



PE and Sport

2019-20	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Class 1 (R/Y1)						
PD	Parachute play Circles and spirals Getting dressed and undressed	Walking and running Using our bodies in different ways	Movement to music	Movement to music Healthy eating	Good pencil control and can form all letters correctly	
Class 2 (Y1/2)						
PE	Games Pupils will master basic movements including running, jumping, throwing and catching as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. They will participate in team games, developing simple tactics for attacking and defending.	Dance Pupils will perform dances using simple movement patterns.	Gymnastics Pupils will master basic movements and develop balance, agility and co-ordination, and begin to apply these in a range of activities.	Dance Pupils will perform dances using simple movement patterns.	Games Pupils will master basic movements including running, jumping, throwing and catching as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. They will participate in team games, developing simple tactics for attacking and defending.	Athletics Pupils will master basic movements including running, jumping, throwing and catching as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
Class 3 (Y2/3)						
	Games	Dance	Gymnastics	OAA	Games	Athletics



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PE	Pupils will use throwing and catching in isolation and in combination. • apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. • play competitive team games, modified where appropriate.	Pupils will use running, jumping, throwing and catching in isolation and in combination with each other • develop flexibility, strength, control and balance through the athletic sessions • compare own performance with previous ones and demonstrate improvement to achieve their personal best.	Pupils will develop flexibility, strength, technique, control and balance through gymnastic activities.	Pupils will take part in outdoor and adventurous activity challenges both individually and within a team.	Pupils will use running, jumping, throwing and catching in isolation and in combination • play competitive games, modified where appropriate, such as badminton, basketball, cricket, football, hockey, netball, rounders and tennis • apply basic principles suitable for attacking and defending.	Pupils will master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
Class 4 (Y4/5)						
PE	Invasion Games Pupils will play competitive games modified where appropriate, such as football • develop flexibility, techniques and control in different situations • apply basic principles suitable for attacking and defending • take part in challenges	Dance Pupils will use running, jumping, throwing and catching in isolation and in combination with each other • develop flexibility, strength, control and balance through the athletic sessions • compare own performance with previous ones and demonstrate	Gymnastics Pupils will develop flexibility, strength, technique, control and balance through gymnastic activities.	Y4 Swimming Swim competently, confidently and proficiently over a distance of at least 25 metres; • use a range of strokes effectively, such as front crawl, back stroke and breast stroke; • perform safe self-rescue in different water-based situations.	Striking and Fielding Pupils will play competitive games, modified where appropriate, such as badminton, basketball, cricket, football, hockey, netball, rounders and tennis. • Apply basic principles suitable attacking and defending. • use throwing and	Athletics Pupils will use running, jumping, throwing and catching in isolation and in combination with each other • develop flexibility, strength, control and balance through the athletic sessions • compare own performance with previous ones and demonstrate



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	both individually and within a team.	improvement to achieve their personal best.		OAA Pupils will take part in outdoor and adventurous activity challenges both individually and within a team.	catching in isolation and in combination.	improvement to achieve their personal best.
Class 5 (Y5/6)						
PE	Invasion Games Football/ Netball Apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movements; • play competitive games such as football/ Netball, whilst applying basic principles suitable for attacking and defending; • develop flexibility, strength, technique, control and balance.	Dance Develop flexibility, strength, technique, control and balance; • perform dances using a range of movement patterns; • compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Gymnastics Apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movements; • develop flexibility, strength, technique, control and balance through gymnastics; • perform using a range of movement patterns; • compare their performances with previous ones and demonstrate improvement to achieve their personal best.	OAA Communicating, collaborating and competing with each other; • take part in outdoor and adventurous activity challenges both individually and within a team. Net/wall Games Apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movements; • play net and wall games whilst applying basic principles suitable for attacking and	Striking and Fielding Rounders/ Cricket/ Stoolball Apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movements; • play competitive games such as Rounders/ Cricket/ Stoolball, whilst applying basic principles suitable for attacking and defending; • develop flexibility, strength, technique, control and balance; • compare their performances	Athletics Apply and develop a boarder range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement; • use running and jumping in isolation and in combination; • develop flexibility, strength, technique, control and balance, for example through athletics; • compare their performance with previous ones and demonstrate improvement to achieve their personal best.



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				defending; • develop flexibility, strength, technique, control and balance; • compare their performances with previous ones and demonstrate improvement to achieve their personal best.	with previous ones and demonstrate improvement to achieve their personal best.	
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