

PE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	<p>FMS</p> <p>Balance skills, Locomotor skills & Ball skills</p>	<p>Gymnastics</p> <p>Learn about jumping, rolling and balancing. To perform different types of jumps and balances on the floor and on different gymnastics equipment</p>	<p>Dance</p> <p>Join a range of different movements together. Change the speed of their actions. Change the style of their movements. Create a short movement phrase which demonstrates their own ideas.</p>	<p>Ball Skills</p> <p>Roll equipment in different ways. Throw underarm. Throw an object at a target. Catch equipment using two hands.</p>	<p>Fundamental Movement Skills FMS</p> <p>Recap Balance skills, Locomotor skills & Ball skills</p>	<p>Athletics</p> <p>Run in different ways for a variety of purposes. Jump in a range of ways, landing safely. Sports day prep</p>
Year 1	<p>Multi Skills</p> <p>Travel with a ball in different ways. Travel with a ball in different directions (side to side, forwards and backwards) with control and fluency.</p>	<p>Gymnastics</p> <p>Teach to lift, carry and use gymnastic apparatus safely. Learn to travel safely in different ways, at different speeds and levels</p>	<p>Dance</p> <p>Copy and repeat actions. Put a sequence of actions together to create a motif. Vary the speed of their actions. Use simple choreographic devices such as unison, canon and mirroring. Begin to improvise independently to create a simple dance.</p>	<p>Invasion Games</p> <p>Basic skills needed to participate in simple invasion games</p>	<p>Striking & Fielding</p> <p>Use hitting skills in a game. Practise basic striking, sending and receiving.</p>	<p>Athletics</p> <p>Vary their pace and speed when running. Sprint in a straight line. Perform a short jumping sequence. Sports day prep</p>

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Year 2	<p>Invasion Games</p> <p>Build upon the skills learnt from Yr1. Further develop understanding of the basic and fundamental principles of invasion games such as attacking, defending, scoring and teamwork</p>	<p>Gymnastics</p> <p>Develop body tension, control and balance. Moving with greater agility and coordination. Learn to link actions to copy and create movement sequences</p>	<p>Dance</p> <p>Copy, remember and repeat actions. Create a short motif inspired by a stimulus. Change the speed and level of their actions. Use simple choreographic devices such as unison, canon and mirroring. Use different transitions within a dance motif. Move in time to music. Improve the timing of their actions.</p>	<p>Multi Skills</p> <p>Bounce and kick a ball whilst moving. Use kicking skills in a game. Use dribbling skills in a game. Know how to pass the ball in different ways.</p>	<p>Striking & Fielding</p> <p>Strike or hit a ball with increasing control. Learn skills for playing striking and fielding games. Position the body to strike a ball.</p>	<p>Athletics</p> <p>Use a variety of different stride lengths. Travel at different speeds. Jump for distance from a standing position with accuracy and control. Throw different types of equipment in different ways, for accuracy and distance. Sports day prep.</p>

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Year 3	<p>Invasion Games</p> <p>Basic and fundamental principles of invasion games such as keeping possession and teamwork.</p>	<p>Dance</p> <p>Begin to improvise with a partner to create a simple dance. Create motifs from different stimuli. Begin to compare and adapt movements and motifs to create a larger sequence. Use simple dance vocabulary to compare and improve work.</p>	<p>Gymnastics</p> <p>To make static shapes, shapes in the air, symmetrical shapes and shapes incorporating rhythmic gymnastics apparatus. They will put together sequences involving a variety of body shapes and other gymnastic movement</p>	<p>Striking & Fielding</p> <p>Demonstrate successful hitting and striking skills. Develop a range of skills in striking.</p>	<p>Outdoor Adventurous Activities</p> <p>Identify and use effective communication to begin to work as a team. Identify symbols used on a key. Orientate themselves with increasing confidence and accuracy around a short trail.</p>	<p>Athletics</p> <p>Use one and two feet to take off and to land with Identify and demonstrate how different techniques can affect running performance. Show increasing control in their overarm throw.</p>
	<p>Invasion Games</p> <p>Recap on many of the essential and universal skills needed to play a range of invasion games, focuses specifically on attacking and defending skills,</p>	<p>Dance</p> <p>Identify and repeat the movement patterns and actions of a chosen dance style. Compose a dance that reflects the chosen dance style. Confidently improvise with a partner or on their own. Compose longer dance sequences in a small group.</p>	<p>Gymnastics</p> <p>Teaching how to perform a variety of floor and vault movements. opportunity to choreograph their own sequences and routines, performing individually and as part of a small group.</p>	<p>Striking & Fielding</p> <p>Use a bat, racquet or stick (hockey) to hit a ball or shuttlecock with accuracy and control. Accurately serve underarm. Build a rally with a partner.</p>	<p>OAA</p> <p>Orientate themselves with accuracy around a short trail. Create a short trail for others with a physical challenge. Start to recognise features of an orienteering course</p>	<p>Athletics</p> <p>Learn how to combine a hop, step and jump to perform the standing triple jump. Measure the distance of their throws. Continue to develop techniques to throw for increased distance.</p>

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Year 5	<p>Invasion Games</p> <p>Recap on many of the essential skills needed to play a range of invasion games develop their understanding of both attacking and defending principles in invasion games and working as a team</p>	<p>Dance</p> <p>Compose individual, partner and group dances that reflect the chosen dance style. Show a change of pace and timing in their movements. Develop an awareness of use of space.</p>	<p>Gymnastics</p> <p>Select ideas to compose specific sequences of movements, shapes and balances. Adapt their sequences to fit new criteria or suggestions. Perform jumps, shapes and balances fluently and with control.</p>	<p>Striking & Fielding</p> <p>Use different techniques to hit a ball. Identify and apply techniques for hitting a tennis ball. Explore when different shots are best used. Develop a backhand technique and use it in a game.</p>	<p>OAA</p> <p>Start to orientate themselves with increasing confidence and accuracy around an orienteering course. Design an orienteering course that can be followed and offers some challenge to others. Begin to use navigation equipment to orientate around a trail.</p>	<p>Athletics</p> <p>Continue to practise and refine technique for sprinting, focusing on an effective sprint start. Improve techniques for jumping for distance. Perform an effective standing long jump. Continue to develop techniques to throw for increased distance.</p>
	<p>Invasion Games</p> <p>Recap on the fundamental skills needed to play a range of invasion games, inventing, playing and evaluating own invasion games to include elements such as invading/attacking, protecting/defending and a scoring system</p>	<p>Dance</p> <p>Compose individual, partner and group dances that reflect the chosen dance style. Use dramatic expression in dance movements and motifs. Perform with confidence, using a range of movement patterns.</p>	<p>Gymnastics</p> <p>To perform a variety of floor and vault movements. Children will have the opportunity to choreograph their own sequences and routines and perform individually and as part of a larger group.</p>	<p>Striking & Fielding</p> <p>Hit a bowled ball over longer distances. Use good hand-eye coordination to be able to direct a ball when striking or hitting. Understand how to serve in order to start a game.</p>	<p>OAA</p> <p>Orienteate themselves with confidence and accuracy when under pressure. Design an orienteering course that is clear to follow and offers challenge to others. Use navigation equipment (maps, compasses) to improve the trail.</p>	<p>Athletics</p> <p>Recap, practise and refine an effective sprinting technique, including reaction time. Develop the technique for the standing vertical jump. Maintain control at each of the different stages of the triple jump. Measure and record the distance of their throws.</p>

