



**Whole-school Curriculum subject plan**  
**PE**

	<b>AUTUMN 1</b>	<b>AUTUMN 2</b>	<b>SPRING 1</b>	<b>SPRING 2</b>	<b>SUMMER 1</b>	<b>SUMMER 2</b>
<b>YEAR 1</b>	Fundamental skills	Target Games	Dance  Invasion Games	Gymnastics  Net and Wall	Team building  Sending and receiving	Athletics  Striking and fielding
<b>Component knowledge and skills for Year 1</b>	<ul style="list-style-type: none"> <li>• I can explore balancing, running, changing direction, jumping, hopping and skipping.</li> <li>• I can explore these skills in isolation and also together.</li> <li>• I can explore skills such as throwing, catching, hitting a target, dribbling with both hands and feet and kicking a ball.</li> <li>• I can use space safely and effectively.</li> <li>• I can develop basic gymnastics actions on the floor and using low apparatus.</li> <li>• I can develop basic skills of jumping, rolling, balancing and travelling.</li> <li>• I can select my own actions and build a short sequence.</li> <li>• I can develop confidence when performing in front of others.</li> <li>• I understand why levels, directions and shapes are used when traveling and balancing.</li> <li>• I can explore travelling actions, movement and balancing skills.</li> <li>• I can copy and repeat actions linking them together to make short dance phrases.</li> <li>• I can develop basic skills such as sending, receiving and dribbling a ball.</li> <li>• I will understand what attacking and defending means.</li> <li>• I can show my strength, flexibility and balance when doing yoga poses.</li> <li>• I can show body awareness.</li> <li>• I can run at different speeds, change direction, jump and throw.</li> <li>• I can apply basic ball skills into game situations.</li> <li>• I can develop my communication and problem solving skills whilst working collaboratively with others or on my own.</li> </ul>					
<b>YEAR 2</b>	Fundamental skills	Gymnastics  Sending and receiving	Dance  Invasion Games	Fitness  Yoga	Net and Wall  Striking and fielding	Athletics  Target games

<b>Component knowledge and skills for Year 2</b>	<ul style="list-style-type: none"> <li>• I can develop my balancing, running, changing direction, jumping, hopping and skipping.</li> <li>• I can use a range of equipment.</li> <li>• I can identify areas of strength and areas for improvement for myself and others.</li> <li>• I can develop gymnastic skills of jumping, rolling, balancing and travelling individually and in combination to create short sequences and movement phrases.</li> <li>• I can include a variety of shapes, levels and directions in my sequence.</li> <li>• I understand the importance of working safely around the apparatus and the equipment.</li> <li>• I can move my body in different ways to express mood, feelings or characters.</li> <li>• I can build on my understanding of dynamics.</li> <li>• I can count in beats of 8 consistently to keep in time with the music and a partner.</li> <li>• I can explore pathways, levels, shapes, directions, speeds and timings.</li> <li>• I can develop my underarm and overarm throwing action.</li> <li>• I can choose appropriate equipment to apply these skills.</li> <li>• I can develop my agility, balance, co-ordination, speed and stamina.</li> <li>• I can develop my perseverance and determination to work for longer periods of time.</li> <li>• I can learn yoga poses and techniques that will help me connect my body and mind.</li> <li>• I can use yoga poses to build strength, flexibility and strength.</li> <li>• I can develop a sprinting action.</li> <li>• I can explore rhythm when running over obstacles.</li> <li>• I can develop jumping, hopping and skipping action.</li> <li>• I can explore safely. Jumping for distances and height.</li> <li>• I can develop hitting a ball over a dropped net.</li> <li>• I can accurately underarm throw to a partner.</li> <li>• I can consistently use the ready position to move towards a ball.</li> <li>• I understand that there is a difference roles within a fielding team.</li> <li>• I can develop coordination and technique when throwing.</li> <li>• I can catch with two hands with coordination and technique.</li> </ul>					
<b>YEAR 3</b>	<b>Fundamentals</b> Yr 3 / 4	<b>Dance</b>	<b>Gymnastics</b>  Yoga	<b>Tennis</b>  Swimming	<b>OAA</b>  Rounders	<b>Athletics</b>
<b>Component knowledge and skills for Year 3</b>	<ul style="list-style-type: none"> <li>• I can develop accuracy and consistency when tracking a ball.</li> <li>• I can select an appropriate throw for the situation.</li> <li>• I can develop catching a ball with one or two hands as well as dribbling with feet and hands.</li> <li>• I can improve my throwing, dodging and catching skills.</li> <li>• I can learn how to apply simple tactics to a game.</li> <li>• I can understand the term 'extension' and 'body tension.'</li> <li>• I can develop a sequence including rolling, jumping and balancing.</li> </ul>					

	<ul style="list-style-type: none"> <li>• I can contrast actions and shapes and develop linking sequences smoothly with actions that flow.</li> <li>• I can perform with confidence, considering the quality and the control.</li> <li>• I can develop the skills and apply them to striking, chipping, putting and playing a short or long game.</li> <li>• I can develop my coordination, accuracy and control of movement.</li> <li>• I can create a dance in relation to an idea including historical and scientific stimuli.</li> <li>• I can develop my rhythm and counting.</li> <li>• I can use canon, unison, formation and levels in my dance sequence.</li> <li>• I can develop swimming strokes on my front and my back.</li> <li>• I can submerge into the water and travel with confidence.</li> <li>• I understand how to stay safe around the water.</li> <li>• I can develop the sprinting technique and apply it to relay events.</li> <li>• I can develop the fluency and rhythm when running over obstacles.</li> <li>• I can develop jumping for height and safety on landing.</li> <li>• I can develop the key skills such as the ready position, racket control and hitting a ball.</li> <li>• I understand how to score points and how to use simple tactics.</li> <li>• I can learn how to strike the ball into space.</li> <li>• I can understand what my role is as a fielder.</li> <li>• I can develop skills throughout many sports in isolation or cooperatively.</li> </ul>					
<b>YEAR 4</b>	<b>Ball Skills</b> Yr 3 /4	<b>Gymnastics</b>	<b>Swimming</b>  <b>Yoga</b>	<b>Tennis</b>	<b>Cricket</b>  <b>OAA</b>	<b>Athletics</b>  <b>Dodgeball</b>
<b>Component knowledge and skills for Year 4</b>	<ul style="list-style-type: none"> <li>• I can persevere in learning how to defend, attach, throw, catch and dribble.</li> <li>• I can use attacking skills to gain possession of the ball.</li> <li>• I can develop and apply striking, chipping, putting and playing a short or a long game.</li> <li>• I can develop my coordination, accuracy and control of my movements more accurately.</li> <li>• I can understand the rules of the game.</li> <li>• I can create more complex sequences.</li> <li>• I can use a wider range of travelling actions and include the use of pathways.</li> <li>• I can work independently and in collaboration with a partner to create and develop sequences.</li> <li>• I can develop my performance skills considering the quality and control of my actions.</li> <li>• I can evaluate and improve my own and others performances.</li> <li>• I can create character and narrative through movement and gesture.</li> <li>• I can think about how to use movement to explore and communicate ideas and issues and my own feelings and thoughts.</li> <li>• I can develop swimming strokes on my front and my back.</li> <li>• I can submerge into the water, travel and float with increasing confidence.</li> <li>• I understand how to stay safe around the water.</li> <li>• I can use yoga poses to improve my wellbeing by building strength, flexibility and balance.</li> <li>• I can focus on my breathing and create my own yoga flows.</li> <li>• I can develop an understanding of speed and pace in relation to distance.</li> </ul>					

Commented [MF1]: Follow Up: Ball skills

	<ul style="list-style-type: none"> <li>• I can develop power and speed in the sprinting technique.</li> <li>• I can develop techniques when jumping for distance.</li> <li>• I can explore power and technique when throwing for distance in a pull throw.</li> <li>• I can develop problem solving skills through a range of challenges.</li> <li>• I can work in isolation or in small groups to plan, solve, reflect and improve on strategies.</li> <li>• I can orientate a map, identify key symbols and follow routes.</li> </ul>					
<b>YEAR 5</b>	Fitness Netball	Dance Swimming	Gymnastics Golf	Badminton Yr 5 /6	OAA Rounders	Athletics
<b>Component knowledge and skills for Year 5</b>	<ul style="list-style-type: none"> <li>• I can demonstrate improved body posture and speed when changing direction.</li> <li>• I can change body position to maintain a controlled centre of gravity.</li> <li>• I can demonstrate increased speed when coordinating my body.</li> <li>• I can identify the best pace for a set distance of time.</li> <li>• I can develop defending and attacking play during even sided games.</li> <li>• I can use a range of passes to keep possession and attack towards a goal.</li> <li>• I can think about how skills, strategies and tactics can be used. I can show control and fluency when passing, receiving and shooting the ball.</li> <li>• I can follow the rules of the game, such as footwork, held ball, contact and obstruction.</li> <li>• I can create a longer sequence individually, with a partner or with a small group.</li> <li>• I can include cartwheels and handstands into my sequence.</li> <li>• I can explore partner relationship such as canon, synchronisation and matching and mirroring.</li> <li>• I can provide feedback in order to make improvements to my own or others performances.</li> <li>• I can create and perform a routine with the awareness of the historical and cultural origins of different dances.</li> <li>• I can use dance terminology to give feedback to others.</li> <li>• I can show respect towards others.</li> <li>• I can improve my defending and attacking play and I can understand the principles and tactics of each one.</li> <li>• I can consistently show control in dribbling, passing and receiving a ball.</li> <li>• I can learn the basic skills of goalkeeping.</li> <li>• I can develop key skills such as defending, attacking, throwing, catching, running and dodging in a game form.</li> <li>• I will develop an understanding of the importance of fair play and honesty.</li> <li>• I can show the ready position, racket control, serving and hutting over a net.</li> <li>• I can apply fluency and coordination when running for speed in relay changeovers.</li> <li>• I can apply speeds for the event.</li> <li>• I can develop power, control and consistency in jumping for distance.</li> <li>• I can develop technique and power in javelin and shot put.</li> <li>• I can develop teamwork skills through completing challenges.</li> </ul>					

	<ul style="list-style-type: none"> <li>• I can develop the quality and the consistency of my fielding and my underarm and over arm throw, catching and receiving a ball, possession as well as defending skills.</li> <li>• I can learn how to play in a range of roles, bowler, wicket keeper, fielder and a batter.</li> </ul>					
<b>YEAR 6</b>	Basketball	Gymnastics	Dance OAA	Handball Golf	Cricket Volleyball Yr 5 /6	Athletics Hockey
<b>Component knowledge and skills for Year 6</b>	<ul style="list-style-type: none"> <li>• I can use attacking skills to maintain possession as well as defending skills to gain possession.</li> <li>• I can work collaboratively to think about how to use skills and tactics to outwit the opposition.</li> <li>• I can combine and perform gymnastic shapes more fluently and effectively.</li> <li>• I can explore counter balances.</li> <li>• I can use my knowledge of compositional principles when developing sequences.</li> <li>• I can combine and link actions together and relate my actions to my partners.</li> <li>• I can develop an idea or theme into dance choreography.</li> <li>• I can use timing and dynamics to put my routine together.</li> <li>• I can think about how to use movement to convey ideas, emotions and feelings.</li> <li>• I can show an awareness of keeping others safe and lead others through a warm up.</li> <li>• I can solve problems with a group and select the best method to solve it.</li> <li>• I can orientate a map efficiently to navigate around a course.</li> <li>• I can communicate with others, share job roles and lead when necessary.</li> <li>• I can develop quick decisions about when, how and who to pass to.</li> <li>• I can dribble consistently using a range of techniques with increasing pressure under control.</li> <li>• I can explore creating attacking tactics with others in response to the game.</li> <li>• I can explore creating and applying defending tactics with others in response to the game.</li> <li>• I can move to the correct space when transitioning from attack and defence.</li> <li>• I can serve accurately and consistently. Beginning to apply tactics to apply to their serve.</li> <li>• I can successfully apply a variety of shots to keep a continuous rally.</li> <li>• I can demonstrate a clear understanding of pace and use it to develop my own and others sprinting techniques.</li> <li>• I can develop power, control and technique in the triple jump.</li> <li>• I can develop power, control and technique when throwing discus and shot put.</li> </ul>					