



PE

KEY STAGE ONE - YEAR A/YEAR B

	AUTUMN 1	AUTUMN 2	SPRING 1
Description	<p>Indoor PE - Children will perform simple dance movements on a theme.</p> <p>Outdoor PE - children will develop their fundamental movement skills</p>	<p>Indoor PE - Children will perform simple dance movements on a theme..</p> <p>Outdoor PE - children will develop their fundamental movement skills</p>	<p>Indoor PE - This Real PE unit focuses on standing static and dynamic balances</p> <p>Outdoor PE - Children will learn basic movement such as throwing and catching, whilst giving opportunities to extend their agility, balance and coordination</p>
NC Objectives	<ul style="list-style-type: none"> • Pupils should be taught to perform dances using simple movement patterns • Pupils should be taught to master basic movement including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities 	<ul style="list-style-type: none"> • Pupils should be taught to perform dances using simple movement patterns • Pupils should be taught to master basic movement including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities 	<ul style="list-style-type: none"> • Pupils should be taught to develop balance, agility and coordination • Pupils should be taught to master basic movement including throwing and catching
Substantive Knowledge	<ul style="list-style-type: none"> • Children will learn to perform simple dance movements on the theme of the seasons • They will learn how to mirror dance movements • Children will improve their basic movements by completing a variety of short exercises 	<ul style="list-style-type: none"> • Children will learn to perform simple dance movements on the theme of the seasons • They will learn to sequence movements together by themselves and with a partner • They will learn how to mirror dance movements • Children will improve their basic movements by completing a variety of short exercises 	<ul style="list-style-type: none"> • Children will learn to perform individual, static balances on one leg • They will learn to keep their heads up, tummies tight and back straight • Children will learn to keep their feet a shoulder width apart • Children will learn that they need to swing their arms and bend their knees in order to take off and land • Children will learn to throw and catch, with accuracy, using beanbags and balls • How to position their body to throw and receive
Disciplinary Skills	<ul style="list-style-type: none"> • To develop simple movement patterns in dance, understanding how we can use our body to create movement • To practise/rehearse dance movements • To perform their dance movements to an audience of peers • To understand how to improve fundamental movement skills 	<ul style="list-style-type: none"> • To develop simple movement patterns in dance, understanding how to link movements together and the best order to sequence movements into to allow for smooth transitions • To practise/rehearse dance movements individually and in small groups • To perform their dance movements to an audience of peers • To understand how to improve fundamental movement skills 	<ul style="list-style-type: none"> • To understand how to make themselves less wobbly whilst balancing • To apply their balancing skills to more complex balancing on one leg such as standing still for longer, moving up and down on their standing leg • To apply their knowledge of static balance to dynamic balances e.g. jumping from two feet to two feet • Children will practise their throwing and catching skills individually and with a partner and learn how to improve accuracy
Vocabulary	<p>pattern, canon, mirroring, motif, travel, standing long jump, star jump, hee kicks, ladder run, speed bounce, hopping, high knees</p>	<p>pattern, canon, mirroring, motif, travel, standing long jump, star jump, hee kicks, ladder run, speed bounce, hopping, high knees</p>	<p>balance, wobbly, strong core, left, right, roll, track, receive, throw, stance</p>
Assessment	<p>Dance - Perform simple dance movements</p> <p>Outdoor - Can the children use the fundamental movement skills?</p>	<p>Dance - Compose a dance routine and perform</p> <p>Outdoor - Can children use the basic movement skills?</p>	<p>Indoor - Can children perform a static balance?</p> <p>Outdoor - Can children throw and catch a beanbag or ball accurately?</p>

	SPRING 2	SUMMER 1	SUMMER 2
Description	Indoor PE - This Real PE unit focuses on seated static and dynamic balances Outdoor PE - Children will apply their basic movements of throwing and catching to simple games	Indoor PE - This Real PE unit focuses on counter balances in pairs and static balances Outdoor PE - Children will learn simple attacking and defending games	Indoor PE - This Real PE unit focuses on agility: reaction/response Outdoor PE - Children will learn the basic skills for running races
NC Objectives	<ul style="list-style-type: none"> Pupis should be taught to develop balance, agility and coordination Pupils should be taught to participate in team games, developing simple tactics for attacking and defending Pupils should be taught to master basic movement including throwing and catching 	<ul style="list-style-type: none"> Pupis should be taught to develop balance, agility and coordination Pupils should be taught to participate in team games, developing simple tactics for attacking and defending Pupils should be taught to master basic movement including running, jumping, throwing and catching and begin to apply these in a range of activities 	<ul style="list-style-type: none"> Pupis should be taught to develop balance, agility and coordination Pupils should be taught to participate in team games, developing simple tactics for attacking and defending Pupils should be taught to master basic movement including running, jumping, throwing and catching and begin to apply these in a range of activities
Substantive Knowledge	<ul style="list-style-type: none"> Children will learn to perform individual, seated static balances They will learn to keep their heads up, tummies tight and back straight Children will learn to swing the opposite arm to leg as they walk through dynamic balances Children will learn that they need to swing their arms and bend their knees in order to take off and land Children will learn to throw and catch, with accuracy, using beanbags and balls How to position their body to throw and receive 	<ul style="list-style-type: none"> Children will learn to perform paired, seated counter balances They will learn to have a strong base, tummies tight, back straight and head up to balance Children will learn to use smooth, controlled movements when performing a counter balance They will learn to perform a front support position How to position their body to attack and defend 	<ul style="list-style-type: none"> Children will learn to be ready to react - knees bent and feet apart They will learn how to accelerate to move more quickly They will learn to bend their knees to help them to slow down They will learn to stay in their lane when running a race They will learn how to take part in a relay race
Disciplinary Skills	<ul style="list-style-type: none"> To understand how to make themselves less wobbly whilst balancing To apply their balancing skills to more complex seated static balances such as removing their hands and feet as supports or picking a cone up from either side of their seated balance To apply their knowledge of static balance to dynamic balances e.g. balancing along a line Children will practise their throwing and catching skills individually and with a partner and learn how to improve accuracy To apply their throwing and catching skills to play simple throwing and catching games 	<ul style="list-style-type: none"> To understand how to make themselves less wobbly whilst balancing To apply their balancing skills to paired counter balances To perform their counter balances in front of an audience of peers Children will apply the fundamental movement skills that they have learnt throughout the year to simple team games 	<ul style="list-style-type: none"> To apply their skills of catching to react to catch a ball that their partner has bounced or dropped To know when they are ready to ask their partner to challenge them to drop or bounce the ball harder or faster To apply the skills of running in lanes to running a race against their peers To apply their knowledge of relay races to compete in races against their peers
Vocabulary	balance, wobbly, strong core, left, right, receive, throw, stance, attack, defend, dodge, mark, score, opponent	balance, wobbly, strong core, left, right, receive, throw, stance, attack, defend, dodge, mark, score, opponent	react, respond, print, jog, run, relay, race
Assessment	Indoor - Can children perform a seated static balance and stay balanced during dynamic balances? Outdoor - Can children apply their throwing and catching skills to games?	Indoor - Can children perform a paired counter balance? Outdoor - Can children apply their fundamental movement skills to games?	Indoor - Can children react appropriately and catch a ball from their partner? Outdoor - Can children take part in sports day races?



PE

LOWER JUNIORS - YEAR A/YEAR B

	AUTUMN 1	AUTUMN 2	SPRING 1
Description	Indoor - Creative Outdoor - ABC cross country	Indoor - Creative Outdoor - Hand and stick invasion	Indoor - creative Outdoor - hand and foot invasion
NC Objectives	<ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] Take part in outdoor and adventurous activity challenges both individually and within a team Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending Develop flexibility, strength, technique, control and balance Perform dances using a range of movement patterns Take part in outdoor and adventurous activity challenges both individually and within a team 	<ul style="list-style-type: none"> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending Develop flexibility, strength, technique, control and balance Perform dances using a range of movement patterns Take part in outdoor and adventurous activity challenges both individually and within a team Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
Substantive Knowledge	<p>Creative</p> <ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance. <p>ABC cross country</p> <ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance Incorporate running and jumping working both individually and with others Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<p>Creative</p> <ul style="list-style-type: none"> Perform dances using a range of movement patterns. <p>Hand and stick invasion</p> <ul style="list-style-type: none"> Sending an object and receiving and object in combination and spatial awareness Play competitive games, modify where appropriate and apply basic principles. 	<p>Creative</p> <ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance, whilst incorporating apparatus <p>Hand and foot invasion</p> <ul style="list-style-type: none"> Use running, jumping, sending an object and receiving an object in combination Play competitive games, modify where appropriate and apply basic principles suitable for attacking and defending.
Disciplinary Skills	<ul style="list-style-type: none"> Perform actions, balances, body shapes and agilities with control Adapt their own movements to include a partner in a sequence Understand that strength and suppleness can be improved. To understand how pacing can help us achieve greater distances in running. 	<ul style="list-style-type: none"> Use simple motifs and movement patterns to structure on their own, with a partner and in a group Refine, repeat and remember dance phrases and dances Perform dances clearly and fluently Describe, interpret and evaluate dance, using appropriate language Use different techniques for controlling, dribbling and shooting using a putter and ball. Developing hand eye coordination. Sending an object to a specific target using control and accuracy. 	<ul style="list-style-type: none"> Perform actions, balances, body shapes and agilities with control incorporating apparatus Adapt their own movements to include a partner in a sequence Understand that strength and suppleness can be improved. Play games with some accuracy, using a range of throwing and catching techniques Understand that they need to defend as well as attack
Vocabulary	<ul style="list-style-type: none"> To be able to pace themselves effectively. Work towards improving their personal best. 		
Assessment	Strength, technique, balance, coordination, flexibility, control, cardio, stamina, pace.	Flexibility, rhythm, expression, strike, dribble, control, accuracy.	Strength, technique, balance, coordination, flexibility, chest pass, bounce pass, footwork.

	SPRING 2	SUMMER 1	SUMMER 2
Description	Indoor - athletics Outdoor - net wall games	Outdoor - athletics Outdoor - strike and field	Outdoor - strike and field Outdoor - hand and stick invasion
NC Objectives	<ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and in combination Play competitive games, modified where appropriate and apply basic principles Develop flexibility, strength, technique, control and balance Take part in outdoor and adventurous activity challenges both individually and within a team Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> Use running, throwing and catching in isolation and in combination Play competitive games, modified where appropriate and apply basic principles. Develop flexibility, strength, technique, control and balance Take part in outdoor and adventurous activity challenges both individually and within a team Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending Take part in outdoor and adventurous activity challenges both individually and within a team Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
Substantive Knowledge	<p>Athletics</p> <ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and combination Develop flexibility, strength, technique, control and balance Compare their performances with previous ones and demonstrate improvement <p>Net wall games</p> <ul style="list-style-type: none"> Use running, jumping, sending an object and receiving an object in combination Play competitive games, modify where appropriate and apply basic principles 	<p>Athletics</p> <ul style="list-style-type: none"> Use running, jumping, and throwing in isolation and combination Develop flexibility, strength, technique, control and balance Compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p>Strike and field</p> <ul style="list-style-type: none"> Use running, jumping, sending an object and receiving an object in combination Play competitive games, modify where appropriate and apply basic principles. 	<p>Strike and field</p> <ul style="list-style-type: none"> Use running, jumping, sending an object and receiving an object in combination Play competitive games, modify where appropriate and apply basic principles suitable for attacking and defending. <p>Hand and stick invasion</p> <ul style="list-style-type: none"> Sending an object and receiving and object in combination and spatial awareness Play competitive games, modify where appropriate and apply basic principles.
Disciplinary Skills	<ul style="list-style-type: none"> Throw with some accuracy and power into a target area Perform a range of jumps, showing consistent technique 	<ul style="list-style-type: none"> Understand and demonstrate the difference between sprinting and pacing. Throw with some accuracy and power Perform a range of jumps, showing consistent technique. Use a range of skills, eg throwing, striking, intercepting and stopping a ball, with some accuracy Choose and vary skills and tactics to suit the situation in a game successfully. 	<ul style="list-style-type: none"> Use a range of skills, eg throwing, striking, intercepting and stopping a ball, with some accuracy Choose and vary skills and tactics to suit the situation in a game successfully. set up small games; know rules and use them fairly to keep games going Use different techniques for controlling, dribbling and shooting. Developing hand eye coordination. Sending an object to a specific target using control and accuracy.
Vocabulary	<ul style="list-style-type: none"> Relate different types of activity to different heart rates and body temperatures. Use a small range of basic racket skills choose and use a range of simple tactics for sending the ball. choose and use a range of simple tactics for defending their own court 		
Assessment	Sprint, Pace, Standing Long Jump,Forehand, Backhand, Volley, Serve.	Sprint, Pace, Long Jump, Vortex, Bowling, Fielding, Batting, Accuracy.	Bowling, fielding, batting, accuracy. strike, dribble, control, accuracy.



PE

UPPER JUNIORS - YEAR A/YEAR B

	AUTUMN 1	AUTUMN 2	SPRING 1
Description	Indoor - creative Outdoor - ABC cross country	Indoor - creative Outdoor - hand and stick invasion	Indoor - creative Outdoor - hand and foot invasion
NC Objectives	<ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and in combination Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] Perform dances using a range of movement patterns take part in outdoor and adventurous activity challenges both individually and within a team compare their performances with previous ones and demonstrate improvement to achieve their personal best 	<ul style="list-style-type: none"> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] Perform dances using a range of movement patterns Take part in outdoor and adventurous activity challenges both individually and within a team Compare their performances with previous ones and demonstrate improvement to achieve their personal best 	<ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and in combination Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending Develop flexibility, strength, technique, control and balance Take part in outdoor and adventurous activity challenges both individually and within a team
Substantive Knowledge	<p>Creative</p> <ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance. Learning different ways how to link different ways to link them to make actions and sequences <p>ABC Cross country</p> <ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance Incorporate running and jumping working both individually and with others Compare their performances with previous ones 	<p>Creative</p> <ul style="list-style-type: none"> Perform dances using a range of movement patterns. <p>Hand and stick invasion</p> <ul style="list-style-type: none"> Sending an object and receiving and object in combination and spatial awareness play competitive games, modify where appropriate and apply basic principles. 	<p>Creative</p> <ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance, whilst incorporating apparatus. <p>Hand and foot invasion</p> <ul style="list-style-type: none"> use running, jumping, sending an object and receiving an object in combination play competitive games, modify where appropriate and apply basic principles suitable for attacking and defending.
Disciplinary Skills	<ul style="list-style-type: none"> Sequences, including changes of direction, level and speed combine and perform gymnastic actions, shapes and balances show clarity, fluency, accuracy and consistency in their movements in small groups, prepare a sequence to be performed to an audience To understand how pacing can help us achieve greater distances in running. To be able to pace themselves effectively. Work towards improving their personal best. 	<ul style="list-style-type: none"> Work creatively on their own, with a partner and in a group to create dances Perform to an accompaniment Perform dances fluently and with control Evaluate and refine their own and others' work. Talk about dance with understanding, Use different techniques for controlling, dribbling and shooting using a putter and ball. Developing hand eye coordination. Sending an object to a specific target using control and accuracy. 	<ul style="list-style-type: none"> Sequences, including changes of direction, level and speed incorporating apparatus combine and perform gymnastic actions, shapes and balances show clarity, fluency, accuracy and consistency in their movements in small groups, prepare a sequence to be performed to an audience Use different techniques for passing, controlling and shooting the ball in games Apply basic principles of team play: possession, marking, interception. Know what position they are playing and how to attack and defend Working as part of a team.
Vocabulary	<ul style="list-style-type: none"> To be able to pace themselves effectively. Work towards improving their personal best. 	<ul style="list-style-type: none"> Developing hand eye coordination. Sending an object to a specific target using control and accuracy. 	<ul style="list-style-type: none"> Apply basic principles of team play: possession, marking, interception. Know what position they are playing and how to attack and defend Working as part of a team.
Assessment	Strength, technique, balance, coordination, flexibility, control, cardio, stamina, pace.	Flexibility, rhythm, expression, strike, dribble, control, accuracy.	Strength, technique, balance, coordination, flexibility, control, attack, defence, bounce pass, chest pass, footwork.

	SPRING 2	SUMMER 1	SUMMER 2
Description	Indoor - athletics Outdoor - net wall games	Indoor - athletics Outdoor - strike and field	Outdoor - strike and field Outdoor - hand and stick invasion
NC Objectives	<ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and in combination Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] Perform dances using a range of movement patterns Take part in outdoor and adventurous activity challenges both individually and within a team Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and in combination Play competitive games, modified where appropriate and apply basic principles Develop flexibility, strength, technique, control and balance Take part in outdoor and adventurous activity challenges both individually and within a team Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and in combination Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending Take part in outdoor and adventurous activity challenges both individually and within a team
Substantive Knowledge	<p>Athletics</p> <ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and combination Develop flexibility, strength, technique, control and balance <p>Net wall games</p> <ul style="list-style-type: none"> use running, jumping, sending an object and receiving an object in combination play competitive games, modify where appropriate and apply basic principles 	<p>Athletics</p> <ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and combination Develop flexibility, strength, technique, control and balance <p>Strike and field</p> <ul style="list-style-type: none"> Use running, jumping, sending an object and receiving an object in combination play competitive games, modify where appropriate and apply basic principles suitable for attacking and defending. 	<p>Strike and field</p> <ul style="list-style-type: none"> Use running, jumping, sending an object and receiving an object in combination Play competitive games, modify where appropriate and apply basic principles suitable for attacking and defending. <p>Hand and stick invasion</p> <ul style="list-style-type: none"> Sending an object and receiving and object in combination and spatial awareness Play competitive games, modify where appropriate and apply basic principles.
Disciplinary Skills	<ul style="list-style-type: none"> Choose the best pace for a running event, so that they can sustain their running and improve on a personal target Show control at take-off in jumping Show accuracy when throwing to a target Use forehand, backhand and overhead shots Use the skills they prefer with competence and consistency Understand the need for tactics Apply rules consistently and fairly 	<ul style="list-style-type: none"> Choose the best pace for a running event, so that they can sustain their running and improve on a personal target Show control at take-off in jumping Show accuracy when throwing for distance. strike a bowled ball; use a range of fielding skills, eg catching, throwing, bowling, intercepting. use and apply the basic rules consistently and fairly understand and implement a range of tactics in games 	<ul style="list-style-type: none"> Strike a bowled ball; use a range of fielding skills, eg catching, throwing, bowling, intercepting. Use and apply the basic rules consistently and fairly Understand and implement a range of tactics in games Use different techniques for controlling, dribbling and shooting using a putter and ball. Developing hand eye coordination. Sending an object to a specific target using control and accuracy.
Vocabulary	Sprint, Pace, Standing Long Jump, Forehand, Backhand, Volley, Serve.	Sprint, Pace, Long Jump, Vortex, Bowling, Fielding, Batting, Accuracy.	Fielding, Batting, Bowling, Dribbling, Strike, Attack, Defence, Accuracy, Control.
Assessment	Athletics - To achieve a personal best Net wall games - Competitive game play	Athletics - to achieve a personal best Strike and field - competitive game play	Strike and field - competitive game play Hand and stick invasion - competitive game play