

Taught by Chloe Hines
Taught by class teacher



PE						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	<p>Dance- Nursery Rhymes (This unit looks at creating simple theme related shapes, movements and actions and for children to be able to recognise what good looks like.)</p> <p>Stability 1 (Stability is a fundamental movement skill and this unit focuses on static balances and then moves into dynamic ways of balancing.)</p>	<p>Dance- Toys (This unit looks at creating simple theme related shapes, movements and actions, also looking at different levels)</p> <p>Target Games 1 (This unit starts looking at the technique involved in sending an object with accuracy and also power. It encourages children from the outset to use both hands/feet.)</p>	<p>Fine Motor Skills (This unit looks to build on children's gross motor skills and combines locomotion skills with fine motor activities.)</p> <p>Social Distance 1 (This unit looks at finding space, walking forwards and backwards, stopping when instructed and negotiating space successfully.)</p>	<p>Locomotion 1 (One of the 3 key Fundamental movement skill areas, locomotion 1 introduces children to moving in different ways whilst learning about their own space and negotiating space with others.)</p> <p>Dance- Jungle (This unit looks at creating simple theme related shapes, movements and actions.)</p>	<p>Gymnastics- Travelling, stopping, making shapes. (This unit looks at mirroring movements, creating a short sequence and using apparatus safely.)</p> <p>Dance- Circus (This unit looks at creating simple theme related shapes, movements and actions.)</p>	<p>Dance- Seasons (This unit looks at creating simple theme related shapes, movements and actions whilst working collaboratively.)</p> <p>Yoga (In this unit children will create poses associated with topical themes.)</p>
Class R	<p>Dance- Nursery Rhymes (This unit looks at creating simple theme related shapes, movements and actions and experimenting with different ways of moving.)</p> <p>Fine Motor Skills (This unit looks to build on children's gross motor skills and combines locomotion skills with fine motor activities)</p>	<p>Object Manipulation 1 (One of the 3 key fundamental movement skills this unit works on children's familiarity with objects and confidence in moving them in different ways)</p> <p>Gym- Rocking & Rolling (In this unit children will learn to rock on different body parts, perform a sequence of moves where you can transfer</p>	<p>Invasion Game Skills 1 (In this unit children learn how to send and receive and how to bounce, dribble dodge and evade.)</p> <p>Yoga (In this unit children will create poses associated with topical themes.)</p>	<p>Net & Wall Game Skills 1 (Net and wall game skills 1 introduces children to net/wall games and the skills involved in games they will play at a later date such as volleyball, tennis and dodgeball.)</p> <p>Stability 2 (static and dynamic balance)</p>	<p>Striking & Fielding Game Skills 1 (In this unit children learn basic batting, fielding and bowling skills. They learn how to run between wickets; of some basic rules and how to work together through good communication.)</p> <p>Locomotion (One of the 3 key Fundamental movement skill areas, locomotion 1</p>	<p>Athletics 1 (Children learn some techniques for running, how to run in a lane; dip at the finish and transfer a baton. They learn how to jump from a short run and how to throw for accuracy and power)</p> <p>Gymnastics- Flight- Bouncing, jumping & landing. (In this unit children will learn to jump in a variety of</p>

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		the weight from one part of the body to another.)		(In this unit children learn how to twist, bend and reach whilst maintaining balance. They will learn how to follow instructions and play games. Children will be able to travel with confidence and skill around, under, over and through.)	introduces children to moving in different ways whilst learning about their own space and negotiating space with others)	ways and to construct simple jumping sequences with a partner.)
Class 1	<p>Dance- Animals (In this unit children will move safely and creatively in space and to use ideas from a mind map to help them move in different ways.)</p> <p>Fundamental Movement Skills (In this unit children work on developing their fine motor skills.)</p>	<p>Gymnastics- Balancing & Spinning on Points & Patches (This unit looks at performing controlled spins, supporting body weight in symmetrical balances and to be able to spin on apparatus.)</p> <p>Invasion Game Skills 2 (This unit explores some strategies of attack and defence like using the width of the pitch when attacking and closing the space down quickly when defending.)</p>	<p>Locomotion 2 (This unit builds upon previously taught skills, looking at a variety of jumps and skipping techniques.)</p> <p>Object Manipulation 2 (This unit builds on object manipulation 1 and asks children to manipulate objects in more complex ways e.g. dribbling with feet and hands)</p>	<p>Yoga (In this unit the children will learn about different themes and how holding poses depicting the topic can help with relaxation, flexibility and overall health.)</p> <p>Fundamental Skills 2 (Looking primarily at locomotion skills this units attempts to ensure that children have mastered different ways of moving and whilst doing so can show awareness of others and their surroundings.)</p>	<p>Gymnastics- Pathways- small & long (This unit thinks about creating elegant movements, creating sequences involving steps and turns.)</p> <p>Target Games 2 (This unit builds on Target games 1 and demands more complex skills and understanding of specific techniques which will hold them in good stead when they come to play a wider range of sports in KS2.)</p>	<p>Dance- Under The Sea (Children will use their bodies to create theme related shapes focusing on agility, balance and coordination.)</p> <p>Striking & Fielding Game Skills 2 (In this unit children will build upon their batting, fielding and bowling skills and to be able to play a game applying the skills they have learned.)</p>
Class 2	<p>Invasion Game Skills 3 (This unit builds upon strategies of attack and defence. Focusing on tracking an opponent, dodging to beat</p>	<p>Fundamental Movement Skills 3 (Building upon previously taught skills. Looking at skipping rope techniques, dribbling a ball in either hand,</p>	<p>Net & Wall Games Skills 2 (This unit focuses on developing children's striking skills on the forehand and backhand; their ability to move around a corner and to</p>	<p>Target Games 3 (Target 3 involve children considering throwing at moving targets and sending throws and strikes at different heights and</p>	<p>Athletics 2 (In Athletics 2 children get to develop their ability to coordinate and link movements and refine their techniques.)</p>	<p>Tri Golf (In this unit children begin to learn the basics of golf. Using hand eye coordination skills to strike a ball.)</p>

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	<p>an opponent and closing down space.)</p> <p>Gymnastics- Spinning, turning & twisting</p> <p>(This unit will be looking at creating sequences involving twists and rolls whilst focusing on body fluency.)</p>	<p>receiving a ball and passing in different ways.)</p> <p>Dance- Mini Beasts</p> <p>(Children will be able to use their body to express simple theme related shapes, movements and feelings. Develop creative ideas and to work on timing to improve performance.)</p>	<p>play passive and active rallies over a net)</p> <p>Social Distance 1</p> <p>(This unit looks at applying skills competently in a range of physical activities. Looking at ways to improve different types of jumps whilst looking at technique.)</p>	<p>understanding when we might do that in games.)</p> <p>Gymnastics- Stretching, curling & arching</p> <p>(In this unit children will work on travelling in curled positions, supporting body weight, creating sequences and to be able to show inversion and counter balance.)</p>	<p>Dance – Pirates</p> <p>(In this unit children will be looking at moving safely in creatively in space, show good listening skills, show different levels when travelling, show good communication skills.)</p>	<p>Yoga Storybook</p> <p>(In this unit children will create poses associated with topical themes)</p>
Class 3	<p>Health Related Fitness</p> <p>(In this unit children will develop a range of the components of fitness whilst developing an understanding of how we target specific elements of fitness and the importance of body preparation and cooling down after.)</p> <p>Gymnastics- Linking movements together</p> <p>(Children will develop their skills focusing on control and grace. Looking at being able to turn 90, 190, 270 and 360 degrees, holding a balance with good control. Create a</p>	<p>Hockey</p> <p>(In this unit we learn how to grip the stick, of the importance of safety and of abiding by rules. Also learning how to pass, receive and dribble in different ways and to put skills together in small games.)</p> <p>Dance- Space</p> <p>(In this unit children will develop a motif demonstrating agility, balance, coordination and precision. Children will be able to work well in groups showing good cooperation skills and provide useful peer feedback.)</p>	<p>Netball</p> <p>(In this unit we learn the fundamental skills of passing, catching, moving into space, intercepting, tracking and shooting. We also cover the rules of High 5 and the different roles within the game)</p> <p>Yoga</p> <p>(In this unit children will learn different poses around themes. They will learn how to warm up, to breathe during exercise and the value of relaxation and meditation)</p>	<p>Swimming</p> <p>(Externally taught focusing on National Curriculum. Swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively, perform safe self-rescue in different water-based situations.)</p> <p>Tennis</p> <p>(In this unit children learn how to move around the court, how to control the ball and to send it across the net using a variety of ground strokes.)</p>	<p>Cricket</p> <p>(This unit develops the skills of bowling, ground fielding, catching, wicket keeping and batting and looks to link skills whilst developing children’s understanding of how the different components fit together into the game itself.)</p> <p>Dodgeball</p> <p>(A net wall unit, this combines skills of throwing, evading and catching whilst developing tactical awareness decision making under pressure.)</p>	<p>Athletics</p> <p>(In this unit we learn a range of throwing, jumping and running techniques and hone technique before competing against ourselves and others)</p> <p>Badminton</p> <p>(In this unit children learn how to play different shots and how to move around the court from a position of readiness using different foot patterns.)</p>

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	sequence using a variety of rolls and balances.)					
Class 4	<p>Gymnastics- Partner work- Pushing and Pulling (Children will be able to compose, and then perform, a sequence with contrasting and matching shapes and moves. They will work at contrasting levels and perform in unison and canon.)</p> <p>Basketball (Children learn to handle the ball, to travel with it under control. They learn some terminology associated with basketball and how to send in different ways including shooting and how to receive and protect the ball.)</p>	<p>Football (In this unit children learn how to manipulate a ball and send and receive it. They learn how to defend against an attacker and how to work collaboratively in attack and defence.)</p> <p>Dance- Dance Around the World (In this unit children will be looking at creating a motif demonstrating agility, balance, coordination and precision. Focusing on communication.)</p>	<p>Swimming (Externally taught focusing on National Curriculum. Swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively, perform safe self-rescue in different water-based situations.)</p> <p>Gymnastics- Rolling and Travelling low (In this unit we focus on completing a forward roll with good technique and control, create routines and act upon feedback given.)</p>	<p>Handball (In this unit children learn how to bounce, dribble, pass and shoot. They learn how to play a game by the rules.)</p> <p>Health Related Fitness (In this unit we will develop a range of the components of fitness whilst developing an understanding of how we target specific elements of fitness and the importance of body preparation and cooling down after.)</p>	<p>OAA (Children learn how to plan and communicate as part of a group before taking on physical challenges)</p> <p>Dance- Vikings (Children will translate theme related actions into travelling movements using different levels and pathways. Working towards evaluating the work of other's using accurate technical language.)</p>	<p>Rounders (A unit building on striking and fielding 2 and looking to combine and begin to secure the skills of striking, fielding and running in small game situations.)</p> <p>Gymnastics- Arching and bridges (Children will reinforce previous skills. They will support their body weight on hands and feet only, spin from one means of support to another. Create and perform sequences, using a range of supports and spins.)</p>
Class 5	<p>Dance-Dance Through the Ages (In this unit children will learn key moves and routines through the 1920/30s, 1940/50s, 1960/70s and the 1980/90s. Children will work collaboratively to create routines through the ages.)</p> <p>Tag Rugby</p>	<p>Basketball (Children reinforce the basic skills and advance to learn different defensive systems and how to work shooting opportunities as a team)</p> <p>Swimming (Externally taught focusing on National Curriculum. Swim competently, confidently and</p>	<p>Lacrosse (In this unit children learn how to scoop the ball up, cradle it whilst they run and to throw, catch and shoot. They also learn the different grips needed to propel the ball and the rules of the game.)</p> <p>Gymnastics- Matching,</p>	<p>Team Building and Problem Solving (In this unit children will learn how to communicate verbally and use non-verbal communication, work with others effectively whilst respecting the opinions of teammates, perform calmly under pressure and to work</p>	<p>Flag Football (In this unit children learn how to defend in different ways and how to develop cohesive strategies in attack and defence.)</p> <p>Gymnastics- Synchronisation & canon</p>	<p>Danish Longball (Children will learn the rules for Danish Longball and the skills and tactics needed to enjoy this sport.)</p> <p>Yoga (In this unit children will learn more advance yoga poses about the value of meditation and how to make affirmations.)</p>

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	(In this unit children learn to overlap, how to play advantage and to restart after infringements in small sided games)	proficiently over a distance of at least 25 metres use a range of strokes effectively, perform safe self-rescue in different water-based situations.)	mirroring & contrast (In this unit children will discover interesting ways of transition from one move to another. They will learn to control an arabesque, perform and mirror symmetrical and asymmetrical shapes.)	with others to come up with and apply a plan.) Dance- The Haka (In this unit children will translate images into actions to communicate meaning, work within groups using canon, formation changes, direction and level to create routines.)	(In this unit children will perform in canon to a consistent tempo, work at different levels, different dynamics and perform actions and sequences of movement.)	
Class 6	Invasion Game Skills 4 (Children will learn to use the width of the pitch when attacking and how to overload. They will learn to condense space and to communicate well as part of a defence) Swimming (Externally taught focusing on National Curriculum. Swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively, perform safe self-rescue in different water-based situations.)	Ultimate Frisbee (In this unit children refine their techniques and learn how to apply the skills they have learnt. They play games and secure better understanding of the rules) Dance- World War 2 (Children will develop a motif demonstrating agility, balance, coordination and precision. Using knowledge of World War 2 to create imaginative actions to then be changed into travelling movements.)	Netball (In this unit children get to experience match play having refined the specific skills involved in the game. They learn the positions, the restrictions within each role and what the rules of the game are.) Gymnastics- Counter-balance & counter tension (Children will be able to hold controlled balances on a variety of points and patches on a given number of body parts, create a sequence of moves in unison with a partner, can work at different levels with weight on a variety of points and patches, hold a range of symmetrical and asymmetrical counter balances and link skills to	Leadership (Children will learn that leaders are creative and enthusiastic, learn when to change activities when they are not working, find different ways of choosing teams and understand the pros and cons of each. Children will work together to create a plan and also apply that plan.) Dance- British Values (In this unit children will be able to create a motif based upon British Values and to be able to identify all 5 British Values. Children will be able to understand what a good performance is and give useful feedback.)	Volleyball (In this unit children learn the array of ways of receiving and sending volleyball and the associated techniques. They learn how to score and rotate around court.) Gymnastics – Group Sequencing (Children will work in groups thinking about changes in direction, level and speed. They will think about ways to adapt a floor routine to work on apparatus. The children will learn to enjoy competing and challenging themselves to improve.)	Athletics (Looking at different ways of running, jumping and throwing whilst developing children’s technique and awareness of safety.) Badminton (This unit look at building a repertoire of strokes for the individual as well as introducing them to the different types of footwork used in badminton. It then looks to build up their decision making in game situations)

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			perform actions and sequences.)			
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