

Physical Education (PE)

Phase 1 (Years 1 and 2)

Cycle A		Cycle B	
T1	Team Games <ul style="list-style-type: none"> To master basic movements including running, jumping, throwing and catching. To participate in team games, developing simple tactics for attacking and defending. 	T1	Games 2 <ul style="list-style-type: none"> To underarm throw with consistency and accuracy. Opposite arm and leg action. To develop ABC's.
T2	Dance 1 <ul style="list-style-type: none"> To perform dances using simple movement patterns. 	T2	Dance 2 <ul style="list-style-type: none"> Respond to different types of stimulus and create simple dance routine.
T3	Gymnastics 1 <ul style="list-style-type: none"> To master basic movements, explore ways of traveling, balance, shapes and link them together. 	T3	Gymnastics 2 <ul style="list-style-type: none"> To explore and develop travel on hands and feet, rocking and rolling action, change of speed, level and direction.
T4	Gymnastics <ul style="list-style-type: none"> To explore Rolling and rocking, create sequence using floor and apparatus, work with partner to combine your sequence. 	T4	Gymnastics <ul style="list-style-type: none"> To explore balancing and jumping. Link other elements and create sequence. To explore jumping and landing using apparatus.
T5	Games 1 <ul style="list-style-type: none"> To explore ways of striking objects, improve their coordination, accuracy in throwing and hitting skills. To improve control and handling when using a range of equipment. 	T5	Games 3 <ul style="list-style-type: none"> To develop catching and throwing skill at different levels with good level of control, coordination and consistency.
T6	Athletics 1 <ul style="list-style-type: none"> To throw for distance with greater control and coordination. To choose and perform the skills needed to meet the athletic challenges. 	T6	Athletics 2 <ul style="list-style-type: none"> To explore different travelling action (walk, jog, run, sprint), throw and roll for distance, long standing jump.

Phase 2 (Years 3 and 4)

Cycle A		Cycle B	
T1	<p>Team Building Games and Paralympics sports</p> <ul style="list-style-type: none"> To develop problem solving skill when working with partner. To choose and apply the skill of recording information when under pressure of time. To learn modified Paralympics sports games (sitting volleyball and goal ball). 	T1	<p>Team Building and OAA</p> <ul style="list-style-type: none"> To develop basic map reading skill. To complete physical challenges and problem solving.
T2	<p>Dance 3</p> <ul style="list-style-type: none"> To respond imaginatively to character and narrative. To repeat and remember dance phrases. To structure a dance with a partner. 	T2	<p>Dance 4</p> <ul style="list-style-type: none"> To respond to different music stimuli with your body. To choose, use and link together movement patterns to structure dance phrases. To describe dance using appropriate language and vocabulary.
T3	<p>Gymnastics 1</p> <ul style="list-style-type: none"> To explore different ways of jumping and rolling. To find different ways of shapes (pike, straddle, tucked). To create a sequence of jumps and balances using apparatus. 	T3	<p>Gymnastics 4</p> <ul style="list-style-type: none"> To develop a range of actions, body shapes and balances. To create gymnastics sequences and repeat them for performance to others.
T4	<p>Gymnastics 2</p> <ul style="list-style-type: none"> To perform small and large body parts balances and link them with travelling and rolling actions. To perform a paired sequence in unison with control. (at least 4 elements) 	T4	<p>Invasion Games 2</p> <ul style="list-style-type: none"> To develop throwing and catching skill. To learn different types of passes. To use and adapt simple tactic in small sided games.
T5	<p>Invasion Games 1</p> <ul style="list-style-type: none"> To develop throwing and catching skills using different size of balls. To develop passing and dribbling skills. To use and adapt tactics in different game situations. 	T5	<p>Net and wall – Tennis/Table tennis</p> <ul style="list-style-type: none"> To introduce and explore different types of tennis/table tennis grips, movement, stance and shots. To introduce basic game play – including rules and point scoring.
T6	<p>Athletics 3</p> <ul style="list-style-type: none"> To understand the technique needed to run for speed, different ways of throwing with two hands. To apply athletics skills to competitive situations. 	T6	<p>Athletics 4</p> <ul style="list-style-type: none"> To introduce running for distance and speed. To understand jumping action (take-off and landing). To be able to throw in a variety of ways with increasing accuracy.

Phase 3 (Years 5 and 6)

	Cycle A		Cycle B
T1	Team Building/OAA/Paralympics sports <ul style="list-style-type: none"> • Problem solving when working with a group. • Taster of Paralympics sports (sitting volleyball, goalball) 	T1	Team Building / OAA/ Orienteering <ul style="list-style-type: none"> • To develop problem solving skill with a partner. • To develop orienteering/map reading skill.
T2	Dance. <ul style="list-style-type: none"> • To perform set patterns with knowledge and understanding of their meaning. • To perform with clear intention and meaning. Work collaboratively in small and large groups. • To comment upon appropriate actions. 	T2	Dance 6 <ul style="list-style-type: none"> • To explore, improvise and combine movement ideas fluently and effectively. • To create and structure motifs, phrases, sections and whole dances. • To evaluate, refine and develop their own and others work.
T3	Gymnastics 5 <ul style="list-style-type: none"> • To perform sequence of 8-10 elements including counter balance and apparatus. • To perform action involving flight into and out of balance. 	T3	Gymnastics 6 <ul style="list-style-type: none"> • To combine and perform a variety of gymnastics actions, shapes and balances more fluently and effectively. • To improve the style and accuracy of gymnastic actions in readiness for performance.
T4	Invasion Games 3 <ul style="list-style-type: none"> • Basketball/Handball • Introduce different types of passing, dribbling • Shooting action BEEF((Balance, Eyes, Elbow, Follow through) • Simple tactics to play invasion games. 	T4	Invasion Games 4 <ul style="list-style-type: none"> • To identify, understand and develop the skill and strategy to play invasion games. • Simple attacking a defending game situation, player marking and defending.
T5	Tri-Golf/ Archery <ul style="list-style-type: none"> • To gain broader experience in different sports (less known to children). • To promote respect, co-operation, good behaviour and sportsmanship in competitive sports. • To develop hand and eye coordination, ability to focus and concentrate. 	T5	Net and Wall- Tennis <ul style="list-style-type: none"> • To develop consistency in playing a variety of shots (forehand, backhand, volley and serve). • • To understand the basic techniques that are used when playing both net and wall tennis.
T6	Athletics 5 <ul style="list-style-type: none"> • To measure and record running, throwing , jumping performances of partner and team member. • To develop an over arm throw. • To run quickly over low barriers. 	T6	Athletics 6 <ul style="list-style-type: none"> • To introduce and develop vertical and horizontal jump, fling throw (disc), running technique for distance and speed, exchange a relay baton • To introduce and develop triple jump techniques.