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| **PE – Year A and B** |
| **YR** | **Games**  | **Gymnastics** | **Dance** | **Games** | **Athletics**  | **Fitness & sports day practise.** |
| **ELG for physical development – Gross motor skills -** To negotiate space and obstacles safely, with consideration for themselves and others; - Demonstrate strength, balance and coordination when playing; - Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. Perform dances using simple movement patterns. | **GETSET4PE****Fundamentals Unit 2 -**  | **Ball skills** **Cricket** | **Dance**  | **Games**  |
| **Y1/2****A** | **Games**Throw underarmThrow and kick in different ways. Create an understanding of sport (safe use of equipment, technique)**Boot camp**Master basic movements including running, jumping, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. | **Gymnastics**Make body curled, tense, stretched and relaxedControl body when travelling and balancingCopy sequences and repeat themRoll, curl, travel and balance in different ways**Mighty movers** (running)Run at different speeds, directions and run a race as part of a team. To understand what happens to breathing when exercising. | **Dance** Perform own dance movesCopy or make up a short danceMove safely in a space**GETSET4PE****Fundamentals Unit 2**  | **Invasion games** Throw underarmThrow and kick in different waysCreate an understanding of sport (safe use of equipment, technique)**Net and Wall games Cricket** | **Athletics** Master basic movements including running, jumping, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.Participate in team games.**Striking and Fielding Games**  | **Fitness and circuits**Master basic movements including running, jumping, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. **Athletics**  |
| **Y1/2** **B** | **Games**Use hitting, kicking and/or rolling in a gameDecide the best space to be in during a gameUse a tactic in a gameFollow rules | **Gymnastics** Make body curled, tense, stretched and relaxedControl body when travelling and balancingCopy sequences and repeat themRoll, curl, travel and balance in different ways  | **Dance** Perform own dance movesCopy or make up a short danceMove safely in a space | **Invasion games** Use hitting, kicking and/or rolling in a gameDecide the best space to be in during a gameUse a tactic in a gameFollow rules | **Athletics** Master basic movements including running, jumping, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.Participate in team games.  | **Fitness and circuits** Master basic movements including running, jumping, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. |
| **Y3/4****A** | **Games**To use running, jumping, throwing and catching in isolation and in combination. **Active Athletics** To develop flexibility, strength, technique, control and balance. | **Gymnastics**To develop flexibility, strength, technique, control and balance.**Throwing and catching**To use running, jumping, throwing and catching in isolation and in combination. Play competitive games and apply basic principles suitable for attacking and defending.  | **Dance** Perform dances using a range of movement patterns. Compare performances with previous ones and demonstrate improvement. **GETSET4PE****Swimming**Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively and perform safe self-rescue in different water-based situations. | **Invasion games** Play competitive games and apply basic principles suitable for attacking and defending. **Fundamentals** **Cricket** | **Athletics** To develop flexibility, strength, technique, control and balance.**Rounders**  | **Fitness and circuits**To use running, jumping, throwing and catching in isolation and in combination. To develop flexibility, strength, technique, control and balance.**Athletics**  |
| **Y3/4****B** | **Games** To use running, jumping, throwing and catching in isolation and in combination.   | **Gymnastics**To develop flexibility, strength, technique, control and balance. | **Dance** Perform dances using a range of movement patterns. Compare performances with previous ones and demonstrate improvement.  | **Invasion games** Play competitive games and apply basic principles suitable for attacking and defending.  | **Athletics**To develop flexibility, strength, technique, control and balance. | **Fitness and circuits** To use running, jumping, throwing and catching in isolation and in combination. To develop flexibility, strength, technique, control and balance. |
| **Y5/6****A** | **Games**To use running, jumping, throwing and catching in isolation and in combination. **Gym sequences** Make complex extended sequences Combine action, balance and shape. Perform consistently to different audiences | **Gymnastics**To develop flexibility, strength, technique, control and balance.**Nimble nets**Introduce different sizes and shapes of rackets when serving and returning shots.Begin to rally with a partner in a match situation | **Dance** Perform dances using a range of movement patterns. Compare performances with previous ones and demonstrate improvement. **GETSET4PE****Fitness** | **Invasion games** Play competitive games and apply basic principles suitable for attacking and defending**Cricket** | **Athletics** To develop flexibility, strength, technique, control and balance.**Tennis** | **Fitness and circuits**To use running, jumping, throwing and catching in isolation and in combination. To develop flexibility, strength, technique, control and balance.**Basketball** |
| **Y5/6****B** | **Games**To use running, jumping, throwing and catching in isolation and in combination. **Step to the beat (aerobics)**Perform dances using a range of movement patterns. To develop flexibility, strength, technique, control and balance | **Gymnastics** To develop flexibility, strength, technique, control and balance.**Boot camp** Develop agility and co-ordination and balance.Perform patterns of movement.Understand what fitness is and effects of exercise on heartbeat. | **Dance** Perform dances using a range of movement patterns. Compare performances with previous ones and demonstrate improvement. **Nimble nets (badminton)**Introduce different sizes and shapes of rackets when serving and returning shots. Begin to rally with a partner in a match situation | **Invasion games** Play competitive games and apply basic principles suitable for attacking and defending. **Striking and fielding (rounders)**Apply basic principles and techniques for defending and attacking in sports. | **Athletics** To develop flexibility, strength, technique, control and balance.**Outdoor activity**To take part in outdoor and adventurous activity challenges both individually and within a team. | **Fitness and circuits** To use running, jumping, throwing and catching in isolation and in combination. To develop flexibility, strength, technique, control and balance.**Young Olympians**Use running, jumping, throwing and catching in isolation and in combination. To throw with accuracy and powerTo utilise all the skills learned in this unit in a competitive situation. |

\* Swimming for Class 3 may change depending on swimming availability.

\*\* Outdoor activity may change depending on cost and availability.