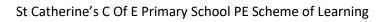






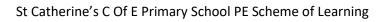
PE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Sumer 2
2018- 2019						
	Gymnastics – develop flexibility with control and balance.	Basketball – Use throwing and catching in isolation and in combination. Develop technique (lay up)	Tri golf – develop control and balance. Improve own performance to reach a personal best.	Rugby – Use running and throwing in isolation. Join movements to play in appropriately modified games. Swimming - swim	Cricket/Rounders/Tennis - throw and catch as part of a non competitive game. Use an object to control a ball. Apply simple attacking principles when	Athletics – Teach running and jumping and throwing in isolation. Children should evaluate a performance and be
Year 3	Football – Play competitively showing an understanding of defending and attacking principles.	Dance – develop flexibility and strength. Create a performance. Compare performances and give advice to improve performance.	Swimming - use a range of strokes effectively	competently, confidently and proficiently over a distance (3 strokes)	striking(where to hit the ball). Netball – Run, throw and jump in combination (learn the footwork rule). Play competitively in a modified game (highlighting the footwork rule)	able to improve on it. OAA – Take part in individual and team based problems in the outside environment.
Year 4	Basketball - Use throwing and catching in combination. Develop and improve techniques (lay up and 3 pointer) OAA - Take part in individual and team based problems in the outside environment.	Athletics (sports Hall) - activities TBC by PE Coordinator after county meeting regarding the CSG content. Dance - develop flexibility and strength. Create a performance. Compare performances and give advice to improve performance.	Rugby - Use running and throwing n combination. to play in appropriately modified games. Gymnastics - develop flexibility with control and balance. Use floor and apparatus to demonstrate flexibility and control.	Tri golf - develop control and balance. Improve own performance to reach a personal best. Netball - Run, throw and jump in combination (learn the footwork rule and 3ft distance for defending.) Play competitively in a modified game (high 5)	Cricket/Rounders/Tennis - throw and catch as part of a non competitive game. Use an object to control a ball. Apply simple attacking and defending principles when striking(where to hit the ball). Volleyball – develop a new technique (serve) and evaluate performance to improve another person.	Athletics Teach running and jumping and throwing in isolation. Children should evaluate a performance and be able to improve on it. Football - Play competitively showing an understanding of defending and attacking principles.







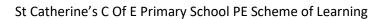
Year 5	Gymnastics – develop flexibility with control and balance. Use floor and apparatus in combination to demonstrate flexibility and control.	Dance - develop flexibility and strength. Create a performance including taught elements (unison, conon). Compare performances and give advice to improve performance.	Gymnastics – develop flexibility with control and balance. Use floor and apparatus in combination to demonstrate flexibility and control.	Football - Play competitively showing an understanding of defending and attacking principles	Athletics – Teach running and jumping and throwing in isolation. Children should evaluate a performance and be able to improve on it.	Athletics- Teach running and jumping and throwing in isolation. Children should evaluate a performance and be able to improve on it.
	Rugby — using simple defending principles as a team in modified games.	Basketball - Use throwing and catching in combination. Develop and improve techniques (lay up and 3 pointer) play competitively.	Netball - Play competitively (5 and 7 a side) showing an understanding of how the defending and attacking principles support your team to make progress.	Tri-golf - develop control and balance. Improve own performance to reach a personal best.	Cricket/Rounders/Tennis – throw and catch as part of a non competitive game. Use an object to control a ball. Strategically use attacking and defending principles to win the game	OAA - Take part in individual and team based problems in the outside environment.
Year 6	OAA - Take part in individual and team based problems in the outside environment.	Rugby - using simple defending and attacking principles as a team in modified and competitive games.	Tri-golf - develop control and balance. Improve own performance to reach a personal best.	Dance - develop flexibility and strength. Create a performance including taught elements (unison, conon). Compare performances and give advice to improve performance.	Cricket/Rounders/Tennis - throw and catch as part of a non competitive game. Use an object to control a ball. Strategically use attacking and defending principles to win the game.	Athletics – Teach running and jumping and throwing in isolation. Children should evaluate a performance and be able to improve on it.
	Gymnastics - develop flexibility with control and balance. Use floor and apparatus in combination to demonstrate flexibility and control as part of a routine.	Athletics (Sports Hall) – activities TBC by PE Coordinator after county meeting regarding the CSG content.	Netball - Play competitively (5 and 7 a side) showing an understanding of how the defending and attacking principles support your team to make progress.	Basketball - Use throwing and catching in combination. Develop and improve techniques (lay up and 3 pointer) apply these techniques competitively.	Swimming (top up) - Use a range of strokes effectively and swimming competently (all 4 strokes)	Swimming (Top up) - Swim confidently for 25m. Perform and describe basic water safety procedures.







KS2 programme of study.







PE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Sumer 2
2018- 2019						
Reception	Stability Standing, Lying, Stretching, sitting	Locomotion Walking, jogging, hopping	Stability Stopping, static balance, turning	Object Control Receiving (reaching), carrying, placing	Locomotion/stability Lunging, running, jumping, landing, stopping	Object Control Rolling, bouncing, trapping
Year 1	Stability Landing, bending, twisting. Swimming – introduce water safety and increased confidence in water.	Swimming - introduce water safety and increased confidence in water Object Control Sending and receiving (static and in competition on the move)	Locomotion Skipping, running, jumping Fencing – new sport to transfer skills such as standing, bending, lunging.	Stability – turning, lunging and stopping (dance - join basic movement patterns) Object Control - Participate in team games that include sending and receiving.	Multi Skill circuits – with an element of competition. OAA - individual and tam based problem solving tasks.	Object Control – understand and demonstrate the difference between attacking and defending.
Year 2	Object Control Sending and receiving (static and in competition on the move) Stability Twisting, landing, stopping. Perform a dance using simple movement patterns.	Locomotion - Skipping, running, jumping Object Control Carrying and placing objects (static and competitive – eg rugby)	Gymnastics – perform simple movement patterns showing control. Using floor and apparatus combined. Fencing - new sport to transfer skills such as standing, bending, lunging.	Locomotion / Object Control – participate in team games developing simple attacking and defending principles. Focus on the ease of movement and transition eg twisting at pace.	Object Control - participate in team games developing simple attacking and defending principles OAA - individual and tam based problem solving tasks.	Multi Skill circuits – with an element of competition.





Locomotion

crawling rolling stepping walking jogging running jumping climbing hopping galloping leaping skipping rolling swimming

Stability

standing lying sitting stopping landing static balance dynamic balance pivoting twisting lunging bending stretching turning inversion

Object Control

reaching, grasping gripping, receiving lifting carrying placing passing from hand to hand sending receiving rolling bouncing striking stopping trapping retrieving

