

PE 2015- 2016	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<b>FUNS 1</b> Coordination-Floor movement patterns. Static Balance-One leg standing <b>FUNS 2</b> Dynamic balance to agility. Static balance-Seated <b>OAA</b>	<b>GYMNASTICS</b> Perform basic gymnastic actions  <b>FUNS 3</b> Dynamic balance. Static balance-Small base	<b>FUNS 4</b> Coordination-Ball skills. Counter balance in pairs.  <b>FUNS 5</b> Coordination with equipment. Agility -Reaction and Response	<b>GYMNASTICS</b> Link and repeat simple gymnastic actions  <b>FUNS 6</b> Agility-Ball chasing. Static Balance-Floor work	<b>GYMNASTICS</b> Link and repeat simple gymnastic actions  <b>ATHLETICS</b> LCP Throwing at targets. Running effectively. Jumping and landing with control	<b>DANCE</b> Science link 'Animal Allsorts'  <b>MULTI SKILLS</b> Finding space. Show control and accuracy in throwing, rolling and kicking
Year 2	<b>DANCE</b> Science link Keeping fit and healthy <b>FUNS 1</b> Coordination-Floor movement patterns. Static Balance-One leg standing	<b>GYMNASTICS</b> Create sequence and perform actions with increased control  <b>FUNS 2</b> Dynamic balance to agility. Static balance-Seated	<b>FUNS 3</b> Dynamic balance. Static balance-Small base  <b>FUNS 4</b> Coordination-Ball skills. Counter balance in pairs.	<b>GYMNASTICS</b> Adapt sequence to include apparatus or a partner  <b>FUNS 5</b> Coordination with equipment. Agility -Reaction and Response	<b>MULTI SKILLS</b> Moving fluently changing direction and speed. Throwing, catching, striking and kicking with control. <b>ATHLETICS</b> LCP Throwing at targets. Running effectively. Jumping and landing with control	<b>GYMNASTICS</b> Adapt sequence to include apparatus or a partner  <b>MULTI SKILLS</b> LCP Choose tactics and react to situations  <b>GAMES</b> with Y5 Playground Leaders
Year 3	<b>GYMNASTICS</b> Perform forward roll, rug roll, shoulder roll within sequences  <b>REAL PE 1</b> Coordination-Floor movement patterns. Static Balance-One leg standing	<b>GAMES</b> Use a range of skills to keep possession of the ball. Make progress towards a goal by finding space <b>REAL PE 2</b> Dynamic balance to agility. Static balance-Seated <b>REAL PE 3</b> Dynamic balance. Coordination-Ball skills	<b>SWIMMING</b> Swim 25-30m unaided. Improve stroke techniques  <b>REAL PE 4</b> Coordination with equipment. Counter balance in pairs.	<b>SWIMMING</b> Swim 25-30m unaided. Improve stroke techniques  <b>DANCE</b> Inspire topic link 'Shake, Rock and Roll'	<b>GYMNASTICS</b> Perform sequences showing contrasts in speed, level and direction  <b>ATHLETICS</b> LCP Throwing at targets. Running effectively. Jumping and landing safely with control	<b>TENNIS MAD</b> Develop a range of skills to control the ball with a racket. Hitting the ball into space. Agility games to develop movement around the court.  Follow up in additional PE session.
Year 4	<b>GYMNASTICS</b> Perform a range of rolls with control. Show movement phases within sequences  <b>REAL PE 1</b> Coordination-Floor movement patterns. Static Balance-One leg standing	<b>DANCE</b> Inspire topic link-myths in the Dark Ages  <b>REAL PE 2</b> Dynamic balance to agility. Static balance-Seated	<b>GAMES</b> Travel with a ball using both feet. Show control when passing and receiving  <b>REAL PE 3</b> Dynamic balance. Coordination-Ball skills	<b>GAMES</b> LCP Keep possession of the ball and create space. Practise attacking and defending. Apply tactics when attacking to score  <b>REAL PE 4</b> Coordination with equipment. Counter balance in pairs.	<b>ATHLETICS</b> LCP Throwing for accuracy and for distance. Jumping with one foot take off. <b>CHANCE TO SHINE CRICKET</b> Bowling at a target. Throwing and catching challenges. Small sided competitive games.	<b>GYMNASTICS</b> Perform sequence which combine speed, level, direction and shapes.  <b>REAL PE 6</b> Agility-Ball chasing. Static Balance-Small base.
Year 5	<b>SWIMMING</b> Swim 25-30m /50-100m unaided. Improve stroke techniques  <b>REAL PE 1</b> Coordination - Ball skills. Agility - Reaction and response	<b>SWIMMING</b> Swim 25-30m /50-100m unaided. Improve stroke techniques  <b>REAL PE 2</b> Static balance - Seated. Static balance - floor work	<b>GYMNASTICS</b> Perform rolls including backward roll. Create shapes that maintain quality when with partner or on apparatus.  <b>DANCE</b> Inspire Topic Link 17th Century Dance	<b>GAMES</b> Learn different techniques for dribbling, turning with a ball, passing and receiving with control, shooting skills. Develop attacking and defending skills	<b>TOP UP SWIMMING</b> <b>SPORTS LEADER TRAINING</b> <b>CHANCE TO SHINE CRICKET</b> Bowling at a target. Throwing and catching challenges. Small sided competitive games.	<b>TOP UP SWIMMING</b> <b>SPORTS LEADER TRAINING</b> <b>OAA</b> (Activities Week) <b>ATHLETICS</b> LCP Run at different speeds and over longer distances. Throw discus, shot and javelin. Refine long/triple jump .
Year 6	<b>GAMES</b> Refine techniques for dribbling, turning with a ball, passing and receiving with control, shooting skills. Show tactical awareness (Football)  <b>REAL PE 3</b> Dynamic balance. Counter balance in pairs.	<b>GAMES</b> Refine techniques for dribbling, turning with a ball, passing and receiving with control, shooting skills. Show tactical awareness (Hockey)  <b>REAL PE 4</b> Static balance - one leg standing.	<b>GYMNASTICS</b> Perform rolls with different entrance and exit within sequences.  <b>REAL PE 5</b> Static balance - small base. Coordination - Floor movement patterns	<b>REAL PE 6</b> Agility - Ball chasing. Coordination with equipment. Apply to game situations and set challenges.  Follow up in additional PE session.	<b>TOP UP SWIMMING</b> <b>ATHLETICS</b> LCP Adapt running, jumping, throwing skills for different challenges.  <b>DANCE</b> Inspire topic link 'A Chance to Shine'	<b>TOP UP SWIMMING</b> <b>TENNIS MAD</b> Develop a range of skills to control the ball with a racket. Hitting the ball into space. Agility games to develop movement around the court.  STRIKING AND FIELDING GAMES

## **St Catherine's PE and School Sport**

Coloured sessions are lessons led by specialist sports teachers and supported by class teachers and teaching assistants.

Sessions in black are lessons led by class teachers and supported by teaching assistants. These lessons follow the 'Real PE/Funs' and LCP schemes of work which will focus on skill development and skill progression.

### **Gymnastics with Mo Gregory from 'Zero Gravity' (AUT 1, AUT 2, SPR 1, SPR 2, SUM 1, SUM 2)**

**Mondays 1pm - 2pm**

**2pm - 3pm**

### **Swimming lessons are led by class teachers, teaching assistants and swimming coaches from Pheonix Leisure Centre.**

**Tuesdays 10.30pm - 12pm AUT 1, AUT 2 - Y5**

**SPR 1, SPR 2 - Y3**

**SUM 1 - Top up swimming lessons for Y5 and Y6 pupils who are unable to swim 25m**

### **Games with Bobby or Ryan from Plymouth Argyle Community Sports (AUT 1, AUT 2, SPR 1, SPR 2, SUM 1, SUM 2)**

**Wednesdays 2.15pm - 3.15pm**

**After school club 3.15pm - 4.15pm**

### **Dance with Mrs Mann**

### **5 week block of lessons linked to 'Inspire' topics**

**Thursdays 1pm-2pm**

### **Tennis with 'Tennis Mad' and 'Chance to Shine' cricket will take place SPR 1, SPR 2, SUM 1, SUM 2**

## **OAA - Outdoor and Adventurous Activities**