

PE-Why here, why now?

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Year A and B	Mastering basic movements	Dance-	Gymnastics-	Outdoor activities –	Team games-	Athletics-
	Content	-running and jumping	performance and group work	Mastering basic gym movements	follow trails	passing and receiving a ball in different ways	preparing for sports day
	Why here, why now	Fundamental movement skills that children need to learn before moving on to other skills,	special awareness and movement with timings, working as a group	begin to use early shapes and exploring balance	Have the body needs to be healthy and how to do basic fitness following trails around the school linked to journeys	fundamental skills to build up before adding any sequences using a variety of equipment, allows children to put in practise a range of skills they've been taught to introduce a competitive edge	allows the children to practise on a track before sports day, moving on from skills taught in reception,
	Key Vocabulary	Jump, hop, leap, landing	movement, travel, pattern, direction, levels, beat, performance	tense, relax, cold, stretch, heights, link, sequences, agility, balance, coordination	route, explore, movement, travel, pattern, coordination,	Blues, points, passing, throwing, target,	run, running, coordination, skipping, speed, group,

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		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 2	Year A and B	Mastering basic movements -	Dance-	Gymnastics-	Outdoor activities –	Team games-	Athletics-
	Content	travelling and moving with equipment	creating and practising a simple dance	mastering basic gym movements	follow trails	passing and receiving a ball in different ways	preparing for sports day
	Why here, why now	fundamental skills build on last year, children can't move on unless these fundamentals are across school, safe use of equipment	Increasing control and coordination, responding to stimuli and experimenting with actions directions and levels	continuing on from last year's learning, how to move their body into different shapes and travelling in a variety of ways	increasing confidence in following a route around the school, building on skills gained in previous year	practising a range of skills, developing control I'm commitment, early awareness of tactics in team games	moving on from skills taught in year 1 increasing fluidity and competitive edge, learning to value other children's contributions
	Key Vocabulary	jump, hop, late, land, hurdle step, pencil jump, took jump star jump	speed, travel, movements, timing, composed, performed, elevation, musicality, control, coordination,	Direction, tuck, Pike, star, balance, point, patch, point of contact, apparatus,	route, explore, move, travel, pattern, coordination,	chest pass, one arm pass, overhead pass, catch,	run, coordination, agility, confidence, techniques,

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		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	Year A and B	Games skills-	Dance-	Gym-	Outdoor activities-	Defending and attacking skills. -	Athletics-
	Content	throwing and catching/netball	motifs and narratives.	jumps and rolls	introduction to orienteering.	invasion games	sprinting and hurdling
	Why here, why now	Introduction to basic passes and movement, building on throwing and catching skills from previous years	Pair and group dances involving cannon and unison, responding to music in time and rhythm to show like and unlike actions,	Building on existing skills and including own ideas for movement in response to a task, combining arm actions with skips, leaps, steps, jumps and spins	early introduction to orienteering, building on previous work following routes, following pictures to locate within the known environment, thinking about symbols on a simple map	building core strength and getting children to understand how their body reacts, building on ball control skills developed previously including dribbling, marking, defending,	Running in different directions in different speeds, using good technique, improving throwing technique understanding relay and passing baton
	Key Vocabulary	sending, receiving, underarm throw, over and throw, accuracy, hand eye coordination,	Sequence, pivot, performance, formation, cannon, unison, tempo, timing, patterns, choreography, duet	pencil roll, tuck roll, paired balance, group balance, star jump, combination jump	Map, orientation route, cooperation, key, symbols, discussion, listening, control, compass	dripping, marking, non-contact, attacking, defending, space, possession,	long jump, speed, jog, Sprint, target, distance, baton, really

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		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 4	Year A and B	Games	Dance-.	Gymnastics-	Outdoor activities-	tennis and rounders-	Athletics-
	Content	Invasion games, - football and hockey	movement and phrases	working towards a team sequence	orienteeing symbols and maps	Striking and fielding/ playing tennis and rounders /competitive games	individual and team performance
	Why here, why now	Giving children a chance to build on basic skills taught in invasion games and building new skills, introduction to the game of hockey using wooden sticks, building up invasion game skills	respond imaginatively to stimuli related to character, music and story, perform clear and fluent dances that show sensitivity, make up a dance within a small group, collaborate and cooperate	building on previous learning, recapping and moving skills on, using a range of equipment to create a group sequence come back coordination and performance, matching and mirror in	working as a team, being a team leader following instructions which become progressively harder, consideration of use of different senses	Using key skills is striking and fielding developed from year 3, knowledge to transfer to a different sport, introducing new spot that builds fitness, applying some simple rules to the game and developing simple rounders and tennis skills,	building on strength and skills from previous athletic sessions, developing good technique in a competitive situation, increasing understanding of different techniques
	Key Vocabulary	Possession, dribbling, control, attacking, defending, striking,	, rhythm, improvisation, interpretation, narrative	counterbalance, Pike jump, quarter turn jump, half turn jump, straddle, Pike, tuck,, balance, posture, symmetry, asymmetry, tension, cannon, unison	map, orientation route, cooperation, key, symbols, discussion, listen, control, compass, point to point, orienteeing, cardinal points	striking, feeling, hand eye coordination, accuracy, run, waiting, target, backhand, forehand, caught, ready position, serve	javelin, hurdle, lead leg, trailhead, power, footwork, technique, effectiveness, accuracy,

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		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5 and 6	Year A and B	Games-	Dance-	Gymnastics-	Games	competitive games	Athletics-
	Content	Orienteering and tag rugby	improvisation and adaption.	leaps and rolls	Tennis/netball	cricket and badminton/other	performance and progression
	Why here, why now	Development of teamwork and team leaders to effectively lead others, following a map effectively using keys and symbols, ability to work in a group to solve a range of problems,, extending key skills of invasion games defending and attacking, successful interceptions when playing as a team	identifying and practise patterns and actions of a dance style, developing dance and performance skills, including increased awareness of musicality, rhythm and phrasing when improvising creating and performing dance that reflects a particular dance style with partners and groups	Building on previous skills taught to combine their own work with that of others identifying strengths and weaknesses, changing speed direction and shaping movement creating mirror, matching, cannon, pair sequences varying dynamics, level and direction,	Build on previously years learning, developing ground control shots and greater awareness of move hit recover approach, building on range of grips when demonstrating backhand and forehand strokes shows increasing technical awareness up the game, Focus on defending intercepting and passing, drawing defenders away to create space for self or team and positioning body effectively	building on skills in previous years to link together a range of skills and used in combination, power, flexibility and cardiovascular endurance, ability to apply consistent standard cricket rules, developing the wider range of recognised shots in isolation and in competitive games	using correct technique in a wider range of activities, developing the ability to run for distance combat throw with accuracy and power and how to use skills to improve the distance of a throw, investigating running styles and changes of speed
	Key Vocabulary	bearing, compass, direction, control, trail, control card, blindfold, problem solving, planning, communication, discussion, leadership, safety, dodging, effectiveness, marking a player, marking goal side defending goal side attacking space	style, solo, group, emotions, choreography, timing, relationships, analysis, motif development,	forward row, backward row, dynamic movement, rotation, rolling and bridging, counterbalance, took jumps, 360 full turn jumps, choreography, aesthetics, support, balance, routine, practise.	Serve, volley, backhand, caught possession, drop shot, doubles, return, marking a player, marking goal side, stamina, running the line,	Running out, catching, striking, stopping, fielding, space,	long distance running, relay, shot, triple jump, optimal, speed, endurance, stamina

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