

Year 1 & 2 Physical Education National Curriculum

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances, using simple movement patterns.



**Thornaby C of E
Primary School**

Autumn 1	Autumn 2	Spring 1
<p>Fundamental Skills - 1</p> <p><i>Basic locomotion and dodging</i></p>	<p>Fundamental Skills - 2</p> <p><i>Jumping, hopping, skipping and begin to develop the children's spatial awareness.</i></p>	<p>Fundamental Skills - 3</p> <p><i>Developing the children's spatial awareness, as well as their core stability for example when landing and when in rotation.</i></p>
<p>Fundamental Skills - 1</p> <p><i>Basic locomotion and dodging, including rolling, running, jumping, dribbling, dodging and beginning to send and receive a ball.</i></p>	<p>Fundamental Skills - 2</p> <p><i>Basic locomotion and balance, including skipping and balance with a focus on throwing.</i></p>	<p>Fundamental Skills - 3</p> <p><i>Developing games and invasion skills. Consolidate some of the fundamental movement skills into fun games.</i></p>
Spring 2	Summer 1	Summer 2
<p>Fundamental Skills - 4</p> <p><i>Throwing and catching and begin building the skills for striking the ball with feet and with equipment. - Include Core Task (Fun sport day)</i></p>	<p>Fundamental Skills - 5</p> <p><i>The Beanstalk Adventures is a fun progressive set of lessons designed to reinforce learning from previous schemes of work. Learn and understand how to skills relate to games.</i></p>	<p>Fundamental Skills - 6</p> <p><i>Learn and understand how to plan simple, competitive games. Plan the activities and rules for the game.</i></p>
<p>Fundamental Skills - 4</p> <p><i>Developing striking and fielding. Consolidate some of the fundamental movement skills into fun games.</i></p>	<p>Fundamental Skills - 5</p> <p><i>Using bats and rackets before moving on to develop the children's own creativity by making up their own games.</i></p>	<p>Athletic Activities - 1</p> <p><i>build and practice skills for running, jumping, throwing, relays and multi-events.</i></p>

Year 3 & 4 Physical Education National Curriculum



Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performance with previous ones and demonstrate improvement to achieve their personal best

Autumn 1	Autumn 2	Spring 1
<p>Games – 1 (Invasion)</p> <p><i>Key skills children will need to develop across a range of invasion games including movement and evasion – Include Core Task (Passing & Receiving)</i></p>	<p>Dance - 1</p> <p><i>To be able to perform basic movements to music, and to build a simple themed dance focusing on Disco.</i></p>	<p>Gymnastics – 1</p> <p><i>Developing the children's travelling, rolling, balancing, jumping, and using equipment skills.</i></p>
<p>Games – 2 (Invasion)</p> <p><i>Key skills children will need to develop across a range of invasion games including movement and evasion</i></p>	<p>Dance – 1 (Freestyle)</p> <p><i>To be able to perform basic movements to music, and to build a simple themed dance focusing on Freestyle.</i></p>	<p>Gymnastics – 1</p> <p><i>Further developing the children's travelling, rolling, balancing, jumping, and using equipment skills.</i></p>
Spring 2	Summer 1	Summer 2
<p>Games – 1 (Striking and Fielding)</p> <p><i>Children understand, build and practice skills they will use in striking and fielding games such as Softball, Cricket and Rounders</i></p>	<p>OAA - 1</p> <p><i>Children learn, understand and develop skills focussing on: Teamwork; Exploration; and Navigation.</i></p>	<p>Athletics - 1</p> <p><i>Children understand, build and practice skills for running, jumping, throwing, relays and multi-events.</i></p>
<p>Games – 2 (Striking and Fielding)</p> <p><i>Children understand, build and practice skills they will use in striking and fielding games such as Softball, Cricket and Rounders</i></p>	<p>OAA – 2</p> <p><i>Children learn, understand and develop skills focussing on: Teamwork; Exploration; and Navigation.</i></p>	<p>Athletics – 2</p> <p><i>Children learn, understand, build and practice skills for running, jumping, throwing, relays and multi-events. – Include Core Task (Running, Jumping and Throwing)</i></p>

Year 5 & 6 Physical Education National Curriculum



Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performance with previous ones and demonstrate improvement to achieve their personal best

Autumn 1	Autumn 2	Spring 1
<p>Games – 1 (Invasion)</p> <p><i>Key skills to understand, build and practice skills in elements children will use across a range of invasion games including movement and evasion.</i></p>	<p>Dance – Freestyle Urban</p> <p><i>To be able to perform basic movements to music, and to build simple themed dances focusing on Freestyle Urban.</i></p>	<p>Gymnastics – 1</p> <p><i>Further developing the children's travelling, rolling, balancing, jumping, and using equipment skills.</i></p>
<p>Games – 2 (Invasion)</p> <p><i>Key skills children will need to develop across a range of invasion games including movement and evasion</i></p>	<p>Dance - 1</p> <p><i>To be able to perform basic movements to music, and to build a simple themed dance focusing on Hip Hop.</i></p>	<p>Gymnastics – 1</p> <p><i>Further developing the children's travelling, rolling, balancing, jumping, and using equipment skills.</i></p>
Spring 2	Summer 1	Summer 2
<p>Games 1 – (Net & Wall)</p> <p><i>Children understand, build and practice skills they will use in net and wall games with a particular focus on volleyball.</i></p>	<p>Games 1 – (Striking and Fielding)</p> <p><i>Children understand, build and practice skills they will use in striking and fielding games such as Softball, Cricket and Rounders.</i></p>	<p>Athletics – 1</p> <p><i>Children learn, understand, build and practice skills for running, jumping, throwing, relays and multi-events.</i></p>
<p>Games 2 - (Striking and Fielding)</p> <p><i>Children understand, build and practice skills they will use in striking and fielding games such as Softball, Cricket and Rounders</i></p>	<p>OAA – 2</p> <p><i>Children learn, understand and develop skills focussing on: Teamwork; Exploration; and Navigation.</i></p>	<p>Athletics – 2</p> <p><i>Children learn, understand, build and practice skills for running, jumping, throwing, relays and multi-events.</i></p>