



PE teaches us the importance of exercise as part of a healthy lifestyle. It develops physical strength, coordination and control as well as helping us to value collaboration and recognise the importance



Collaboration Effort Excellence Respect

Year 1

Y1-1.1 Into The Woods

Gym - Flight- Bouncing, Jumping, Landing

Exploration of flight, bouncing, jumping and landing incorporating different. Application sequenced work on floor and apparatus.

Games - Focusing On Using A Large Ball

Using a variety of equipment, pupils will be able to receive, kick and dribble a ball whilst in isolation and under pressure. Demonstrate coordination and control during target games.

Y1-2:1 London's Burning!

Gym - Point And Patches

Exploration of body parts both small and large, identifying the characteristics of good balance. Pupils will be able to link two or more balances together working both individually and with a partner. Application sequenced work on floor and apparatus.

Games - Bat And ball Skills And Games Skipping

Exploration of a variety of batting skills focusing on the ball travelling along the floor and in the air with some control. Pupils will practise catching and receiving with a partner. Pupils will have the opportunity to practise skipping skills.

Y1-3:1 Our Wonderful World

Gym—Rocking And Rolling

Exploration of rocking and rolling on a variety of body parts. Pupils will link a jump, landing and rolling action experimenting with shape and a stretched finishing position. Application sequenced work on floor and apparatus.

Athletics 1

Pupils will be given opportunities to experiment running, throwing and jumping skills in events.

Y1-1:2 The Land Before Time

Dance

In response to different topical stimuli, pupils will explore a range of movements. Pupils will enjoy observing and feeding back to their peers.

Games - Throwing And Catching – Aiming Games

Using a variety of equipment, pupils will develop their overarm and underarm throwing technique. Pupils will keep score whilst participating in target games.

Y1-2.2 Once Upon A Time

Dance

Using class texts, pupils will communicate their interpretation of story plots and characters through movement.

Games - Developing Partner Work

Pupils will develop running, throwing and catching, kicking and dribbling of a variety of apparatus both individually and with a partner. Pupils will work cooperatively in small games and learn to increase levels of challenge.

Y1-3.2 What is Beyond Our Horizon?

Dance

Using class texts and topic stimuli, pupils will explore a range of dynamics to enhance their individual performance.

Athletics 2

Pupils will be given opportunities to experiment running, throwing and jumping skills in events.

Year 2

Y2—1.1 There's No Place Like Home

Dance - Pupils will understand the importance of a warm up.

Pupils will explore a variety of chorographic devices and enjoy observing peers perform and give feedback.

Games - Throwing And Catching – Inventing Individual Games

Exploration of throwing, catching and bouncing with two hands using a variety of apparatus whilst both stationary and active during games. They will learn to observe rules and keep score.

Y2—1.2 What the Dickens?

Gym - Parts High And Parts Low

Exploration of travel and balance in both high and low positions. Pupils will be able to link two or more movements together to show precision and control. Application sequenced work on floor and apparatus.

Games - Making Up Games With A Partner Aiming, Hitting And Kicking

Pupils will be able to send and receive a variety of apparatus with consistency, coordination and control using both their hands and feet. Developing game play, pupils will set their own rules and boundaries.

Y2-2:1 Where the Dragons Dance

Dance - Pupils will create and demonstrate movement using a variety relationships and props in larger group formations and develop canon and unison work.

Games - Dribbling, Kicking And Hitting

Pupils will incorporate changes in speed and direction whilst dribbling with hands and feet using a variety of apparatus. Pupils will focus on simple attacking and defending strategies both in isolation and games.

Y2-2.2 and 3.1 Into the Wild

2.2 Gym – Pathways – Straight, Zig-Zag, Curving

Pupils will incorporate different pathways, speed and levels to enhance their individual sequences. Application sequenced work on floor and apparatus.

2.2 Games - Group Games And Inventing Rules

Pupils will use prior knowledge of attacking and defending strategies to enhance their own and team performance during game play.

3.1 Dance

Identifying strengths in peer performance, pupils will attempt to incorporate these observations to improve their own individual performance and draw creativity from the topic stimuli.

3.1 Athletics 1

Pupils will be given opportunities to experiment running, throwing and jumping skills in events.

Y2-3:2 It's a Bugs Life!

Gym - Spinning - Turning - Twisting

Continuation of exploration of jumping incorporating direction, twisting and changes of speed.

Athletics 2

Pupils will be given opportunities to experiment running, throwing and jumping skills in events. Application sequenced work on floor