



Curriculum Plan – P.E

	Autumn	Spring	Summer
Year 1	Throughout the autumn term, Year 1 will be taking part in games based activities in order to show understanding of rules within a game. Year 1 will be adapting these games to apply different ball skills such as bouncing, throwing and catching. Through the latter part of the term, Year 1 will be learning how their body works through health related fitness, enabling them to name muscles in their bodies.	Throughout the spring term year 1 will be learning about excellent performances through gymnastics and dance. Their outdoor lessons will start with rugby skills and teamwork games, and move into striking and fielding skills into Spring 2.	Throughout the summer term year 1 will be continuing with dance as their indoor lesson and learning about how to create dance routines. Their outdoor lesson will consist of the various athletics events in preparation for sports day, as well as mini tennis.
Year 2	Throughout the Autumn term, Year 2 will be taking part in games based activities in order to show understanding of rules within a game. Year 2 will be adapting these games to apply different ball skills such as bouncing, throwing and catching. Year 2 will also be working in teams and improving their teamwork and tactics in order to win.	Throughout the spring term, year 2 will be learning about excellent performances through gymnastics. Their outdoor lessons will start with rugby skills and teamwork games, and move into striking and fielding skills into Spring 2.	Throughout the summer term year 1 will be continuing with dance as their indoor lesson and learning about how to create dance routines. Their outdoor lesson will consist of the various athletics events in preparation for sports day, as well as mini tennis.
Year 3	During the autumn term, year 3 will be taking part in games based learning; this enables the children to understand the concepts of rules and teamwork within invasion games before learning any skill-based activities. They will continue to look at the use of teamwork in Orienteering. Year 3 will also be taking part in a fitness unit which teaches the children what happens to their body when they exercise.	Year 3 will continue looking at different team games for their outdoor lessons, including basketball and tag rugby. For their indoor lessons year 3 will be starting units on dance and gymnastics, specifically focussing on symmetry and asymmetry.	In the summer term year 3 will be focusing on the various disciplines in athletics and also starting rounders and cricket. They will learn the different techniques used to improve in all areas of athletics in order to compete in Sports Day as well as learning the skills needed to play competitive fielding games. Later on in the term we will also begin to look at tennis. Year 3 have their swimming lessons throughout this term.
Year 4	During the Autumn term, year 4 will be taking part in games based learning; this enables the children to understand the concepts of rules and teamwork within invasion games before learning any skill-based activities. They will continue to look at the use of teamwork in Orienteering.	Year 4 will continue looking at different team games for their outdoor lessons, including basketball and tag rugby. For their indoor lessons year 4 will be starting units on dance and gymnastics, specifically focussing on individual and group sequencing. They will also start their swimming lessons in this term.	In the summer term year 4 will be focusing on the various disciplines in athletics and also starting rounders and cricket. They will learn the different techniques used to improve in all areas of athletics in order to compete in Sports Day as well as learning the skills needed to play competitive fielding games. Later on in the term we will also begin to look at tennis.
Year 5	Year 5 will start the year with games based activities, giving them opportunities to strategically plan and create tactics with their team mates. They will continue to build their team work skills through OAA, as well as learning how to read maps and orienteer. The second weekly PE lesson will be swimming.	In the spring term year 5 will be taking part in basketball and badminton. During these lessons the children will learn the rules in order to play these games as well as enhance their individual skills within them. Their indoor lessons will be based in aesthetic performances in gymnastics and dance.	In the summer term year 5 will be focussing their attention to athletics and fielding skills. In athletics they will look at each discipline and work towards improving their own performance by analysing their own weaknesses. In the latter part of the term, Year 5 will learn the skills and match play in tennis.
Year 6	Year 6 will start the year with games based activities, giving them opportunities to	In the spring term year 6 will be taking part in basketball and badminton. During these	In the summer term year 6 will be focussing their attention to athletics and fielding skills. In



	<p>strategically plan and create tactics with their team mates. They will continue to build their team work skills through OAA, as well as learning how to read maps and orienteer. They will also take part in HRE (health related exercise), which links with their science topic on the body. They will look in depth at how exercise can impact their physical fitness and look at the short and long term effects of exercise.</p>	<p>lessons the children will learn the rules in order to play these games as well as enhance their individual skills within them. Their indoor lessons will be based in aesthetic performances in gymnastics and dance.</p>	<p>athletics they will look at each discipline and work towards improving their own performance by analysing their own weaknesses. In the latter part of the term, Year 6 will learn the skills and match play in tennis.</p>
--	---	---	---