

Cycle A 2023-24	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS / 1	<p>Introduction to PE - Playground Games <u>Warm ups and fun activity ideas - Google Drive</u> select appropriate age activities from Parachute Games / Invasion Games / General Warm ups / Striking and Fielding</p> <p>-understand the expectations in PE share the area safely and to move safely around others - control movements when moving at speed -move about the space changing direction with control, avoiding others -carry an object safely</p>	<p>Dance Moving Words Part 1 pg 10</p> <ul style="list-style-type: none"> - perform with control and coordination - move in a controlled manner at different speeds and in different directions - respond imaginatively to a variety of stimuli - vary dynamics in phrase / motif - vary levels in phrase / motif - use mirroring and lead and follow in composition - discuss own work and others work using simple vocabulary - understand the need for a warm up and a cool down 	<p>Gymnastics Jumping Jacks Year 1 part 1 pg 36</p> <ul style="list-style-type: none"> - copy and explore basic gymnastic jumping actions - perform 2 feet to 2 feet jumps with safe landing - demonstrate a variety of shapes when jumping from the floor and low apparatus - explore other takeoff and landing combinations - select and link basic jumping actions together - create a short movement phrase which shows a combination of jumps linked with other gymnastic actions - copy a conditioned phrase with some control and accuracy - discuss own and others work - perform a teacher led warm up and cool down safely - use space safely - show awareness of others space 	<p>Fundamentals Year 1 part 1 unit 1 pg 74</p> <ul style="list-style-type: none"> - share the area safely with others - control movements when travelling at speed - aim a ball at a target -send and receive a ball by rolling, throwing and bouncing - stop a ball with control and accuracy - develop kicking and trapping skills - understand about exercising, keeping safe, and the short-term effects of exercise 	<p>Athletics No specific SOW – to practice and refine activities for Sport Day</p>	<p>Swimming Swimming Booklet Part 2 pg 10 Beginners</p> <ul style="list-style-type: none"> - get into and out of the pool safely - move around the pool independently - blow bubbles - submerge - float with the use of aids - rotate from floating on front to back - travel on front and back with aids -Develop leg action on front and back with aids
	<p>Gymnastics Rock 'n Roll Year 1 part 2 pg 24</p>	<p>Fundamentals Rec. Part 1 unit 1 pg 60</p>	<p>Dance Weather Year 1 part 2 pg 6</p>	<p>Scooter New Unit – to use cards from SCSSP</p>	<p>Tennis <u>ks1 planning tennis.docx</u> -</p>	<p>Swimming Swimming Booklet Part 2 pg 10</p>

	<p>Rock 'n Roll</p> <ul style="list-style-type: none"> - copy, remember and explore basic gymnastic actions of rocking and rolling - execute basic actions with some control and coordination - select and link basic gymnastic actions with smooth transitions into fluent movement phrases - explore different body shapes in rocking and rolling actions - identify and describe differences between own and others work - handle large apparatus safely - explain the need for a warm up and cool down - recognise what happens to the body during exercise 	<ul style="list-style-type: none"> -stop a ball with some control -send a ball in the direction of another person - control own ball most of the time -move with a ball in space safely -aim a bean bag at a hoop - experiment with one handed throws and two handed catches with beanbags Throw and catch with a bounce - send a ball to a partner by striking it with the foot -talk about ways to keep healthy 	<p>Weather</p> <ul style="list-style-type: none"> - perform with control and coordination - move in a controlled manner at different speeds and in different directions - respond imaginatively to a variety of stimuli - vary dynamics in phrase / motif - vary levels in phrase / motif - use mirroring and lead and follow in composition - discuss own work and others work using simple vocabulary - understand the need for a warm up and a cool down 		<p>Google Docs</p> <ul style="list-style-type: none"> - explore footwork patterns - send and receive a ball with hands and rackets - work cooperatively with a partner - connect footwork patterns - move the ball forward, backward, upward and downward with a cone / racket - return a hand delivered ball with a racket - use a basic serving action - Understand in and out when rallying 	<p>Beginners</p> <ul style="list-style-type: none"> - get into and out of the pool safely - move around the pool independently - blow bubbles - submerge - float with the use of aids - rotate from floating on front to back - travel on front and back with aids -Develop leg action on front and back with aids
<p>2 / 3</p>	<p>Gymnastics Patterns and Pathways Year 3 Part 1 pg 29</p> <p>Patterns and Pathways</p> <ul style="list-style-type: none"> -develop a range of travelling and balancing actions - link one balance action and one travel action into a repeatable phrase - create an arm pattern and incorporate it within a movement phrase - use travelling actions to explore a range of pathways based on line patterns, letters and shapes - select a movement pattern and use as a starting point for a movement phrase - remember, improve and perform a longer movement 	<p>Dance Machines Year 3 part 2 pg 40</p> <p>Machines</p> <ul style="list-style-type: none"> -perform short movement phrases using machine actions showing different shapes, dynamics, levels, travel including pathways - observe and evaluate movements describing the vocabulary performed - create and perform movement phrases working in small groups. - improvise freely on own and with a partner. -translate ideas from a variety of stimuli into movement. 	<p>Ball Skills Year 3 part 1 pg 71</p> <ul style="list-style-type: none"> -throw and catch accurately -use a variety of different throwing and catching skills effectively - dribble / bounce the ball while moving - keep possession - accurately pass to another player - show spatial awareness - choose simple tactics for sending and defending - start to influence the game - describe what others do 	<p>OAA OAA booklet Part 2 pg 10</p> <ul style="list-style-type: none"> - follow instructions - remember what they have seen (recall) - solve simple problems - follow trails - recognise shapes on paper and use as a map - discuss actions used in problem solving - work with others to complete a task - develop trust 	<p>Athletics Year 3 part 2 pg 88</p> <ul style="list-style-type: none"> - practice and refine personal performance in running, jumping and throwing - experience running for speed and distance and begin to develop pacing strategy - jump for height, distance and combine jumps focussing on approach, take off, flight and landing - throw for distance with accuracy including a push, sling and over arm throw - follow the rules of the event safely - measure performance and use feedback to improve performance 	<p>Swimming Swimming Booklet Part 2 pg 10</p> <p>Beginners</p> <ul style="list-style-type: none"> - get into and out of the pool safely - move around the pool independently - blow bubbles - submerge - float with the use of aids - rotate from floating on front to back - travel on front and back with aids -Develop leg action on front and back - practice and refine arm action on front and back - float without aids - travel on front and back without aids - push and glide - travel 10 m on front and / or

	phrase					back without aids
	<p>Fundamentals Year 2 part 1 unit 1 pg76</p> <ul style="list-style-type: none"> - develop accurate rolling, throwing , bouncing and catching - stop a ball with basic control - send a ball in the direction of another person - take part in sending and receiving activities with a partner - move about the space changing direction with control - develop throwing, catching and striking skills in a small game - kick a ball accurately -describe their actions and start to use observations to improve performance - talk about exercising, safety and the short-term effects of exercise 	<p>Scooter New Unit – to use cards from SCSSP</p>	<p>Gymnastics Ball, Tall, Wall Year 2 part 2 pg 22 Ball, Tall, Wall</p> <ul style="list-style-type: none"> - copy, remember and explore a variety of basic gymnastic actions (jumping, rolling, rocking, balancing, travelling) through body shape - execute basic actions with some control and coordination - select and link basic gymnastic actions into fluent movement phrases - explore using different body shapes on a variety of levels - identify and describe differences between own and others work - handle large apparatus safely - explain the need for a warm up and cool down - recognise what happens to the body during exercise 	<p>Striking and Fielding Additional Y2 games unit : focus on striking</p> <ul style="list-style-type: none"> - stop a ball with control and accuracy - catch a ball - roll a ball out for a partner to strike - hold a bat correctly with an awareness of grip and stance - strike a ball with some accuracy and control - aim a ball at a target using a striking implement - develop an awareness of safety when participating in activities using racket/ bats - take part in conditioned games with opponents - understand about exercising, keeping safe, and the short-term effects of exercise 	<p>Tennis <u>PE Lesson Plan (force.com)</u> Activity cards1 - 6 (you will need to register to access activity cards – free)or on SCSSP shared drive under LTA schools youth cards <u>LTA schools youth cards - Google Drive</u></p> <ul style="list-style-type: none"> - explore footwork patterns - send and receive a ball with hands and rackets - work cooperatively with a partner - connect footwork patterns - move the ball forward, backward, upward and downward with a racket - return a hand delivered ball with a racket - use a basic serving action - understand a basic volley action - Understand in and out when rallying 	<p>Swimming Swimming booklet part 2 pg 35 Improvers</p> <ul style="list-style-type: none"> - understand how to achieve a streamlined position -use an effective front crawl leg kick and arm action - push and glide - swim 1 stroke with good technique over 10m -submerge and travel under water - combine a variety of floating shapes - achieve a good body position on back - use effective leg and arm action on back - push off onto back - develop sculling action - breaststroke leg and arm action
4 / 5 / 6	<p>Tag Rugby twinkl year 4 rugby <u>- Google Drive</u></p> <ul style="list-style-type: none"> - know, understand and apply the rules of tagging in tag rugby - throw and catch a rugby ball with some control and accuracy - pass with some success on the move - move with the ball into a 	<p>Gymnastics Principles of Balance Y4 Part 1 p34</p> <ul style="list-style-type: none"> -apply the Principles of Balance to make balances easier or more challenging to control - explore transition into and out of balances 	<p>Gymnastics Rotation Y4 part 2</p> <ul style="list-style-type: none"> - explore different rolling actions and perform at various speeds - explore turning and spinning actions - use rotation to change direction in movement phrases - perform rotational 	<p>Cricket <u>Free school resources Chance to Shine</u> (quick registration required and then click PLAY tab for resources, then select play KS2 lower) or access through <u>chance to shine - Google Drive</u></p>	<p>Athletics Year 4 part 2 pg 6</p> <ul style="list-style-type: none"> - run at speed appropriate to the distance (pacing) - jump accurately and safely from a standing position and a 1 step approach - land safely and show some technique in flight - jump efficiently using a run up -combine jumping actions - throw a variety of objects 	<p>Swimming Swimming booklet part 2 pg 35 Improvers</p> <ul style="list-style-type: none"> - understand how to achieve a streamlined position -use an effective front crawl leg kick and arm action - push and glide - swim 1 stroke with good technique over 10m -submerge and travel under

	<p>space</p> <ul style="list-style-type: none"> - gain possession by intercepting - begin to apply simple attacking and defending skills in small sided games 	<ul style="list-style-type: none"> - link balances covering different levels - involve small apparatus in the performance of balances - explore ways of performing balances using large apparatus - create movement phrases by linking a selection of balances - remember, improve and perform movement phrases 	<p>movements at different levels</p> <ul style="list-style-type: none"> - remember, improve and perform more complex movement phrases 	<ul style="list-style-type: none"> - control, catch, send and receive a ball accurately - throw over arm and underarm accurately and select the correct throw for the situation - practice different batting techniques - run efficiently with and without the bat - bowl underarm Start to place the ball to outwit the opposition - demonstrate communication and collaboration when working as a team - follow the rules of the game - use understanding of rules and tactics to help improve performance - understand and use the principles of exercise activities for warming up 	<p>using a range of appropriate throwing actions</p> <ul style="list-style-type: none"> - follow safety throwing rules - refine running strategy and technique in relay event - understand the rules of different events - measure and record own and others performances - recognise a change in heart rate, temperature and breathing during exercise 	<p>water</p> <ul style="list-style-type: none"> - combine a variety of floating shapes - achieve a good body position on back - use effective leg and arm action on back - push off onto back - develop sculling action - breaststroke leg and arm action
	<p>Hockey Hockey <u>Invasion Games</u> <u>additional units -</u> <u>Google Drive</u> Select Hockey unit</p> <ul style="list-style-type: none"> -control a ball whilst moving - apply dribbling and passing skills into small-sided games. - tackle successfully - strike a ball whilst moving - keep possession - accurately pass to another player - know where and when to pass avoiding defenders - choose simple tactics for sending and defending - aim and score towards a target - pass the ball to a nominated partner in the end zone of the pitch 	<p>Dance Dance Styles Dance Year 5 Part 2 pg 46 – Dance Styles</p> <ul style="list-style-type: none"> - copy and repeat motifs - explore travelling actions to link motifs - explore hand jive, rock and roll and disco - use steps, kicks, turns, spins and jumps to reflect different dance styles - show clear changes in speed, direction and level - demonstrate canon and unison - Link movement phrases together to create longer compositions 	<p>Netball Year 5 part 1 pg 86</p> <ul style="list-style-type: none"> - understand the footwork rule. - perform ball handling skills with control and consistency within small-sided competitive game activities. - move into a space to receive the ball -select and apply skills and attacking / defending strategies within small-sided competitive games. -develop tactical attacking play by varying speed of movement, direction and communication. - develop tactical defending play by using one to one player marking. -develop an accurate shooting technique. - learn about the game of High 5. - refine and practice the skills 	<p>Football Year 5 part 1 pg 69</p> <ul style="list-style-type: none"> - pass and intercept the ball on the move with accuracy and control. -develop dribbling and turning with the ball with increasing control. - develop the skills of shooting at a goal/target with increasing accuracy and power. - demonstrate tackling, both static, on the move and in game play. -refine and practice the skills learnt in increasingly challenging game situations. - follow the rules of the game - move with a ball in opposed situations - attack and defend in small, sided games - understand rules and tactics in conditioned games - use understanding of rules 	<p>Tennis Net Games Year 4 Part 1 pg 88</p> <ul style="list-style-type: none"> - self feed the ball - strike a ball towards a partner with control and some accuracy - move into the ready position - choose where to send a moving ball to outwit the opposition and execute with some accuracy - develop rallying over a net - play against another pair working cooperatively with a partner - understand the scoring system and apply to small games 	<p>Swimming Swimming booklet part 2 pg 63 Advanced</p> <ul style="list-style-type: none"> - understand the importance of a streamlined body position - tread water - use an effective front crawl leg kick and arm action - use an effective backstroke leg and arm action - use an effective breaststroke leg kick and arm action - perform correct breathing technique including timing for a stroke on front - swim underwater effectively - perform the correct start / turn / finish for 2 strokes - perform a sculling action - swim at least 25 m - identify good technique and how to improve performance

	- start to influence the game		<p>learnt in increasingly challenging game situations.</p> <ul style="list-style-type: none"> - follow the rules of the game - understand rules and tactics in conditioned games - use understanding of rules and tactics to help improve performance - understand and use the principles of exercise activities for warming up - recognise how exercise is good for health 	<p>and tactics to help improve performance</p> <ul style="list-style-type: none"> - understand and use the principles of exercise activities for warming up - recognise how exercise is good for health 		
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EYFS / 1	<p>Introduction to PE Games <u>Warm ups and fun activity ideas -</u> <u>Google Drive</u> select appropriate age activities from Parachute Games / Invasion Games / General Warm ups / Striking and Fielding</p> <ul style="list-style-type: none"> -understand the expectations in PE share the area safely and to move safely around others - control movements when moving at speed -move about the space changing direction with control, avoiding others -carry an object safely 	<p>Fundamentals Rec. Part 1 unit 2 pg 74</p> <ul style="list-style-type: none"> - move about the space changing direction - develop control when moving at speed -stop a ball with some control -send a ball in the direction of another person - control own ball most of the time -move with a ball in space safely -aim a bean bag at a hoop - experiment with one handed throws and two handed catches with beanbags Throw and catch with a bounce - send a ball to a partner by striking it with the foot -talk about ways to keep healthy 	<p>Gymnastics Fun Shapes Rec. Fun Shapes Part 1 pg 30</p> <ul style="list-style-type: none"> -copy individual and whole body movements with some control and co-ordination -perform and repeat the standing straight shape with control -perform, repeat and link the standing star shape -perform and repeat a variety of different tuck shapes -accurately identify the straight, star and tuck shapes and develop own ability to perform the fun gym shapes with control - explore gym shapes using the alphabet -link different fun gym shapes -watch others work -recognise and negotiate space 	<p>Yoga</p>	<p>Athletics No specific SOW – to practice and refine activities for Sport Day</p>	<p>Swimming Swimming Booklet Part 2 pg 10 Beginners</p> <ul style="list-style-type: none"> - get into and out of the pool safely - move around the pool independently - blow bubbles - submerge - float with the use of aids - rotate from floating on front to back - travel on front and back with aids -Develop leg action on front and back with aids

			<ul style="list-style-type: none"> -handle small and/or low apparatus safely -talk about ways to keep healthy 			
	<p>Gymnastics Move and Hold Rec. part 2 pg 24</p> <ul style="list-style-type: none"> -copy individual and whole body movements with some control and co-ordination -repeat basic positions of stillness and explore individual body movement - repeat a conditioned phrase linking positions of stillness -link individual and whole body movements together -watch others work -recognise and negotiate space - repeat travelling body movements on feet -handle small and/or low apparatus safely -talk about ways to keep healthy 	<p>Dance On Parade Rec. Part 1 pg 10</p> <ul style="list-style-type: none"> -copy steps and actions with some control and coordination -move in different directions and speeds with control -develop ideas of marching, its actions, being in time and moving in different directions -perform actions in unison keeping time to music -link individual and whole body movements together - watch others work and choose actions -talk about ways to keep healthy 	<p>Dance Toys Rec. Part 2 pg 6</p> <ul style="list-style-type: none"> -copy steps and actions with some control and coordination -move in different directions and speeds with control -link individual and whole body movements together - mirror a partner and demonstrate lead and follow. - watch others work and choose actions - recognise how to move in space -talk about ways to keep healthy 	<p>Fundamentals Year 1 part 1 unit 2 pg92</p> <ul style="list-style-type: none"> - run fluently - improve mechanics of running and side stepping action - change direction while running -aim, throw and catch a ball consistently - throw and catch while moving around a space - understand about exercising and the short term effects on the body 	<p>Fundamentals additional unit Rec/ Y1 – Rolling, Receiving and Striking</p> <ul style="list-style-type: none"> - roll a ball to a target showing some control roll a ball to a partner showing some control - observe rolling skills and use information to improve performance -strike a ball to a partner and different size targets showing some control - work co-operatively with a partner and group - develop accuracy of striking skills in small games. 	<p>Swimming Swimming Booklet Part 2 pg 10 Beginners</p> <ul style="list-style-type: none"> - get into and out of the pool safely - move around the pool independently - blow bubbles - submerge - float with the use of aids - rotate from floating on front to back - travel on front and back with aids -Develop leg action on front and back with aids
2 / 3	<p>Gymnastics - Points of Contact Y2 Part 1 p32</p> <ul style="list-style-type: none"> - show positions of stillness on different body parts - hold a position of stillness on single body parts -transfer weight from one position of stillness to another smoothly - create longer movement phrases - remember, improve and perform movement phrases with control 	<p>Dance Great Fire of London Year 2 part 1 pg 10 Great Fire of London</p> <ul style="list-style-type: none"> - copy and explore basic body patterns and movements -develop knowledge of the Great Fire of London, copying and developing the actions of candles and fire - remember simple dance steps - perform simple dance steps in a controlled manner - choose actions and link 	<p>Tri Golf Golf resources - Google Drive Additional ideas at HSBC School Games Golf Toolkit 2021 (tri-golfvirtualcompetition.org) school-games-toolkit.pdf (golf-foundation.org)</p> <ul style="list-style-type: none"> - strike a ball with accuracy - demonstrate stance and technique for driving and putting the ball - select appropriate equipment for task - adjust power and line of a shot to reflect the terrain 	<p>Ball On The Ground Ball on the Ground Year 4 part 1 pg 70</p> <ul style="list-style-type: none"> -control a ball whilst moving - apply dribbling and passing skills into small-sided games. - tackle successfully - strike a ball whilst moving - keep possession - accurately pass to another player - know where and when to pass avoiding defenders - choose simple tactics for sending and defending - aim and score towards a target - pass the ball to a nominated 	<p>Athletics aviva-elevating-athletics-primary-combined-pack.pdf or from SCSSP shared drive Athletics Resources - Google Drive select Aviva elevating athletics pg 31 - 54</p> <ul style="list-style-type: none"> - travel with control using varying stride lengths -Run with good posture and balance - begin to understand basic pacing when running short and longer distances - maintain a straight line / be 	<p>Swimming Swimming Booklet Part 2 pg 10 Beginners</p> <ul style="list-style-type: none"> - get into and out of the pool safely - move around the pool independently - blow bubbles - submerge - float with the use of aids - rotate from floating on front to back - travel on front and back with aids -Develop leg action on front and back with aids

		<p>them with sounds and music to create a short movement phrase</p> <ul style="list-style-type: none"> - begin to combine motifs to create longer movement phrases -use dance to tell a story - performs teacher led warm up safely - describe and discuss others work 	<ul style="list-style-type: none"> - follow the rules of the game - play safely and fairly - keep score accurately 	<p>partner in the end zone of the pitch</p> <ul style="list-style-type: none"> - start to influence the game 	<p>aware of others when running</p> <ul style="list-style-type: none"> - turn efficiently to change direction -describe how the use of arms can affect jumping for height -jump quickly from side to side showing co-ordination and balance - identify different combinations of take-off and landing - land safely - handle a variety of different throwing equipment and explore different ways to send - throw for distance both underarm and over arm showing an understanding of the key points - throw for accuracy including selecting the appropriate throw for a given target - follow basic safety rules in throwing events - describe what they see - recognise changes in the body when exercising 	
	<p>Fundamentals Year 2 part 1 unit 2 pg94</p> <ul style="list-style-type: none"> - understand the terms agility, balance and coordination - develops pace and speed <p>Change direction at speed with control</p> <ul style="list-style-type: none"> - Throw and often catch a ball on the move - pass the ball with control 3 – 4 metres apart - dribble the ball showing control -describe their actions and start to use observations to improve performance - talk about exercising, safety and the short-term effects of 	<p>Yoga</p>	<p>Gymnastics Hand Apparatus Year 3 Part 2 pg 60 Hand Apparatus</p> <ul style="list-style-type: none"> - explore using a variety of equipment into the performance of gymnastic actions - use equipment on different levels while performing a conditioned phase - demonstrate changes in speed and direction whilst using hand apparatus - create longer and more controlled movement phrases 	<p>Striking and Fielding Free school resources Chance to Shine (quick registration required and then click PLAY tab for resources, then select play KS1) or access through chance to shine - Google Drive</p> <ul style="list-style-type: none"> - stop a ball with basic control - send a ball in the direction of another person - take part in sending and receiving activities with a 	<p>Tennis Add. Year 3/4 unit Games – Tennis</p> <ul style="list-style-type: none"> - demonstrate correct grip with tennis racket - send a ball along the ground to a partner with some accuracy -move about the court showing good footwork -strike a ball over the net into a target area with some accuracy - strike a ball fed by a partner. - strike a moving ball towards a 	<p>Swimming Swimming booklet part 2 pg 35 Improvers</p> <ul style="list-style-type: none"> - understand how to achieve a streamlined position -use an effective front crawl leg kick and arm action - push and glide - swim 1 stroke with good technique over 10m -submerge and travel under water - combine a variety of floating shapes - achieve a good body position on back - use effective leg and arm action on back

	exercise			partner - talk about exercising, safety and the short-term effects of exercise	target with some accuracy -strike a moving ball fed to the forehand side towards a target and return to the base line - show a sideways stance -begin to develop backhand technique - sustain a rally with a partner using both forehand and backward	- push off onto back - develop sculling action - breaststroke leg and arm action
4 / 5 / 6	<p>Tag Rugby Year 6 part 1 pg 100</p> <ul style="list-style-type: none"> - be able to pass the ball in pairs and small groups. - develop the action of tagging a player using TAG belts correctly. - be able to dodge and use space effectively. - run with the ball, make effective passes and keep possession of the ball. -make appropriate decisions about when to pass/score/dodge. - apply attacking /defending tactics in a game situation. 	<p>Dance Why Bully Me Year 6 part 2 pg 42</p> <ul style="list-style-type: none"> - copy and repeat a complex motif - portray emotion through movement - develop ideas into freeze frame images -combine different actions and motifs together - apply changes in speed, direction and level (dynamics) in composition - use action / reaction in contrasting movements -develop dance using choreographic devices including canon and unison -remember and perform a longer dance - demonstrate precision, control and fluency in response to stimuli - demonstrate rhythm and spatial awareness - modify own and others performance - organise own, safe warm up 	<p>Dance On the Beach Year 5 part 1pg 8</p> <ul style="list-style-type: none"> - compose movement phrases showing question/ answer, formation and include gestures and travel which express different actions - compose longer movement phrases that communicate different ideas - demonstrate precision, control and fluency in response to stimuli - vary dynamics and develop actions when working as part of a group - understand and use a range of compositional skills - modify own and others performance 	<p>Hockey https://docs.google.com/document/d/15YSzDi_bewxOuID_A5ENk6JR1oydco6W1/edit</p> <ul style="list-style-type: none"> - use the correct stance and grip when using a hockey stick and improve control when moving with the ball. -pass and receive the ball over a short distance with control -apply accurate shooting technique to an attacking situation, using space effectively - tackle safely in a game - apply intercepting and tackling (defending techniques) to a game situation - understand the basic rules. - utilise the square pass and practice moving to the wing area of the pitch. - to practice and improve accuracy and control of dribbling and passing skills and apply in small sided competitive games. - observe and evaluate others 	<p>Athletics Year 5 Part 2 pg 10</p> <ul style="list-style-type: none"> - develop sprint starting and finishing technique - refine running strategy for distance running - develop long jump approach, take-off and landing - revise throwing techniques of shot put, javelin and discus by understanding preparation, release and follow through - refine hurdling technique including pacing -refine combination jumping (triple jump) and high jumping understanding approach, take off, flight and landing. - develop knowledge and experience of relay running including change over technique 	<p>Swimming Swimming booklet part 2 pg 35 Improvers</p> <ul style="list-style-type: none"> - understand how to achieve a streamlined position -use an effective front crawl leg kick and arm action - push and glide - swim 1 stroke with good technique over 10m -submerge and travel under water - combine a variety of floating shapes - achieve a good body position on back - use effective leg and arm action on back - push off onto back - develop sculling action - breaststroke leg and arm action

				work focussing on effective performance, including basic attacking play.		
	<p>Netball Year 5 part 1 pg 86</p> <ul style="list-style-type: none"> - understand the footwork rule. - perform ball handling skills with control and consistency within small-sided competitive game activities. - move into a space to receive the ball -select and apply skills and attacking / defending strategies within small-sided competitive games. - develop tactical attacking play by varying speed of movement, direction and communication. - develop tactical defending play by using one to one player marking. - develop an accurate shooting technique. -learn about the game of High 5. -refine and practice the skills learnt in increasingly challenging game situations. - follow the rules of the game - understand rules and tactics in conditioned games - use understanding of rules and tactics to help improve performance - understand and use the principles of exercise activities for warming up - recognise how exercise is good for health 	<p>Gymnastics Pair Composition Year 5 part 1 pg36</p> <ul style="list-style-type: none"> - copy, remember, explore and perform some complex gymnastic actions - demonstrate control, coordination, quality and clarity in performance - select and link increasingly complex actions with fluency - develop movement phrases with a partner that explore changes in speed, level and direction - understand and apply a variety of compositional ideas to extended sequences including canon and unison, mirroring and matching, complementing and contrasting - identify and act upon criteria to refine, improve and modify actions and sequences - suggest ways to improve quality of performance 	<p>OAA OAA Booklet Part 2 pg 28</p> <ul style="list-style-type: none"> - develop and use communication skills, both verbal and no verbal to problem solve - understand safe practice - solve simple problems and discuss actions - positively interact with others - give and listen to verbal and non-verbal instructions - guide others- create and follow a range of trails - recognise hazards - assess risks and take action to control those risks - understand a simple map - develop basic map reading skills (using a key) and understand and apply map orientation - orientate to North - follow map markers 	<p>Striking and Fielding Year 3 part 1 pg 84</p> <ul style="list-style-type: none"> -refine under arm throwing and introduce/develop the over arm throwing technique - perform a long barrier to develop fielding skills - use batting technique with some consistency off a stationary batting tee - hold the bat correctly and strike the ball successfully - run effectively between wickets -understand simple tactics when batting such as where to place the ball - communicate simple tactics in team situations when fielding - know the rules of the game 	<p>Tennis <u>PE Lesson Plan (force.com)</u> Activity cards 7 - 12 (you will need to register to access activity cards – free) or on SCSSP shared drive under LTA schools youth cards <u>LTA schools youth cards - Google Drive</u></p> <ul style="list-style-type: none"> - control a ball with a racket - position the ball into spaces - use a variety of strokes effectively including forehand, backhand, volley - use efficient footwork including recovery to the centre of the court - serve under arm and over arm and recover from opponents serves - follow the rules of the game - understand and use the principles of exercise activities for warming up - recognise how exercise is good for health 	<p>Swimming Swimming booklet part 2 pg 63 Advanced</p> <ul style="list-style-type: none"> - understand the importance of a streamlined body position - tread water - use an effective front crawl leg kick and arm action - use an effective backstroke leg and arm action - use an effective breaststroke leg kick and arm action - perform correct breathing technique including timing for a stroke on front - swim underwater effectively - perform the correct start / turn / finish for 2 strokes - perform a sculling action - swim at least 25 m - identify good technique and how to improve performance

<u>Cycle C</u> 2025-26	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
4 / 5 / 6	<p>Hockey Hockey Year 6 part 1 pg 74 - use the correct stance and grip when using a hockey stick and improve control when moving with the ball. -pass and receive the ball over a short distance with control. -apply shooting technique to an attacking situation accurately, using space effectively. - apply intercepting and tackling (defending techniques) safely to a game situation. - understand the basic rules. - utilise the square pass and practice moving to the wing area of the pitch. -practise and improve accuracy and control of dribbling and passing skills and apply these skills into small-sided competitive games - observe and evaluate others' work focusing on effective performance, including basic attacking play.</p>	<p>Gymnastics Group Work Year 6 part 2 pg 62 - explore obstacle negotiation ideas with a partner - adapt ideas to include apparatus -link partner or group positions of stillness into a group movement phrase - understand and use canon in group work - apply group compositional devices -remember, improve and perform compositionally developed group floor and apparatus sequence - demonstrate control, coordination, quality and clarity in performance - identify and act upon criteria to refine, improve and modify actions and sequences - suggest ways to improve quality of performance</p>	<p>Tag Rugby Tag Rugby - Google Drive select tab – Tag – Rugby – planning pdf - know, understand and apply the rules of tagging in tag rugby - throw and catch a rugby ball with some control and accuracy - pass with some success on the move - move with the ball into a space - gain possession by intercepting - begin to apply simple attacking and defending skills in small sided games</p>	<p>OAA OAA booklet Part 2 pg 52 - develop teamwork skills - solve increasingly complex problems - learn how to tie different knots - learn the points of the compass - use a compass effectively, walking along compass directions - read, follow and set a compass bearing - identify map symbols (read a key) - use thumbing - design and set up own part of an orienteering event - mark up a map - use a punch and flag system to complete an orienteering event</p>	<p>Athletics Year 6 Part 2 pg 10 -develop knowledge of & experience interval training and circuit training - develop knowledge and experience of long, slow distance training -improve and sustain different running techniques over a range of distances - use a stopwatch or tape measure to accurately record performance in a range of athletic events - use basic tactics in running events to beat the opposition - throw using a variety of implements showing accuracy and technique - apply a run up or movement to a throw prior to release - demonstrate pacing for jumping approach - show technique in flight for both distance / height when jumping - explain how to improve technique in a variety of events</p>	<p>Swimming Swimming booklet part 2 pg 35 Improvers - understand how to achieve a streamlined position -use an effective front crawl leg kick and arm action - push and glide - swim 1 stroke with good technique over 10m -submerge and travel under water - combine a variety of floating shapes - achieve a good body position on back - use effective leg and arm action on back - push off onto back - develop sculling action - breaststroke leg and arm action</p>
	<p>Football Invasion Games additional units - Google Drive Select football unit -control a ball whilst moving - apply dribbling and passing skills into small-sided games. - tackle successfully</p>	<p>Dance Haka Year 4 part 2 - copy and repeat a complex motif - portray emotion through movement - develop ideas into freeze frame images -combine different actions and motifs together - apply changes in speed,</p>	<p>Netball</p>	<p>Striking and Fielding Free school resources Chance to Shine (quick registration required and then click PLAY tab for resources, then select play KS2 upper) or access through chance</p>	<p>Tennis PE Lesson Plan (force.com) Activity cards 13 - 18 (you will need to register to access activity cards – free) or on SCSSP shared drive under LTA schools youth cards</p>	<p>Swimming Swimming booklet part 2 pg 63 Advanced - understand the importance of a streamlined body position - tread water - use an effective front crawl leg kick and arm action</p>

	<ul style="list-style-type: none"> - strike a ball whilst moving - keep possession - accurately pass to another player - know where and when to pass avoiding defenders - choose simple tactics for sending and defending - aim and score towards a target - pass the ball to a nominated partner in the end zone of the pitch - start to influence the game 	<p>direction and level (dynamics) in composition</p> <ul style="list-style-type: none"> - use action / reaction in contrasting movements -develop dance using choreographic devices including canon and unison -remember and perform a longer dance - demonstrate precision, control and fluency in response to stimuli - demonstrate rhythm and spatial awareness - modify own and others performance - organise own, safe warm up 		<p><u>to shine - Google Drive</u></p> <ul style="list-style-type: none"> - control, catch, send and receive a ball accurately whilst moving - throw over arm and underarm accurately and select the correct throw for the situation - employ a variety of batting techniques to place the ball <ul style="list-style-type: none"> - run efficiently with and without the bat - bowl underarm and start to develop over arm technique - know where to pitch the ball - demonstrate communication and collaboration when working as a team - follow the rules of the game - use understanding of rules and tactics to help improve performance - understand and use the principles of exercise activities for warming up 	<p><u>LTA schools youth cards - Google Drive</u></p> <ul style="list-style-type: none"> - control a ball with a racket - position the ball into spaces - use a variety of strokes effectively including forehand, backhand, volley - use efficient footwork including recovery to the centre of the court - serve under arm and over arm and recover from opponents serves - follow the rules of the game - understand rules and tactics in conditioned games - use understanding of rules and tactics to help improve performance - understand and use the principles of exercise activities for warming up - recognise how exercise is good for health 	<ul style="list-style-type: none"> - use an effective backstroke leg and arm action - use an effective breaststroke leg kick and arm action - perform correct breathing technique including timing for a stroke on front - swim underwater effectively - perform the correct start / turn / finish for 2 strokes - perform a sculling action - swim at least 25 m - identify good technique and how to improve performance
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