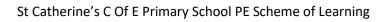






| PE 2021-22 | Autumn 1  | Autumn 2   | Spring 1   | Spring 2   | Summer 1   | Sumer 2  |
|------------|---|--|--|--|--|--|
| Year 3     | Gymnastics – develop flexibility with control and balance.  Football – Play competitively showing an understanding of defending and attacking principles.                                       | Basketball – Use throwing and catching in isolation and in combination. Develop technique (lay up)  Dance – develop flexibility and strength. Create a performance. Compare performances and give advice to improve performance.         | Swimming - use a range of strokes effectively Swimming - swim competently, confidently and proficiently over a distance (3 strokes)  | Rugby – Use running and throwing in isolation. Join movements to play in appropriately modified games.  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. Apply simple attacking principles when 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) | Athletics – Teach running and jumping and throwing in isolation. Children should evaluate a performance and be 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.  Bikeabilty | 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. |

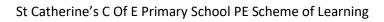






|              | Gymnastics – develop<br>flexibility with control and<br>balance. Use floor and<br>apparatus in combination to<br>demonstrate flexibility and<br>control.                      | Dance - develop flexibility<br>and strength. Create a<br>performance including<br>taught elements (unison,<br>conon). Compare<br>performances and give<br>advice to improve<br>performance. | Gymnastics – develop<br>flexibility with control and<br>balance. Use floor and<br>apparatus in combination<br>to demonstrate flexibility<br>and control. | Football - Play<br>competitively showing an<br>understanding of<br>defending and attacking<br>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.  |
|--------------|---|---|--|---|---|---|
| Year 5       | Swimming  | Rugby – using simple<br>defending principles as a<br>team in modified games.  | Basketball - Use<br>throwing and catching in<br>combination. Develop and<br>improve techniques (lay<br>up and 3 pointer) play<br>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.                                    | 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. (Adventure Okehampton Residential)                  |
| Year 6       | <b>OAA</b> - 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.  Netball - Play  | Dance - develop<br>flexibility and strength.<br>Create a performance<br>including taught<br>elements (unison, conon).<br>Compare performances<br>and give advice to<br>improve performance. | Cricket/Rounders – 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. |
| KS2 programm | Gymnastics - develop<br>flexibility with control and<br>balance. Use floor and<br>apparatus in combination to<br>demonstrate flexibility and<br>control as part of a routine. | Athletics (Sports Hall) – activities TBC by PE Coordinator after county meeting regarding the CSG content.  | competitively (5 and 7 a side) showing an understanding of how the defending and attacking principles support your team to make progress.  Bikeabilty    | Basketball - Use throwing and catching in combination. Develop and improve techniques (lay up and 3 pointer) apply these techniques competitively.  | Swimming (top up) - Use<br>a range of strokes<br>effectively and swimming<br>competently (all 4<br>strokes)   | Tennis – Use an object to control a ball. Strategically use attacking and defending principles to win the game.                       |

KS2 programme of study.







| PE 3010    | Autumn 1   | Autumn 2   | Spring 1   | Spring 2  | Summer 1   | Sumer 2   |
|------------|--|--|--|---|--|---|
| 2018- 2019 |  |  |  |   |  |   |
| Reception  | Stability Standing, Lying, Stretching, sitting   | Locomotion<br>Walking, jogging,<br>hopping   | Stability Stopping, static balance, turning  | Object Control<br>Receiving (reaching),<br>carrying, placing  | Locomotion/stability Lunging, running, jumping, landing, stopping  | Object Control<br>Rolling, bouncing,<br>trapping  |
| Year 1     | Stability Landing, bending, twisting.  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.               | Swimming - introduce water safety and increased confidence in water Swimming - introduce water safety and increased confidence in water.  | 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