








	Health and Wellbeing/Health related Exercise 	Athletics 	Invasion 	Dance 	Gymnastics 	Golden Threads
Year 3	<u>Health and Wellbeing</u> <ul style="list-style-type: none"> <li>Exploring relaxation techniques</li> <li>Applying relaxation techniques and using them effectively</li> <li>Performing balanced meditative poses</li> <li>Using props to help us balance in our meditative poses</li> </ul>	<u>Athletics</u> <ul style="list-style-type: none"> <li>Explore running for speed</li> <li>Explore acceleration</li> <li>Introduce /develop relay: Running for speed in a team</li> <li>Throwing: Accuracy vs distance</li> <li>Standing Long Jump</li> </ul>	<u>Football</u> <ul style="list-style-type: none"> <li>Introduce/develop dribbling keeping control</li> <li>Introduce passing and receiving</li> <li>Combine dribbling and passing to create space</li> <li>Develop passing, receiving and dribbling</li> </ul>	<u>Wild Animals/Weather</u> <ul style="list-style-type: none"> <li>Responding to stimuli</li> <li>Developing character dance into a motif</li> <li>Develop sequences with a partner in character that show relationships</li> <li>Extending sequences with a partner in character</li> </ul>	<u>Symmetry and Asymmetry</u> <ul style="list-style-type: none"> <li>Introduction to symmetry</li> <li>Introduction to asymmetry</li> <li>Application of learning onto apparatus</li> <li>Sequence formation</li> <li>Sequence completion</li> </ul>	PE includes and promotes the development of the physical, cognitive, social and emotional elements of learning while meeting the aims of the national curriculum
Year 4	<u>Health and Wellbeing</u> <ul style="list-style-type: none"> <li>Creating movements to help express ourselves and our emotions.</li> <li>Using mime to manage positive and negative emotions</li> <li>Using meditative poses to help control and manage our emotions</li> </ul>	<u>Athletics</u> <ul style="list-style-type: none"> <li>Develop running at speed</li> <li>Exploring our stride pattern</li> <li>Exploring running at pace</li> <li>Understand and apply tactics when running for distance</li> <li>Javelin</li> <li>Standing Triple Jump</li> </ul>	<u>Netball</u> <ul style="list-style-type: none"> <li>Refine passing and receiving</li> <li>Develop passing and dribbling creating space</li> <li>Develop passing, moving and shooting</li> <li>Refine passing and shooting</li> <li>Develop footwork</li> </ul>	<u>Cats/Greeks</u> <ul style="list-style-type: none"> <li>Responding to stimuli working together</li> <li>Extending sequences with a partner in character</li> <li>Exploring two contrasting Relationships and interlinking dance moves</li> </ul>	<u>Bridges</u> <ul style="list-style-type: none"> <li>Introduction to bridges</li> <li>Application of bridge learning onto apparatus</li> <li>Develop sequences with bridges</li> <li>Sequence formation</li> <li>Sequence completion</li> </ul>	
Year 5	<u>Health Related Exercise</u> <ul style="list-style-type: none"> <li>Explore and understand cardio fitness</li> <li>Explore and understand flexibility fitness</li> <li>Explore and understand strength fitness</li> </ul>	<u>Athletics</u> <ul style="list-style-type: none"> <li>Finishing a race</li> <li>Evaluating our performance</li> <li>Sprinting: My personal best</li> <li>Relay changeovers</li> <li>Shot Put</li> <li>Introducing the Hurdles</li> </ul>	<u>Hockey</u> <ul style="list-style-type: none"> <li>Develop defending, blocking and tacking</li> <li>Refine dribbling/passing to create attacking opportunities</li> <li>Refine attacking skills, passing, dribbling and shooting</li> <li>Refine defending skills developing transition from defence to attack</li> </ul>	<u>The Circus/Space</u> <ul style="list-style-type: none"> <li>Develop character movements linked to prejudices</li> <li>Create movements that represent different characters and performers in a circus</li> <li>Extending our performance incorporating props and apparatus linked to the variety of performers</li> </ul>	<u>Counterbalance and Counter Tension</u> <ul style="list-style-type: none"> <li>Introduction to Counterbalance</li> <li>Application of Counterbalance learning onto apparatus</li> <li>Sequence formation</li> <li>Counter Tension</li> <li>Sequence completion</li> </ul>	
Year 6	<u>Health Related Exercise</u> <ul style="list-style-type: none"> <li>Develop a secure understanding of cardio fitness</li> <li>Develop a secure understanding of flexibility fitness</li> </ul>	<u>Athletics</u> <ul style="list-style-type: none"> <li>Running for speed competition</li> <li>Running for distance competition</li> <li>Throwing competition</li> <li>Jumping competition</li> </ul>	<u>Tag Rugby</u> <ul style="list-style-type: none"> <li>Consolidate passing and moving</li> <li>Consolidate defending</li> <li>Create, understand and apply attacking/defending tactics in game situations</li> <li>Consolidate attacking and defending in mini games</li> </ul>	<u>Titanic/Carnival</u> <ul style="list-style-type: none"> <li>Creating rhythmic patterns using our body</li> <li>Extend choreography through controlled movements, character emotion and expression</li> <li>Explore the relationships between characters applying</li> </ul>	<u>Matching and Mirroring</u> <ul style="list-style-type: none"> <li>Introduction to matching/mirroring</li> <li>Application of matching mirroring learning onto apparatus</li> <li>Sequence development</li> </ul>	

## Planning overview: LSK2 and UKS2

	• Develop a secure understanding of strength fitness			character emotion and expression	
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	Net and Wall 	Rounder and Cricket 	Golden Thread
<b>Year 3</b>	<u>Tennis</u> <ul style="list-style-type: none"> <li>• Introduction tennis, outwitting an opponent</li> <li>• Creating space to win a point</li> <li>• Consolidate how to win a game introduce rackets</li> <li>• Introduce the forehand</li> </ul>	<u>Cricket</u> <ul style="list-style-type: none"> <li>• Understand the concept of batting and fielding</li> <li>• Introduce throwing overarm</li> <li>• Introduce throwing underarm</li> <li>• Introduce catching</li> <li>• Striking with intent</li> </ul>	PE includes and promotes the development of the physical, cognitive, social and emotional elements of learning while meeting the aims of the national curriculum.
<b>Year 4</b>	<u>Tennis</u> <ul style="list-style-type: none"> <li>• Developing the forehand</li> <li>• Creating space to win a point using a racket</li> <li>• Introduce the backhand</li> <li>• Applying the forehand and backhand in game situations • Applying the forehand and backhand creating space to win a point</li> </ul>	<u>Cricket</u> <ul style="list-style-type: none"> <li>• Develop an understanding of batting and fielding</li> <li>• Introduce bowling underarm</li> <li>• Develop stopping and returning the ball</li> <li>• Develop retrieving and returning the ball</li> <li>• Striking the ball at different angles and speeds</li> </ul>	
<b>Year 5</b>	<u>Tennis</u> <ul style="list-style-type: none"> <li>• Introduce/develop the volley • Controlling the game from the serve</li> <li>• Doubles, understanding and applying tactics to win a point</li> </ul>	<u>Cricket</u> <ul style="list-style-type: none"> <li>• Refine batting, batting and bowling tactics</li> <li>• Refine fielding stopping, catching and throwing</li> <li>• Combine bowling and fielding creating and applying tactics</li> <li>• Introduce umpiring and scoring</li> </ul>	
<b>Year 6</b>	<u>Tennis</u> <ul style="list-style-type: none"> <li>• Game application</li> <li>• Game application, mixed ability doubles, round robin games</li> </ul>	<u>Cricket</u> <ul style="list-style-type: none"> <li>• Consolidate batting, fielding and bowling</li> <li>• Create, understand and apply attacking and defensive tactics in game</li> </ul>	