keep themselves and others safe.</p>	<p>Invasion Children will develop the basic skills required in invasion games such as sending, receiving and dribbling a ball. They will develop their understanding of attacking and defending and what being 'in possession' means. They will have the opportunity to play uneven and even sided games. The children will learn how to score points in these types of games and how to play to the rules. They will work independently, with a partner and in a small group and begin to self-manage their own games, showing respect and kindness towards their teammates and opponents.</p> <p>Athletics The children will develop skills required in athletic activities such as running at different speeds, changing direction, jumping and throwing. In all athletic based activities, children will engage in performing skills and measuring performance, competing to improve on their own score and against others. They will be given opportunities to work collaboratively as well as independently.</p>

<p>Year 2</p>	<p>Striking and Fielding Children will develop their basic understanding of striking and fielding games such as Rounders and Cricket. They will learn skills including throwing and catching, stopping a rolling ball, retrieving a ball and striking a ball. They will be given opportunities to play one against one, one against two, and one against three. They will learn how to score points and how to use simple tactics. They will learn the rules of the games and use these to play fairly, showing respect towards others when playing competitively and developing their communication skills.</p> <p>Fitness Children will take part in a range of fitness activities to develop components of fitness. They will begin to explore and develop agility, balance, co-ordination, speed and stamina. The children will be given the opportunity to work independently and with others. Children will develop perseverance and show determination to work for longer periods of time.</p>	<p>Gymnastics The children will learn, explore and develop basic gymnastic actions on the floor and using apparatus. They will develop gymnastic skills of jumping, rolling, balancing and travelling individually and in combination to create short sequences and movement phrases. Children will develop an awareness of compositional devices when creating sequences to include the use of shapes, levels and directions. They will learn to work safely with and around others whilst using apparatus. Pupils will be given opportunities to provide feedback to others and recognise elements of high quality performance.</p> <p>Ball Skills Children will develop their fundamental ball skills such as throwing and catching, rolling, hitting a target, dribbling with both hands and feet and kicking a ball. The children will have the opportunity to work independently, in pairs and small groups. Children will be able to explore their own ideas in response to tasks.</p>	<p>Net and Wall The children will be introduced to the basic skills required in Net and Wall games. Children will learn the importance of the ready position. They will develop throwing, catching and racket skills, learning to track and hit a ball. They will learn to play against an opponent and over a net. They will begin to use rules and simple tactics when playing against a partner. The children will be encouraged to demonstrate good sportsmanship and show respect towards others.</p> <p>Athletics Children will develop skills required in athletic activities such as running at different speeds, changing direction, jumping and throwing. In all athletic based activities, the children will engage in performing skills and measuring performance, competing to improve on their own score and against others. They will be given opportunities to work collaboratively as well as independently. They will learn how to improve by identifying areas of strength as well as areas to develop.</p>
<p>Year 3</p>	<p>Netball The children will be encouraged to persevere when developing competencies in key skills and principles such as defending, attacking, throwing, catching and shooting. They will learn to use a range of different passes in different situations to keep possession and attack towards goal. Children will learn about defending and attacking play as they begin to play even-sided versions of 5-a-side Netball. They will learn key rules of the game such as footwork, held ball, contact and obstruction.</p> <p>Dance The children will create dances in relation to an idea including historical and scientific stimuli. Pupils will work individually, with a partner and in small groups, sharing their ideas. They will develop their use of counting and rhythm, learning to use canon, unison, formation and levels in their dances. They will be given the opportunity to perform to others and provide feedback using key terminology.</p>	<p>Gymnastics The children will focus on improving the quality of their gymnastic movements. They will be introduced to the terms 'extension' and 'body tension.' They will develop the basic skills of rolling, jumping and balancing and use them individually and in combination. They will develop their sequence work, collaborating with others to use matching and contrasting actions and shapes and develop linking sequences smoothly with actions that flow. The children will develop their confidence to perform, considering the quality and control of their actions.</p> <p>Rounders Children will learn how to score points by striking a ball into space and running around cones or bases. When fielding, they will learn how to play in different fielding roles. They will focus on developing their throwing, catching and batting skills. In all games activities, the children will have to think about how they use skills, strategies and tactics to outwit the opposition. They will be given opportunities to work in collaboration with others, play fairly demonstrating an understanding of the rules, as well as being respectful of the people they play with and against.</p>	<p>Tennis Children will develop the key skills required for tennis such as the ready position, racket control and hitting a ball. They will learn how to score points and how to use skills, simple strategies and tactics to outwit the opposition. They will be given opportunities to play games independently and understand the importance of being honest whilst playing to the rules.</p> <p>Athletics Children will develop basic running, jumping and throwing techniques. They will be set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. As in all athletic activities, children will think about how to achieve their greatest possible speed, height, distance or accuracy and learn how to persevere to achieve their personal best. Children will be given opportunities to measure, time and record scores.</p>

<p>Year 4</p>	<p>Handball The children will focus on developing the skills they need to play handball. They will learn about the ready position, ball control, passing a ball and shooting. They will use these skills to make the game difficult for their opponent. In all games activities, pupils will have to think about how they use skills, strategies and tactics. Pupils will be given the opportunity to develop their role in a team and will develop confidence to achieve their best. They will understand the importance of following rules to keep themselves & others safe. Children will develop character and control through engaging with coping strategies when exposed to competition and will be given the opportunity to take on the role of referee.</p> <p>Dance Children will focus on creating characters and narrative through movement and gesture. They will gain inspiration from a range of stimuli, working individually, in pairs and small groups. In dance as a whole, children will think about how to use movement to explore and communicate ideas and issues, and their own feelings and thoughts. They will develop confidence in performing and will be given the opportunity to provide feedback and utilise feedback to improve their own work.</p>	<p>Gymnastics The children will create more complex sequences. They will learn a wider range of travelling actions and include the use of pathways. They will develop more advanced actions such as inverted movements and explore ways to include apparatus. They will demonstrate control in their behaviour to create a safe environment for themselves and others to work in. They will work independently and in collaboration with a partner to create and develop sequences. Children will be given opportunities to receive and provide feedback in order to make improvements on their performances. In gymnastics as a whole, pupils will develop performance skills considering the quality and control of their actions.</p> <p>Tennis Children will develop the key skills required for tennis such as the ready position, racket control and forehand and backhand ground strokes. They will learn how to score points and how to use skills, strategies and tactics to outwit the opposition. The children will be given opportunities to play games independently while being taught the importance of being honest whilst playing to the rules.</p>	<p>Swimming The children will be introduced to specific swimming strokes on their front and on their back. They will learn how to travel, float and submerge with increasing confidence. They will learn and use different kicking and arm actions. The children will be given opportunities to observe others and provide feedback. They will also be introduced to some personal survival skills and how to stay safe around water.</p>
<p>Year 5</p>	<p>Tag Rugby Children will develop key skills and principles such as defending, attacking, throwing, catching, running and dodging. When attacking, pupils will support the ball carrier using width and drawing defence. When defending, pupils will learn how to tag, how to track and slow down an opponent, working as a defensive unit. They will play collaboratively in both uneven and then even sided games. Pupils will be encouraged to think about how to use skills, strategies and tactics to outwit the opposition. They develop their understanding of the importance of fair play and honesty while self managing games, as well as developing their ability to evaluate their own and others' performances.</p> <p>Gymnastics The children will create longer sequences individually, with a partner and a small group. They will learn a wider range of actions such as inverted movements to include cartwheels and handstands. They will explore partner relationships such as canon and synchronisation and matching and mirroring. Pupils will be given opportunities to receive and provide</p>	<p>Swimming The children will focus on swimming more fluently and with increased confidence and control. They will work to improve their swimming strokes, learn personal survival techniques and how to stay safe around water. Children will have to keep afloat and propel themselves through the water. Children will take part in team games, collaborating and communicating with others.</p>	<p>Dodgeball In this unit pupils will improve on key skills used in dodgeball such as throwing, dodging and catching. They learn how to apply simple tactics to outwit their opponents. In dodgeball, pupils achieve this by hitting opponents with a ball whilst avoiding being hit. Pupils are given opportunities to play games independently and are taught the importance of being honest whilst playing to the rules.</p> <p>Athletics Children will set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. As in all athletic activities, the children will think about how to achieve their greatest possible speed, height, distance or accuracy and learn how to persevere to achieve their personal best. They will learn how to improve by identifying areas of strength as well as areas to develop. They will be given opportunities to lead when officiating as well as observe and provide feedback to others. In this unit children will learn the following athletic activities:</p>

	<p>feedback in order to make improvements on their performances. In Gymnastics as a whole, pupils will develop performance skills considering the quality and control of their actions.</p>		<p>running over longer distances, sprinting, relay, long jump, triple jump, shot put and javelin.</p>
<p>Year 6</p>	<p>Swimming The children will focus on swimming more fluently and with increased confidence and control. They will work to improve their swimming strokes, learn personal survival techniques and how to stay safe around water. Children will have to keep afloat and propel themselves through the water. Children will take part in team games, collaborating and communicating with others.</p>	<p>Gymnastics The children will use their knowledge of compositional principles e.g. how to use variations in level, direction and pathway, how to combine and link actions, how to relate to a partner and apparatus, when developing sequences. They will build trust when working collaboratively in larger groups, using formations to improve the aesthetics of their performances. Children will be given opportunities to receive and provide feedback in order to make improvements on performances. In Gymnastics as a whole, the children will develop performance skills considering the quality and control of their actions.</p> <p>Hockey The children will improve their defending and attacking skills playing even-sided games. They will start to show control and fluency in dribbling, sending and receiving a ball in a small game situation and under some pressure. Children will be encouraged to think about how to use tactics and collaborate with others to outwit their opposition. They will comment on their own and other's performances and suggest ways to improve. They will also recognise the importance of fair play and honesty while self-managing games.</p>	<p>Basketball Children will develop key skills and principles such as defending, attacking, throwing, catching, dribbling and shooting. They will learn to use attacking skills to maintain possession as well as defending skills to gain possession. The children will be encouraged to work collaboratively to think about how to use skills, strategies and tactics to outwit the opposition. They will develop their understanding of the importance of fair play and honesty while self-managing games, as well as developing their ability to evaluate their own and others' performances.</p> <p>Athletics The children will be set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. As in all athletic activities, they will think about how to achieve their greatest possible speed, height, distance or accuracy and learn how to persevere to achieve their personal best. They will learn how to improve by identifying areas of strength as well as areas to develop. Children will be also given opportunities to lead when officiating as well as observe and provide feedback to others. In this unit the children learn the following athletic activities: long distance running, sprinting, hurdles, high jump, triple jump, discus and shot put.</p>