

Outdoor Running: During the year all children will participate in twice weekly active afternoon breaks

Breakdown of skills to ensure lessons are sequential and that there is a progression of skills.

Aim for 30 minutes of physical activity each day including strengthening & conditioning during PE lessons (imoves / active lessons / short bursts of activity / personal challenge).

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
YEAR 3	<p>Games Ball Skills Chest, bounce pass, dummy pass. Finding space, agility, leading into small games 3 vs 1 shoot</p> <p>Skill Pupil can control and catch a ball with movement and accurately pass to someone else to retain possession.</p> <p>Dance Diwali dance workshop</p>	<p>Gymnastics Val Sabin Pathways</p> <p>Using the floor and apparatus, exploring a variety of pathways (strong core, clear shape, firm base)</p> <p>Skill Pupil can make the right decisions about choice of speed, level, shape, space and use of body part and equipment to improve their performance.</p>	<p>Dance Ancient Greek dance Enhancing knowledge of the AG Olympic games and events held. Choreographing routines, responding to the music, creating a sequence. Spring 1</p> <p>Skill Pupil can compare, develop & adapt movement & motifs to create longer dances.</p>	<p>Gymnastics Val Sabin Bridges and Arches</p> <p>Skill Pupil can use dance and gym vocabulary to compare & improve their work.</p>	<p>Athletics Running short & long distance</p> <p>Skill Pupil can continuously run for over 8 minutes (Y3)</p> <p>Athletics Running, jumping, target throw</p> <p>Skill Pupil can take a running jump and can jump to increase height and distance and know how to do this.</p>	<p>Games Rounders: throwing and catching with a small ball, batting technique, fielding</p> <p>Games Rounders skills. Leading into interclass rounders tournament.</p> <p>Skill Pupil can demonstrate a range of throwing actions using various objects, underarm and overarm.</p>

<p>Vdd</p>	<p>Introduction of target skills (NCfPE) Activities and games focusing on coordination, balance and speed, using a variety of equipment. Introduce concept of challenge.</p> <p>Skill Pupil can control and catch a ball with movement and accurately pass to someone else to retain possession.</p>	<p>Introduction of target games Playing various games while focusing on hand and eye coordination. Using various size balls, play conditioned games of handball, dodgeball and football to develop team work and communication. Introducing simple rules along with tactics.</p> <p>Skill Pupil is beginning to influence opposed conditioned game.</p>	<p>Hockey Skills Dribbling, passing and shooting.</p> <p>Skill Pupil can control a ball with movement and accurately pass to someone else to retain possession.</p>	<p>Basketball skills Dribbling, following and dispossessing a player, passing, space and shooting. 3 basic rules, conditioned games.</p> <p>Skill Pupil can pass in sequence to maintain possession or advantage.</p>	<p>Athletics Shine Athletics activities. Focus is on run, jump and throw technique rather than traditional events.</p> <p>Long jump skills</p> <p>Skill Pupil can demonstrate a range of throwing actions using various objects, underarm and overarm.</p> <p>Skill Pupil can take a running jump and can jump to increase height and distance and know how to do this.</p>	<p>Striking and Fielding Short tennis and Quick Cricket skills and conditioned games.</p> <p>Skill Pupil can rally or pass in sequence to maintain possession or advantage.</p>
-------------------	--	---	---	---	---	---

YEAR 4

Gymnastics

Val Sabin

Balance

Combine travel with different shapes.

Create simple routine.

Skill

Pupil can use dance and gym vocabulary to compare & improve their work.

(Building on from Y3)

Dance

Roman Dance

Workshop

Swimming

Each class has a 3 week swimming block then 9 weeks for non-swimmers

Skill

Pupil can swim competently, confidently and proficiently for at least 25 metres on a recognised stroke and understand basic water safety.

Team Building Games

Skills of cooperation & communication

Dance

Uptown funk

Combining moves to create short sequences

Skill

Pupil can compare, develop & adapt movement & motifs to create longer dances.

(Building on from Y3)

Dance/Gym (rain routine)

Skill

Pupil can translate ideas from a variety of stimuli into movement. Pupil can apply compositional ideas to sequences alone & with others on floor and using apparatus.

(Circuit Training)

Refining skills.

Beating times. Chn to design their own activity.)

Skill

Pupil can challenge themselves to keep going and can sustain vigorous activity for 40 minutes.

Athletics

Jumping, throwing, running, speed agility

Skill

Pupil can run at a speed appropriate to the distance they are running, including sprinting.

Pupil can continuously run for over 12 Minutes (Y4).

Pupil can take a running jump and can jump to increase height and distance and know how to do this.

Pupil can challenge themselves to keep going and can sustain vigorous activity for 30 minutes.

Swimming

Each class has a 9 week swimming block

Skill

Pupil can swim competently, confidently and proficiently for at least 25 metres on a recognised stroke and understand basic water safety.

Rounders

Throwing, catching, fielding skills

Skill

Pupil can demonstrate a range of throwing actions using various objects, underarm and overarm.

Athletics

Short distance / long distance running, target throw

Swimming

Each class has a 9 week swimming block

Skill

Pupil can swim competently, confidently and proficiently for at least 25 metres on a recognised stroke and understand basic water safety.

<p>Y4d</p>	<p>Introduction of target skills (NCfPE) Activities and games focusing on coordination, balance and speed, using a variety of equipment. Introduce concept of challenge.</p> <p>Skill Pupil can control and catch a ball with movement and accurately pass to someone else to retain possession.</p>	<p>Introduction of target games Playing various games while focusing on hand and eye coordination. Using various size balls, play conditioned games of handball, dodgeball and football to develop team work and communication. Introducing simple rules along with tactics.</p> <p>Skill Pupil is beginning to influence opposed conditioned game.</p>	<p>Hockey Skills Dribbling, passing and shooting.</p> <p>Skill Pupil can control a ball with movement and accurately pass to someone else to retain possession.</p>	<p>Basketball skills: Dribbling, following and dispossessing a player, passing, space and shooting. 3 basic rules, conditioned games.</p> <p>Skill Pupil can pass in sequence to maintain possession or advantage.</p>	<p>Athletics Shine Athletics activities. Focus is on run, jump and throw technique rather than traditional events.</p> <p>Long jump skills</p> <p>Skill Pupil can demonstrate a range of throwing actions using various objects, underarm and overarm.</p> <p>Skill Pupil can take a running jump and can jump to increase height and distance and know how to do this.</p>	<p>Striking and Fielding Short tennis and Quick Cricket skills and conditioned games.</p> <p>Skill Pupil can rally or pass in sequence to maintain possession or advantage.</p>
-------------------	--	---	---	--	---	---

YEAR 5

Mission X

Children follow a scheme which explores the principles of training to be an astronaut

Planning is available on StaffShare in PE or Year 5 Staff Share

Throughout the year the Y5s will also focus on understanding the principles of how to run a distance.

Skill

Pupil can run continuously for 16 minutes (Y5)

Gymnastics - Flight
To use planning from gymnastics coach from 2017 / 2018

Skill

Pupil can use dance and gym vocabulary to compare & improve their work over a sequence of lessons challenging their own performance.

Orienteering

Lessons 9 - 16 of School Scheme

Map reading, following routes, creating own orienteering course.

Skill

Pupil can use problem solving skills combined with running to complete an orienteering course.

Gymnastics

Knowsley Schools Sports Partnership (KSSP) Year 5

Balances: Mirroring, Matching, Swinging, Wheeling and Weight on Hands

Available online or in Year 5 Staff Share for further details

Skill

Pupil can demonstrate precision, control & fluency in response to stimuli. Pupil can link ideas, skills & techniques with control, precision & fluency when performing basic skills

Dance

- To explore and learn actions, gestures, body shapes, rhythms and travelling patterns that suit the style
- To respond physically to a range of stimuli, particularly musical accompaniment
- To convey the mood and feeling of the dance.
- To show through physical response an understanding of the African style
- To observe, describe and interpret video and pictorial material including comment on costume and social/cultural context
- To discuss and evaluate their own work and that of their peer

Skill

Pupil continually demonstrates rhythm & spatial awareness.

SUFC

Healthy Lifestyle & skills sessions

2 weeks of Football skills, 2 weeks of Handball skills, 2 weeks of dodgeball skills

Games

- Use running, jumping, throwing and catching in isolation and in combination

Skill

Pupil can improve and sustain running technique at different speeds, including pacing themselves over a distance.

Introduction of target skills (NCfPE)

Activities and games focusing on co ordination, balance and speed, using a variety of equipment. Encourage creativity to challenge themselves and use of partner to record data, encourage and assist with improvement of performance.

Skill

Pupil can control and catch a ball & accurately pass whilst moving in a game situation.

Introduction of target games

Playing various games while focusing on hand and eye coordination. Using various size balls. Play conditioned games of handball, dodgeball and 5 a side football to develop team work and communication alongside above skills. Develop pass and movement skills. Also chance to be creative tactically.

Skill

Pupil can play in a range of small-sided games and make effective choices about when, how, where to move, pass and receive.

Skill

Pupil can control movement with a ball in opposed situation whilst moving.

Hockey

Build on basic skills of dribbling, passing and shooting. Goalkeeping, finding space, tactics and umpiring.

Skill

Pupil can start to apply tactics in a game of hockey.

Invasion Games focus on Netball and Basketball

Different passes and when to use them, marking a player with and without the ball, creating and using space, teamwork. Looking at the differences and similarities between the 2 sports. Small sided conditioned games. The role of captain, coach and umpire/referee.

Skill

Pupil can show specific attacking and defending skills in games to influence the result.

Athletics

Shine Athletics Award Scheme leading to an award at one of 7 different levels. Focus is on run, jump and throw technique rather than traditional events. Build up to Sports Day. Triple Jump (using long jump pit)

Skill

Pupil can demonstrate accuracy & technique in a range of throwing & jumping actions.

Striking and fielding

Cricket - looking at bowling, batting and fielding. Building up from quick cricket to small sided games using overs. How to score and umpire.

Skill

Pupil can take part in a conditioned game with understanding of the rules & tactics.

YEAR 6	<p>Gymnastics</p> <p>Matching & Mirroring Planning from gymnastics coach in 2017 / 2018</p> <p>Skill Pupil can use dance and gym vocabulary to compare & improve their work over a sequence of lessons challenging their own performance.</p> <p>Skill Pupil can vary dynamics & develop actions with a partner or as part of a group pupil understands composition by performing more complex sequences.</p>	<p>Gymnastics <i>Y6 Planning</i></p> <p>Counter balance & counter tension</p> <p>Skill Pupil can demonstrate precision, control & fluency in response to stimuli. Pupil can link ideas, skills & techniques with control, precision & fluency when performing basic skills</p>	<p>HRF</p> <p>Circuit Training - specific exercises for muscle groups / cardio fitness</p> <p>Skill Pupil can challenge themselves to keep going and can sustain vigorous activity for 40 minutes.</p>	<p>Dance Electricity (link to science) To compose dance routines responding to the tempo and rhythm of the music.</p> <p>Skill Pupil continually demonstrates rhythm & spatial awareness.</p>	<p>Dance / Rhythmic Gymnastics</p> <p>Skill for WGD Pupil can perform & create motifs in a variety of dance styles with accuracy & consistency Pupil can perform & create movement sequences with some complex skills & displaying accuracy & consistency</p> <p>Skill for EXS Pupil can vary dynamics & develop actions with a partner or as part of a group pupil understands composition by performing more complex sequences.</p>	<p>Games / Athletics</p> <p>Athletics To run for a sustained period of time improving fitness and stamina</p> <p>Skill Pupil can run continuously for 20 minutes (Y6).</p> <p>Skill Pupil can improve and sustain running technique at different speeds, including pacing themselves over a distance.</p>
---------------	---	--	--	---	--	---

<p>PP1</p>	<p>Introduction of target skills (NCfPE)</p> <p>Activities and games focusing on co ordination, balance and speed, using a variety of equipment. Encourage creativity to challenge themselves and use of partner to record data, encourage and assist with improvement of performance.</p> <p>Skill Pupil can control and catch a ball & accurately pass whilst moving in a game situation.</p>	<p>Introduction of target games</p> <p>Playing various games while focusing on hand and eye coordination. Using various size balls. Play conditioned games of handball, dodgeball and 5 a side football to develop team work and communication alongside above skills. Develop pass and movement skills. Also chance to be creative tactically. Assign roles within a team.</p> <p>Skill Pupil can play in a range of small-sided games and make effective choices about when, how, where to move, pass and receive.</p> <p>Skill Pupil knows and understands the positions they play in.</p> <p>Skill Pupil can control movement with a ball in opposed situation whilst moving.</p>	<p>Hockey</p> <p>Build on basic skills of dribbling, passing and shooting. Goalkeeping, finding space, tactics and umpiring.</p> <p>Skill Pupil can start to apply tactics in a game of hockey.</p>	<p>Invasion Games focus on Netball and Basketball</p> <p>Different passes and when to use them, marking a player with and without the ball, creating and using space, teamwork. Looking at the differences and similarities between the 2 sports. Small sided conditioned games. The role of captain, coach and umpire/referee.</p> <p>Skill Pupil can show specific attacking and defending skills in games to influence the result.</p>	<p>Athletics</p> <p>Shine Athletics Award Scheme leading to an award at one of 7 different levels. Focus is on run, jump and throw technique rather than traditional events. Build up to Sports Day. Triple Jump (using long jump pit)</p> <p>Skill Pupil can demonstrate accuracy & technique in a range of throwing & jumping actions.</p>	<p>Striking and fielding</p> <p>Cricket - looking at bowling, batting and fielding. Building up from quick cricket to small sided games using overs. How to score and umpire.</p> <p>Skill Pupil can take part in a conditioned game with understanding of the rules & tactics.</p>
-------------------	---	---	---	---	--	---