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| **Class 1 – Year B** |
| Term | DF | NC objectives | Knowledge |
| 1 | Fundamentals | PE1.9 know how to move around an area, with agility, without collision and stop in a spacePE1.12 know how to move in different directions copying various movementsPE1.18 know what works well in a gymnastic or dance sequence | * Single Leg Balancing
* Running
* Dribbling with Hands and Feet, using a basketball and football.
 |
|  | Multi-sports | PE2.9 know the best space to be in during a gamePE2.14 know how to move in different ways, identify these and know how they lookPE1.8 know how to coordinate their body with control PE1.9 know how to move around an area, with agility, without collision and stop in a space | * Dodgeball (Dodging, Throwing and Catching)
* Golf (Co-Ordination and Safety skills)
* Hockey (Dribbling and shooting a ball using a hockey stick)
* Tag Rugby (Ball Handling skills)
* SAQ’S (Developing Agility, Balance, and Co-Ordination)
 |
| 2 | Gymnastics | PE2.1 know how to plan and perform a sequence of movementsPE2.2 know more than one way to create a sequence which follows some ‘rules’PE2.3 know how to start and finish using a gymnastic position PE2.4 know how to safely attempt a variety of jumps and rolls with moderate control | * High to Low to High
* Using the Apparatus
* Using Pathways
* Bouncing, Jumping and Landing
* Jumping from height
 |
|  | Team-building | PE2.11 know how to follow rules PE2.12 know how to show fairness and respect to others PE1.20 know how to regulate own behaviour when playing team games, with adult supportPE2.21 know how to regulate own behaviour when playing team games | Developing teamwork skills* Applying Communication skills.
* Using communication skills in a themed session (Spiders Web)
* Developing teamwork Skills.
* Using teamwork skills in a themed session (Island Theme)
* Applying trust and developing trust in different activities
* Using Trust building in a themed session (To the Rescue)
* Using all three skills in one session.
 |
| 3 | Dance | PE2.15 know how to change rhythm, speed, level and direction in dancePE2.16 know how to make a sequence by linking simple movement patterns togetherPE1.17 know how to perform own dance movesPE2.18 know how to perform in a small group to others PE2.19 know what works well and what could be better in a gymnastic or dance sequence | Theme (The Seasons)* Knowing a step-by-step routine to a particular dance (Barn Dance)
* Knowing how to put a dance motif together using five steps.
* Developing movement at different speeds to represent the weather.
* Working in partners and in small groups to represent a particular season.
 |
|  | Fitness | PE1.13 know how to jump and land with control PE2.14 know how to move in different ways, identify these and know how they lookPE1.8 know how to coordinate their body with control  | * Changing Direction
* Jumping
* Keeping control
* Combining skills.
* Doing the complete circuit.
 |
| 4 | Ball skills | PE2.6 know how to use hitting, kicking, throwing and/or rolling in a gamePE2.7 know how to catch from a low height and a close throwPE2.8 know how to throw towards a target with moderate accuracyPE2.20 know how to improve an action such as throwing, catching or striking with increasing aim and direction | * Rolling the ball
* Bouncing the basketball
* Catching the Basketball in both hands.
* Knowing a particular pass in Basketball
* Demonstrating the frisbee throw technique.
 |
|  | Invasion Sports | PE2.11 know how to follow rules PE2.12 know how to show fairness and respect to others PE2.13 know how to develop simple tactics for attacking and defending   | * Moving with the ball.
* Racing into space.
* Passing the ball to a teammate.
* Evading and dodging away from defender.
* Stopping shots
* Applying skills into games.
 |
| 5 | Athletics | PE1.8 know how to coordinate their body with control PE1.13 know how to jump and land with control PE2.14 know how to move in different ways, identify these and know how they look | * Introducing the fundamental skills (Running, Jumping and Throwing)
* Jumping sequences and Targets.
* Jumping and throwing for distance.
* The Slalom Sprint.
* Running for Speed
* Applying skills into a mini-Athletics play.
 |
|  | Target Games  | PE2.6 know how to use hitting, kicking, throwing and/or rolling in a gamePE2.11 know how to follow rules PE2.12 know how to show fairness and respect to others  | * Rolling Activities
* Bullseye
* Moving Targets
* Throwing Golf
* Kicking Skills
* Teamwork and Simple Tactics
 |
| 6 | Net and Wall | PE2.7 know how to catch from a low height and a close throwPE2.8 know how to throw towards a target with moderate accuracy | * Fancy Footwork
* Aiming Games
* Racket Skills
* Skillful Hitting
* Applying skills into Mini Games.
 |
|  | Multi-Skills | PE2.20 know how to improve an action such as throwing, catching or striking with increasing aim and direction | * Developing racket skills
* Hitting the ball
* Using Simple Tactics
* Controlling and using the cricket bat.
* Controlling the game
* Applying skills into mini games.
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| **Class 2 - Year B** |
| Term | DF | NC objectives | Knowledge |
| 1 | Athletics | PE4.8 know how to sprint over a short distance and show stamina when running over a long distancePE4.10 know how to throw in different ways using different objectsPE4.9 know how to jump in different ways, taking off on one foot and 2 feet and landing with control  | * Knowing the fundamental skills of Athletics (Running, Jumping and Throwing)
* Using different sprinting techniques to pick up speed.
* Knowing how a relay race works and using a baton passing technique.
* Demonstrating the standing triple jump
* Performing the Javelin Throw
* Applying the skills that they have learnt into a mini-Olympics.
 |
|  | Swimming  | PE3.22 know how to swim competently and confidently to 25 metres PE4.21 know how to swim competently, confidently and proficiently to 25 metresPE3.23 know how to begin to use a range of strokes effectively such as front crawl, backstroke and breaststroke PE4.22 know how to use a range of strokes effectively such as front crawl, backstroke and breaststrokePE3.24 know and demonstrate how to stay safe in the water PE4.23 know, and demonstrate the importance of staying safe in the water | * Knowing the different swimming strokes (Backstroke, Front crawl, Breaststroke)
* Understanding how to enter and exit the water safely.
* Developing confidence floating and kicking the water.
* Demonstrating the front crawl and the backstroke.
 |
| 2 | Gymnastics | PE3.1 know how to adapt sequences to suit different types of apparatus and criteriaPE3.2 know how strength and suppleness/ flexibility affect performancePE4.3 know how to work with a partner to create, repeat and improve a sequence with at least three phasesPE3.18 know how to compare and contrast gymnastic sequences | * Balance and Shapes
* Spinning and travelling.
* Turning
* Half and Full Turns
* Under and through the Apparatus.
* Jumping
 |
|  | Invasion games | PE4.6 know how to vary tactics and adapt skills depending on what is happening in a gamePE3.19 know how to recognise own improvement in invasion games | * Crossover (Developing awareness and the ability to dodge out the way)
* Endzones (Developing passing and receiving, creating open space)
* Guard the Pin (Developing attacking and defending skills, deceiving opponents)
* Matball/Kings and Queens (Completing passes under pressure, reducing the space)
* Slide Tag (Developing dodging skills and spatial awareness)
* Speedball (Demonstrating maintaining possession, and using their knowledge of basketball and football)
 |
| 3 | Dance | PE4.12 know how to use dance to communicate an ideaPE4.13 know how to take the lead when working with a partner or groupPE3.12 know how to remember and repeat a range of movement patternsPE3.13 know how to improvise freely and translate ideas from a stimulus into movement PE4.11 know how to use a theme as a stimulus to create ideas PE4.12 know how to use dance to communicate an ideaPE4.17 know how to provide support and advice to others in gymnastics and dancePE4.18 know how to listen to the ideas of others | Theme (Ancient Egypt)* Understand the context of the dance and applying their knowledge of what they know of Ancient Egypt)
* Demonstrating balance, facial expression, and Shape
* Demonstrating getting into character of a mummy and performing slow movements.
* Using improvisation to show different movements.
* Reflecting and observing others.
* Applying actions and dynamic movements.
* Performing a whole routine from start to finish.
 |
|  | Swimming  |  PE3.22 know how to swim competently and confidently to 25 metres PE4.21 know how to swim competently, confidently and proficiently to 25 metresPE3.23 know how to begin to use a range of strokes effectively such as front crawl, backstroke and breaststroke PE4.22 know how to use a range of strokes effectively such as front crawl, backstroke and breaststrokePE3.24 know and demonstrate how to stay safe in the water PE4.23 know, and demonstrate the importance of staying safe in the water | * Being confident in swimming 5 metres.
* Understanding how to swim, using the front Paddle technique.
* Understanding how to swim, using the back-paddle technique.
* Knowing different water safety techniques.
* Using gliding and kicking skills into games
* Recapping the front crawl and backstroke techniques.
* Applying the skills that they have learnt into an aqua-splash festival.
 |
| 4 | Football  | PE3.7 know how to begin to use suitable techniquesPE4.6 know how to vary tactics and adapt skills depending on what is happening in a game | * Acquiring dribbling skills

Acquiring two passing techniques (Ground Pass and Lob Pass) * Shooting for power and precision.
* Applying the skills into a mini tournament.
 |
|  | Tag rugby  | PE4.4 know how to throw and catch accurately in a team gamePE3.20 know how to evaluate own performance in terms of improving from not winning and then recognising own success both in terms of performance and attitude | * Evading and Tagging
* Developing control of the ball
* Passing and Receiving
* Passing on the move
* Understanding different game scenarios.
* Applying the skills into a mini tournament
 |
| 5 | Tennis  | PE4.5 know how to strike a ball accurately with control and direction in a team gamePE4.7 know how to work as a team to compete against the opposition  | * The Ready Position
* Hitting and keeping rallies
* Understanding the flight of the ball.
* Standing and moving on the court.
* Ball Direction and Positioning
* Applying the skills into a mini event.
 |
|  | Rounders | PE4.4 know how to throw and catch accurately in a team gamePE4.5 know how to strike a ball accurately with control and direction in a team gamePE4.6 know how to vary tactics and adapt skills depending on what is happening in a gamePE4.19 know how to work as team to develop others both in terms of performance and attitude | * Batting and Bowling
* Throwing and Catching
* Backstop and Bases
* Deep fielding
* Using Simple Tactics.
* Applying the skills into a mini game.
 |
| 6 | Cricket | PE4.4 know how to throw and catch accurately in a team gamePE4.5 know how to strike a ball accurately with control and direction in a team gamePE4.6 know how to vary tactics and adapt skills depending on what is happening in a game | * Developing catching
* Stopping and Throwing
* Striking the ball using a Rounders Bat
* Bowling at the wicket.
* Applying their skills into a Kwik cricket game.
 |
|  | Outdoor and adventurous | PE3.14 know how to follow a map in a familiar context, individually and within a team PE3.15 know how to use clues to follow a routePE3.16 know how to follow a route safely PE3.17 know the boundaries in place PE4.14 know how to follow a map in a (more demanding) familiar context, individually and within a teamPE4.15 know how to follow a route within a time limit PE4.16 know how to mark on a map where they are  | * Teamwork skills
* Understanding what skills are needed to be an effective leader.
* Navigating around a space with confidence.
* Demonstrating following a basic map.
* Developing their understanding of orienteering.
* Understanding different symbols on a map.
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| **Class 3 - Year B** |
| Term | DF | NC objectives | Knowledge |
| 1 | Football | PE5.7 know how to choose a specific tactic for defending and attacking PE5.8 know how to gain possession by working collaboratively and competitively as a team and pass in different waysPE6.7 know how to lead others in a game situation when the need arisesPE6.6 know how to show competency in a range of sports  | * Ball Familiarization and control
* Advanced Passing Skills (Ground pass and Lob Pass)
* Advanced Shooting skills (Shooting under pressure)
* Knowing different game scenarios
* Applying and developing the skills into a mini tournament.
 |
|  | Netball  | PE5.5 know how to strike a ball, using a varied piece of equipment, into a spacePE5.7 know how to choose a specific tactic for defending and attackingPE6.6 know how to show competency in a range of sports | * Passing and Catching
* Passing in a game Scenario (Developing the four passes in a game situation)
* Footwork and Pivoting
* Outwitting the defender
* Attacking and Defending
* Applying and developing the skills into a Netball Tournament
 |
| 2 | Dance | PE6.11 know how to develop sequences in a specific stylePE6.12 know how to choose own music and stylePE5.20 know how to articulate to others something a partner has done well and also something that can be improved both in terms of performance and attitude | * Understanding the concept of the dance and applying their knowledge of what they know.
* Demonstrating getting into character and getting into space and showing facial expression.
* Applying actions in relation to a solider.
* Performing in Unison and Canon in groups/Pairs.
* Working together to create a formation.
* Getting into character of an evacuee, showing emotion.
* Using their imaginative skills and putting together a short sequence.
* Performing a routine from start to finish.
* Observing and giving back feedback on others and their own performance.
 |
|  | Swimming  | PE5.22 know how to swim competently, confidently and proficiently over a distance of at least 25 metresPE6.21 know how to swim competently, confidently and proficiently over a distance of at least 25 metres PE5.23 know how to use a range of strokes effectively such as front crawl, backstroke and breaststroke PE6.22 know how to use a range of strokes effectively such as front crawl, backstroke and breaststroke PE5.24 know how to begin to perform safe self-rescue in different water-based situationsPE6.23 know how to perform safe self-rescue in different water-based situations | * Developing their knowledge of water safety and different strokes.
* Performing different water safety scenarios.
* Developing the front crawl technique.
* Developing the backstroke technique.
* Developing the Breaststroke Technique.
* Understanding how to do Water Polo.
 |
| 3 | Gymnastics | PE6.1 know how to sequence to specific timingsPE6.2 know how to adapt a sequence and teach others key gymnastic movementsPE5.3 know how to perform a routine consistently to different audiencesPE5.4 know how to offer constructive feedback to help others improve | * Developing their knowledge of the safety of the apparatus.
* Using the Vault Beam
* Composing a Sequence in groups.
* Performing their sequence.
* Doing a class composition.
 |
|  | Health and well-being | PE5.21 know how to tell others how they look after themselves based around sport and physical activity PE6.19 know the importance of being activePE6.20 know how to talk about how to stay active in and out of school | * Simple Circuits.
* Individual Challenges.
* Fitness Battles
* SAQ’S (Speed, Agility and Quickness)
* Group Challenges
* Being a Fitness Instructor
 |
| 4 | Athletics | PE6.9 know how to identify the attributes required for various events and be able to improve in different physical activities and sportsPE6.8 know how to demonstrate stamina and increase strength | * Recapping the Fundamentals
* Sprinting relays
* Middle- and Long-distance running
* How to Hurdle
* Jumping Jamborees
* The Heave Throw.
 |
|  | Swimming  | PE5.22 know how to swim competently, confidently and proficiently over a distance of at least 25 metresPE6.21 know how to swim competently, confidently and proficiently over a distance of at least 25 metres PE5.23 know how to use a range of strokes effectively such as front crawl, backstroke and breaststroke PE6.22 know how to use a range of strokes effectively such as front crawl, backstroke and breaststroke PE5.24 know how to begin to perform safe self-rescue in different water-based situationsPE6.23 know how to perform safe self-rescue in different water-based situations | * Demonstrating previous strokes that they’ve learnt in the term.
* Demonstrating the Breaststroke with confidence.
* Acquiring the butterfly technique.
* Understanding and developing different water safety scenarios.
* Applying all their skills into a Aqua-Splash festival.
 |
| 5 | Cricket | PE5.5 know how to strike a ball, using a varied piece of equipment, into a spacePE6.6 know how to show competency in a range of sportsPE6.17 know how to identify activities to help improve performance | * Chasing Catches
* Throwing and Retrieving
* Defensive Cricket
* Attacking Cricket
* Bowling at the Wicket
* Applying and developing the skills into a mini match.
 |
|  | Handball | PE6.6 know how to show competency in a range of sportsPE6.18 know how to modify and adapt games with their own ideas and teach this to others  | * Shooting and Defending
* Blocking
* Attacking and Defending
* Gameplay Scenarios.
* Goalkeeping
* Applying and developing the skills into a mini tournament
 |
| 6 | Rounders | PE5.5 know how to strike a ball, using a varied piece of equipment, into a spacePE6.6 know how to show competency in a range of sports | * Batting and Bowling
* Throwing and Catching
* Backstop and Bases
* Deep Fielding
* Tactics and Strategy
* Applying and developing the skills into a rounders game.
 |
|  | Volleyball | PE5.8 know how to gain possession by working collaboratively and competitively as a team and pass in different waysPE6.6 know how to show competency in a range of sports | * The Dig
* The Serve
* The Set
* Spike it, Block it
* The Newcomb Ball Game
* Applying and developing the skills into a mini tournament.
 |