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|  | Autumn 1 | Autumn 1 | Autumn 2 |  Autumn 2 | Spring 1 | Spring 2 |
| Foundation | **Fundamentals****Gross Motor** Stand momentarily on one foot when shown.Move freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.Run and negotiate space. | **Fundamentals****Gross Motor**Stand momentarily on one foot when shown.Move freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.Run and negotiate space. | **Fundamentals****Gross Motor Skills**Travel with confidence and skill around, under, over, through balancing and climbing equipment.Catch a large soft ball.Show increasing control over an object in pushing, patting, throwing, catching or kicking it. | **Fundamentals****Gross Motor Skills**Travel with confidence and skill around, under, over, through balancing and climbing equipment.Catch a large soft ball.Show increasing control over an object in pushing, patting, throwing, catching or kicking it. | **Gross Motor**Negotiate space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.Revise and refine the fundamental movement skills I have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping, climbing.Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.Further developing and refining a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. | **Gross Motor**Negotiate space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.Revise and refine the fundamental movement skills I have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping, climbing.Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.Further developing and refining a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. |
| Year 1 | **Dance****Can I use the count of 8 to keep with the beat?** To use counts of 8 to move in time with the music**How many actions can I remember and repeat?** **Can I respond imaginatively to a stimulus?**To remember and repeat actionsTo respond imaginatively to a stimulus**Can I represent a theme by choosing and performing certain actions?**To copy, remember and repeat actions that represent the theme.**What expressions can I use to show feelings?****Can I tell a story with particular actions?**To use expressions to show feelingsTo use particular actions to tell a story**What actions can you think of that relate to the story?****How many different feelings can you show using expression?**To show a range of different feelings through danceMake up actions that relate to the story**What fabulous shapes can you create?** To copy, remember and repeat shape actions To use a pathway when travelling | **Fundamentals****How controlled is your balancing and movement? What makes a fabulous landing?**To balance and move with controlTo be able to perform a safe, stable and balanced landing**In what ways does my body change when I run at different speeds?**Investigate what happens to your body when you run and walk at different speeds?**How do I dodge like a pro?**-to develop changing direction and dodging**How many different ways can you jump and hop?**- to develop and explore jumping and hopping techniques and actions.**How coordinated is your skipping?** To skip with some coordination**How many challenges can you complete using your fundamental skills?**To apply fundamental skills to a variety of challenges | **Fundamentals****Are you a master of fundamental skills?**To develop and master the fundamental skills of:jumping hopping runningskippinggallopingleapingside steppingdodging and darting**What different speeds can you run and walk at?**To master control when walking and running at different speedsTo move in a controlled way in different directions**How many directions can you dodge in?**To move into space to avoid being caught**Are you a master of fundamental skills?**To develop and master the fundamental skills of:jumping hopping runningskippinggallopingleapingside steppingdodging and darting**Are you a master of fundamental skills?**To develop and master the fundamental skills of:jumping hopping runningskippinggallopingleapingside steppingdodging and darting**What do you need to be a happy hopper?**To learn to hopMaster body controlTo learn to control body rhythmTo learn to balance | **Team Building****Can I work together with my partner to solve challenges?** To cooperate and communicate with a partner to solve challenges**Can we develop our team work skills?**To explore and develop Team work skills**How good are my communication skills?** To develop communication skills.**Can I successfully lead my partner?** To use communication skills to lead a partner**Can I work as a group to solve problems?** To plan with a partner and small group to solve **problems**.**Can I solve challenges with my friends by working together?** To communicate with a group to solve challenges. | **Gymnastics****How effectively can you use the space around you?****Travelling**To explore travelling movements using the space around me safely and effectively**How perfect is your gymnastic shape?****Performing Shapes** To develop quality when performing gymnastic shapes.**How stable and controlled is my balance?****Stability and Control**To develop stability and control when performing balances**How good is my technique?****Shape Jumps and Rolls**To develop technique and control when performing shape jumps.To develop technique in the barrel and straight roll.**How can I improve my strength and flexibility?****Building strength**To build strength and begin to take body weight on hands.**How many actions can you link in your sequence?****Sequences**To link gymnastic actions to create a sequence.To explore key skills on apparatus showing quality, control and balance. | **Ball Skills** **How many ways can we handle a ball?**To explore different ball handling skillsTo explore using balls of different shapes and sizes**Can I roll a ball and hit a moving target?****Rolling a Ball**To be able to roll a ball to hit a targetTo be able to roll the ball accurately to my partnerTo roll a ball and hit a moving target**How do I move to stop that rolling ball?****Coordination**To develop co-ordination and be able to stop a rolling ball.**How controlled is your dribbling?**Developing Technique and ControlTo be able to develop technique and control when dribbling a ball with your feet.**Can you dribble a ball with coordination using your hands?** **Dribbling**to develop control and co-ordination when dribbling a ball with your hands.**How good is your technique when catching a ball?****Throwing and Catching**To develop co-ordination and technique when throwing and catching |
| Year 2 | **Fundamental Movement Skills****Can you balance and move with control?**To develop balancing and moving with control To develop balance, stability and landing safely.**What happens to my body when I run at different speeds?**To explore how the body moves differently when running at different speeds. To develop changing direction and dodging.**How well can you jump, hop and skip**?To develop and explore jumping, hopping and skipping actions.**How coordinated are you?** To develop coordination and combining jumps **Can you combine your jumps?**To develop combination jumping and skipping in an individual rope.**How coordinated are you?**To apply coordination skills to a variety of challenges | **Dance****Can you dance imaginatively to a range of stimuli?** Repeat and explore actions with control and coordination. To copy and remember/perform actions.**Can you change your rhythm?**To change rhythm, speed, level and direction. To dance imaginatively. Children copy movements/actions from others. To mirror a partner Use dynamic in performance.**To perform movement using a range of body actions and body parts with a partner.** To use the stimulus given. To know how to add to a started routine with a section of movement that has different tempo and mood. **To compose and perform dance phrases in a group that express moods and feelings. To establish a clear beginning middle and end to a simple dance.**  To create a short dance sequence with a group of children. To follow music to know when movements change**To describe a short dance using the appropriate vocabulary.**To compare their performance and that of others, saying what was good or how it could be improved.**Can you use dynamics to perform?**To look at the importance of different dynamics when performing | **Sending and Receiving****How accurately can you roll a ball?**To roll a ball towards a target.**Can you receive a rolling ball**?To be able to track and receive a rolling ball**How skilful are your feet?**To be able to stop, send and receive a ball with your feet**How well can you send a ball**?To develop sending and receiving a ball with your feet.**How well can you throw a ball?**To develop throwing and catching skills?**How well can you catch a ball?**To develop throwing and catching skills | **Invasion****What is possession?**To understand what being in possession means and support a team mate to do thisKeep the ball close to your body to keep possessionTo learn to look up and around you whilst in possession **How skilful are you at scoring goals?**To use a variety of skills to score goalsControl of the ball during shooting actionTravel at speed when performing a shot**How do I stop goal being scored?**To be ready and react quickly when someone is about to shootKeep your eye on the ball**How do I gain possession of the ball?**To stand so you can see the attacker and the ballBe confident when intercepting a pass**How closely can I mark my opponent?**To stand sideways so I can see the attacker and the ballTo stay close to your attackerAlways be ready to intercept the ball**What are the tactics for attacking and defending?**To apply attacking and defending skills learnt in game situationsTo communicate with my team mates | **Gymnastics****How well can you copy actions?**To copy and remember actions To repeat and explore actions with control and coordination**Can you safely move the gymnastics apparatus?**To show how to exercise safely. To describe how their body feels during different activities. To know how to get the apparatus out and out away safely.**How many movements can you name?**Recognise and name a variety of movements. Be able to execute Pathways Balances Levels **How well can you perform a sequence of movements?**To plan and show a sequence of movements. To show a contrast in their sequence.**How can you make your sequence different?**To think of more than one way to create a sequence which follows a set of rules.**Can you create a sequence working with your partner?**To be able to work on their own and with a partner to create a sequence.**In what ways could you improve your performance?** To compare their performance and that of others to be able to say how they could improve. | **Ball Skills****Can you hit your target?**To be able to roll a ball and hit a target**Can you stop a rolling ball?****T**o be able to stop a rolling ballTo keep eyes on the ball and move feet to receive the ball**How do you develop technique when dribbling a ball?**To develop control when dribbling a ball at your feet**What technique do you use to kick a ball?**To develop control and technique when kicking a ball**How coordinated are you?**To develop coordination and technique when throwing and catching**How controlled is your dribbling?**To develop coordination and control when dribbling a ball with your hands |
| Year 3 | **Athletics****How can I sprint fast?**To develop the sprinting technique and improve on your personal best.**How do we pass the baton in a relay race?**To develop changeover in relay events.**How can I run quickly over obstacles?**To develop fluency and rhythm when running over obstacles.**How can I jump the furthest?**To develop jumping technique in a range of approaches and take off positions.**How can I jump high and safely?**To develop jumping for height and safety on landing.**How can we throw far and accurately?**To develop throwing for distance and accuracy. | **Tennis****How do I control the racquet and ball?**To understand what is needed for racquet and ball control**What makes a good forehand groundstroke?**To know and develop how to return the ball using a forehand groundstroke**What makes a good forehand grip?**To be able to rally using forehand**What makes a good two handed backhand?**To know what is needed for a good two handed backhand and develop my backhand**How do we keep score in tennis?**To learn how to score and play against an opponent**Anyone for doubles?**To work collaboratively with a partner and compete against others | **Basketball****How do I dribble in basketball?**To be able to dribble**What is a chest pass?**To be able to use the chest pass**Can I pass as I dribble and move?**To further develop dribbling skillsTo be able to pass whilst dribbling/moving**What do I do to defend in basketball?**To be able to play as a defender**How do I attack?**To be able to play as an attacker**Can I use all my skills to help my team?**To be able to put all learnt skills together and play in a basketball match | **Swimming**This is provided by the Local AuthorityPlease see Local Authority planning in PE folder | **Basketball****How do I dribble in basketball?**To be able to dribble**What is a chest pass?**To be able to use the chest pass**Can I pass as I dribble and move?**To further develop dribbling skillsTo be able to pass whilst dribbling/moving**What do I do to defend in basketball?**To be able to play as a defender**How do I attack?**To be able to play as an attacker**Can I use all my skills to help my team?**To be able to put all learnt skills together and play in a basketball match | **Gymnastics****What is a point and patch balance?**To be able to create interesting point and patch balances.**How do you match a partner in a sequence?**To be able to match a partner in a sequence.**How can a shape jump be performed with control?** To develop stepping into shape jumps with control.**How can the forward, barrel and straight roll be developed?**To develop the straight, barrel, and forward roll.**What makes a smooth transition?**To be able to transition smoothly into and out of balances.**How can sequences involve matching and contrasting actions and shapes?**To create a sequence with matching and contrasting actions and shapes. |
| Year 4 | **Gymnastics****How well can you balance?**To develop individual and partner balances**How Controlled are your rotation jumps?**To develop control in performing and landing rotation jumps. Specific knowledge about particular types of jumps will be learned**How many rolls can you perform?**To develop the straight, barrel, forward and straddle roll. To understand the different types of rolls**How can you develop your rolls?**To develop the straight, barrel, forward and straddle roll. Move and land with control**How strong are you?**To develop strength in inverted movements**Which pathway will you take?**To be able to explore pathways and travelling movements | **Rugby****Can you throw and catch a rugby ball?**To throw and catch a rugby ball. What is rugby? What is the main difference between a rugby ball and most balls used in other sports? What are the differences between rugby and tag rugby**How well can you pass whilst on the move?**To execute a successful pass of a rugby ball while on the move.To move with the ball into space**Why do you think tag rugby is called tag rugby ?**To know, understand and apply the rules of tagging in rugbyDevelop cooperation skills and an appreciation of interdependenttag rugby.**What is intercepting?**To gain possession by intercepting a pass. What do you think the word ‘intercepting’ means? Why is intercepting so important in a game of tag rugby**What is the aim of an attacker and defender in a game of tag rugby?**To use attacking and defending skills and knowledge to make tactical decisions. How can an attacker avoid being tagged?**How well do your team mates attack?**To apply attacking and defending skills in a game of tag rugby. To watch and evaluate the performance of other | **Tennis****What makes a successful forehand stroke?** To develop hitting the ball using a forehand**How well can I return that ball?**To develop returning the ball using a forehand How can I improve my backhand further?To develop the backhand and understand when to use it**How long can you keep your rally going for?**To work cooperatively with a partner to keep a continuous rally going**What tactics will you use to outwit your opponent?**To use simple tactics to outwit am opponent**What are good examples of honesty and fair play?**To demonstrate honesty and fair play when competing against others | **Fitness****Why is a warm up so important?**To understand the importance of warming up properly How exercise effects the body in the short-term**Why is physical activity so good for my well being?**To learn fitness skills during circuit training Why physical activity is good for health and well-being.**How controlled are your skills?** **( x 3 sessions)**To practise and improve fitness skills (next 3 sessions) Perform specific actions and skills with more consistent control and quality**How does exercise effect your pulse rate?**To measure effects of exercise on pulse rateTo evaluate the effect of differing fitness activity on pulse rate | **Dodgeball****How do we play Dodgeball?**To learn the rules of dodgeball. To be able to play in a mini dodgeball game.**How well can you throw towards a target?**To develop throwing towards a target. Throw the ball towards your opponent's feet to make it harder for them to catch.**How well can you throw at a moving target?**To develop throwing at a moving target.**How well can you dodge to avoid being hit?**To use jumps, dodges and ducks to avoid being hit.**Can you catch well at different heights?**To develop catching a dodgeball at different heights.**What are the rules of dodgeball?**To understand the rules of dodgeball and use them to play in a tournament. | **Dance****How well can you use the space?**To copy and create actions in response to an idea. To use changes of space to adapt the set material.**What actions relate to the theme?**To choose actions which relate to the theme. To work with a partner to show action and reaction**What is dynamics?**To use actions, dynamics, spacing and timing to represent a state of matter.**What is a cannon?**To use actions, dynamics, spacing and timing to represent a state of matter.**How well do you respond to a stimulus?**To remember and repeat actions and create dance ideas in response to a stimulus.**How creative are you and your partner?**To use action and reaction when creating ideas with a partner. Recapping and developing previous knowledge and skills |
| Year 5 | **Basketball****What is double dribble?** To be able to dribble the ball abiding by the double dribble and travelling rules**How do I keep the ball from my opponent?** To develop protective dribbling against an opponent.**What types of pass work best?** To use a variety of passes in a game situation. To be able to move into a space to support a teammate.**When should I pass the ball?**To be able to choose when to pass and when to dribble.**Can I do a jump shot?** To be able to perform a set shot and a jump shot**What are the rules for a basketball game?**To be able to link skills, techniques and ideas and apply them accurately and appropriately | **Yoga****What is Yoga**?To develop an understanding of yoga. To develop flexibility through the sun salutation flow.  **How can I control my movement in a pose?**To link actions together to create a yoga flow **How does yoga affect my body?**To develop strength through yoga flows  **Can I create a linked series of poses?**To create your own flow showing quality in control, balance and technique **Can yoga help me to improve balance?**To develop balance through yoga flows  **Can I improve the fluidity and control in my yoga flow?**To develop strength balance and control when taking weight on my hands  | **Dance****Can I dance the Charleston to music?** To perform the Charleston (In the context of the Charleston dance style) To perform to an accompaniment, expressively and sensitively**How do I do the Lambeth Walk?** To perform the Lambeth Walk (In the context of the Lambeth walk dance style) To perform to an accompaniment, expressively and sensitively**What are the steps to perform the Lindy Hop?** (In the context of the Lindy Hop dance style)**Can I use what I have learned to create an interpretive dance?**To plan an interpretive dance which tells the story of a Wartime Event**Does my performance reflect a wartime event?** To perform an interpretive dance which reflects a wartitime event**What do I need to include in a WW2 dance party?** To plan and perform in a WW2 style dance party | **Dodgeball****What are the rules for dodgeball?** To recap on the rules of dodgeball and apply them in a game**How do I improve my throwing accuracy?** To develop throwing accuracy at a moving target**What skills help me avoid being hit by the ball?** To use jumps, dodges and ducks to avoid being hit.**How can I improve my catching skills?** To develop catching to get an opponent out**What are the best tactics to use against an opponent?** To learn to block using a dodgeball**What are the most effective tactics?** To select and apply a range of tactics in the game. | **Tennis****Do I have agility, balance and co-ordination when changing direction**? To understand the importance of having good ABC’s in tennis:A: AgilityB: BalanceC: Co ordinationTo be able to change the direction of ball**Can I move from the ready position to use forehand and backhand strokes?** To understand the ready positionTo be able to push ball using forehand and backhand**What are the best shots in attacking play?** 1. To be able to play a forehand shot To understand what shots can be used in attacking play**How do I control a backhand shot?** To be able to play a backhand shot**What are the stages of a service shot?**  To be able to play a tennis serveWhen can I use all my skills in a game?  To be able to apply all skills learnt in a tennis match | **Tag Rugby****When do I run and when do I pass in attack?** To develop attacking principles, understanding when to run and when to pass.**How do I control my throwing and catching?**To develop throwing and catching with control**What are the forward pass and offside rules?** To be able to use the ‘forward pass’ and 'offside' rules.**How do the tagging rules work in a game?** To be able to play games using tagging rules.**What is the best way to avoid a defender**?To develop dodging skills to lose a defender.**How do we apply the rules to play a tag rugby game?** To be able to apply the rules and tactics you have learnt to play in a tag rugby tournament |
| Year 6 | **Athletics****What running style should I choose?**to choose appropriate techniques for specific events · To be able to run for speed · To be able to run for distance · To be able to maintain running speed over obstacles/hurdles**How can we run as a team**?Relays To develop fluency & efficiency in running as a relay team To develop handover skills To work together in teams & take turns in different roles.**How accurately can you throw?**To throw with greater control, efficiency & accuracy To generate greater force in throwing To develop a range of throwing techniques**How stylish is your jumping?**Jumping technique To practise different styles of jumping. To improve a range of jumps showing power, control and consistency at take –off and landing**Can you beat your own record?** To use running, jumping and throwing skills to challenge own performance levels. To try to improve own technique and identify what makes performance effective**How competitive are you?**Team competition – Intra Year group event To choose and use appropriate techniques for specific events – field and track. To use running, jumping and throwing skills to compete as a team. To use strategies and tactics to improve performance. To compete with enjoyment and encourage others. To evaluate what makes a good team performance | **Tag Rugby****How well can you handle a rugby ball?**Passing and receiving To be able to handle a rugby ball correctly and replicate a pass while on the move. To demonstrate receiving skills applying control throughout. To understand the importance of width and space when advancing in attack.**Can you outwit your opponent?**Passing & outwitting an opponent Re-cap of previous learninghow to pass and receive a rugby ball. To consolidate the ability to pass and receive a rugby ball with control.**Why is space important?**Tagging Re-cap of previous learning – moving into space To develop knowledge of the rules regarding tagging and implications for the game.**Attacking & outwitting opponents** Re-cap of previous learning – making a tag/ scoring a try To develop tactics and plan attacking and defending strategies.Game play & rules Re-cap of previous learning – successful attacking strategies To perform a combination of core rugby skills under pressure during small sided competitive games. To further develop knowledge of tag rugby rules and scoring (offside/knock ons)Intra competition: Games/mini tournament Re-cap of previous learning – offside rule and knock on To demonstrate knowledge and understanding of the rules related to tag rugby. To demonstrate the ability replicate core game skills and to outwit an opponent in a game situation. To compete in a tournament | **Football****How well can you dribble?**Ball skills To dribble a ball with accuracy, confidence and control.**Can you keep the ball close to you?**Passing To keep the ball close when defenders are nearby. To develop quick and accurate passing. To be able to pass the ball accurately to a target. To try to pass ahead of where teammates are running to**How good is your first touch?**First touch To develop first touch control. To practise light touches. To cushion the ball on the first touch.Turning To be able to turn using a drag back, inside and outside of the foot. (L5) To get the body in line with the ball as it comes towards you. To accelerate out of a turn.**What makes a good drag back?**To be able to turn using a drag back, inside and outside of the foot. (L5)**How well can you defend?**Defending To develop defending skills. To track an opponent To close down space as quickly as possible To tackle an opponent**How tactical is your game?** Intra competition/ tournament To be able to apply the rules and tactics you have learnt to play in a football tournament. To work cooperatively with peers | **Gymnastics****How well can you roll?**To be able to develop the straddle, forward and backward roll?**How tense are you?**Counter balances and counter tension To develop counter balance and counter tension.**Go with the flow!**Partner balances To use actions that flow into and out of a balance**How controlled are your inverted movements?**To be able to perform inverted movements with control. To develop ability to perform a shoulder stand, handstand, headstand, cartwheel, bridge**How well can we work as a group?** To develop group balances and sequence work. To communicate in a group to safely enter and exit a balance.**How well can your group sequence their moves?**Group sequences To be able to create a group sequence using formations and apparatus. To vary the level, timing, direction, speed, pathway of the sequence to make it look interesting | **Cricket****How accurate are you?**Throwing accuracy and catching To develop throwing accuracy and catching skills. (L1)**Underarm bowling** To develop underarm bowling accuracy. (L2) To understand that they must finish with their hand where they want the ball to go**How good is your batting technique?** Batting technique To develop batting accuracy and directional batting. (L3) To grip the bat with the dominant hand at the bottom To keep the elbow high. **How developed are your catching skills**?Wicket keeping, overarm bowling, driving hitting To develop catching skills (close/deep catching and wicket keeping). (L4)**How many fielding techniques can you use?**Fielding To develop a variety of fielding techniques and to use them within a game. (L7) To use a two-handed pick up when the ball is coming towards you**How much do you enjoy racing cricket?**To play in an intra year group cricket match. To participate in a match of racing cricket | **Netball****How well can you pass and move?**Passing To develop passing and moving.**How nifty is your footwork?**Footwork / Moving To develop passing and moving towards a goal. (L2GS4PE)**How quickly can you lose a defender?**Change direction To be able to use a change of speed or direction to lose a defender.**How good is your shooting action?**To develop the shooting action. Acquiring and developing skills **How quickly can you change direction?**Positional play To be able to change direction to get free from a defender and receive a pass. **How well do you know your netball positions?**To learn the positions of 5-a-side netball. To become familiar with the positions and areas that each player can move in.**How much fun is a netball tournament?**Tournament To play in an intra netball tournament.  |

**Lady Bay Primary School PE Overview**