

PE 2021-22	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Sumer 2
<b>Year 3</b>	<p><b>Gymnastics</b> – develop flexibility with control and balance.</p> <p><b>Football</b> – Play competitively showing an understanding of defending and attacking principles.</p>	<p><b>Basketball</b> – Use throwing and catching in isolation and in combination. Develop technique (lay up)</p> <p><b>Dance</b> – develop flexibility and strength. Create a performance. Compare performances and give advice to improve performance.</p>	<p><b>Swimming</b> - use a range of strokes effectively</p> <p><b>Swimming</b> - swim competently, confidently and proficiently over a distance (3 strokes)</p>	<p><b>Rugby</b> – Use running and throwing in isolation. Join movements to play in appropriately modified games.</p> <p><b>Tri golf</b> – develop control and balance. Improve own performance to reach a personal best.</p>	<p><b>Cricket/Rounders/Tennis</b> – throw and catch as part of a non competitive game. Use an object to control a ball. Apply simple attacking principles when striking(when to hit the ball).</p> <p><b>Netball</b> – Run, throw and jump in combination (learn the footwork rule). Play competitively in a modified game (highlighting the footwork rule)</p>	<p><b>Athletics</b> – Teach running and jumping and throwing in isolation. Children should evaluate a performance and be able to improve on it.</p> <p><b>OAA</b> – Take part in individual and team based problems in the outside environment.</p>
<b>Year 4</b>	<p><b>Basketball</b> - Use throwing and catching in combination. Develop and improve techniques (lay up and 3 pointer)</p> <p><b>OAA</b> - Take part in individual and team based problems in the outside environment.</p>	<p><b>Athletics (sports Hall)</b> - activities TBC by PE Co-ordinator after county meeting regarding the CSG content.</p> <p><b>Dance</b> - develop flexibility and strength. Create a performance. Compare performances and give advice to improve performance.</p>	<p><b>Rugby</b> - Use running and throwing n combination. to play in appropriately modified games.</p> <p><b>Gymnastics</b> - develop flexibility with control and balance. Use floor and apparatus to demonstrate flexibility and control.</p> <p><b>Bikeability</b></p>	<p><b>Tri golf</b> - develop control and balance. Improve own performance to reach a personal best.</p> <p><b>Netball</b> - Run, throw and jump in combination (learn the footwork rule and 3ft distance for defending.) Play competitively in a modified game (high 5)</p>	<p><b>Cricket/Rounders/Tennis</b> – 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(when to hit the ball).</p> <p><b>Volleyball</b> – develop a new technique (serve) and evaluate performance to improve another person.</p>	<p><b>Athletics</b> Teach running and jumping and throwing in isolation. Children should evaluate a performance and be able to improve on it.</p> <p><b>Football</b> - Play competitively showing an understanding of defending and attacking principles.</p>

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

KS2 programme of study.

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

## 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