



	Autumn	Spring	Summer
<p>KS1 P.E.</p>	<p><u>Fitness (3 sessions)</u> Children will be learning how to do basic fitness exercises and learn how they can work different parts of the body.</p> <p><u>Gymnastics (10 sessions)</u> Children will be learning how to perform basic gymnastic shapes, different types of gymnastic rolls, jumps and balances and to be able to do a gymnastic sequence by the end of the unit on piece of apparatus.</p> <p><u>Team Based Games (2 sessions)</u> Children will be learning how to work as a team in a team-based game-Superhero Ball)</p>	<p><u>Fitness (3 sessions)</u> Children will further develop their knowledge of different fitness exercises and learn how they affect their body in different ways.</p> <p><u>Dance (9 sessions)</u> Children will use a stimulus to learn how to move in time to music, as well learning how to do different dance movements in time to music. By the end of the unit, children will start to be able to perform dance movements at different levels, perform different basic dance movements with control and be able to perform basic dance movements with a partner.</p>	<p><u>Athletics and Sports Day Prep (12 sessions)</u> Children will be learning how to do a basic long jump with control from a standing start, as well as different throwing movements, learning how to throw a beanbag, tennis ball and foam javelin using the correct technique at different targets. Children will look at technique to running fast and learn how to work as a team in different athletics team events. Children take part in different races and be able to stay in their lane whilst taking part.</p>
<p>KS1 Games</p>	<p><u>Invasion Games – Basketball Skills (4 sessions)</u> Children will be learning how to pass the ball using a chest pass and a bounce pass, as well as how dribble the ball in different directions at different speeds. Children will learn how to hold the ball correctly while dribbling,</p> <p><u>Invasion Games – Football Skills (4 sessions)</u> Children will be leaning how to pass and stop the ball using different parts of their feet, as well as using different parts of their feet to dribble a ball and how to shoot at a target using the correct technique.</p> <p><u>Invasion games- Netball Skills (4 sessions)</u> Children will be learning how to throw and catch accurately, using different types of passes, and learn how to throw a ball accurately into different size targets and to a partner</p>	<p><u>Multi Skills (12 sessions)</u> Children will be learning how to develop their agility, balance, and coordination. Children will learn how use their body to balance different objects whilst moving in different directions, as well as learning how to balance on equipment with control. Children will learn how to change direction whilst running as well as learning how to move whilst balancing a bean bag on a racket. Children will begin to learn how to work as team in different agility, balance, and coordination games.</p>	<p><u>Striking and Fielding. (6 sessions)</u> Children will be learning to throw roll and bowl a ball to a partner/target. Children will also learn how to throw a ball overarm using the correct technique and learn how to hold a kwik cricket bat correctly. Children will learn how to hit the ball correctly with the flat side of the bat. Children will learn the rules of basic striking and fielding games.</p> <p><u>Net/Wall Games (6 sessions)</u> Children will be learning how to control a tennis ball with a tennis racket, as well as learning how to hit and stop the ball with a partner along the floor using a tennis racket. Children will then learn how to perform a backhand and forehand in floor tennis. Children will learn fundamental skills such as bouncing and catching the tennis ball and throwing and catching the tennis ball.</p>



	<p><u>Invasion Games – Tag Rugby Skills (3 sessions)</u> Children will be learning how to move with a tag rugby ball in their hands, how to move in different directions with the tag rugby ball, and how to place tag rugby ball on the ground to score. Children will also learn how to pass a rugby ball to a partner using the correct technique.</p>		
	<p>Autumn</p>	<p>Spring</p>	<p>Summer</p>
<p>KS2 P.E.</p>	<p><u>Fitness (2 sessions)</u> LKS2- Children will learn how to do different exercises to help improve their fitness. They will learn how these exercises effect their bodies, and why they are good for their health. UKS2- Children will further develop how to use different exercise to help improve their cardiovascular fitness and strength by doing different cardiovascular and strength exercises. Children will begin to learn the differences between cardiovascular exercises and strength exercises. Children will also learn what muscles these exercises target.</p> <p><u>Badminton (5 sessions)</u> LKS2- Children will be learning how to perform all the basic key shots needed for badminton including serve, overhead clear, forehand, and backhand and drop shot. They will also learn the basic badminton grip needed when holding the racket. By the end of the unit children will be able to use all the shots they have learnt in a game situation.</p> <p>UKS2- Children will continue to develop their knowledge of the key shot types in badminton. They will learn how to use they shots in competitive games, and how these shots can be</p>	<p><u>Fitness (2 sessions)</u> LKS2- Children will continue to learn how to do different exercises to help improve their fitness. They will learn how these exercises effect their bodies, and why they are good for their health. UKS2- Children will continue to expand their knowledge of how to use different exercise to help improve their cardiovascular fitness and strength by doing different cardiovascular and strength exercises. Children will begin to learn the differences between cardiovascular exercises and strength exercises. Children will also learn what muscles these exercises target.</p> <p><u>Gymnastics (6 sessions)</u> LKS2- Children will be learning how to use different shapes to perform a variety of rolls including Teddy Bear rolls, rocket rolls, forwards rolls and dish/flying saucer rolls. Children will learn how to perform a rocket jump with different degrees of turn, as well as learning how to perform matching and mirroring balances. Children will learn how to bunny hop onto different apparatus using the skills they learnt in KS1. By the end of the unit children will be able to perform a sequence on apparatus using a variety of shapes, jumps, rolls, and balances successfully.</p> <p>UKS2- Children will learn how to use more advanced shapes to perform a pike jump and a straddle jump with different degrees of turn. Children will learn how to perform more advanced rolls such as side star roll and t-roll, as well as learning how to do a backwards roll safely. Children will also learn how to use different parts of their</p>	<p><u>Athletics (6 sessions) (Year 5 will do Athletics as their games session for 6 weeks) (Y3, 4 and 6 will do athletics for their games and P.E sessions in summer 1)</u> LKS2- Children will be learning how to improve their running speed using different techniques, they will also learn how to throw a soft Javelin and ball for distance. Children will also learn how to perform a standing triple jump and long jump with a run up. They will learn how to effectively jump over hurdles and how to perform a baton changeover in a team relay.</p> <p>UKS2 Children will be learning how to perform sprint starts to help improve their speed, as well as learning how to perform a long jump and triple jump with control. Children will also learn the technique to throw a javelin/vortex accurately with control for distance, how to pace themselves over long distance running and how to perform an efficient baton changeover as part of a relay team to improve team performance and time</p> <p><u>Rounders (3 sessions)</u> LKS2- Children will be learning how to roll, throw, and field a ball effectively as part of a team, children will also learn how to bowl a ball underarm at different targets as well how to hit a ball with a rounders bat</p>



	<p>used to tactically beat their opponent. Children will also learn how to do a backhand serve and smash shots, as well as learning how to apply these advanced shots in a match scenario.</p> <p><u>Dance (6 sessions)</u> LKS2- Children will be learning to copy and repeat simple dance steps as well as learning how to travel in different ways to music. Children will also be learning how to vary different levels, pathways and space when performing a dance. Children will learn how to collaborate with a partner/group to perform a warmup routine as well as learning how to use a stimulus to perform a dance. By the of the unit children will be able to give feedback to help others improve their performance. UKS2- Children will further their skills at being able to collaborate/ co-operate with a partner to create an aerobic dance warm up. Children will also be learning how to translate an idea from a stimulus into movement, as well being able to copy and repeat more advanced dance steps in time to the music. Children will also learn how to dance in unison and in canon when performing a dance routine. They will also further develop their skills of moving in a variety of ways, using different levels and pathways.</p> <p><u>Team Based Games (1 session)</u> LKS2- Children will be learning how to work as a team in a team-based game- Benchball</p> <p>UKS2- Children will be learning how to work as team to use different tactics to beat an opponent in a team-based game- Benchball.</p>	<p>body to perform point and patch balances, individually, in pairs and as a group. Children will learn how to perform a variety of leaps and a basic vault onto apparatus. Children will also learn how to perform a cartwheel using apparatus, as well as learning how to perform a hurdle step. By the end of the unit children will be able to link rolls, leaps and point and patch balances together to create a gymnastic sequence successfully with a partner.</p> <p><u>Tennis (4 sessions)</u> LKS2- Children will be learning how to use different footwork in tennis, how to control a ball with a racket when moving, how to hit a forehand and backhand and serve. Children will begin to learn how to apply these shots in a game of mini tennis against a partner. UKS2- Children will learn how to use their knowledge of footwork in tennis to hit a variety of shots accurately and with control. Children will learn how to hit a forehand and backhand with accuracy and control in match scenario. Children will learn how to volley the ball with control, as well learning how to serve accurately at a target. By the end of the unit, children will be able to apply these shots successfully in a game of mini tennis against a partner.</p>	<p>using a safe technique. Children will learn the rules to <i>stop rounders</i>. UKS2- Children will learn how to apply the skills they learnt in LKS2 and use them in a rounder match. Children will look at how to use different fielding tactics to limit the amount of runs a team can get. Children will learn how to bat tactically, looking for the gaps where there are less fielders. Children will learn how to score a game of rounders.</p> <p>Year 5 ONLY SWIMMING (10 WEEKS)- Children will be learning how to swim confidently, learning how to perform a variety of strokes. Children will be aiming to perform a variety of strokes for 25m. Children will also be learning about water safety, and how to rescue someone in a dangerous situation in the water.</p> <p><u>OAA (3 sessions)</u> LKS2- Children will learn how work as a team to improve teamwork, as well as quick thinking and creative skills. UKS2- Children will continue to learn different skills to work as a team to improve teamwork, as well as further developing quick thinking and creative skills to help win team games and challenges. Children will learn how to use team tactics to win team games and challenges.</p>
<p>KS2 Games</p>	<p><u>Invasion Games</u> <u>Football (6 sessions)</u></p>	<p><u>Invasion Games</u> <u>Basketball (6 sessions)- (Year 4 will do this in Autumn Term)</u> LKS2- Children will learn how dribble the ball effectively in different directions, as well as performing a chest pass, bounce pass and</p>	<p><u>Athletics (6 sessions) (Year 5 will do Athletics as their games session for 6 weeks) (Y3, 4 and 6 will do athletics for their games and P.E sessions in summer 1)</u></p>



<p>LKS2-Children will be learning how to control, dribble, and turn with the ball in different directions using their feet. Children will learn how to pass the ball accurately over short and long distances using both feet, as well as learning how to defend in a 1v1 scenario. Children will learn how to shoot accurately at varying targets using the correct technique as well as working as a team in different match scenarios.</p> <p>UKS2- Children will be learning how to effectively control the ball with different parts of their feet when moving, under pressure in competitive scenarios, children will learn how to pass the ball with accuracy and control to a teammate over longer distances. Children will learn how to work with a teammate to defend in a 2v2 scenario. By the end of the unit, the children will be able to apply the skills learnt to work tactically as a team in small sided game.</p> <p>Netball (6 sessions) (Y4 will do this in Spring term with St Paul's Netball Coach)</p> <p>LKS2- Children will learn how to pass the ball using chest, bounce and shoulder passes with accuracy and control to a teammate. As well as this children will look at how they can land effectively with the ball in netball and learn the rules regarding footwork. Children will also learn how to defend as a team, as well as learning how to shoot using the correct technique.</p> <p>UKS2- Children will learn how to use a chest pass, bounce pass and shoulder pass with accuracy control and precision in competitive scenario. Children will further enhance their ability to pivot effectively and efficiently with the ball. Children will learn the rules of high 5's Netball and how to defend an opponent effectively. Children will also use the correct shooting technique to be able to</p>	<p>overhead pass with accuracy and control. Children will learn how to shoot a basketball effectively, as well as learning how to pivot on the spot with a basketball to assist movement in a game. Children will learn the rules of travelling and double dribble.</p> <p>UKS2- Children will use the skills learnt in LKS2 and apply them in competitive scenarios. Children will learn how they can create space when a player in their team has the ball by moving into different spaces. Children will apply their knowledge of a variety of passes, and how to use them effectively and efficiently in small, sided game. Children will be able to use the correct shooting technique, to shoot under pressure with accuracy and control in a small, sided game.</p> <p>Hockey (6 sessions)</p> <p>LKS2- Children will learn how to dribble and pass the ball with accuracy and control in different directions. Children will also learn how to shoot from different angles and learn how to defend safely.</p> <p>UKS2- Children will learn how to dribble the ball in different directions, while under pressure in a match scenario. Children will further develop their passing skills by learning how to pass and move at the same time and apply this in a small, sided game. The children will also learn how to tackle an opponent safely and effectively to secure possession. Children will apply their knowledge of shooting from different angles in the game situation, as well as working as team in different match scenarios.</p>	<p>LKS2- Children will be learning how to improve their running speed using different techniques, they will also learn how to throw a soft Javelin and ball for distance. Children will also learn how to perform a standing triple jump and long jump with a run up. They will learn how to effectively jump over hurdles and how to perform a baton changeover in a team relay.</p> <p>UKS2 Children will be learning how to perform sprint starts to help improve their speed, as well as learning how to perform a long jump and triple jump with control. Children will also learn the technique to throw a javelin/vortex accurately with control for distance, how to pace themselves over long distance running and how to perform an efficient baton changeover as part of a relay team to improve team performance and time</p> <p>Cricket (6 sessions)</p> <p>LKS2- Children will learn how to bowl a ball underarm against a batter. Children will also learn how to stop a ball using the long barrier technique and be able to hit a ball with control using a cricket bat. Children will also learn how to work as a team in batting and fielding games.</p> <p>Upper KS2- children will learn how to work effectively as a team in Kwik cricket. Children will learn the rules of Pairs Cricket. They will learn how to bowl a ball overarm against a batter with accuracy and control. As well as this, children will learn how hit the ball at different target using the correct technique with accuracy and control. Children will be able to use the long barrier fielding technique effectively in a game.</p>
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<p>shoot with accuracy and control in a competitive scenario.</p> <p>Team Based Games (2 sessions)</p> <p>LKS2- Children will be learning how to work as a team in a team-based game- Handball</p> <p>UKS2- Children will be learning how to work as a team to use different tactics to beat an opponent in a team-based game- Handball</p>		
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