

PE

We believe Physical Education should provide opportunities for pupils to be creative, cooperative and competitive. It should also allow children to face up to different challenges as individuals, and in groups and teams.

Through a broad and balanced programme of physical education children will develop the knowledge, skills and understanding to perform with increasing competence and confidence across a range of physical activities.

We also wish to provide experiences which promote positive attitudes towards healthy and active lifestyles, so that a long lasting interest in physical activity is established. This physical activity not only improves health, reduces stress and improves concentration, but it also has a positive influence on academic achievement, emotional stability and interaction with others.



	Autumn term	Spring term	Summer term
Year 1	<p>Dance Perform own dance moves. Copy a short dance.</p> <p>Games Large ball skills and games. Fundamentals of catching and aiming.</p>	<p>Gymnastics Make body curled, tense, stretched and relaxed. Control body when travelling and balancing.</p> <p>Games Bat and ball. Throw underarm. Skipping.</p>	<p>Gymnastics Copy sequences and repeat them. Roll, curl, travel and balance in different ways.</p> <p>Games Master basic running and jumping. Sports Day practice.</p>
Year 2	<p>Dance Perform dances using simple movement patterns.</p> <p>Games Throwing and catching, inventing individual games. Aiming, hitting, kicking, inventing games with a partner.</p>	<p>Gymnastics Developing balance, agility and coordination.</p> <p>Games Dribbling, kicking and hitting. Group games and inventing rules.</p>	<p>Dance Copy or make up a short dance. Move safely in a space.</p> <p>Games Developing partner work. Developing simple tactics for attacking and defending Sports day practice.</p>
Year 3	<p>Dance Improvise freely and translate ideas from a stimulus into movement. Share and create phrases with a partner and small group. Remember and repeat dance perform phrases.</p> <p>Games Net and wall games Know and use rules fairly. Creative games making.</p>	<p>Gymnastics Adapt sequences to suit different types of apparatus and criteria.</p> <p>Games Invasion games Ball skills, passing and receiving. Apply basic principles suitable for attacking and defending.</p>	<p>Gymnastics Develop flexibility, strength, technique, control and balance. Explain how strength and suppleness affect performance</p> <p>Games Striking and fielding games. Be aware of space and use it to support team-mates and to cause problems for the opposition. Sports Day practice. Run at fast, medium and slow speeds. Changing speed and direction</p>
Year 4	<p>Dance Take the lead when working with a partner or group. Use dance to communicate an idea. Improvise and choose material, including props, to perform longer dances.</p> <p>Games Striking and fielding games. Hit a ball accurately with control. Throw in different ways and hit a target, when needed. Throw and catch accurately with one hand.</p>	<p>Gymnastics Move in a controlled way. Include change of speed and direction in a sequence. Work with a partner to create, repeat and improve a sequence with at least three phases.</p> <p>Games Invasion games. Vary tactics and adapt skills depending on what is happening in a game. Develop attacking and defending skills.</p>	<p>Games Swimming for 1st half term Net and wall games. Hit a ball accurately with control. Sports Day practice. Sprint over a short distance and show stamina when running over a long distance. Jump in different ways. increase control in jumping.</p>

<p>Year 5</p>	<p>Swimming Dance Compose own dances in a creative way. Perform dance to an accompaniment. Dance shows clarity, fluency, accuracy and consistency. Perform specific movement patterns for different dance styles. Games Striking and fielding games. Hit and throw a ball accurately with control.</p>	<p>Swimming Games Invasion games Gain possession by working a team. Pass in different ways. Choose a specific tactic for defending and attacking. Use a number of techniques to pass, dribble and shoot.</p>	<p>Gymnastics Make complex extended sequences. Combine action, balance and shape. Perform consistently to different audiences. Games Net and wall games Sports Day practice. Controlled when taking off and landing. Combine running and jumping.</p>
<p>Year 6</p>	<p>Gymnastics Combine own work with that of others. Sequences to specific timings. Games Invasion games. Can organise themselves and others safely in different roles. Agree and explain rules to others. Work as a team and communicate a plan.</p>	<p>Dance Develop sequences in a specific style. Choose own music and style. OAA Follow a map. Use clues to follow a route. Plan a route and a series of clues for someone else. Games Net and wall games. Lead others in a game situation when the need arises.</p>	<p>Swimming for 2nd half term Games Striking and Fielding games. Sports Day practice. Demonstrate stamina and increase strength.</p>