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| **PE Year 2018-2019** | | | | | | | | | |
| **Subject** | **Autumn 1** | **Autumn 2** | **Spring 1** | | **Spring 2** | | **Summer 1** | | **Summer 2** |
| **R** | Dressing and undressing – taking responsibility of their belongings and co-ordinating the order and skills to remove and add clothing.  Travelling safely around equipment and others.  Throwing and catching – underarm (beanbags, large balls), overarm (javelins)  Fine-motor development (funky fingers e.g. weaving, pencil control, scissor control, construction) | Smartie Pilates – core strength, balancing on patches (large body areas e.g. tummy) and points (small areas e.g. hands)  Spacial awareness of others and equipment.  Moving equipment safely – mats, hoops, balls etc.  Finemotor (funky fingers e.g. weaving, pencil control, scissor control, construction) | Gymnastics – balance on equipment using core strength and co-ordination, jumping, dismounting safely, travelling safely.  Spacial awareness of others and equipment.  Moving equipment safely  Finemotor (funky fingers e.g. weaving, pencil control, scissor control, construction) | | Dance – Movement to music through taking on a role using their imagination. Creating different movements by interpreting the music (beat, genre, volume)  Finemotor (funky fingers e.g. weaving, pencil control, scissor control, construction) | | Multiskills - TBC  Finemotor (funky fingers e.g. weaving, pencil control, scissor control, construction) | | Multiskills - TBC  Finemotor (funky fingers e.g. weaving, pencil control, scissor control, construction) |
| **Class 2**  **Year 1/2** | **Multiskills - CB**  (rolling, catching, under arm throwing, over arm throwing javelin  feet –dribbling, stopping and passing)  **Hockey - DW**  ( holding stick correctly, dribbling, passing, finding space to pass to team mate) | **Smartie Pilates - CR**  **Neutral spine position**  **Core stability**  **Balance**  **Coordination**  **Flexibility**  Activities all based around an animal theme  **Aerobics – indoors - DW**  Following the DVD programme  Working on coordination and stamina | **Gymnastics - CR**  Travel  Balance  Roll  Sequencing the above to make a continuous movement  Working in pairs – mirroring and sequencing  **Golden Mile Challenge - DW**  Activity games – quick responses  Listening to instructions  Improving own running times | **Orienteering - DW**  The children will be introduced to this new area and work on their teamwork  Setting up obstacle courses  Hurdles, stepping, running and ladder work all included in the activities  **Geography link – map reading and symbols**  **Multiskills - HD**  (rolling, catching, under arm throwing, over arm throwing with ball  feet –dribbling, stopping and passing) | | **Tennis - CR**  The children will be introduced to the sport and working on the following skills: the `ready` position, foot control on a court, control of the racquet, front arm hit, balancing the ball, hitting across the net, hitting across the net to a partner and include a rally  **Athletics - DW** | | **Cricket - CR**  The children will be introduced to the sport and working on the skills:  Fielding skills – underarm throwing and catching  Batting techniques – holding the bat correctly and hitting the ball  Bowling techniques : underarm throwing and overarm throwing  Understanding the rules for cricket  Whole school cricket trip to Belvoir Castle  **Dance – country dancing - DW**  The children will be introduced to country dancing and working on the skills: skipping, skipping to the beat, working with a partner, country dancing moves such as circle dancing, dosi- do and promenade | |
| **3** | **Hockey –**  Children to be able to hold the hockey stick correctly, dribble and pass the ball and practice shooting. Children be introduced to playing team games, discussing tactics and practicing the skills learnt.  **Swimming-** children to be assessed on the first lesson and then put in different groups throughout the turn. Work towards water confidence, grade 1, grade 2 etc. | **Swimming-** children to be assessed on the first lesson and then put in different groups throughout the turn. Work towards water confidence, grade 1, grade 2 etc.  **Netball –**  Children to develop catching and chest pass and understand how to bounce pass. Children to understand the footwork rule and how to pivot. Children to also develop a dodging technique and how to mark correctly. Children will be introduced to small group games where they can practice these skills. | **Dance- Sky dance theatre production** | | **Gymnastics-** Children to be able to complete a range of balances and be able to complete different rolls such as log roll and teddy bear roll. Children to be introduced and show how to complete a forward roll and incorporate this. Children to work in groups to create a sequence of moves including balances and rolls using music.  **Tag rugby-** Children to be introduced to the sport and work on the following skills, passing, catching, special awareness and team work. They will be introduced to wearing tag belts the rules of how you tag someone and how you hold a ball/ score a try (2 hands) and passing backwards. By the end of the topic children will have the opportunity to play a game but only adhering to the above rules. | | **Tri- golf-** children to learn how to hold the golf club correctly, to be able to use the tri-golf chipper and putter clubs and know when to use those. Children to be introduced to the different types of tri-golf games/activities that can be set up. Children will complete these and train another group to use the activity they have just completed.  **Athletics-**Children to be able to run consistently over different distances. Working on pacing and showing control. They will be looking at different styles of throwing with different apparatus at a target. Children to set mini challenges on **self-improvement** throughout the topic. All the children to also practice races for sports day. Focus on **team work.** | | **Tennis-** Children will learn how to set up a tennis court using the nets. Children will learn and practice the correct technique for forehand, backhand, volley and serve.Children will work in pairs and small groups to practice these skills and be introduced to match play.  **Rounders-** to be able to throw and catch a tennis ball under arm. Children will be learning how to hold a bat correctly and swing for a ball. Begin to learn the different roles within a game of rounders and the rules. By the end of the topic children to be able to play a game of rounders and begin to reflect on their performance. |
| **4** |
| **5** | **Football**  Children will be taught to dribble the ball under control, pass and stop the ball with accuracy and control and how to stop and turn un the ball in order to keep a ball in play. Children will be taught how to defend (position and tactics) and how to attack tactically. Game opportunities will be provided with a specific focus each week (passing, defending etc) Throughout the sessions, there will be a focus on agility, too.  **Hockey**  Recap on different paces and how to stop the ball effectively. These will be taught through drills rather than isolation as they have been previously covered.  A main focus will be placed on positioning and tactical defending and attacking within a game situation in which the skills and rules will be applied.  **Swimming-** children to be assessed on the first lesson and then put in different groups throughout the turn. Work towards water confidence, grade 1, grade 2 etc. All children should have 25m by end of year 6 | **Sports hall athletics**  Children will be taught different starting positions and techniques for both styles of jumps.  They will be taught the importance of speed for short distance running and the techniquerequired for hurdles. For the throwing events, children will be taught the correct positioning of feet, how to hold the javelin correctly and the angle at which to throw in order to cover the greatest distance. A focus on evaluating own performance to lead to self-improvement will be adopted.  **Netball**  Children will learn the different types of passes and accuracy of shooting. They will be taught the importance of footwork rules and areas for differentpositions. Children will be taught how to defend tactically and the rules of no contact and 1m distance. These skills, tactics and rules will be applied into game scenarios with opportunity to ‘stop and review’ throughout.  **Swimming-** children to be assessed on the first lesson and then put in different groups throughout the turn. Work towards water confidence, grade 1, grade 2 etc. All children should have 25m by end of year 6 | **Dance- Sky dance theatre production** | | **Gymnastics**  Children will recap and demonstrate skills taught from previous sessions in LK2. They will understand how counter balances and paired balances must require an equal distribution of weight. New balances and positions will be taught in isolation at the beginning of this topic. Then focus will then be on performance: starting positions, transitions and flow between rolls and balances and the importance of posture. Throughout the creation of sequences and final performance, time will be allocated for evaluations and next steps.  **Tag rugby**  Recap on the rules e.g. no forward passing, off side rule and how to tag. Once established, children will have the opportunity to refine the accuracy of passing whilst moving through drill work. A focus on tactics and positioning for both attacking and defending will be focused on over the term; these will be taught in isolated drills and then applied tactically in a game situation. ‘Stop and review’ will be used for the children to evaluate their tactical positioning and discuss ‘where they should be to create space/defend potential gaps’ throughout the game opportunities. | | **Tri golf**  Recap on how to correctly hold the club and the different styles of shot. A focus on swing power to accuracy ratio to be taught using target games. There will be a focus on setting up of mini-events (leadership skills) and devising of courses in order to apply these skills.  **Athletics**  Children will be reminded of the difference between sprint events and endurance running and how speed/aerobic effort varies dependent upon these in order to pace. Children will , as with sports hall athletics, develop an understanding of how holding the throwing apparatus, the angel of the throw and he movement and push from the leg muscles and extension of arms will all affect the distance the object will cover and the accuracy of the throw. Peer evaluation will be encouraged for tips on improvement based upon the above mentioned. For jumping, the starting position and the power ration from legs will be discussed. Clear focused peer reviews of positioning, movement and posture will allow for criteria of guidance and evaluation for self-improvement. | | **Tennis**  Children will recap on the three main shots played in tennis: forehand, backhand and volley. They will demonstrate these as part of a drill in which a combination of shotsare played to the ‘feeder’. They will be taught about the importance of the ‘ready position’ and how after each shot it is important to be in this position and place yourself back into the centre of the court. Children will rally in order to practise these skills.Children willpractice aiming at specific targets placed around the court in order to develop a sense of power to distance ratio and accuracy of placement of the ball. Game and mini-tournament opportunities provided to apply skills and taught. Peer observations to help with evaluation of own performance.  **Cricket**  Children are taught the correct grip for the bat and the correct stance for batting. Children are taught where on the bat the ball should make contact and how to position themselves and manoeuvre into position to enable a safe and clear swing.  Fielding- children are reminded of ‘hand in the ready position’ and the importance of always watching the ball from the bat into their hands. They are taught how to tactically, and safely, position themselves in the field to minimise the number of runs scored or increase the chances of a catch. Children taught to where and how to throw the ball to increase the chances of a run out and there positioning of a back stop and fielders once the ball has been played.  Bowling- initially under arm bowling to allow for an accurate and safe delivery for the batter. Once mastered, over arm bowling will be taught from a standing position with the focus on the extension of the arm and the point at which the ball should be released to allow for an accurate bowl. Mini-target games to be played to perfect accuracy of delivery. If mastered, a walking and then a slow jog delivery should be taught.  Game opportunities to be provided to bring all of the above skills together. |
| **6** |