

PE 2018- 2019	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Sumer 2
Year 3	<p>Gymnastics – develop flexibility with control and balance.</p> <p>Football – Play competitively showing an understanding of defending and attacking principles.</p>	<p>Basketball – Use throwing and catching in isolation and in combination. Develop technique (lay up)</p> <p>Dance – develop flexibility and strength. Create a performance. Compare performances and give advice to improve performance.</p>	<p>Tri golf – develop control and balance. Improve own performance to reach a personal best.</p> <p>Swimming - use a range of strokes effectively</p>	<p>Rugby – Use running and throwing in isolation. Join movements to play in appropriately modified games.</p> <p>Swimming - swim competently, confidently and proficiently over a distance (3 strokes)</p>	<p>Cricket/Rounders/Tennis – throw and catch as part of a non competitive game. Use an object to control a ball. Apply simple attacking principles when striking(when to hit the ball).</p> <p>Netball – Run, throw and jump in combination (learn the footwork rule). Play competitively in a modified game (highlighting the footwork rule)</p>	<p>Athletics – Teach running and jumping and throwing in isolation. Children should evaluate a performance and be able to improve on it.</p> <p>OAA – Take part in individual and team based problems in the outside environment.</p>
Year 4	<p>Basketball - Use throwing and catching in combination. Develop and improve techniques (lay up and 3 pointer)</p> <p>OAA - Take part in individual and team based problems in the outside environment.</p>	<p>Athletics (sports Hall) - activities TBC by PE Co-ordinator after county meeting regarding the CSG content.</p> <p>Dance - develop flexibility and strength. Create a performance. Compare performances and give advice to improve performance.</p>	<p>Rugby - Use running and throwing n combination. to play in appropriately modified games.</p> <p>Gymnastics - develop flexibility with control and balance. Use floor and apparatus to demonstrate flexibility and control.</p>	<p>Tri golf - develop control and balance. Improve own performance to reach a personal best.</p> <p>Netball - Run, throw and jump in combination (learn the footwork rule and 3ft distance for defending.) Play competitively in a modified game (high 5)</p>	<p>Cricket/Rounders/Tennis – throw and catch as part of a non competitive game. Use an object to control a ball. Apply simple attacking and defending principles when striking(when to hit the ball).</p> <p>Volleyball – develop a new technique (serve) and evaluate performance to improve another person.</p>	<p>Athletics Teach running and jumping and throwing in isolation. Children should evaluate a performance and be able to improve on it.</p> <p>Football - Play competitively showing an understanding of defending and attacking principles.</p>

<p>Year 5</p>	<p>Gymnastics – develop flexibility with control and balance. Use floor and apparatus in combination to demonstrate flexibility and control.</p> <p>Rugby – using simple defending principles as a team in modified games.</p>	<p>Dance - develop flexibility and strength. Create a performance including taught elements (unison, canon). Compare performances and give advice to improve performance.</p> <p>Basketball - Use throwing and catching in combination. Develop and improve techniques (lay up and 3 pointer) play competitively.</p>	<p>Gymnastics – develop flexibility with control and balance. Use floor and apparatus in combination to demonstrate flexibility and control.</p> <p>Netball - Play competitively (5 and 7 a side) showing an understanding of how the defending and attacking principles support your team to make progress.</p>	<p>Football - Play competitively showing an understanding of defending and attacking principles</p> <p>Tri-golf - develop control and balance. Improve own performance to reach a personal best.</p>	<p>Athletics – Teach running and jumping and throwing in isolation. Children should evaluate a performance and be able to improve on it.</p> <p>Cricket/Rounders/Tennis – throw and catch as part of a non competitive game. Use an object to control a ball. Strategically use attacking and defending principles to win the game</p>	<p>Athletics- Teach running and jumping and throwing in isolation. Children should evaluate a performance and be able to improve on it.</p> <p>OAA - Take part in individual and team based problems in the outside environment.</p>
<p>Year 6</p>	<p>OAA - Take part in individual and team based problems in the outside environment.</p> <p>Gymnastics - develop flexibility with control and balance. Use floor and apparatus in combination to demonstrate flexibility and control as part of a routine.</p>	<p>Rugby - using simple defending and attacking principles as a team in modified and competitive games.</p> <p>Athletics (Sports Hall) – activities TBC by PE Co-ordinator after county meeting regarding the CSG content.</p>	<p>Tri-golf - develop control and balance. Improve own performance to reach a personal best.</p> <p>Netball - Play competitively (5 and 7 a side) showing an understanding of how the defending and attacking principles support your team to make progress.</p>	<p>Dance - develop flexibility and strength. Create a performance including taught elements (unison, canon). Compare performances and give advice to improve performance.</p> <p>Basketball - Use throwing and catching in combination. Develop and improve techniques (lay up and 3 pointer) apply these techniques competitively.</p>	<p>Cricket/Rounders/Tennis – throw and catch as part of a non competitive game. Use an object to control a ball. Strategically use attacking and defending principles to win the game.</p> <p>Swimming (top up) - Use a range of strokes effectively and swimming competently (all 4 strokes)</p>	<p>Athletics – Teach running and jumping and throwing in isolation. Children should evaluate a performance and be able to improve on it.</p> <p>Swimming (Top up) - Swim confidently for 25m. Perform and describe basic water safety procedures.</p>



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KS2 programme of study.

PE 2018- 2019	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Sumer 2
Reception	Stability <i>Standing, Lying, Stretching, sitting</i>	Locomotion <i>Walking, jogging, hopping</i>	Stability <i>Stopping, static balance, turning</i>	Object Control <i>Receiving (reaching), carrying, placing</i>	Locomotion/stability <i>Lunging, running, jumping, landing, stopping</i>	Object Control <i>Rolling, bouncing, trapping</i>
Year 1	Stability <i>Landing, bending, twisting.</i> Swimming – introduce water safety and increased confidence in water.	Swimming - introduce water safety and increased confidence in water Object Control Sending and receiving (static and in competition on the move)	Locomotion <i>Skipping, running, jumping</i> Fencing – new sport to transfer skills such as standing, bending, lunging.	Stability – turning, lunging and stopping (dance - join basic movement patterns) Object Control - Participate in team games that include sending and receiving.	Multi Skill circuits – with an element of competition. OAA - individual and tam based problem solving tasks.	Object Control – understand and demonstrate the difference between attacking and defending.
Year 2	Object Control Sending and receiving (static and in competition on the move) Stability <i>Twisting, landing, stopping. Perform a dance using simple movement patterns.</i>	Locomotion - <i>Skipping, running, jumping</i> Object Control Carrying and placing objects (static and competitive – eg rugby)	Gymnastics – perform simple movement patterns showing control. Using floor and apparatus combined. Fencing - new sport to transfer skills such as standing, bending, lunging.	Locomotion / Object Control – participate in team games developing simple attacking and defending principles. Focus on the ease of movement and transition eg twisting at pace.	Object Control - participate in team games developing simple attacking and defending principles OAA - individual and tam based problem solving tasks.	Multi Skill circuits – with an element of competition.

Locomotion

crawling
rolling
stepping
walking
jogging
running
jumping
climbing
hopping
galloping
leaping
skipping
rolling
swimming

Stability

standing
lying
sitting
stopping
landing
static balance
dynamic balance
pivoting
twisting
lunging
bending
stretching
turning
inversion

Object Control

reaching, grasping
gripping, receiving
lifting
carrying
placing
passing from hand to hand
sending
receiving
rolling
bouncing
striking
stopping
trapping
retrieving

