

Snape Wood Primary and Nursery – Excellence for All



Subject Overview: PE

Foundation 2- Reception		
Autumn 1	Spring 1	Summer 2
<p>PD (GM)</p> <p><u>Outdoor - Football</u></p> <p>To move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p> <ol style="list-style-type: none"> To kick a ball with either foot (Outdoor PE-football) <p>To demonstrate strength, balance and coordination when playing. (Outdoor PE- football)</p> <ol style="list-style-type: none"> To control and stop a ball with either foot. (2 lessons) To kick a ball to a partner (Outdoor PE-football) To kick a ball into a target area/goal (2 lessons) (Outdoor PE- football) <p><u>Indoor - Gymnastics</u></p> <p>To negotiate space and obstacles safely, with consideration for themselves and others.</p> <ol style="list-style-type: none"> To move my body around a large space in different ways (2 lessons) (Gymnastics) <p>To move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p> <ol style="list-style-type: none"> To travel in different ways (walk and skip). (Gymnastics) To move in different ways (Hop and jump). (Gymnastics) To move in different ways (leap, bounce). (2 lessons) (Gymnastics) 	<p>PD (GM)</p> <p><u>Outdoor - Volleyball</u></p> <p>To demonstrate strength, balance and coordination when playing.</p> <ol style="list-style-type: none"> To throw a ball underarm over a small net, to a partner. To catch using two hands with increasing accuracy. To pass a ball to a partner and return over a net (2 lessons) To begin to defend the ball by blocking To play a simplified game of volleyball <p><u>Indoor - Gymnastics</u></p> <p>To demonstrate strength, balance and coordination when playing.</p> <ol style="list-style-type: none"> To jump in different ways (2 feet to 2 feet, 1 foot to 2 feet etc). To roll in different ways (pencil, log, dish roll) To roll in different ways (teddy) To travel in different ways (roll on mats, step along a bench, leap in hoops, hop between cones). To travel in different ways (roll on mats, step along a bench, leap in hoops, hop between cones). (2 lessons) 	<p>PD (GM)</p> <p><u>Outdoor - Athletics</u></p> <p>To move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p> <ol style="list-style-type: none"> To use a good starting position to run faster <p>To negotiate space and obstacles safely, with consideration for themselves and others.</p> <ol style="list-style-type: none"> To move my arms to run faster To pass a baton to a team mate <p>To move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p> <ol style="list-style-type: none"> To run and jump over hurdles. <p>To demonstrate strength, balance and coordination when playing.</p> <ol style="list-style-type: none"> To throw a bean bag overarm <p>To negotiate space and obstacles safely, with consideration for themselves and others.</p> <ol style="list-style-type: none"> To throw a javelin overarm <p><u>Indoor - Skipping Skills</u></p> <p>To move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p> <ol style="list-style-type: none"> To jump in a range of patterns (1 to 2 feet, 2 feet to 1 foot etc) To complete a range of jumps (tuck, straddle, skip) To jump over a low-level rope.

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		4. To step over a turned rope & to jump over a turned rope 5. To jump as part of a group over a turned rope.
Autumn 2	Spring 2	Summer 2
<p>PD (GM) Outdoor - Handball To demonstrate strength, balance and coordination when playing.</p> <ol style="list-style-type: none"> To catch a ball with two hands. (Outdoor PE- handball) To chest pass a ball to a partner using two hands (Outdoor PE- handball) To bounce pass a ball to a partner (Outdoor PE- handball) To throw a ball into a target area (Outdoor PE- handball) To move to catch a ball (Outdoor PE- handball) <p>To move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p> <ol style="list-style-type: none"> To pass and move with a ball to score a goal (2 lessons) (Outdoor PE- handball) <p>EAD- BEI Indoor - Dance Imoves- Nursery rhymes (3 lessons) PD (GM) To move energetically, such as running, jumping, dancing, hopping, skipping and climbing. To be able to perform basic movements to music, and to build a simple themed dance focusing on Nursery Rhymes.</p>	<p>PD (GM) Outdoor - Tennis To demonstrate strength, balance and coordination when playing.</p> <p>To control a tennis ball on a racket (Outdoor PE - tennis)</p> <p>To hit a stationary ball (Outdoor PE - tennis) To hit a dropped ball. (Outdoor PE - tennis) To hit a fed ball. (Outdoor PE - tennis) To begin to return a ball into a target area (2 lessons) (Outdoor PE - tennis)</p> <p>EAD- BEI Indoor - Dance Imoves-weather (3 lessons) Dance Imoves-minibeasts (3 lessons) To move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p> <ol style="list-style-type: none"> To be able to perform basic movements to music, and to build a simple themed dance focusing on Weather <p>To be able to perform basic movements to music and to build a simple themed dance focussing on Minibeasts.</p>	<p>PD (GM) Indoor & Outdoor Athletics To demonstrate strength, balance and coordination when playing.</p> <ol style="list-style-type: none"> To push a shot put (soft shot put) <p>To move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p> <ol style="list-style-type: none"> To perform a stationary two footed forwards jump <p>To demonstrate strength, balance and coordination when playing.</p> <ol style="list-style-type: none"> SPORTS DAY PREPARATION x 3 To know how to race as part of a team. SPORTS DAY To participate in team races

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Y1/2 A		
Autumn 1	Spring 3	Summer 5
<p>Outdoor - Hockey</p> <p>To move with a ball in and out of cones</p> <ol style="list-style-type: none"> To begin to apply basic movements in a range of activities – controlling and dribbling in hockey. To begin to apply basic movements in a range of activities – To move with the hockey ball in and out of cones <p>To track balls sent to them moving in line with the ball to receive it</p> <ol style="list-style-type: none"> To track balls sent to them moving in line with the ball to receive it – stopping the hockey ball with the stick. To apply basic skills for attacking (2 lessons) To apply basic skills for defending To shoot the hockey ball towards an open goal. <p>Indoor - Dance</p> <ol style="list-style-type: none"> To perform basic body actions and move with control (Explore combining skills such as travelling on different levels.) To perform basic body actions and move with control (Explore combining skills such as jumping and turning on different levels.) To remember and repeat body actions in a simple pattern (Link 2 or more movements together to form a sequence individually.) To remember and repeat body actions in a simple pattern (Link 2 or more movements 	<p>Outdoor - Tennis</p> <p>To send an object using a hand or a bat to a partner or target space</p> <ol style="list-style-type: none"> To control a tennis ball using hands To control a tennis ball using a tennis racket To return a ball back to a feeder <p>To move towards a ball to return it with hand or bat</p> <ol style="list-style-type: none"> To hit a forehand shot <p>To score a point against an opponent over a line or small net</p> <ol style="list-style-type: none"> To begin to have a rally To understand how to serve in tennis. <p>Indoor - Outdoor and Adventurous</p> <ol style="list-style-type: none"> To move safely from one place to another along a simple path (2 lessons) To locate signs and clues within a known environment To create a simple map of a known environment To follow a simple map of a known environment (2 lessons) 	<p>Outdoor - Rounders</p> <p>To use basic underarm rolling and hitting skills</p> <ol style="list-style-type: none"> To be able to throw a ball to a partner To move towards a ball to return it with hand or bat To strike the ball with increasing accuracy. <p>To intercept, retrieve and stop a bean bag or medium sized ball with more consistency</p> <ol style="list-style-type: none"> To sometimes catch a bean bag or medium size ball To be able to catch a ball with the correct technique To apply previous skills learnt to follow the rules and play a competitive game. <p>Indoor - dodgeball</p> <p>To send an object using a hand or a bat to a partner or target space</p> <ol style="list-style-type: none"> To throw and kick a ball in a variety of ways To send a ball using a hand to a partner or target space To move towards a ball to return it with hand or bat To track balls sent to them moving in line with the ball to receive it To know how to find and use space <p>To score a point against an opponent over a line or small net</p> <ol style="list-style-type: none"> To know how to score points in simple modified games of dodgeball

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<p>together to form a sequence as part of a group.)</p> <p>5. To remember and repeat body actions in a simple pattern (Work with a partner or small group to copy or create a formation for the movements.) (2 lessons)</p> <p>To describe basic body actions</p> <p>6. To say what I like about my performance</p>		
Autumn 2	Spring 4	Summer 6
<p><u>Outdoor - Handball</u></p> <p>To throw and kick a ball in a variety of ways</p> <ol style="list-style-type: none"> To master basic sending and receiving as well as developing balance agility and coordination. To throw a ball accurately <p>To track balls sent to them moving in line with the ball to receive it</p> <ol style="list-style-type: none"> To travel in different directions (side to side/up and down) with control and fluency. <p>To move with a ball in and out of cones</p> <ol style="list-style-type: none"> To master basic movements such as running, jumping, throwing and catching. - Catch a ball with 2 hands. To develop simple attacking and defending skills. (2 lessons) To participate in team games (Handball). 	<p><u>Outdoor - Netball</u></p> <p>To throw and kick a ball in a variety of ways</p> <ol style="list-style-type: none"> To pass a ball using a chest pass <p>To track balls sent to them moving in line with the ball to receive it</p> <ol style="list-style-type: none"> To know how to find space safely (attacking) To apply simple rules for defending. (2 weeks) To move with a ball in and out of cones To play simple attacking and defending games of Netball. <p><u>Indoor - Bench Ball</u></p> <ol style="list-style-type: none"> To throw and kick a ball in a variety of ways To throw and catch a ball with a partner To track balls sent to them moving in line with the ball to receive it To track the path of a ball to either attack or defend. (2 weeks) 	<p><u>Indoor and Outdoor - Athletics</u></p> <p>To develop fundamental skills of hopping, skipping, jumping, throwing, running, jogging</p> <ol style="list-style-type: none"> To practise throwing techniques (javelin and chest push). To practise jumping techniques - bend knees, swing arms, look forward (speed bounce, long jump). <p>To travel quickly and slowly</p> <ol style="list-style-type: none"> To practise running techniques and apply these to races and relays (2 weeks) To apply running techniques to participate in long distance running. (2 weeks) To evaluate their performance using time

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<p>Indoor - Gymnastics</p> <p>To copy the basic moves of a gymnast</p> <ol style="list-style-type: none">1. To identify and use simple gymnastics actions and shapes <p>To show basic control and coordination when travelling and when remaining still</p> <ol style="list-style-type: none">2. To jump and land safely3. To use apparatus safely when travelling across a bench4. To perform a gymnastics routine to my peers (2 lessons) <p>To make their bodies tense, relaxed, stretched, curled</p> <ol style="list-style-type: none">5. To introduce tuck, straddle and pike6. To work in a group to practise tuck, straddle and pike	<p>5. To move with a ball in and out of cones</p>	
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Autumn 1	Spring 3	Summer 5
<p>Outdoor - Football To throw and catch a ball with a team member</p> <ol style="list-style-type: none"> To pass the ball to a teammate using the instep (2 lessons). To intercept a ball using hands and/or feet (2 lessons) To dribble the football around cones. To play simple attacking and defending games (x2) <p>Indoor - Gymnastics To perform a sequence that shows a clear change of speed</p> <ol style="list-style-type: none"> To move in a variety of ways using different body parts. To change speed and direction when moving in a sequence To perform a sequence that shows a clear change of speed (2 lessons) To perform a variety of basic gymnastic actions with coordination and control (2 lessons) <p>To say why they think gymnastic actions are being performed well</p> <ol style="list-style-type: none"> To evaluate my performance saying what I did well 	<p>Outdoor - Basketball To throw and catch a ball with a team member</p> <ol style="list-style-type: none"> To throw a ball in a variety of ways (chest, bounce, overhead). (passing basketball) (2 lessons) To intercept a ball using hands and/or feet <p>To play simple attacking and defending games</p> <ol style="list-style-type: none"> To dribble a ball using one hand To shoot the basketball into the net. (2 lessons) <p>Indoor - Dodgeball</p> <ol style="list-style-type: none"> To track the path of a ball over a line or net and move towards it To throw and catch a ball with a partner To dodge a ball <p>To play a modified game by sending and returning a ball over a line or small net</p> <ol style="list-style-type: none"> To play a modified game by sending and returning a ball over a line. (2 lessons) To follow the rules to a modified game of dodgeball 	<p>Outdoor - Cricket To perform basic skills of rolling and striking with more confidence during a range of simple games</p> <ol style="list-style-type: none"> To hit a ball from a batting tee into a set area (pull shot) To follow the rules to a modified game of cricket To throw a ball towards a given target accurately To throw balls using an overarm throw. To catch different sized balls with more consistency <p>Indoor - Bench ball To throw and catch a ball with a team member</p> <ol style="list-style-type: none"> To throw ball, two handed, to a team member accurately To catch a ball with 2 hands with increasing accuracy. To intercept a ball using hands and/or feet <p>To play simple attacking and defending games</p> <ol style="list-style-type: none"> To follow the rules to a modified game of bench ball

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Autumn 2	Spring 4	Summer 6
<p>Outdoor - Rugby To throw and catch a ball with a team member</p> <ol style="list-style-type: none"> To hold the rugby ball with the correct hand positions. To throw and catch a rugby ball with a team member. (any direction) To intercept a ball using hands To play simple attacking and defending games To run with a rugby ball To score a try To follow the rules to a modified game of rugby <p>Indoor - Dance</p> <ol style="list-style-type: none"> To choose and perform different body actions that express an idea, mood or feeling To perform a short dance with control and coordination that link body actions (2 lessons) To create a dance that links body movements in groups (2 lessons) To perform a dance as part of a group <p>To describe how dancing affects their body</p> <ol style="list-style-type: none"> To evaluate my own successes 	<p>Outdoor - Tennis To hit a ball with both hands or a racquet with some consistency</p> <ol style="list-style-type: none"> To hold a tennis racket correctly and use it control a tennis ball To hit a ball with a forehand stroke over a modified net To track the path of a ball over a line or net and move towards it To move towards a ball to return it with a racquet (x2) To play a modified game by sending and returning a ball over a line or small net To score a point against an opponent over a line or small net (x2) <p>Indoor - Outdoor and Adventurous</p> <ol style="list-style-type: none"> To know which way a map is orientated To create a bird's eye view map To follow a short trail with support To locate signs and clues within a known environment To solve a problem using the environment to help them To move safely from one place to another along a simple path 	<p>Indoor and Outdoor - Athletics To develop fundamental skills to access a broad range of activities to enhance their agility, balance and coordination</p> <ol style="list-style-type: none"> To use an appropriate technique for running short distance (2 lessons) To pass a baton to a team mate in a relay (2 lessons) To perform 2:2, 2:1, 1:2, 1:1 jumps and land with control (Long and triple jump) (3 lessons) To attempt a range of throwing techniques to improve accuracy (Javelin, Shot put)
Y3/4 A		
Autumn 1	Spring 1	Summer 1

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<p>Outdoor (Hockey)</p> <ol style="list-style-type: none"> To score goals using the appropriate technique To pass and dribble with control without an opponent To keep possession of a ball by passing with an opponent <p>Indoor (Dance)</p> <ol style="list-style-type: none"> To improvise freely from a given stimulus (3 lessons) To create and share a dance phrase independently or with a partner/group (3 lessons) To suggest improvements to their own and other's dances 	<p>Outdoor (Tennis)</p> <ol style="list-style-type: none"> To begin a game by using a simple serve (underarm) <p>To play a continuous game by throwing, catching and simple hitting</p> <ol style="list-style-type: none"> To play a mini rally with simple hitting. To play a continuous game with simple hitting. (2 lessons) To move forward to return a ball over a net and into a boundary (2 lessons) <p>Indoor (Dodgeball)</p> <p>To play a continuous game by throwing, catching and simple hitting.</p> <p>To move forward to return a ball over a net and into a boundary.</p> <ol style="list-style-type: none"> To begin a game using the appropriate technique. To throw with control without an opponent. To throw using the appropriate technique at a stationary target. To throw using the appropriate technique at a moving target. To keep possession of a ball by catching (2 lessons). 	<p>Outdoor (Rounders)</p> <ol style="list-style-type: none"> To strike a stationary ball into a target area To strike a moving ball into a target area. To catch a ball with both hands using the correct technique. To catch a ball with both hands at different heights using the correct technique. To retrieve a ball and throw it back to a partner. To retrieve a ball and throw it back to different targets. <p>Indoor (Outdoor and adventurous)</p> <ol style="list-style-type: none"> To identify where they are using a plan. To identify where they are using a plan within their environment. To follow a short trail with support. To follow a short trail using a simple plan. To respond positively to a problem they are set a challenge. To respond positively to a problem they are set a challenge (more complex challenges).
Autumn 2	Spring 2	Summer 2
<p>Outdoor (Handball)</p>	<p>Outdoor (Basketball)</p> <p>To score goals using the appropriate technique</p>	<p>Outdoor and Indoor (Athletics)</p> <p>To run at fast, medium and slow speeds</p>

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<ol style="list-style-type: none"> To score goals using the appropriate technique (2 lessons) To pass with control without an opponent <p>To keep possession of a ball by throwing and catching</p> <ol style="list-style-type: none"> To keep possession of a ball by throwing using one hand To keep possession of a ball by catching using one or two hands. (2 lessons) To use learned skills to keep possession in a modified game (2 lessons) 	<ol style="list-style-type: none"> To score baskets using the appropriate technique. <p>To pass and dribble with control without an opponent</p> <ol style="list-style-type: none"> To push pass with control without an opponent. To dribble using either hand with control without an opponent. <p>To keep possession of a ball by throwing and catching</p> <ol style="list-style-type: none"> To keep possession of a ball by passing and dribbling (2 lessons) To use learned skills in a modified game of basketball 	<ol style="list-style-type: none"> To run at a fast speed using powerful arms To run at a fast speed using long strides (2 lessons) To pace my running for longer distances (2 lessons) To throw objects using a range of techniques (discus, javelin) (” lessons) To jump from a stationary position and land correctly
<p><u>Indoor (Gymnastics)</u></p> <ol style="list-style-type: none"> To use their own ideas for movements in response to a task including shape, action and balance (2 lessons) To plan sequences of contrasting actions using apparatus and floor space (2 lessons) To compare gymnastic sequences commenting on the similarities and differences (2 lessons) 	<p><u>Indoor (Table Tennis)</u></p> <p>To begin a game by using a simple serve</p> <ol style="list-style-type: none"> To begin a game by using a single bounce serve To begin a game by using a double bounce serve <p>To play a continuous game by throwing, catching and simple hitting</p> <ol style="list-style-type: none"> To hit a forehand shot over the net To play a continuous rally with simple hitting (2 lessons) <p>To move forward to return a ball over a net and into a boundary</p> <ol style="list-style-type: none"> To move around the table to return a ball over a net and into a boundary. 	

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Y3/4 B		
Autumn 1	Spring 1	Summer 1
Outdoor (Football) 1. To pass and dribble with control under pressure	Outdoor (Tennis) To return a served ball using either side of the body 1. To return a served ball using a forehand. 2. To return a served ball using a backhand.	Outdoor (Cricket) To field a ball by stopping it or catching it using the correct technique.

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<p>2. To pass with both feet using the instep and laces</p> <p>3. To move into position to score</p> <p>4. To shoot and score using the laces (2 lessons)</p> <p>5. To play games using a range of passing and shooting techniques</p> <p>6. To use appropriate tactics to keep possession and help their team to score (2 lessons)</p> <p>Indoor (Dance) To use simple movement patterns to create dance phrases independently, with a partner or in a small group.</p> <ol style="list-style-type: none"> To be able to perform basic movements to music, and to build a simple themed dance focusing on Disco independently. To be able to perform basic movements to music, and to build a simple themed dance focusing on Disco in a group. To use dynamic, rhythmic and expressive qualities whilst performing dance phrases and dances. To describe and interpret a dance performance. 	<p>3. To choose ways to send a ball to make it difficult for an opponent to return</p> <p>4. To lob a ball over an opponent</p> <p>5. To use defensive tactics to defend the court, moving into different positions</p> <p>Indoor (Volleyball) To return a served ball using either side of the body</p> <ol style="list-style-type: none"> To serve a ball using an underarm technique To return a ball using a dig shot <p>To choose ways to send a ball to make it difficult for an opponent to return</p> <ol style="list-style-type: none"> To set a ball for a player to return To spike a ball over the net To use defensive tactics to defend the court, moving into different positions 	<ol style="list-style-type: none"> To field a ball by catching it using the correct technique. To field a ball by stopping it using a long barrier To field a moving ball and returning with a throw <p>To strike a ball and run to distance bases.</p> <ol style="list-style-type: none"> To strike a ball and run to a target. <p>To throw a ball over arm accurately at a short-distanced target</p> <ol style="list-style-type: none"> To throw a ball over arm accurately to a wicket keeper To throw a ball over arm accurately at the stumps <p>Indoor (Outdoor and Adventurous)</p> <ol style="list-style-type: none"> To use maps and diagrams to orientate themselves (x2) To travel around a simple course using a map. (x2) To plan a simple physical challenge with a partner or group. (x2)
Autumn 2	Spring 2	Summer 2
Outdoor (Rugby)	Outdoor (Netball) To use appropriate tactics to keep possession and help their team to score	Outdoor and Indoor (Athletics) To combine running and jumping activities with control.



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<p>To use appropriate tactics to keep possession and help their team to score</p> <ol style="list-style-type: none"> To pass a ball between team mates to keep possession (2 lessons) <p>To pass and dribble with control under pressure</p> <ol style="list-style-type: none"> To pass a ball backwards <p>To move into position to score</p> <ol style="list-style-type: none"> To move into position to score a try. (2 lessons) To run quickly to score a try To play games using a range of throwing and catching techniques <p><u>Indoor (Gymnastics)</u></p> <ol style="list-style-type: none"> To perform actions, balances and body shapes with control. (2 lessons) To plan, perform and repeat longer sequences that include changes in direction and level, clear body shapes and controlled movement. (2 lessons) To perform a sequence following a pathway in time with a partner. (2 lessons) To describe the success of my routines 	<ol style="list-style-type: none"> To move around the court and pass the ball to keep possession and score (2 lessons) <p>To pass and dribble with control under pressure</p> <ol style="list-style-type: none"> To pass a ball using a bounce pass To move into position to score To use an overhead shot to score <p>To play games using a range of throwing and catching techniques</p> <ol style="list-style-type: none"> To play modified games using chest and bounce passes <p><u>Indoor (Table Tennis)</u></p> <p>To return a served ball using either side of the body</p> <ol style="list-style-type: none"> To return a served ball using forehand. To return a served ball using backhand. <p>To choose ways to send a ball to make it difficult for an opponent to return</p> <ol style="list-style-type: none"> To increase the pace of a return to make it difficult for an opponent To return the ball on the opposite side to make it difficult for an opponent <p>To use defensive tactics to defend the court, moving into different positions</p> <ol style="list-style-type: none"> To lift the ball to make it easier to defend To move around the table to make it easier to return a ball 	<ol style="list-style-type: none"> To use the correct technique to run and land when long jumping To use the correct technique to run and land when triple jumping <p>To throw a variety of objects, changing their throwing action for distance and accuracy.</p> <ol style="list-style-type: none"> To throw a javelin using an appropriate technique for distance (2 lessons) To throw a discus using an appropriate technique for distance (2 lessons) To take part in relays over a range of distances remembering when to run. To perform a change over successfully, using a relevant technique
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Y5		
Autumn 1	Spring 1	Summer 1
<p>Outdoor (Hockey)</p> <ol style="list-style-type: none"> To mark opponents and help each other whilst defending (2 lessons) <p>To use tactics to help their team keep the ball including passing and dribbling</p> <ol style="list-style-type: none"> To use tactics to help your team keep the ball including dribbling To use tactics to help your team keep the ball including passing 	<p>Outdoor (Tennis)</p> <p>To play a range of shots on both sides of the body, moving feet to hit the ball.</p> <ol style="list-style-type: none"> To play a forehand and backhand volley To play a volley drop shot To play a shot whilst on the move To apply control when returning a ball including foot placement, shot selection and aim (2 lessons) 	<p>Outdoor (Rounders)</p> <ol style="list-style-type: none"> To score points (rounders) by hitting a ball and running to a target. <p>To move feet to catch a ball at different heights and levels one and two handed.</p> <ol style="list-style-type: none"> To catch a high ball using two hands To catch a flat hit ball with one or two hands To field stationary balls using correct technique.

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<p>To use tactics to create scoring opportunities and shoot with control during games</p> <ol style="list-style-type: none"> To shoot using a flick shot To use passing and dribbling to make opportunities to score (2 lessons) <p><u>Indoor (Dance - Charleston)</u></p> <ol style="list-style-type: none"> To adapt and refine the way you use weight, space and rhythm in dance. (3 lessons) To express yourself in the style of dance being performed. (3 lessons) To recognise and comment on dances showing an understanding of style. <p><u>Indoor (Swimming)</u></p> <ol style="list-style-type: none"> To swim 25m on front unaided To swim 25m on back unaided To develop strokes for travelling in water, on front and back with and without support To swim for distance, at an appropriate pace, being able to travel further 	<ol style="list-style-type: none"> To play modified sending and returning games with others, keeping track of their own scores. <p><u>Indoor (Gymnastics)</u></p> <p>To link and perform multiple sequential elements including changes in level, direction and speed.</p> <ol style="list-style-type: none"> To explore a range of jumps and landings (2 lessons) To move safely from apparatus to the floor. <p>To choose actions, body shapes and balances with a sequence.</p> <ol style="list-style-type: none"> To increase flexibility, strength, technique, control and balance (2 lessons) To use a basic criterion to make judgments on a performance and suggest improvements <p><u>Indoor (Swimming)</u></p> <ol style="list-style-type: none"> To swim 25m on front unaided To swim 25m on back unaided To develop strokes for travelling in water, on front and back with and without support To swim for distance, at an appropriate pace, being able to travel further 	<ol style="list-style-type: none"> To field moving balls using correct technique. To throw a ball from distance to a desired fielder/ target area using the correct technique. <p><u>Indoor (Dodgeball)</u></p> <p>To play a range of shots on both sides of the body, moving feet to hit the ball.</p> <ol style="list-style-type: none"> To throw a ball over/under/side arm to eliminate an opponent (2 lessons) To apply control when returning a ball including foot placement, shot selection and aim (2 lessons) To track opponents and help each other whilst defending, communicating clearly (2 lessons) <p>To play modified sending and returning games with others, keeping track of their own scores.</p> <ol style="list-style-type: none"> To use tactics to help your team keep the ball (2 lessons) <p><u>Indoor (Swimming)</u></p> <ol style="list-style-type: none"> To swim 25m on front unaided To swim 25m on back unaided To develop strokes for travelling in water, on front and back with and without support To swim for distance, at an appropriate pace, being able to travel further
<p>Autumn 2</p>	<p>Spring 2</p>	<p>Summer 2</p>



Subject Overview: PE

<p>Outdoor (Handball)</p> <ol style="list-style-type: none"> To mark opponents and help each other whilst defending To block opponents when defending <p>To use tactics to help their team keep the ball including passing and dribbling</p> <ol style="list-style-type: none"> To use the 3-step rule when playing small games to keep possession To use a range of passes to keep possession (2 lessons) <p>To use tactics to create scoring opportunities and shoot with control during games</p> <ol style="list-style-type: none"> To use the 3-step rule when playing small games to shoot (2 lessons) <p>Indoor (Gymnastics)</p> <p>To link and perform multiple sequential elements including changes in level, direction and speed.</p> <ol style="list-style-type: none"> To explore a range of jumps and landings. (2 lessons) To move safely from apparatus to the floor. <p>To choose actions, body shapes and balances with a sequence.</p> <ol style="list-style-type: none"> To increase flexibility, strength, technique, control and balance. (2 lessons) To use a basic criteria to make judgments on a performance and suggest improvements <p>Indoor (Swimming)</p> <ol style="list-style-type: none"> To swim 25m on front unaided To swim 25m on back unaided 	<p>Outdoor (Basketball)</p> <ol style="list-style-type: none"> To mark opponents and help each other whilst defending To intercept the ball when defending To use tactics to help their team keep the ball including passing and dribbling To use tactics to help your team keep the ball including movement around the court. To use tactics to create scoring opportunities and shoot with control during games (2 games) <p>Indoor (Table Tennis)</p> <ol style="list-style-type: none"> To play a range of shots on both sides of the body, moving feet to hit the ball. (2 lessons) To apply control when returning a ball including foot placement, shot selection and aim. (2 lessons) To play modified sending and returning games with others, keeping track of their own scores. (2 lessons) <p>Indoor (Swimming)</p> <ol style="list-style-type: none"> To swim 25m on front unaided To swim 25m on back unaided To develop strokes for travelling in water, on front and back with and without support To swim for distance, at an appropriate pace, being able to travel further 	<p>Outdoor and Indoor (Athletics)</p> <ol style="list-style-type: none"> To throw with accuracy and power into a target area. (Javelin) To push throw with accuracy and power into a target area. (shot put) To perform a variety of jumps using the correct technique. (Long jump, triple jump, standing vertical jump) (3 lessons) To perform a variety of jumps using the correct technique with a short run up. (long jump and triple jump) (2 lessons) To run over long distances for sustained periods of time. To pace myself to run a long distance race <p>Indoor (Swimming)</p> <ol style="list-style-type: none"> To swim 25m on front unaided To swim 25m on back unaided To develop strokes for travelling in water, on front and back with and without support To swim for distance, at an appropriate pace, being able to travel further
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Subject Overview: PE

<ol style="list-style-type: none"> 3. To develop strokes for travelling in water, on front and back with and without support 4. To swim for distance, at an appropriate pace, being able to travel further 		
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Autumn 1	Spring 1	Summer 1
<p><u>Outdoor (Football)</u></p> <p>To choose the right tactics for attacking and defending</p> <ol style="list-style-type: none"> 1. To use appropriate attacking tactics when playing uneven sided games 2. To use appropriate defending tactics when playing uneven sided games 3. To support players to score goals 4. To score goals using both feet, instep, outstep and laces 	<p><u>Outdoor (Tennis)</u></p> <ol style="list-style-type: none"> 1. To use forehand, backhand and overhead shots with more confidence in games (2 lessons) 2. To make appropriate choices in a game about the best shot to use and apply tactics effectively to be successful (2 lessons) <p>To develop doubles play</p> <ol style="list-style-type: none"> 3. To know the rules for doubles 4. To develop tactics for successful doubles play (e.g. volleying) 	<p><u>Outdoor (Cricket)</u></p> <p>To strike a bowled ball with precision to score the most runs</p> <ol style="list-style-type: none"> 1. To drive a ball straight To drive a ball on the off side To run between wickets using appropriate techniques to score runs 2. To use strategies and tactics in game situations to beat opponents 3. To field a ball quickly and effectively to prevent teams from scoring runs

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Subject Overview: PE

<p>5. To keep possession of a ball using different techniques e.g. passing, controlling, dribbling (2 lessons)</p> <p>6. To use marking, tackling and/or interception to improve their defence</p> <p><u>Indoor (Dance - Hip Hop)</u> To work creatively and imaginatively on their own, with a partner and in a group to compose motifs and structure simple dances.</p> <ol style="list-style-type: none"> To perform movements to music, and to build a simple themed dance focusing on Hip Hop Locking (individually) To perform movements to music, and to build a simple themed dance focusing on Hip Hop Locking (pairs/groups) To perform basic movements to music, and to build a simple routine focusing on Hip Hop POPPING. (individually) To perform basic movements to music, and to build a simple routine focusing on Hip Hop POPPING. (pairs/groups) <p>To perform a dance to an accompaniment expressively and sensitively.</p> <ol style="list-style-type: none"> To perform a dance to an accompaniment combining different hip-hop themes. (2 lessons) To use appropriate criteria to evaluate and refine their own and other's work. 	<p><u>Indoor (Volleyball)</u> To use forehand, backhand and overhead shots with more confidence in games</p> <ol style="list-style-type: none"> To set the ball for a partner to make an attacking spike shot To dig the ball for a partner to make a set shot To serve a ball overhead To make appropriate choices in a game about the best shot to use and apply tactics effectively to be successful (2 lessons) <p>To develop doubles play</p> <ol style="list-style-type: none"> To use learned tactics to play doubles volleyball successfully 	<p>To bowl a ball over arm or under arm using the correct technique</p> <ol style="list-style-type: none"> To bowl a ball over arm using the correct technique. <p><u>Indoor (Outdoor and Adventurous)</u></p> <ol style="list-style-type: none"> To find solutions to problems and challenges. (2 lessons) To respond positively when the task or environment changes and the challenge increases To work increasingly well in a team, understanding their own roles and responsibilities.
Autumn 2	Spring 2	Summer 2
<u>Outdoor (Rugby)</u>	<u>Outdoor (Netball)</u>	<u>Outdoor and Indoor (Athletics)</u>

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Subject Overview: PE

<p>To choose the right tactics for attacking and defending</p> <ol style="list-style-type: none"> To use appropriate attacking tactics when playing uneven sided games To use appropriate defending tactics when playing uneven sided games <p>To support players to score goals</p> <ol style="list-style-type: none"> To use triangle support to help score tries <p>To keep possession of a ball using different techniques e.g. passing, controlling, dribbling</p> <ol style="list-style-type: none"> To pass on either side of the body to keep possession (using varied passes e.g. pop pass) To use running and passing to keep possession in uneven sided games To use marking, tackling and/or interception to improve their defence (2 lessons) <p><u>Indoor (Gymnastics)</u></p> <ol style="list-style-type: none"> To plan, design and perform innovative routines and sequences using different apparatus and floor space. (3 lessons) To combine and perform gymnastic actions, shapes and balances at different levels and speeds. (2 lessons) To show an awareness of factors influencing the quality of a performance and suggest aspects that need improving (2 lessons) 	<p>To choose the right tactics for attacking and defending</p> <ol style="list-style-type: none"> To know the positions in netball and where they can move To use appropriate attacking tactics when playing uneven sided games To use appropriate defending tactics when playing uneven sided games <p>To support players to score goals</p> <ol style="list-style-type: none"> To pass in triangles to make space to shoot To keep possession of a ball using different techniques e.g. passing, controlling, dribbling To use marking, tackling and/or interception to improve their defence <p><u>Indoor (Table Tennis)</u></p> <ol style="list-style-type: none"> To use forehand, backhand and overhead shots with more confidence in games (2 lessons) <p>To make appropriate choices in a game about the best shot to use and apply tactics effectively to be successful</p> <ol style="list-style-type: none"> To vary the position of a shot to score a point To vary the pace of return to make it difficult for an opponent 	<p>To choose the best pace for a running event to improve on personal targets.</p> <ol style="list-style-type: none"> To use the correct technique for sprinting. To be able to vary pace and distance when running. To discuss and understand the rules of relay race changeovers. <p>To show control at take-off and landing in jumping activities</p> <ol style="list-style-type: none"> To show control at take-off and landing in jumping activities in triple jump. To show control at take-off and landing in jumping activities in long jump. To show control at take-off and landing in jumping activities in standing vertical jump. <p>To show correct technique and accuracy when throwing for distance.</p> <ol style="list-style-type: none"> To show correct technique and accuracy when throwing a javelin for distance. To show correct technique and accuracy when throwing a shot put for distance. To show correct technique and accuracy when throwing a discus for distance.
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Subject Overview: PE

	<p>To develop doubles play</p> <ol style="list-style-type: none">4. To know the rules for doubles play5. To play a game of doubles using known tactics	
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