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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 underarm  Throw 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 relaxed  Control body when travelling and balancing  Copy sequences and repeat them  Roll, 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 moves  Copy or make up a short dance  Move safely in a space  **GETSET4PE**  **Fundamentals Unit 2** | **Invasion games**  Throw underarm  Throw and kick in different ways  Create 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 game  Decide the best space to be in during a game  Use a tactic in a game  Follow rules | **Gymnastics**  Make body curled, tense, stretched and relaxed  Control body when travelling and balancing  Copy sequences and repeat them  Roll, curl, travel and balance in different ways | **Dance**  Perform own dance moves  Copy or make up a short dance  Move safely in a space | **Invasion games**  Use hitting, kicking and/or rolling in a game  Decide the best space to be in during a game  Use a tactic in a game  Follow 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 power  To 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.