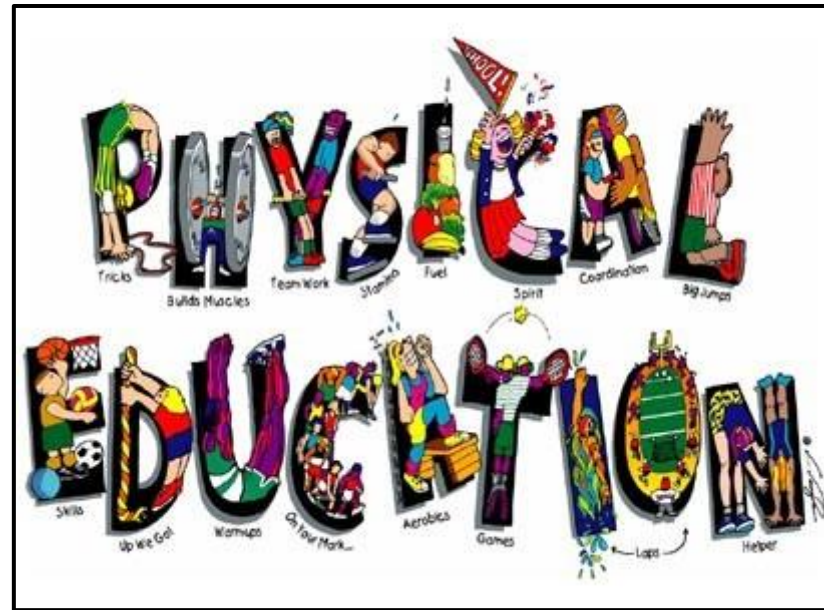


Dunmore

P.E. Curriculum









Scheme of Work EYFS – Year 6

The Physical Education we deliver at Dunmore and the enjoyment of it aims to establish attitudes towards exercise and a healthy lifestyle that will be adopted by each pupil throughout their life. We follow recommendations from the Chief Medical Officer to provide 30 minutes of activity every day along with two hours of high-quality Physical Education every week. This is delivered through a wide range of quality sports and experiences including Paralympic sports.

EYFS PE Unit Overview

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Session 1	Physical development in setting	Physical development in setting	Physical development in setting	Physical development in setting	Physical development in setting	Physical development in setting
Session 2	First PE	Multi-skills	Gymnastics	Dance	Athletics	Enjoy a Ball

	<p>Term 1 All about me Harvest Traditional Tales Autumn</p> 	<p>Term 2 Celebrations Dinosaurs Christmas</p> 	<p>Term 3 Winter Chinese New Year Space</p> 	<p>Term 4 Superheroes Spring Easter</p> 	<p>Term 5 Gardens (Plants, Minibeasts, Life cycles)</p> 	<p>Term 6 Bears Summer Holidays</p> 
How it is taught in Reception	<ul style="list-style-type: none"> • Outdoor play such as running, skipping, jumping, hopping, climbing. • Managing space and obstacles safely • Riding bikes, scooter, trikes etc • Understanding how to be healthy and the importance of exercise and healthy eating • Moving and dancing to music • Playing games that encourage turn taking and cooperation 					
Early Learning Goals	<ul style="list-style-type: none"> • Negotiate space and obstacles safely, with consideration for themselves and others. • Demonstrate strength, balance and coordination when playing. • Move energetically, such as running, jumping, hopping, skipping, climbing. • Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. (PSED) • Work and play cooperatively and take turns with others. (PSED) • Perform songs, rhymes, poems and stories and (when appropriate) try to move in time with music. (Expressive arts and design) 					
P.E. Unit	Physical Development in setting					
Pathway of Learning	<ul style="list-style-type: none"> • Begin to use core muscle strength 	<ul style="list-style-type: none"> • Begin to develop overall body strength, 	<ul style="list-style-type: none"> • Continue to develop overall body strength, 	<ul style="list-style-type: none"> • Negotiate space successfully and adjust speed and 	<ul style="list-style-type: none"> • Move in a range of ways including running, jumping, 	<ul style="list-style-type: none"> • Negotiate space and obstacles safely







	<p>when sitting on the floor or at the table</p> <ul style="list-style-type: none"> • Begin to use tools and equipment safely • Use pencils and other equipment comfortably • Make snips in paper using scissors 	<p>balance, co-ordination and agility</p> <ul style="list-style-type: none"> • Experiment moving in different ways • Start to develop an effective pencil grip • Begin to learn correct letter formations 	<p>balance and coordination.</p> <ul style="list-style-type: none"> • Develop and effective pencil grip • Be able to use scissors correctly. 	<p>direction when needed.</p> <ul style="list-style-type: none"> • Show increasing control with a ball. • Form recognisable letters with an effective pencil grip 	<p>dancing, hopping, skipping and climbing</p> <ul style="list-style-type: none"> • Continue to develop letter formation using tripod grip. 	<ul style="list-style-type: none"> • Show strength, balance and coordination • Move energetically in a range of different ways. • Use the tripod grip effectively • Use a range of small tools • Show accuracy when writing and drawing.
PE Unit	First PE	Multi-skills	Gymnastics	Dance (superhero)	Athletics	Enjoy a Ball
Pathway of Learning	<ul style="list-style-type: none"> • Experiment with different ways of moving around a given area. • Negotiate space • Be safe when moving around • Basic co-ordination skills • Balance 	<ul style="list-style-type: none"> • Different ways of moving – running, jumping, hopping, skipping. • Balance skills • Co-ordination skills • Throwing and catching • Agility skills • Climbing 	<ul style="list-style-type: none"> • Creating shapes • Co-ordination, agility, strength, flexibility, climbing and balance • Move on apparatus in different ways • Rolls – introduce tuck rock. 	<ul style="list-style-type: none"> • Experiment with different ways of moving to music • Negotiate space • Move in different directions • Create dances as an individual and in pairs. 	<ul style="list-style-type: none"> • Marching, running, jumping, hopping, skipping. • Jump over a variety of objects • Throw objects at a target • Introduce competition in a fun way 	<ul style="list-style-type: none"> • Investigate different ways to move a ball using hands and feet • Learn games to encourage listening skills, aiming skills, teamwork and fun competition.
Vocabulary	Safe, space, bounce, push, pat, throw, catch, roll	Hop, jump, skip, run, balance, climb, imagine, safe, pirates.	Jump, strong, safe, move, rock, stretch, crawl, star	Space, perform, moving, listen	March, quick, run, jump, fast, walk, throw, safe, hop.	Hop, skip, jump, run, ball, team, target, slow

Year 1 PE Units Overview







	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Session 1	Multi skills	Gymnastics	Indoor athletics	Ball games	Athletics	Tennis
Session 2	Yoga	Winter Dance	Ball skills	Fairy tale Dance	Mini Muay Thai	Outdoor Adventure activities

Ongoing skills throughout the year: Independence skills – getting changed independently, organising own belongings and getting changed back into uniform successfully.

Opportunities for physical education will be incorporated into our enhanced provision approach in Y1 also.

	<u>Term 1</u>	<u>Term 2</u>	<u>Term 3</u>	<u>Term 4</u>	<u>Term 5</u>	<u>Term 6</u>
Year 1 PE						
P.E. Unit	Multi skills	Gymnastics	Indoor Athletics	Ball games	Athletics	Tennis
Pathway of Learning	<u>Games</u> *Dribble a ball with some success, stopping it when required. *Move to space to help score goals or limit others scoring. *Use simple tactics. *Throw and roll towards a target using varying	<u>Body Management</u> *Perform balances on different body parts with some control and balance. *Take body weight on different body parts with and without apparatus. *Show increased awareness of extension and flexibility in actions.	<u>Fundamental Movement Skills</u> *Show balance and co-ordination when running at different speeds. *Show hopping and jumping movements with some balance and control. *Link running and jumping movements with some control and balance.	<u>Games</u> *Throw and roll towards a target using varying techniques and with some success. *Catch an object when passed to them, with and without a bounce. *Strike a ball using a racket.	<u>Fundamental Movement Skills</u> *Show balance and coordination when running at different speeds * link running and jumping movements with some control and balance * show hopping and jumping movements with some balance and control.	<u>Games</u> *Throw and roll towards a target using varying techniques with some success. *Catch an object passed to them, with and without a bounce. *Strike a ball using a racket.


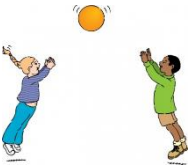




	<p>techniques and with some success.</p> <p>*Catch an object when passed to them, with and without a bounce.</p> <p>*Dribble a ball with 2 hands on the move,</p>	<p>*Copy, remember, repeat and plan linking simple actions with some control and technique.</p>	<p>*Show control and balance when travelling at different speeds.</p> <p>Demonstrate balance and co-ordination when changing direction.</p> <p>Perform actions with increased control when co-ordinating their body with and without equipment.</p>	<p>*Use simple tactics.</p>	<p>* change technique to throw for distance</p> <p>* show control and balance when travelling at different speeds</p> <p>* demonstrate balance and co-ordination when changing direction.</p> <p>* perform actions with increased control when co-ordinating their body with and without equipment.</p>	
Vocabulary	<p>Bounce pass, chest pass, shoulder pass, pivot, shoot, dribble, aim, attack, defend, position</p>	<p>Dish, straddle, middle, sequences, arch, bunny hop, control.</p>	<p>Speed bounce, sprint, length, cm, metre, personal best, faster, teammate, encourage, metre</p>	<p>Aim, catch, bat, control, overarm, challenge, fielder, bowl, striker</p>	<p>Speed, accuracy, competition, challenge, personal best, fast, control, distance, measure</p>	<p>Forehand, backhand, ready position, skills, honesty, points, control, doubles, team</p>
Assessment	<p>*I can dribble a ball with some success, stopping it when required.</p> <p>*I can move to space to help score goals or limit others scoring.</p> <p>*I can throw and roll towards a target using varying techniques and with some success.</p> <p>*I can catch an object when passed to me, with and without a bounce.</p>	<p>*I can perform a space shape when moving on apparatus with a strong body and control</p> <p>*I can perform a jump with control and body tension</p> <p>*I can perform a star forward roll and a dish/flying saucer roll with good body tension and control.</p> <p>*I can perform a bunny hop across a mat, keeping hands flat and arms straight</p> <p>*I can perform a sequence with control, strong body</p>	<p>*I can master basic movements such as running and begin to apply these in a range of activities</p> <p>*I Can master basic movements such as jumping and begin to apply these in a range of activities</p> <p>*I can master basic movements such as throwing and begin to apply these in a range of activities</p> <p>*I can demonstrate agility, balance, co-ordination</p> <p>*I can co-operate in physical activities</p>	<p>*I can roll a ball with control and some accuracy, and stop the ball using two hands and sometimes one hand.</p> <p>*I can throw underarm and catch a ball with control.</p> <p>*I can bowl underarm towards a target with control.</p> <p>*I can hold the bat correctly and hit the ball off a tee with control.</p> <p>*I can take part, showing a variety of skills i have learnt.</p>	<p>*I can master basic movements (e.g. running, jumping, throwing, catching) and begin to apply these in a range of activities</p> <p>*I can demonstrate agility, balance and co-ordination</p> <p>*I can co-operate in physical activities</p> <p>*I can compete against self in a range of increasingly challenging situations.</p>	<p>*Can throw and catch a ball with control</p> <p>*I can bounce and catch a ball with control</p> <p>*I can balance a ball on their racket with control</p> <p>*I can move a ball on the floor on either side of my body</p> <p>*I can perform a forehand and backhand hit with control and some accuracy</p> <p>*I can hit a ball with control and some accuracy.</p>

		and always show a good start and finish.	*I can compete against self in a range of increasingly challenging situations			
						
PE Unit	Yoga	Winter Dance	Ball skills	Fairy Tale Dance	Mini Muay Thai	Outdoor Adventure Activities
Pathway of Learning	<u>Body Management</u> *Perform balances on different body parts with some control and balance. *Take body weight on different body parts with and without apparatus. *Show increased awareness of extension and flexibility in actions. *Copy, remember, repeat and plan linking simple actions with some control and technique.	<u>Dance</u> *Copy, remember and repeat a series of actions. *Create short dance phrases that communicate an idea. *Use mirroring and unison when completing actions with a partner. *Show a character through actions, dynamics and expression. *Use counts with help to stay in time with the music.	<u>Fundamental Movement Skills</u> *Catch/receive a ball safely. *Pass a ball with some control (using either hands, feet or object) Introducing footwork e.g. stopping and freezing in adapted games, landing on spots with two feet *Move into a space in a game, looking to throw/pass the ball to someone in a space *Follow an opponent in a game/adapted game *Scoring in a variety of ways- into hoops, goals or targets *Begin to develop tactics for attacking and defending. *Begin to learn rules of adapted games.	<u>Dance</u> *Copy, remember and repeat a series of actions. *Create short dance phrases that communicate an idea. *Use mirroring and unison when completing actions with a partner. *Show a character through actions, dynamics and expression. *Use counts with help to stay in time with the music.	<u>Fundamental Movement Skills</u> *Link running and jumping movements with some control and balance. *Demonstrate balance and co-ordination when changing direction. *Perform actions with increased control when co-ordinating their body with and without equipment.	<u>Fundamental Movement Skills</u> *Show balance and coordination when running at different speeds * link running and jumping movements with some control and balance * show hopping and jumping movements with some balance and control. * change technique to throw for distance * show control and balance when travelling at different speeds * demonstrate balance and co-ordination when changing direction.




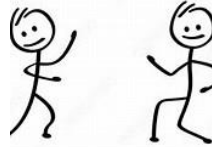


			*Learn that rules are there to keep you safe and encourage fair play.			* perform actions with increased control when co-ordinating their body wit and without equipment.
Vocabulary	Breathe, control, strong, relax	Dance, up, down, bounce, stop, short, fast, long, short	Control, pass, target, catch, personal space, team, dribble, game, score	Dance, up, down, bounce, stop, tip toes, short, fast, long, short	Bow, stance, jab, cross, shin check, front kick, hook, upper cut, knees.	Speed, accuracy, competition, challenge, personal best, fast, control, distance, measure
Assessment	<p>* I can perform the Yoga poses, have a strong tummy to help me keep my body position</p> <p>* I can lie down, relax and focus on my breathing taking deep breaths</p> <p>* I can challenge myself to try all the harder yoga poses</p> <p>* I can perform the Yoga poses with flexibility and control</p> <p>* I can relax my whole body and perform the Yoga poses with some confidence</p> <p>* I can remember all the yoga poses and include them in my story</p>	<p>*I can perform a short sequence of dance movements on my own or as part of a group to tell a story.</p> <p>*I can make short and long shapes with my body.</p> <p>*I can listen to feedback about my movements.</p> <p>*I can demonstrate control and balance when travelling at different speeds.</p> <p>*I can demonstrate balance, control and co-ordination when changing direction.</p>	<p>*I can work co-operatively and as part of a team.</p> <p>*I can demonstrate control and balance when travelling at different speeds.</p> <p>*I can demonstrate balance, control and co-ordination when changing direction.</p>	<p>*I can perform a short sequence of dance movements on my own or as part of a group to tell a story.</p> <p>*I can make short and long shapes with my body.</p> <p>*I can listen to feedback about my movements.</p> <p>*I can demonstrate control and balance when travelling at different speeds.</p> <p>*I can demonstrate balance, control and co-ordination when changing direction.</p>	<p>*I can perform a jab cross while standing in the correct stance.</p> <p>*I can challenge myself when performing all of the skills</p> <p>*I can perform a knee strike and a kick and exercise continuously for 30 seconds.</p> <p>*I can perform a shin check with good balance and control.</p> <p>*I can perform a shin check, knees and kicks with good balance and control.</p>	<p>*I can master basic movements (e.g. running, jumping, throwing, catching) and begin to apply these in a range of activities</p> <p>*I can demonstrate agility, balance and co-ordination</p> <p>*I can co-operate in physical activities</p> <p>*I can compete against self in a range of increasingly challenging situations.</p>

Unit Overview

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Pm Session	Team games	Ball skills/games	Indoor athletics	Kwik cricket	Athletics	Tennis
AM session	Yoga	Mini muay Thai	Gymnastics	Dance	Football	Dodgeball

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 2 PE						
P.E. Unit	Team Games	Netball/Tennis	Indoor Athletics	Kwik Cricket	Outdoor Athletics	Tennis
Pathway of Learning	<p><u>Fundamental Movement Skills</u></p> <ul style="list-style-type: none"> * Show balance and co-ordination when running at different speeds. *Link running and jumping movements with some control and balance. *Show control and balance when travelling at different speeds. 	<p><u>Games</u></p> <ul style="list-style-type: none"> *Dribble a ball with some success, stopping it when required. *Move to space to help score goals or limit others scoring. *Use simple tactics. *Throw and roll towards a target using varying 	<p><u>Fundamental Movement Skills</u></p> <ul style="list-style-type: none"> *Show balance and co-ordination when running at different speeds. *Show hopping and jumping movements with some balance and control. *Link running and jumping movements with some control and balance. 	<p><u>Games</u></p> <ul style="list-style-type: none"> *Throw and roll towards a target using varying techniques and with some success. *Catch an object when passed to them, with and without a bounce. *Strike a ball using a racket. *Use simple tactics. 	<p><u>Fundamental Movement Skills</u></p> <ul style="list-style-type: none"> *show balance and coordination when running at different speeds * link running and jumping movements with some control and balance * show hopping and jumping movements with some balance and control. 	<p><u>Games</u></p> <ul style="list-style-type: none"> *Throw and roll towards a target using varying techniques with some success. *Catch an object passed to them, with and without a bounce. *Strike a ball using a racket.

	<p>*Demonstrate balance and co-ordination when changing direction.</p> <p>*Perform actions with increased control when co-ordinating their body with and without equipment.</p>	<p>techniques and with some success.</p> <p>*Catch an object when passed to them, with and without a bounce.</p> <p>*Dribble a ball with 2 hands on the move,</p>	<p>*Show control and balance when travelling at different speeds.</p> <p>Demonstrate balance and co-ordination when changing direction.</p> <p>Perform actions with increased control when co-ordinating their body with and without equipment.</p>		<p>* change technique to throw for distance</p> <p>* show control and balance when travelling at different speeds</p> <p>* demonstrate balance and co-ordination when changing direction.</p> <p>* perform actions with increased control when co-ordinating their body with and without equipment.</p>	
Vocabulary	Control, speed, co-operation, teamwork, direction, space,	Bounce pass, chest pass, shoulder pass, pivot, shoot, dribble, aim, attack, defend, position	Speed bounce, sprint, length, cm, metre, personal best, faster, teammate, encourage, metre	Aim, catch, bat, control, overarm, challenge, fielder, bowl, striker	Speed, accuracy, competition, challenge, personal best, fast, control, distance, measure	Forehand, backhand, ready position, skills, honesty, points, control, doubles, team
Assessment	<p>*I can work co-operatively and as part of a team.</p> <p>*I can demonstrate control and balance when travelling at different speeds.</p> <p>*I can demonstrate balance, control and co-ordination when changing direction.</p>	<p>*I can dribble a ball with some success, stopping it when required.</p> <p>*I can move to space to help score goals or limit others scoring.</p> <p>*I can throw and roll towards a target using varying techniques and with some success.</p> <p>*I can catch an object when passed to me, with and without a bounce.</p>	<p>*I can master basic movements such as running and begin to apply these in a range of activities</p> <p>*I Can master basic movements such as jumping and begin to apply these in a range of activities</p> <p>*I can master basic movements such as throwing and begin to apply these in a range of activities</p> <p>*I can demonstrate agility, balance, co-ordination</p> <p>*I can co-operate in physical activities</p>	<p>*I can roll a ball with control and some accuracy, and stop the ball using two hands and sometimes one hand.</p> <p>*I can throw underarm and catch a ball with control.</p> <p>*I can bowl underarm towards a target with control.</p> <p>*I can hold the bat correctly and hit the ball off a tee with control.</p> <p>*I can take part, showing a variety of skills i have learnt.</p>	<p>*I can master basic movements (e.g. running, jumping, throwing, catching) and begin to apply these in a range of activities</p> <p>*I can demonstrate agility, balance and co-ordination</p> <p>*I can co-operate in physical activities</p> <p>*I can compete against self in a range of increasingly challenging situations.</p>	<p>*Can throw and catch a ball with control</p> <p>*I can bounce and catch a ball with control</p> <p>*I can balance a ball on their racket with control</p> <p>*I can move a ball on the floor on either side of my body</p> <p>*I can perform a forehand and backhand hit with control and some accuracy</p> <p>*I can hit a ball with control and some accuracy.</p>







			*I can compete against self in a range of increasingly challenging situations			
						
PE Unit	Yoga	Mini Muay Thai	Gymnastics	Dance	Football	Dodgeball
Pathway of Learning	<u>Body Management</u> *Perform balances on different body parts with some control and balance. *Take body weight on different body parts with and without apparatus. *Show increased awareness of extension and flexibility in actions. *Copy, remember, repeat and plan linking simple actions with some control and technique.	<u>Fundamental Movement Skills</u> *Link running and jumping movements with some control and balance. *Demonstrate balance and co-ordination when changing direction. *Perform actions with increased control when co-ordinating their body with and without equipment.	<u>Body Management</u> *Perform balances on different body parts with some control and balance. *Take body weight on different body parts with and without apparatus. *Show increased awareness of extension and flexibility in actions. *Copy, remember, repeat and plan linking simple actions with some control and technique.	<u>Dance</u> *Copy, remember and repeat a series of actions. *Create short dance phrases that communicate an idea. *Use mirroring and unison when completing actions with a partner. *Show a character through actions, dynamics and expression. *Use counts with help to stay in time with the music.	<u>Games</u> *Dribble a ball with some success, stopping it when required. *Show balance when kicking towards a target. *Move to track a ball and stop it using feet with limited success. *Move to space to help score goals or limit others scoring. *Use simple tactics.	<u>Games</u> *Strike a ball using a racket *Run, stop and change direction with balance and control *Use simple tactics.
Vocabulary	Breathe, control, strong, relax	Bow, stance, jab, cross, shin check, front kick, hook, upper cut, knees.	Dish, straddle, middle, sequences, arch, bunny hop, control.		Score, space, invasion, aware, inside, outside, tackle	Gracious, fair, positive, personal best, compete, safety, dodge, underarm, aim
Assessment	* I can perform the Yoga poses, have a strong	*I can perform a jab cross while standing in the correct stance.	*I can perform a space shape when moving on		*I can stop the ball with control using the sole of my foot	*I can listen and communicate in a positive

	<p>tummy to help me keep my body position</p> <p>* I can lie down, relax and focus on my breathing taking deep breaths</p> <p>* I can challenge myself to try all the harder yoga poses</p> <p>* I can perform the Yoga poses with flexibility and control</p> <p>* I can relax my whole body and perform the Yoga poses with some confidence</p> <p>* I can remember all the yoga poses and include them in my story</p>	<p>*I can challenge myself when performing all of the skills</p> <p>*I can perform a knee strike and a kick and exercise continuously for 30 seconds.</p> <p>*I can perform a shin check with good balance and control.</p> <p>*I can perform a shin check, knees and kicks with good balance and control.</p>	<p>apparatus with a strong body and control</p> <p>*I can perform a jump with control and body tension</p> <p>*I can perform a star forward roll and a dish/flying saucer roll with good body tension and control.</p> <p>*I can perform a bunny hop across a mat, keeping hands flat and arms straight</p> <p>*I can perform a sequence with control, strong body and always show a good start and finish.</p>		<p>*I can pass a ball with the inside of my foot</p> <p>*I can dribble into a space, keeping my head up and the ball</p> <p>*I can tackle another player and get the ball</p> <p>*I can play football, follow the rules fairly and show respect to others</p>	<p>way with others during team activities</p> <p>*I can work with others in a team and compete fairly against other teams, accepting the rules being gracious in victory or defeat</p>
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KS2 (Years 3 to 6)

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 3	OAA Invasion Games – Tag Rugby	Invasion Games Basketball/Netball Focus Gymnastics	Hockey Line Dancing	Net / Wall – Tennis	Striking and fielding Cricket Focus Athletics	Summer Games (Striking and fielding)
Year 4	Cross Country Football, Gymnastics Swimming (Mexico)	Dance- street performance, Yoga Swimming (Mexico)	Invasion Games Hockey / Yoga Swimming (India)	Hockey Football Swimming (India)	Summer Games, Athletics (Quad kids) Rounders (Striking and Fielding)	Kwik Cricket Tennis
Year 5	Cross Country OAA Circuits	Parkour Orienteering	Invasion games / Flag Football Gymnastics	Invasion Games Netball Dance	Athletics Tennis	Striking / fielding Summer games Athletics
Year 6	Cross Country Circuit Training OAA	Gymnastics Tag Rugby / Flag Football	Netball/Basketball Yoga / Pilates	Hockey Evacuation Dance	Athletics (Heart Rate Logging) Summer Games	Cricket Tennis
Year 7	tbc	tbc	tbc	tbc	tbc	tbc







PE Curriculum Overview Year 3

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 3						
P.E. Unit	O.A.A Tag Rugby (Invasion Games)	Basketball & Netball (Invasion Games) Gymnastics	Netball (Invasion Games) Gymnastics	Dance (Invasion Games) Hockey (Quicksticks)	Cricket (Striking and Fielding) Tennis (Net & Wall)	Athletics Rounders (Striking & Fielding)
Pathway of Learning	<p>Follow instructions from a peer and give simple instructions.</p> <p>Work collaboratively with a partner and a small group, listening to and accepting others' ideas.</p> <p>Plan and attempt to apply strategies to solve problems.</p> <p>Follow and create a simple diagram/map. Orientate and follow a diagram/map.</p> <p>Understand when a challenge is solved successfully and begin to suggest simple ways to improve.</p> <p>Reflect on when and why challenges are solved successfully and use others' success to help them to improve.</p>	<p>Dribble the ball with one hand with some control in game situations.</p> <p>Use a variety of throwing techniques in game situations.</p> <p>Catch a ball passed to them using one and two hands with some success.</p> <p>Change direction with increasing speed in game situations.</p> <p>Complete balances with increasing stability, control and technique.</p> <p>Demonstrate some strength and control when taking weight on different body parts for longer periods of time.</p>	<p>Pass and receive a netball safely (chest and bounce pass).</p> <p>Pass the ball in a game within 4 seconds</p> <p>Perform a stride and jump stop in netball</p> <p>Perform a dodge in netball to get into a space</p> <p>Demonstrate increased flexibility and extension in their actions.</p> <p>Choose actions that flow well into one another both on and off apparatus.</p> <p>Demonstrate balance when performing other fundamental skills.</p>	<p>Copy remember and perform a dance phrase.</p> <p>Create short dance phrases that communicate an idea.</p> <p>Use canon, unison and formation to represent an idea.</p> <p>Match dynamic and expressive qualities to a range of ideas.</p> <p>Use counts to keep in time with a partner and group.</p> <p>Strike a ball with varying techniques.</p> <p>Use space with some success in game situations.</p> <p>Use simple tactics individually and within a team.</p>	<p>Throw a variety of objects, (fielding) changing action for accuracy and distance.</p> <p>Show balance when changing direction in combination with other skills. (Tennis posture)</p> <p>Can co-ordinate their bodies with increased consistency in a variety of activities.</p>	<p>Show balance, coordination and technique when running at different speeds, stopping with control.</p> <p>Link running, hopping and jumping actions using different take offs and landing.</p> <p>Jump for distance and height with an awareness of technique.</p>
Key resources	RFU Tag rugby online Tag belts Rugby balls Cones	Basketballs, netballs, posts and bibs. Gym equipment.	Netballs, cones, bibs Gym apparatus,	IWB. Hockey sticks & balls. Hockey goals and bibs.	LTA resources LTA Schools Tennis Training & Resources (force.com) Or in the shared area. Staff/ PE/Tennis/	QuadKids Home Page Sports Day equipment bag.







PE Curriculum Overview Year 4

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 4						
P.E. Unit	Gymnastics, Football	Dance, Yoga	Swimming Hockey	Netball Paralympics (Boccia)	Summer Games, Athletics.	Kwik Cricket Tennis
Pathway of Learning	<p>Jump for distance and height showing balance and control.</p> <p>Link hopping and jumping actions with some control.</p> <p>Use body tension to perform balances both individually and with a partner.</p> <p>Demonstrate increasing strength, control and technique when taking own and others weight.</p> <p>Watch, describe and evaluate the effectiveness of their team strategy, giving ideas for improvements.</p> <p>Link dribbling the ball with other actions with increasing control.</p> <p>Change direction when dribbling with feet with some control in game situations.</p> <p>Kick with increasing success in game situations</p> <p>Receive a ball using different parts of the foot under pressure.</p>	<p>Copy, remember and adapt set choreography.</p> <p>Choreograph considering structure individually, with a partner and in a group.</p> <p>Demonstrate good balance when performing other fundamental skills.</p> <p>Begin to co-ordinate their body at speed in response to a task.</p> <p>Use action and reaction to represent an idea.</p> <p>Change dynamics to express changes in character or narrative.</p> <p>Use counts when choreographing short phrases.</p> <p>Demonstrate increased flexibility and extension in more challenging actions</p> <p>Plan and perform sequences showing control and technique with and without a partner.</p>	<p>(See separate Progression Journey sheet for swimming.)</p> <p>Dribble and stop the ball with control</p> <p>Pass the ball over a longer distance with accuracy and power</p> <p>Perform a short pass and begin to move into a space and receive the ball with some control</p> <p>Tackle a player beginning to use the correct grip and positioning -bend knees, low to the ground.</p> <p>Develop shooting - at targets/goals.</p> <p>Beginning to score whilst the ball is moving</p> <p>Play adapted games, Children encouraged to think of tactics when attacking and defending</p>	<p>Show balance when changing direction at speed in combination with other skills.</p> <p>Catch a ball passed to them using one and two hands with increasing success.</p> <p>Change direction to lose an opponent with some success.</p> <p>Create and use space with some success in game situations.</p> <p>Use simple tactics to help their team score or gain possession.</p> <p>I can throw a boccia ball in a variety of ways with accuracy</p> <p>I can place a boccia ball near a target at various distances at different angles</p> <p>I can vary the speeds I use to push the ball closer to a target</p> <p>I can communicate with my team to consistently block the opposition</p>	<p>Throw under/over arm over varying distances and catch a ball with control and accuracy</p> <p>Beginning to bowl from the correct bowling distance 7.5 metres</p> <p>Stepping into the hit when striking the ball with a rounders bat</p> <p>Play adapted games,</p> <p>Children encouraged to think of tactics when striking and fielding</p> <p>Demonstrate how and when to speed up and slow down when running.</p> <p>Use a variety of throwing techniques with increasing success in game situations.</p>	<p>Roll the ball with one hand and stop the ball from different directions using barrier method</p> <p>Bowl at a wicket underarm/overarm with accuracy and control</p> <p>Hit a drop fed ball and/or moving ball with a bat Play a game communicating as a team</p> <p>Move with balance and control to catch a ball</p> <p>Hit a ball into a target from a variety of distances/ angles with no bounce Hit/bounce ball on racket when moving</p> <p>Hit ball in forehand/backhand position with drop feed</p> <p>Play a game communicating as a team Play adapted games, Children encouraged to think of tactics</p>
Key resources	IWB Gymnastic apparatus	IWB Footballs, bibs, cones, goals / targets.	IWB Vale of the White Horse Leisure centre.	Netballs, goals, bibs, cones. Orienteering course / markers, parachute,	Rounders equipment. Sports Day bag.	Sports Day bag. Rounders equipment. Tennis equipment

PE Curriculum Overview Year 5

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 5						
P.E. Unit	O.A.A. Circuits / Cross Country	Gymnastics O.A.A.	Invasion Games (Flag Football) Gymnastics	Invasion Games Netball Dance (Greeks)	Athletics Tennis	Athletics (Quadkids) Summer Games
Pathway of Learning	<p>Use clear communication when working in a group and taking on different roles.</p> <p>Begin to lead others, providing clear instructions.</p> <p>Plan and apply strategies with others to more complex challenges.</p> <p>Run at the appropriate speed over longer distances or for longer periods of time.</p> <p>Use flexibility to improve the quality of the actions they perform as well as the actions they choose to link them.</p>	<p>Orienteer a map confidently using it to navigate around a course.</p> <p>Explain why a particular strategy worked and alter methods to improve.</p> <p>Show control at take-off and landing in more complex jumping activities.</p> <p>Demonstrate good balance and control when performing other fundamental skills.</p> <p>Show increasing control and balance when moving from one balance to another.</p>	<p>Demonstrate improved body posture and speed when changing direction.</p> <p>Use dribbling to change the direction of play with some control under pressure.</p> <p>Dribble with feet with some control under increasing pressure.</p> <p>Use a variety of throwing techniques with some control under increasing pressure.</p> <p>Use a variety of kicking techniques with some control under increasing pressure.</p> <p>Catch and intercept a ball using one and two hands with some success in game situations.</p> <p>Perform a range of more complex jumps showing some technique.</p>	<p>Selecting the correct pass in a game and move into a space</p> <p>Perform the correct footwork (jump stop, stride stop and pivot)</p> <p>Perform three different dodges (Drive dodge and double dodge) and receive a ball in a space</p> <p>To defend a player and attempt to intercept a pass</p> <p>Shooting into netball posts.</p> <p>Begin to understand the positions in a Bee Netball (Stinger) game</p> <p>Accurately copy and repeat set choreography in different styles of dance showing a good sense of timing.</p> <p>Choreograph phrases individually and with others considering actions, dynamics, space and relationships in response to a stimulus.</p> <p>Confidently perform choosing appropriate dynamics to represent an idea.</p>	<p>Show accuracy and power when throwing for distance.</p> <p>Apply these with some success under pressure.</p> <p>Create and use space for self and others with some success.</p> <p>Quadkids – accessing and interrogating a database. (Computing).</p> <p>Serve diagonally with underarm/overarm throwing into target/game. Begin to use with racket to serve into a target</p> <p>Moving into position to hit a ball with forehand/backhand . in skills practice and game</p> <p>Communicate and collaborate as a pair to beat opponents</p>	<p>Can co-ordinate a range of body parts at increased speed.</p> <p>Use a variety of techniques to change direction to lose an opponent.</p> <p>Use strength to improve the quality of an action and the range of actions available.</p> <p>Quadkids – accessing and interrogating a database. (Computing).</p>
Vocabulary	Orienteering course / markers, parachute. IWB	Gymnastic apparatus Orienteering course / markers, parachute.	Flag Football Kit, bibs, cones, goals / targets. Gymnastic apparatus	netballs, bibs, cones, goals Gymnastic apparatus IWB	Rounders equipment. Tennis equipment Sports Day bag.	Sports Day bag. Rounders equipment. Tennis equipment

PE Curriculum Overview **Year 6**

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 6						
P.E. Unit	O.A.A. Circuits / Cross Country	Gymnastics Tag Rugby / Football	Netball / Basketball Yoga	Hockey Dance / drama <i>(Evacuation Dance)</i>	Athletics Summer Games	Athletics Cricket, Tennis <i>(Summer Games)</i>
Pathway of Learning	<p>Demonstrate a controlled running technique using the appropriate speed over longer distances or for longer periods of time. <i>(Heart Rate Logging – ICT / Science)</i></p> <p>Communicate with others clearly and effectively when under pressure.</p> <p>Confident to lead others and show consideration of including all within a group. Use critical thinking skills to form ideas and strategies selecting and applying the best method to solve a problem.</p> <p>Confidently and efficiently orientate a map, identifying key features to navigate around a course.</p> <p>Accurately reflect on when challenges are solved successfully and suggest well thought out improvements.</p>	<p>Show fluency and control when travelling, landing, stopping and changing direction.</p> <p>Combine and perform more complex balances with control, technique and fluency.</p> <p>Demonstrate more complex actions with a good level of strength and technique.</p> <p>Plan and perform with precision, control and fluency, a sequence of actions including a wide range of skills.</p> <p>Use dribbling to change the direction of play with control under pressure.</p> <p>Select and apply the appropriate kicking technique with control.</p> <p>Confidently change direction to successfully outwit an opponent.</p>	<p>Use a variety of dribbling techniques to maintain possession under pressure.</p> <p>Use a variety of throwing techniques including fake passes to outwit an opponent.</p> <p>Catch and intercept a ball using one and two hands with increasing success in game situations.</p> <p>Effectively create and use space for self and others to outwit an opponent.</p> <p>Change direction with a fluent action and can transition smoothly between varying speeds.</p> <p>Perform complex Yoga poses with good core strength, flexibility and balance for longer periods of time on each pose Perform all poses and remembering to use breathing technique when performing them in relaxation time</p>	<p>Receive a ball with consideration to the next move.</p> <p>Perform dances confidently and fluently with accuracy and good timing.</p> <p>Work creatively and imaginatively individually, with a partner and in a group to choreograph longer phrases and structure dance considering actions, space, relationship and dynamics in relation to a theme.</p> <p>Improvise and combine dynamics demonstrating an awareness of the impact on performance.</p> <p>Use counts when choreographing and performing to improve the quality of work.</p>	<p>Work collaboratively to create tactics within their team and evaluate the effectiveness of these.</p> <p>Link running, jumping and hopping actions with greater control and co-ordination.</p> <p>Show accuracy and good technique when throwing for distance.</p> <p>Confidently transition from one action to another showing appropriate control and extension for the complexity of the action.</p> <p><i>Quadkids – accessing and interrogating a database. (Computing).</i></p>	<p>Strike a ball using a wider range of skills to outwit an opponent.</p> <p>Apply these with increasing control under pressure.</p> <p>Perform jumps for height and distance using good technique.</p> <p>Can co-ordinate a range of body parts with a fluent action at a speed appropriate to the challenge.</p> <p><i>Quadkids – accessing and interrogating a database. (Computing).</i></p>
Key resources	Orienteering course / markers, parachute. IWB	Gymnastic apparatus Footballs, netballs, bibs, cones, goals / targets.	Basketballs, rugby balls, bibs, cones, goals / targets. IWB	Hockey sticks, balls, bibs, cones, goals / targets. IWB	Rounders equipment. Tennis equipment Sports Day bag.	Sports Day bag. Tennis equipment