



Working together, nurturing excellence

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

Fundamentals

Explore changing direction and dodging. Discover how the body moves at different speeds. Move with some control and balance. Explore stability and landing safely. Demonstrate control in take off and landing when jumping. Begin to explore hopping in different directions. Show co-ordination when turning a rope. Use rhythm to jump continuously in a French rope.

Gymnastics

Explore travelling movements. Develop quality when performing and linking shapes. Develop stability and control when performing balances.

Y1-2:1 London's Burning!

Gymnastics

Develop technique and control when performing shape jumps. Develop technique in the barrel, straight and forward roll. Link gymnastic actions to create a sequence.

Invasion

Explore s&r with hands and feet to a partner. Explore dribbling with hands and feet. Recognise good space when playing games. Explore changing direction to move away from a partner. Explore tracking and moving to stay with a partner.

Y1-2.2 Once Upon A Time

Dance

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

Sending And Receiving

Develop rolling and throwing a ball towards a target. Develop receiving a rolling ball and tracking skills. Be able to send and receive a ball with their feet. Develop throwing and catching skills over a short distance. Develop throwing and catching skills over a longer distance. Apply sending and receiving skills to small games.

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.

Ball Skills

Roll and throw with some accuracy towards a target. Begin to catch with two hands. Catch after a bounce. Track a ball being sent directly. Explore dribbling with hands and feet.

Y1-3:1 Our Wonderful World

Striking And Fielding

Explore striking a ball with their hand and equipment. Develop tracking and retrieving a ball. Explore technique when throwing over and underarm. Develop co-ordination and technique when catching.

Team Building

Develop communication and problem solving skills. Work individually, in pairs and in small groups, learning to take turns, work collaboratively and lead each other. Opportunities to discuss and plan ideas to get the most successful outcome.

Y1-3.2 What is Beyond Our Horizon?

Target Games

Explore technique when throwing overarm towards a target. Explore technique when throwing underarm towards a target.

Athletics

Running: explore running at different speeds. Jumping: develop balance whilst jumping and landing. Explore hopping, jumping and leaping for distance. Throwing: explore throwing for distance and accuracy.

Year 2

Y2—1.1 There's No Place Like Home

Dance - To remember, repeat and link actions to tell the story of their dance. To develop an understanding of dynamics and how they can show an idea. Use counts of 8 to help stay in time with the music. To copy, remember and repeat actions using facial expressions to show different characters. To explore pathways and levels. To remember and rehearse a dance showing expression and character.

Gymnastics - To perform gymnastic shapes and link them together. To be able to use shapes to create balances. To be able to link travelling actions and balances using apparatus.

Y2—1.2 What the Dickens?

Gym - To demonstrate different shapes, take off and landings when performing jumps. To develop rolling and sequence building. Pupils will incorporate the use of apparatus into their sequence work.

Games - Pupils will explore; rolling, throwing and kicking a ball to hit a target. Catching a range of objects with two hands with and without a bounce. Pupils will consistently track and collect a ball being sent directly. Exploration of dribbling with hands and feet with increasing control whilst on the move.

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

Athletics . Pupils will develop their springing, jumping, hopping and skipping actions. Explore safely jumping for distance and height. Develop overarm throwing for distance.

Target Games Pupil's will develop co-ordination and technique when throwing overarm and underarm towards a target. Explore striking a ball with equipment with some consistency.

Y2-2:1 Where the Dragons Dance

Dance - To copy, repeat and create actions in response to a stimulus. Create and perform actions considering dynamics. Pupils will create a short dance phrase with a partner showing clear changes of speed. To copy, repeat and create movement patterns in response to the theme. To create and perform using unison, mirroring and matching with a partner. To remember and repeat actions and dance as a group.

Games - Sending & receiving: developing s&r with increased control. Explore dribbling with hands and feet with increasing control on the move. Explore moving into space away from others. Pupils will develop moving into space away from defenders and explore staying close to other players to try and stop them getting the ball.

Y2-2.2 and 3.1 Into the Wild

2.2 Yoga – Pupils will remember, copy, and repeat sequences of linked poses and demonstrate increased awareness of extension and control in poses. Exploration of controlling focus and experiencing a sense of calm.

2.2 Games - Pupils will develop co-ordination and technique when throwing overarm/underarm towards a target. Explore striking a ball with different pieces of equipment with some consistency.

3.1 Pupils will develop striking a ball with their hand and equipment with some consistency. Explore tracking a ball and decision making with the ball. Pupils will develop co-ordination and technique when throwing over and underarm. Pupils will experiment catching with two hands with some co-ordination and technique.

Team Building . Pupils will plan and apply strategies to overcome a challenge. Explore following and creating a simple diagram/map. Pupils will work co-operatively with a partner and a small group.