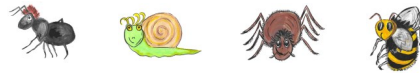


PE teaches us the importance of exercise as part of a healthy lifestyle. It develops physical strength, coordination and control as well as helping us to value collaboration and recognise the importance of effort and personal excellence.



Collaboration Effort Excellence Respect

Year 1

Y1-1.1 Into The Woods

**Gym - Flight- Bouncing, Jumping, Landing**

Hop, bounce, spring and skip in different directions i.e. forwards, backwards and sideways. Bounce using feet in different combinations and repeat a pattern of movements. Jump from one foot to two feet and from one foot to the other foot and understand how to land safely. Identify, describe and show "thin" and "wide" shapes and turning jumps. Understand high and low levels and link two jumps with a low-level movement. Apply, adapt and transfer all these ideas, actions and linked movements to simple, low level apparatus at every stage of learning. Make rounded and spiky shapes with their bodies and create different patterns. Choose appropriate movements to express the dance idea.

**Games - Focusing On Using A Large Ball**

Demonstrate co-ordination when passing a ball around different parts of the body. Bounce and pat-bounce a ball with a degree of control. Understand how to send, receive, kick, dribble a ball and practise to improve the skills. Show a degree of control when sending and receiving a range of equipment. Understand that they must "get in line with a ball to receive it". Send ball in various ways to play individual target games or target games with a partner.

Y1-2.1 London's Burning!

**Gym - Point And Patches**

Demonstrate different ways of travelling on small and large parts of the body. Know which small parts of the body can safely take weight and show high and low balanced positions using different combinations. Balance upon large body parts and know how to vary the shape of the balances. Select two balances and link them together showing control and change of speed. Make a simple balanced shape for a partner to step over or travel underneath. Select, apply, adapt and transfer knowledge skills and understanding to simple apparatus at every stage of learning.

**Games - Bat And ball Skills And Games Skipping**

Steer a ball along the ground with a bat in a controlled way using different directions and weaving through slaloms. Balance a ball on a bat when standing still or walking. Hit a ball with a bat, upwards and downwards, with some control. Send a ball along the ground and through the air for a partner to catch or receive. Understand and show skipping with a rope. Use steering, hitting along the ground and hitting through the air to play individual and co-operative target games.

Y1-3.1 Our Wonderful World

**Gym—Rocking And Rolling**

Know, understand and show which parts of the body can be used for spinning and rocking. Rock on different body parts to stand up or turn over. Know and understand the safety implications involved in various types of rolling and be able to show rolling sideways in curled and stretched shapes. Move into and out of a sideways roll in different ways. Link together a jump, safe landing, and rolling action showing different combinations of shapes and finish in a stretched position. Apply, adapt and transfer these ideas to appropriate apparatus.

**Athletics 1**

Running—quick reactions and rapid acceleration, running with balance and control, sustained running, running over obstacles. Jumping-jumping off two legs and one leg, combining different jumps in one movement sequence, taking off following a run-up, taking off with the body fully extended at hip, knee and ankle. Throwing-effective throwing from a standing position, using legs to generate power in the throw, rotating the hips forward before the shoulders during throwing.

Y1-1:2 The Land Before Time

**Dance**

Respond to a range of stimuli. Know and perform basic dance skills in relation to dance ideas. Explore a range of movements suitable to the idea and link them together. Observe each other dancing and describe what they see. Know how their bodies feel after dance activities.

**Games - Throwing And Catching – Aiming Games**

Know and show, both individually and in pairs, how to throw and catch using a variety of apparatus. Send a ball, bean-bag or quilt over-handed, using under-arm throw, roll or "skinn" and kick. Aim consistently between, into, at or over a variety of targets using a range of small equipment. Understand the concept of aiming games and how to make their games harder. Play an aiming game co-operatively with a partner and "keep the score".

Y1-2.2 Once Upon A Time

**Dance**

Respond to a range of stimuli. Improvise to an idea – display an immediate response. Choose appropriate movements made to create short phrases and simple structures. Show the understanding of dance, communicating ideas and unfolding characters and stories.

**Games - Developing Partner Work**

Play safely with a partner in running games and when using equipment. Throw and catch individually and in pairs using a variety of apparatus including hoops. Kick and dribble a ball with control and roll and retrieve a hoop. Practise and develop their sending and receiving skills in co-operative games with a partner. Demonstrate how to change the game to make it harder.

Y1-3.2 What is Beyond Our Horizon?

**Dance**

Explore actions in response to the stimuli (natural elements and story). Use a variety of basic actions to create a dance (turning, rolling, jumping, travelling in different ways, shape, stillness and gesture). Communicate mood, feelings and ideas through dance. Observe each other and talk about their dances using appropriate language.

**Athletics 2**

Running—quick reactions and rapid acceleration, running with balance and control, sustained running, running over obstacles. Jumping-jumping off two legs and one leg, combining different jumps in one movement sequence, taking off following a run-up, taking off with the body fully extended at hip, knee and ankle. Throwing-effective throwing from a standing position, using legs to generate power in the throw, rotating the hips forward before the shoulders during throwing.

Year 2

Y2—1.1 There's No Place Like Home

**Dance** - Be aware of all parts of the body during the warm-up. Learn why we warm-up. Copy and perform simple dance phrases. Create positions based on simple stimulus such as shape.

Explore the use of space in dance. Begin to use some basic choreographic devices such as canon. Be able to watch others perform their work and sit respectfully and silently. Spot specific actions when others are performing.

**Games - Throwing And Catching – Inventing Individual Games**

Throw, catch and bounce with two hands, or one hand, or different parts of the body using a variety of apparatus. Understand and use "Beat your own record" activities to put skills under pressure and improve performance. Throw, catch and bounce when in a stationary position or moving about the playing area. Understand and use a range of strategies for making games harder (e.g. high/low, different directions, over the head, over-arm throwing, one hand, the other hand, etc.) Understand how to make up rules and score points.

Y2—1.2 What the Dickens?

**Gym - Parts High And Parts Low**

Show various ways of travelling and balancing with the body close to or far away from the ground or apparatus. Understand and demonstrate various ways of travelling and balancing with different parts of the body being the highest points or the closest to the ground. Take weight confidently on hands to lift feet high. Plan and link together two or three movements showing control and co-ordination and an awareness of contrast in speed. Travel; underneath a partner who is holding a balanced bridge position. Transfer, modify, and apply the ideas and linked movements to appropriate apparatus at every stage of learning, with the emphasis being on body parts close to, and far away from, the apparatus.

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

Send and receive with consistency, co-ordination and control using a variety of apparatus. Demonstrate accuracy when using hands and feet in different ways to pass or aim. Understand and use simple tactics e.g. passing at different angles to outwit an opponent. Observe and copy a partner's game and then improve it. Choose and use appropriate apparatus for the games they create. Make up rules and know how to make the game harder.

Y2-2:1 Where the Dragons Dance

**Dance** - Create and demonstrate actions to warm-up a specific part of the body. Perform dances with confidence and energy. Create actions based on a range of stimulus including animals and abstract patterns. Explore the use of relationships and props in dance. Develop the range of choreographic devices used exploring whole group union. Observe others in performance and identify strengths using the appropriate vocabulary.

**Games - Dribbling, Kicking And Hitting**

Show continuous and controlled dribbling with hands, feet, bat or stick and know how to change speed and direction. Understand and demonstrate striking, passing and receiving with a partner using a range of apparatus. Identify and use simple attacking and defending strategies e.g. vary the height and speed of a pass. Play co-operative and competitive striking, net, aiming and invasion type games with a partner using appropriate skills. Know how to score and understand how to improve.

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

**Gym - Spinning - Turning - Twisting**

Understand and show a variety of controlled turning jumps e.g. 1/4, 1/2, 3/4, or full turn using one foot to two feet to two feet. Understand the safety implications and demonstrate a variety of rolls and spins on different parts of the body showing co-ordination and contrasts speed. Use a jump to link together a turning movement in the air with a turning or spinning movement on the floor. Understand that "fixing" one half of the body to the floor and then turning the other half produces a twisted position and show various ways of moving out of it. Transfer, adapt and apply all these ideas safely to apparatus at every stage of learning.

**Athletics 2**

Running—quick reactions and rapid acceleration, running with balance and control, sustained running, running over obstacles.

Jumping-jumping off two legs and one leg, combining different jumps in one movement sequence, taking off following a run-up, taking off with the body fully extended at hip, knee and ankle.

Throwing-effective throwing from a standing position, using legs to generate power in the throw, rotating the hips forward before the shoulders during throwing.

Y2-2.2 and 3.1 Into the Wild

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

Understand and show different pathways on the floor e.g. straight, zig-zag and curving and travel along them in different directions. Show an understanding of different speeds and levels. Understand and identify appropriate movement to travel along different shaped pathways. Select and link together three different ways of travelling to create an interesting pathway. The sequence should show a definite beginning, middle and end. Observe and copy a partner in "Follow my leader" formation to show different pathways and link appropriate movement. Transfer and apply the knowledge, understanding, individual skills and linked movements to apparatus at every stage of learning.

2.2 Games - Group Games And Inventing Rules

Demonstrate consistency and accuracy in bouncing, kicking, throwing, catching and striking skills. Select appropriate apparatus when playing the games and demonstrate quicker passing and receiving skills. Play with confidence in varying group formations e.g. 2v2, 4v4, 3v1 etc. Invent rules and explain how they improve the game. Understand and use simple tactics to work as a team e.g. when defending there must always be one person between the goal and the person with the ball.

**3.1 Dance** - Contribute to the warm-up with different action ideas in lessons. Perform dances demonstrating strength and extension. Create actions based on objects and abstract shapes. Explore the use of dynamics in dance. Develop the use of choreographic devices and use question and answer. Observe others in performance and identify strengths and areas for improvement using the appropriate vocabulary.

**3.1 Athletics 1**

Running - quick reactions and rapid acceleration, running with balance and control, sustained running, running over obstacles. Jumping - jumping off two legs and one leg, combining different jumps in one movement sequence, taking off following a run-up, taking off with the body fully extended at hip, knee and ankle. Throwing - effective throwing from a standing position, using legs to generate power in the throw, rotating the hips forward before the shoulders during throwing.