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**Physical Education**

***Curriculum***

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## Intent

At Maple Primary School our intention is to deliver vibrant learning through an exciting range of physical activities and to provide opportunities for competition, self-improvement and learning good team work, sportsmanship and self-discipline. Through dynamic teaching and valuable assessment for learning we aim to teach excellent quality PE and through this assist children to understand and live a healthy, active lifestyle. We ensure PE lessons are well differentiated for all abilities and all children are challenged to achieve their very best. Lessons are there to build on what the children already know, understand and can do. The teacher then identifies what children need to do next in order to improve and uses the curriculum documents in place to further learning. We intend to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical education and in developing life skills, including swimming.



## Implementation

- The importance of a healthy and active lifestyle both physically and mentally and the benefits of this are a regular part of our PE at Maple, supplemented by Science and PSHE learning.
- PE curriculum is structured to provide a range of sports experiences which every child participates in to develop their skills and learning through competitive, team and individual sports.
- Children gain experience of a variety of fundamental skills. This has a focus on agility, balance, co-ordination and fitness. Children take part in individual skills, group skills and team games, using PE equipment appropriate for their age. During KS2 children will have a series of structured swimming sessions.
- Children in all year groups take part in the "Daily Mile" every day to increase the time children are active each day.
- Correct subject vocabulary is used by teachers and children to support and develop learning.
- We provide opportunities for all children to engage in extra-curricular activities, before, during and after school, in addition to competitive sporting events.
- Children are given the opportunity to compete in different sports and represent the school in a number of local competitions both individually and as part of a team.
- Children with additional needs are provided with appropriate support to enable them to take part and gain confidence in skills, understanding and motivation.
- PE and sport is high profile throughout the school and staff are supported by the PE co-ordinator, sports apprentice and a variety of materials to help develop their confidence, knowledge and skills in teaching PE and sport.



## Impact

By the end of the children's journey at Maple Primary School children will understand the importance of living a healthy and active lifestyle both physically and mentally and understand the benefits of this as well as having a core basis of skills in PE. We help motivate children to participate in a variety of sports through quality teaching that is engaging and fun. Children are given the opportunity to develop skills and their love for sport through the broad range of sports and activities taught in the curriculum and through the extra-curricular clubs that are on offer. Through taking part in competitive sport children will develop pride and will enjoy the success of competition, which they may choose to continue in later life. Ensuring the children have a positive experience of sport and physical activity at a young age will help to build a lifetime of participation along with having numerous benefits for their physical health and their mental wellbeing (increasing self-esteem and emotional wellbeing and lowering anxiety and depression). Children at Maple will be motivated and will use the skills they've learnt in PE in an effective way to live happy and healthy lives.



# Physical Education

## Curriculum Map

|               | Reception   | Year 1   | Year 2  | Year 3   | Year 4  | Year 5   | Year 6   |
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| <b>Autumn</b> | <p>Spatial awareness and direction of movement</p> <p><u>Key Skills</u><br/>-Travel with a ball of differing sizes in their hands and change direction at speed<br/>-Develop the concept of space, and know what movements to use to create space</p> <p>Ways of moving and jumping</p> <p><u>Key Skills</u><br/>-Jump from two feet and land of two feet<br/>- Travel over low obstacles using stepping and jumping<br/>- Explore moving in a variety of ways<br/>-Change direction to avoid obstacles<br/>-Adjust speed when playing racing and chasing games</p> <p>Team work games</p> <p><u>Key Skills</u><br/>-Take turns and maintain an order</p> | <p>Games</p> <p><u>Key Skills</u><br/>-Roll a ball using one and two hands with some accuracy and speed<br/>-Pass a ball to a team mate using an under arm throw<br/>-Be able to travel with a ball past a defender using a variety of dribbles<br/>-Send a ball past a defender and sometimes it is received by a team mate<br/>- Be able to manipulate a ball using hands/feet and move it into space</p> <p>Dance<br/>-Copy and repeat simple dance movements<br/>-Travel in a variety of ways showing different rhythms and speeds<br/>-Join together dance phrases to</p> | <p>Fitness/Circuits</p> <p><u>Key Skills</u><br/>Copy, explore and remember actions and sequences. Develop endurance, flexibility and strength.</p> <p>Gymnastics</p> <p><u>Key Skills</u><br/>Complete the shapes and balances as prescribed.<br/>Perform a range of rolls with good body tension.<br/>Use travels and balances to form simple sequences.<br/>Use equipment in a safe and controlled manner to vary sequence heights.<br/>Experiment with ways of balancing upside down<br/>Begin to understand what makes an aesthetically pleasing sequence.</p> | <p>Football</p> <p><u>Key Skills</u><br/>Manipulate the ball with their feet, using ball familiarisation activities to maintain the ball close to their feet.</p> <p>Dribble at speed with dominant and non-dominant foot.</p> <p>Pass the ball to a team mate unopposed.</p> <p>Use dribbling and passing to evade an opponent</p> <p>Pass the ball by a semi active defender and it be retained by a team mate.</p> <p>Use their laces to shoot towards a target.</p> <p>Play small sided team games with adapted rules.<br/>Complete and end of unit inter-class tournament</p> <p>Dance</p> <p><u>Key Skills</u></p> | <p>Gymnastics - Balances</p> <p><u>Key Skills</u><br/>-Develop knowledge of balances in gymnastics<br/>-Develop ability to hold a balance<br/>-Create routines, incorporating balances<br/>-Work and communicate well as a team.<br/>-Perform routines to peers.</p> <p>Dance</p> <p><u>Key Skills</u><br/>-Develop knowledge of dance terminology<br/>-Develop ability to move with confidence to music<br/>-Have an awareness of the space and use it appropriately<br/>-Perform a variety of gestures in a routine<br/>-Use cannon and unison effectively</p> <p>Netball</p> <p><u>Key Skills</u><br/>Develop ability to show the correct footwork for Netball</p> | <p>Gymnastics- Balances</p> <p><u>Key Skills</u><br/>To develop pupils knowledge of gymnastics balances. To develop pupils ability to hold a balance. -<br/>Develop pupils knowledge of ways of travelling<br/>Develop pupils ability to travel effectively in Gymnastics<br/>Develop pupils to create routines in pairs<br/>Develop pupils ability to perform partner balances</p> <p>Netball</p> <p><u>Key Skills</u><br/>Develop pupils ability to show the correct footwork for Netball L.O 2 - Develop pupils ability to throw &amp; catch effectively</p> <p>Tag Rugby</p> | <p>Gymnastics-</p> <p><u>Key Skills</u><br/>Be able to perform a tuck, pike, straddle, pencil jump from elevated surfaces, and land safely</p> <p>Be able to perform a variety of vaults safely</p> <p>Show clarity, fluency accuracy, and consistency in their movements</p> <p>Make up longer, more complex sequences including changes in direction or level and speed</p> <p>Be able to memorise longer sequences and perform them.</p> <p>Perform paired and group sequences including all elements of learning throughout the unit and previous years.</p> |

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|  |  | <p>create a simple motif</p> <ul style="list-style-type: none"> <li>-Copy and explore simple gestures to communicate an idea</li> <li>- Respond imaginatively to a range of stimuli</li> <li>- Understand what a dance phrase is</li> <li>- Work cooperatively to create simple movement patterns/phrases</li> <li>-Practise and repeat their motifs and perform with confidence</li> <li>-Observe other and make suitable comments</li> </ul> | <p>Design and perform own individual simple sequences.</p> <p>Work with others and share equipment co-operatively.</p> <p>Perform in front of others</p> <p>Help carry and arrange basic apparatus for use.</p> <p>Identify likes and what could be improved in others' performances.</p> | <p>Copy, repeat and reorder short motifs</p> <p>Repeat dance phrases and motifs changing one element</p> <p>Improvise individually and with a partner in response to stimuli</p> <p>Create dance phrases using compositional elements to express and idea, mood or a feeling</p> <p>Interpret rhythm well</p> <p>Recognise and talk about the movements used and the expressive qualities of dance.</p> <p>Perform dances with expression, gestures and travels</p> <p>Use a growing dance vocabulary to make appropriate suggestions about how work could be improved</p> <p><b>Gymnastics</b></p> <p><u>Key Skills</u><br/>To be able to complete the shapes and balances as prescribed in the Maple Gymnastics Pack.</p> | <p>Develop ability to throw effectively</p> <p>Develop ability to catch effectively</p> <p>Use overhead, bounce or a chest pass with accuracy</p> <p>Shoot with varying degrees of success in isolation and in conditioned games.</p> <p><b>Tag Rugby</b></p> <p><u>Key Skills</u><br/>-Develop ability to run with the ball<br/>-Develop ability to match a change of speed, with change of direction<br/>-Develop ability to pass the rugby ball effectively<br/>-Follow instructions to aid attacking and defending as a team<br/>-React to changes in play without prompt (team loses the ball regains position in defensive line)<br/>-Take the initiative and lead other team members to the benefit of the team.</p> | <p><u>Key Skills</u><br/>To develop pupils ability to run with the ball<br/>To develop pupils ability to match a change of speed, with change of direction<br/>To develop pupils ability to pass the rugby ball effectively (lateral passing)<br/>To understand the rules of a simple tag rugby game<br/>-To understand strategies used in the game and employ them within a team.</p> <p><b>Gymnastics /Parkour</b></p> <p><u>Key Skills</u><br/>Develop pupil's ability maintain balance when moving<br/>Develop pupil's knowledge of 'Parkour' 'Precision Jump':<br/>The Freeze':<br/>Leap of faith':</p> | <p>To be able to communicate and share ideas as part of a group</p> <p><b>Football</b></p> <p><u>Key Skills</u><br/>Develop a skills practise, including:</p> <p>Dribbling around a defender<br/>Passing with accuracy and consistency.</p> <p>Scoring techniques<br/>Repetitive passing to advance the ball forward with speed and accuracy.</p> <p>Skills to intercept/tackle the opponent.<br/>Play 4V4, 5V5, 6V6 versions of the game.</p> <p>Alter game numbers/teams/goal size to make matches fair and challenging</p> <p>Allow learners to referee their peers<br/>Hold intra form competitions in line with level 1 school games.</p> |
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|  |  |  |  | <p>Be able to perform a variety of more complex rolls from elevated or diving positions to help them into a roll.</p> <p>Design longer sequences using balances and travelling</p> <p>Understand how to link movements fluently together</p> <p>Understand how to make a sequence aesthetically pleasing</p> <p>Able to suggest ideas to improve others performances</p> <p>To be able to act on and respond to feedback from others to improve their own performance</p> <p><b>Basketball</b></p> <p><u>Key Skills</u><br/>Manipulate the ball in their hands, using ball familiarisation activities e.g. passing around the waist, through the legs, figures of 8 etc.</p> |  |  | <p>End unit with an inter-class tournament</p> <p><b>Hockey</b></p> <p><u>Key Skills</u><br/>Re-visit all aspects of Year 4<br/>Dribble with speed and able to change direction<br/>Begin to move the ball from side to side while dribbling forward<br/>Receive the ball and be able to control it<br/>Develop dribbling around a defender<br/>Pass with accuracy and consistency<br/>Use feints and skills to beat an opponent 1v1<br/>Being to use the reverse stick when tackling and as a barrier when receiving a pass to the opposite side of the body<br/>Be able to use a variety of turns to change direction with possession of the ball<br/>Develop skills to intercept / tackle an opponent<br/>Play small sided games to a target<br/>Allow learners to referee their peers</p> |
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|  |  |  |  | <p>Maintain the ball bouncing as a start of dribbling.</p> <p>Move at various speeds dribbling the ball using their dominant hand.</p> <p>Begin to use their non-dominant hand for dribbling whilst moving.</p> <p>Use a chest pass to send the ball to a team mate</p> <p>Use a bounce pass to send the ball to a team mate.</p> <p>Play small sided games to avoid an opponent whilst dribbling.</p> <p>Complete an end of unit inter-class competition.</p> |  |  | <p>Hold intra form competitions in line with level 1 school games</p> <p><b>Fitness Training:</b></p> <p><u>Key Skills</u><br/>To develop an understanding of the importance on the body of warm up and cool down sessions including the impact on the body.</p> <p>To develop pupils ability to run, stop and change direction effectively and in a sustained way.</p> <p>To develop pupils understanding and achievement of 'agility'</p> <p>To develop pupils ability to throw and catch effectively.</p> <p>To develops understanding of the different types of fitness and how this affects the different parts of the body.</p> <p>To develop pupils physical fitness!</p> |
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| <b>Spring</b> | <p><b>Gymnastics</b></p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>-Carry and arrange apparatus for use</li> <li>-Climb up apparatus, jump and land softly on the floor</li> <li>-Perform gymnastic jumps</li> <li>-Take body weight on hands</li> <li>- Move under, over, through and around apparatus</li> <li>-Use a variety of methods to travel</li> <li>-Work together to carry equipment safely</li> </ul> <p><b>Dance</b></p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>-Travel in different ways showing rhythm</li> <li>-Explore own movement to communicate an idea</li> <li>-Perform a short dance</li> <li>- Make simple shapes with body</li> <li>- Remember and perform short phrases of movement</li> <li>- Copy simple gestures</li> <li>- Work cooperatively with a partner</li> </ul> | <p><b>Gymnastics</b></p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>-Complete some of the shapes and balances prescribed</li> <li>-Perform a range of group balances using a variety of body parts on and off apparatus</li> <li>- Take their weight on their hands</li> <li>- Jump and land from elevated surfaces</li> <li>- Understand what makes an attractive balance</li> <li>-Join together balances and travelling movements to create a sequence</li> <li>- Help carry and arrange basic apparatus for us</li> <li>-Work cooperatively, managing space, sharing equipment and take turns</li> <li>- Able to recognise and talk about what they like in their own and other peoples work</li> </ul> | <p><b>Dance</b></p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>Copy and repeat short motifs with control.</li> <li>Begin to use a range of actions to communicate ideas and moods.</li> <li>Perform actions and movements on different levels and in different formations.</li> <li>Explore own dance phrases and then sequence them together to create a motif.</li> <li>Respond imaginatively to a range of stimuli using expressive gestures.</li> <li>Begin to experiment with dynamics of movements and compare and contrast e.g strong, fast, slow.</li> <li>Compose short phrases and motifs in small groups in unison.</li> <li>Perform with confidence and quality movements.</li> <li>Observe each other and comment using taught vocabulary to</li> </ul> | <p><b>Fitness</b></p> <p><b>Gymnastics</b></p> <p>Tag rugby</p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>Manipulate the ball in their hands, using ball familiarisation activities e.g. passing around the waist, through the legs, figures of 8 etc.</li> <li>Maintain the ball bouncing as a start of dribbling.</li> <li>Move at various speeds dribbling the ball using their dominant hand.</li> <li>Begin to use their non-dominant hand for dribbling whilst moving.</li> <li>Use a chest pass to send the ball to a team mate</li> <li>Use a bounce pass to send the ball to a team mate.</li> <li>Play small sided games to avoid an opponent whilst dribbling.</li> <li>Complete an end of unit inter-class competition.</li> </ul> <p><b>Tennis</b></p> <p><u>Key Skills</u></p> | <p><b>Gymnastics – Ways of Travelling</b></p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>-Develop knowledge of ways of travelling</li> <li>-Develop ability to travel effectively in Gymnastics</li> <li>-Create routines, incorporating balances and ways of travelling well as a team.</li> <li>-Perform routines to peers.</li> <li>-Use apparatus safely.</li> </ul> <p><b>Dance</b></p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>-Develop knowledge of dance terminology</li> <li>-Develop ability to move with confidence to music</li> <li>-Have an awareness of the space and use it appropriately</li> <li>-Perform a variety of gestures in a routine</li> <li>-Use cannon and unison effectively</li> </ul> <p><b>Hockey</b></p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>-Develop control of the hockey ball</li> <li>-Develop ability to dribble with stick</li> </ul> | <p><b>Fitness</b></p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>To develop pupils ability to run, stop and change direction effectively.</li> <li>To develop pupils understanding of 'agility'</li> <li>To develop pupils ability to throw and catch effectively</li> <li>To develops understanding of the different types of fitness</li> <li>To develop pupils physical fitness!</li> </ul> <p><b>Football</b></p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>- Develop pupil's control of the football</li> <li>- Develop pupil's ability to dribble with football</li> <li>-Develop pupil's ability to pass the football to teammates</li> <li>- Develop pupil's ability to shoot effectively</li> <li>-Develop pupils ability to stop and move the football with their feet.</li> </ul> | <p><b>Dance</b></p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>Use taught motifs as a starting point to explore their own ideas and movement phrases and change elements of the original motif.</li> <li>Extend compositional skills incorporating a wider range of dance styles and forms.</li> <li>Explore, improvise and choose appropriate material to create new motifs in a chosen dance style.</li> <li>Compose, develop and adapt motifs to make dance phrases and use these in longer dances.</li> <li>Confidently use features of a dance style.</li> <li>Plan and perform dances showing precision, control and fluency.</li> <li>Use appropriate terminology when evaluating their own and others performances.</li> </ul> |
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|  |  | <p><b>Games</b></p> <p><u>Key Skills</u><br/>         -Be able to hit a ball with different equipment showing some control<br/>         -Be able to skip using a variety of equipment<br/>         - Understand that underarm throws are for short distances<br/>         - Be able to recall the 3 aspects of a perfect pass - communication, eye contact and showing a target<br/>         -Be able to choose a target to aim at and send equipment to that target accurately<br/>         -Decide where to stand to make it difficult for their opponents<br/>         -Choose different ways of hitting, throwing, striking or kicking a ball<br/>         -Be able to copy and repeat actions<br/>         -Describe what they and others are doing</p> | <p>improve own and others' work</p> <p><b>Games: Ball Skills</b></p> <p><u>Key Skills</u><br/>         Pass under arm and catch from short to medium distances with a variety of balls.<br/>         Introduce an over arm throw for distance.<br/>         Throw and catch in a stationary position and whilst on the move.<br/>         Develop aiming skills through rolling, kicking and throwing.<br/>         Move around a space using a diamond shape and passing a ball with hands and feet.<br/>         Describe what they and others are doing.</p> | <p>Develop basic hand / eye / racket / ball coordination; using basic drills and skills to work on this.</p> <p>To develop the correct stance and hand hold on the tennis racket for forehand shots.</p> <p>To be able to move their feet and body to move towards the ball and return a ball.</p> <p>To hit a ball over a net with some accuracy of position and depth within a set space.</p> <p>To return a ball that has come at them over a net in 1 or 2 bounces.</p> <p>Can use the perimeter of a 'court', working within set areas.</p> <p>Can hold a short rally with another player.</p> <p>Can serve from a bounced ball.</p> <p>Can employ a range of tactics within a prescribed game suitable to their level of tennis.</p> | <p>- Develop ability to pass the Hockey ball to teammates<br/>         -Develop ability to apply skill in a competitive environment.</p> <p><b>Tennis</b></p> <p><u>Key Skills</u><br/>         -Develop underarm feeding<br/>         -Use the ready position<br/>         -Develop ball control using a tennis racket<br/>         -Develop hitting the ball using a forehand<br/>         -Develop returning the ball using a forehand<br/>         -Develop the backhand and understand when to use it<br/>         -Work cooperatively with a partner to keep a continuous rally going<br/>         To use simple tactics in a game to outwit an opponent<br/>         To demonstrate honesty and fair play when competing against others.</p> | <p>-Develop pupils ability to move the football using their chest &amp; head.<br/>         -Develop pupils ability to defend as an individual.<br/>         - Develop pupils ability to lose a marker/mark an attacker.</p> <p><b>Dance</b></p> <p><u>Key Skills</u><br/>         To develop pupils knowledge of dance terminology:<br/>         Gestures,Canon/Unison/Mirror/Match</p> <p>To develop pupils ability to move with confidence to music</p> <p><b>Cricket</b></p> <p><u>Key Skills</u><br/>         Develop pupil's ability to throw and catch with accuracy<br/>         Develop pupil's knowledge of striking/fielding activities<br/>         Develop pupil's ability to bowl legally in cricket</p> |  |
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|               |  | <ul style="list-style-type: none"> <li>- Describe how their body feels during games</li> <li>-Take part in small sided, adapted competitions to get used to competing, winning and losing</li> </ul>   |   | Can play a basic 1v1 or 2v2 game following adapted rules.  |   | <ul style="list-style-type: none"> <li>Develop pupils ability to stop the ball effectively</li> <li>Develop pupils ability to protect the stumps with their bat</li> </ul>   |   |
| <b>Summer</b> | <p><b>Ball skills</b></p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>-Throw various objects under arm into targets</li> <li>-Travel with a ball at feet and move ball around objects</li> <li>-Use 2 hands to catch a large ball thrown to them</li> <li>-Throw objects understanding the feel and timing required to release an object</li> <li>- Throw an object with increasing control</li> </ul> <p>Sports Day practise</p> <p>Competitive games</p> | <p><b>Athletics</b></p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>-Jump in a variety of ways landing on 1 and 2 feet</li> <li>- Travel over low obstacles with increasing control</li> <li>- Throw underarm and overarm</li> <li>- Run at different speeds and know when to change direction</li> <li>-Know when to release an object</li> <li>-Know when to jump over an object</li> <li>- Choose what speed to run at for different activities</li> <li>-Take turns and maintain an order</li> <li>- Recognise when their heart rate, breathing and temperature have changed</li> <li>-Can take part in competitive</li> </ul> | <p><b>Athletics</b></p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>Jump forward and backwards in variety of ways with increasing accuracy.</li> <li>Throw underarm and overarm.</li> <li>Link running and jumping.</li> </ul> <p>Change speed when running.</p> <p>Choose when to run and when to jump over an obstacle.</p> <p>Choose the best technique when throwing for accuracy and when throwing for distance.</p> <p>Recognise when own heart rate, temperature and breathing rate have changed</p> | <p><b>Athletics</b></p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>Re visit all aspects of year 2 - body control and movement.</li> </ul> <p>Be able to run for short periods of time and show a difference between running at speed and jogging.</p> <p>Can run at speed in a race situation.</p> <p>Demonstrate a range of throwing actions - right handed, left handed, overarm, underarm, two handed.</p> <p>Throw with increasing accuracy and coordination into targets at various distances.</p> <p>Be able to perform basic jumps - one foot to two feet, two to two with increasing control.</p> | <p><b>Swimming</b></p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>-Swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>-Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke].</li> <li>-Perform safe self-rescue in different water-based situations.</li> </ul> <p><b>Athletics</b></p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>-Develop understanding of how the body changes during exercise</li> <li>-Develop performance in the long jump</li> <li>-Develop performance in the Sprint, using relay drill technique</li> <li>-Develop performance in the Triple Jump</li> <li>-Develop performance in the Hurdles</li> </ul> | <p><b>Hand ball</b></p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>Develop pupils ability to throw effectively</li> <li>Develop pupils ability to catch effectively - Develop pupils ability to adapt throwing techniques (pass, shoot)</li> <li>Develop pupils ability to defend effectively</li> <li>Develop pupils ability to defend &amp; attack effectively</li> </ul> <p><b>Athletics</b></p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>To develop pupils understanding of how the body changes during exercise</li> <li>To develop pupils performance in the long jump</li> <li>To develop pupils performance in the Sprint -</li> </ul> | <p><b>Invasion games eg rounders:</b></p> <p><u>Key Skills</u></p> <ul style="list-style-type: none"> <li>Throw a rounders ball underarm, accurately with a good technique, speed and precision.</li> <li>Throw a rounders ball overarm, accurately with a good technique, speed and precision.</li> <li>To use an underarm throw to accurately bowl a ball to another child from the bowling square, using some spin.</li> <li>To catch a rounders ball thrown to them from any distance, moving to catch the ball if not an accurate throw.</li> <li>To successfully hit a rounders ball with an element of direction.</li> </ul> |

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|  |  | <p>activities - understanding they need to be both a good winner and a good loser in competition</p> <p>Sports Day practise</p> <p>Competitive games</p> | <p>Take turns and maintaining an order<br/>Take part in a relay knowing when to run and what to do</p> <p>Take part in competitive activities.<br/>Start to become a good winner and a good loser in competition.</p> <p>Games: Team Games</p> <p><u>Key Skills</u><br/>Describe how the body feels during games.</p> <p>Move in groups of 3 keeping a triangular shape, passing and receiving a ball with a degree of accuracy.<br/>Play piggy in the middle (3v1) and how to keep the ball away from a defender.<br/>Know the difference between attacking and when defending.<br/>Use disguise to pass a ball to evade a defender.</p> <p>Create games with scoring systems and</p> | <p>Show control in performances<br/>Know the difference between jumping high and jumping far.</p> <p>Link running and jumping movements together in the build up to take off for a jump.</p> <p>Be able to describe different, running, jumping and throwing actions.</p> <p>Can describe what they have done and whether it was successful.</p> <p>Employs good sportsmanship in both winning and losing scenarios.</p> <p>Rounders</p> <p><u>Key Skills</u><br/>Throw a tennis ball underarm with basic technique.</p> <p>Throw a tennis ball overarm with basic technique.</p> | <p>-Develop performance in the Throwing events<br/>-Respect and follow the safety line<br/>-Take on the role of a coach, watching other pupils and highlighting parts of their technique to improve.</p> <p>Rounders</p> <p><u>Key Skills</u><br/>-Catch using correct technique<br/>-Throw under arm and over arm<br/>-Bat using correct technique<br/>-Use long and short barrier correctly<br/>-Understand how to field correctly<br/>-Understand rules and game play of rounders.</p> | <p>To develop pupils performance in the Triple Jump<br/>To develop pupils performance in the Hurdles<br/>To develop pupils performance in the Throwing events</p> <p>Hockey</p> <p><u>Key Skills</u><br/>Develop pupil's control of the hockey ball<br/>Develop pupil's ability to dribble with stick<br/>Develop pupil's ability to pass the Hockey ball to teammates<br/>Develop pupil's ability to apply skill in a competitive environment</p> <p>Athletics</p> <p><u>Key Skills</u><br/>To develop pupils understanding of how the body changes during exercise<br/>To develop pupils performance in the long jump<br/>To develop pupils performance in the Sprint -</p> | <p>To run tactically between posts on a proper rounders pitch after receiving a ball, taking their bat with them, being aware of other batters on other posts. Aiming for half or full rounders.</p> <p>To know positions and roles to play a full sided game successfully, deciding on game tactics as a team.</p> <p>To know the rules of the game well enough to umpire a full game with another child.</p> <p>Athletics</p> <p><u>Key Skills</u><br/>Show accuracy and good technique when throwing for distance</p> <p>Be able to successfully transfer a baton in a relay using take over distances</p> <p>Know the principles for gaining height and distance in jumping and be able to mark out their run up.</p> |
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|  |  |  | <p>describe rules to others<br/>Take part in small sided, adapted competitions to get used to competing, winning and losing.</p> <p><b>Sports Day</b></p> | <p>To catch a tennis ball thrown accurately to them.</p> <p>To hit a tennis ball thrown accurately to them.</p> <p>To run between posts after hitting a ball, taking their bat with them.</p> <p>Can play small sided games with basic equipment, following adapted rules.</p> <p><b>Swimming</b></p> <p><u>Key Skills</u><br/>To start to use a range of strokes effectively for example front crawl, back crawl and breast stroke.</p> <p>To start to become more confident in swimming at least 25 meters</p> <p>To start to develop water safety skills</p> |  | <p>To develop pupils performance in the Triple Jump<br/>To develop pupils performance in the Hurdles<br/>To develop pupils performance in the Throwing events</p> | <p>Explore different types of running - strides, lengths, speeds</p> <p>Investigate different starting techniques</p> <p>Identify good athletic performance and explain why it is good, using agreed criteria</p> <p>Be able to suggest a target for improvement for distance or height and time</p> |
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