

PE at Wren's Nest Primary School

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<p>Basic Skills Getting changed and unchanged independently and improve skills:</p> <ul style="list-style-type: none"> • throwing • catching • running • jumping <p>Basic Skills Playground games Listening skills Develop coordination, balance and agility and play simple games to improve skills.</p> <ul style="list-style-type: none"> • Use the terms 'opponent' and team mate. • Use rolling, hitting, running, jumping, catching and kicking skills in combination 	<p>Fitness Develop fitness, staying physically active for a sustained period of time. Identify ways to lead an active and healthy life.</p> <p>Traditional Games Playground games Listening skills Develop coordination, balance and agility and play simple games to improve skills. Build the basic skills of:</p> <ul style="list-style-type: none"> • attacking and defending. • Develop tactics. 	<p>Dance Introduce simple dance movements and link them together.</p> <ul style="list-style-type: none"> • Copy and remember moves and positions. • Move with careful control and coordination. • Link two or more actions to perform a sequences. • Chose movements to communicate a mood, feeling or idea. 	<p>Outdoor Basic Skills A range of challenges to improve balance, agility, throwing and catching.</p> <p>Ball skills Bouncing, throwing, catching and incorporate into ball games - using large, soft balls initially. Master throwing and catching (send and receive) Progress to simple racket and aiming skills.</p>	<p>Gymnastics Teach basic gymnastic skills; rolls, jumps, leaps travel and balances. Perform and evaluate others performances.</p> <ul style="list-style-type: none"> • Copy and remember actions. • Have some control and awareness of space. • Link two or more actions to make a sequence. • Show contrast (such as small/tall, straight/curved and wide/narrow. • Travel • Climb safely on equipment • Hold a position • Stretch and curl to develop flexibility • Jump in a variety of ways and land with increasing control. 	<p>Multisport Master running, jumping, skipping, throwing and catching skills. Play games to develop and master these skills.</p> <p>Sports Day Preparation Master running, jumping, skipping, throwing and catching skills. Play games to develop and master these skills.</p>

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Year 2	Basic movements <ul style="list-style-type: none"> throwing, running, jumping, catching using large and small balls. Use rolling, hitting, running, jumping, catching, kicking skills in combination. Basic skills Develop co-ordination, balance and agility. Throwing catching beanbags, different sized and textured balls and use in a game situation. Use the terms opponent and team mate.	Fitness activities Play games such as dodge ball, hockey, netball. Building the basic principles of attacking and defending through these games. Develop tactics. Lead others when appropriate.	Dance Perform dances using simple movement patterns to a variety of media. (guided dance) <ul style="list-style-type: none"> Copy and remember moves and positions. Ball skills throwing/catching using a variety of balls. Introduce different passes - chest, roll, bounce, overarm. Use rolling, hitting, running, jumping, catching, kicking skills in combination.	Multi skills dribbling, balancing, throwing, catching (timed challenges) Use rolling, hitting, running, jumping, catching, kicking skills in combination. Simple racket and aiming skills. Tennis - balance ball, aim at a target. Use rolling, hitting, running, jumping, catching, kicking skills in combination.	Gymnastics Balance, agility and co-ordination. Simple movement patterns. Rolls, jumps, leaps, balances. Jump in a variety of ways and land with increasing control and balance.	Sports day preparation running, jumping, skipping, throwing and catching Use rolling, hitting, running, jumping, catching, kicking skills in combination. Prepare for sports day <ul style="list-style-type: none"> skills throwing/catching, dribbling and tactics. Use rolling, hitting, running, jumping, catching, kicking skills in combination.

Year 2

At Key Stage 1, pupils should be taught to:

* move in the pool (for example, jump, walk, hop, and spin, using swimming aids and/or support)

float and move with and without swimming aids

* propel themselves in water using different swimming aids, arms and leg actions and basic strokes

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Year 3	Striking and Fielding Games Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. <ul style="list-style-type: none"> Choose appropriate tactics to cause problems for the opposition Strike a ball and field with control. Throw and catch with control and accuracy. 	Invasion Games including basketball Be active in group activities and improve leadership skills. <ul style="list-style-type: none"> Follow the rules of the game and play fairly. Lead others and act as a respectful team member. Pass to team mates at appropriate times. 	Gymnastics Develop flexibility, strength, technique, control and balance in gymnastics. Compare their performance with previous ones and demonstrate improvement to achieve their personal best. <ul style="list-style-type: none"> Plan, perform and repeat sequences. Refine movements, travel in variety of ways, improve body alignments. 	Dance Cover a series of dance movements to make a sequence. <ul style="list-style-type: none"> Plan, perform and repeat sequences. Move in a clear, fluent and expressive manner. Refine movements into sequences. Change speed and levels within a performance Create dances and movements that convey a definite idea. Develop physical strength and suppleness by practising moves & stretching. 	Athletics Sports day preparations: <ul style="list-style-type: none"> Sprint over a short distance. Run over a longer distance. Use a range of throwing techniques. Throw with accuracy to hit a target or cover a distance. Jump in a number of ways, using a run up where appropriate. Compete with others and aim. 	Outdoor and adventurous activities <ul style="list-style-type: none"> Arrive properly equipped for outdoor and adventurous activity. Show an ability to both lead and form part of a team. Support others and seek support if required when the situation dictates Show resilience when plans do not work and initiative to try new ways of working. Remain aware of changing conditions and change plans if necessary.

Year 3

During the course of Key Stage 2, pupils should be taught to:

- * pace themselves in floating and swimming challenges related to speed, distance and personal survival
- * swim unaided for a sustained period of time over a distance of at least 25m
- * use recognised arm and leg actions, lying on their front and back
- * use a range of recognised strokes and personal survival skills (which includes, front crawl, backstroke, breaststroke, sculling, floating and surface diving)

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Year 4	<p>Gymnastics: Teaching gymnastics skills - rolls, jumps, leaps, travel and balances.</p> <ul style="list-style-type: none"> body shape two footed jumps balances with one, two and three points of contact <p>Ball Skills: Netball, Basketball, Ball games</p> <ul style="list-style-type: none"> -working with basketballs: -chest pass -bounce pass -movement off the ball -overhead pass -catching 	<p>Outdoor and adventurous activities Encouraging a healthy lifestyle</p> <p>Self evaluation</p> <ul style="list-style-type: none"> -Know the importance of healthy diet. -Measure heart rates -Track fitness • Arrive properly equipped for outdoor and adventurous activity. • Understand the need to show accomplishment in managing risks. • Show an ability to both lead and form part of a team. • Support others and seek support if required when the situation dictates. 	<p>Striking fielding Tri-Golf</p> <p>SKILLS:</p> <ul style="list-style-type: none"> -grip on club -scoring/rules -putting accurately -control of power of stroke <p>Cricket</p> <p>SKILLS:</p> <ul style="list-style-type: none"> -throwing underarm -throwing overarm -catching tennis ball with two hands -basic rules -grip on bat • Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.). • Strike a bowled or volleyed ball with accuracy. 	<p>Dance: Introduce dance movements, linking movements together</p> <p>Dance: creating sequences, evaluation</p> <ul style="list-style-type: none"> • Compose creative and imaginative dance sequences. • Perform expressively and hold a precise and strong body posture. • Express an idea in original and imaginative ways. • Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece. • Perform complex moves that combine strength and stamina. 	<p>Invasion Games: Football, Hockey</p> <p>Invasion Games</p> <ul style="list-style-type: none"> -Attack v defence -Overloads (3v2, 4v3) -Applying passing/throwing/ catching skills to game situations. • Work alone, or with team mates in order to gain points or possession. • Use forehand and backhand when playing racket games. • Field, defend and attack tactically by anticipating the direction of play. • Choose the most appropriate tactics for a game. • Uphold the spirit of fair play and respect. 	<p>Athletics: Sports day race, longer distance runs, throwing, jumping, sprints.</p> <ul style="list-style-type: none"> • Sprint over a short distance up to 60 metres. • Run over a longer distance, conserving energy in order to sustain performance. • Use a range of throwing techniques (such as under arm, over arm). • Throw with accuracy to hit a target or cover a distance. • Jump in a number of ways, using a run up where appropriate. • Compete with others and aim to improve personal best performances.

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Year 5	Gymnastics review rolls, jumps, leaps, travel and balance. Create sequences. Create complex and well-executed sequences that include a full range of movements including: travelling, balances, swinging, springing, flight, vaults, inversion, rotations, bending, stretching and twisting, gestures, linking skills, hold shapes that are strong, fluent and expressive. Include in a sequence set pieces, choosing the most appropriate linking elements.	Invasion games Ball skills for example through : Rugby, bench ball, dodgeball, netball, basketball, beginners volleyball. <ul style="list-style-type: none"> • Running • Throwing • Catching • Passing • Jumping • Kicking 	Fitness challenges Improve fitness levels, mini circuits, multi skills, children to track progress and fitness levels. <ul style="list-style-type: none"> • Running over long and short distances. • Conserving energy. Sports badminton, tennis, tri-golf, rounders, hockey. <ul style="list-style-type: none"> • Throwing techniques and accuracy. • Jump in a number of ways. 	Dance Includes balances with equipment and mini sequences. <ul style="list-style-type: none"> • Compose creative and imaginative dance sequences. • Perform expressively and hold a precise and strong body posture. • Perform and create complex sequences. • Express an idea in original and imaginative ways. • Plan to perform with high energy, slow grace or other themes and maintain. 	Games <ul style="list-style-type: none"> • Choose the most appropriate skills and tactics. • Field, defend and attack. • Ability to both lead and form part of a team. • Support others. • Uphold the spirit of fair play. 	Athletics <ul style="list-style-type: none"> • Sprint over a short distance up to 60 metres, Run over a longer distance, conserving energy in order to sustain performance. • Use a range of throwing techniques, throw with accuracy to hit a target or cover a distance. • Jump in a number of ways, using a run up where appropriate. • Compete with others and aim to improve personal best performances.

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Year 6	Invasion Games Choose and combine techniques in game situations: <ul style="list-style-type: none"> • Running • Throwing • Catching • Passing • Jumping • Kicking 	Gymnastics Create complex and well executed sequences that include a full range of movements including: <ul style="list-style-type: none"> • Travelling • Balances • Flight • Rotations • Linking skills 	Indoor Athletics Compete with others and aim to improve personal-best performances: <ul style="list-style-type: none"> • Running over long and short distances. • Conserving energy. • Throwing techniques and accuracy. • Jump in a number of ways. 	Improving Fitness <ul style="list-style-type: none"> • Multi and circuit skills. • Track, monitor and record scores, points and levels. 	Outdoor Games including tennis Take part in a range of outdoor activities and games: <ul style="list-style-type: none"> • Choose the most appropriate skills and tactics. • Field, defend and attack. • Ability to both lead and form part of a team. • Support others. • Uphold the spirit of fair play. 	Outdoor Games including cricket and rounders Take part in a range of outdoor activities and games: <ul style="list-style-type: none"> • Show an ability to both lead and form part of a team. • Support others and seek support if required when the situation dictates. • Show resilience when plans do not work and initiative to try new ways of working. • Use maps, compasses and digital devices to orientate themselves. • Remain aware of changing conditions and change plans if necessary.