



## Physical Education (PE) Indoor and Outdoor PE

	Year 3	Year 4	Year 5	Year 6
AUTUMN	<p><b>Gymnastics</b> Improving the quality of gymnastic movements - 'extension' and 'body tension.' Develop basic skills of rolling, jumping and balancing and use them individually and in combination.</p> <p><b>Tag-rugby</b> Learn to keep possession of the ball using attacking skills. Play uneven and then even sided games, developing strategies and social skills to self-manage games.</p> <p><b>Dance</b> Create dances in relation to an idea including historical and scientific stimuli. Work individually, with a partner and in small groups, sharing their ideas, developing use of counting and rhythm. Use canon, unison, formation and levels in their dances.</p> <p><b>Basketball</b> Develop key skills and principles such as defending, attacking, throwing, catching and dribbling. Use attacking skills to maintain possession of the ball.</p>	<p><b>Gymnastics</b> Create more complex sequences. Learn a wider range of travelling actions and include the use of pathways. Develop more advanced actions such as inverted movements and explore ways to include apparatus.</p> <p><b>Football</b> Defending, attacking, sending, receiving and dribbling a ball. Work one on one and cooperatively within a team, showing respect for their teammates, opposition and referee.</p> <p><b>Dance</b> Create characters and narrative through movement and gesture. Gain inspiration from a range of stimuli. Use movement to explore and communicate ideas and issues, and their own feelings and thoughts.</p> <p><b>Netball</b> Defending, attacking, throwing, catching and shooting. Use a range of different passes in different situations to keep possession and attack towards goal. Learn defending and attacking play</p>	<p><b>Tag-rugby</b> Develop key skills and principles: defending, attacking, throwing, catching, running and dodging. When attacking, support the ball carrier using width and drawing defence. When defending, tag, track and slow down an opponent, working as a defensive unit.</p> <p><b>Golf</b> Develop skills and apply them to striking, chipping, putting and playing a short and long game. Be creative in designing own course.</p> <p><b>Rhythmic gymnastics</b> Create longer sequences individually, with a partner and a small group. Learn a wider range of actions such as inverted movements and explore partner relationships such as canon and synchronisation and matching and mirroring.</p> <p><b>Basketball</b> Develop key skills and principles such as defending, attacking, throwing, catching, dribbling and shooting. Use</p>	<p><b>Netball</b> Defending and attacking play during even-sided 5-a-side netball. Use a range of for possession and attack towards a goal. Show control and fluency when passing, receiving and shooting the ball. Key rules of the game: footwork, held ball, contact and obstruction.</p> <p><b>Gymnastics</b> Use knowledge of compositional principles e.g. how to use variations in level, direction and pathway, how to combine and link actions, how to relate to a partner and apparatus, when developing sequences. Work in larger groups.</p>

		and learn key rules of the game such as footwork, held ball, contact and obstruction.	attacking skills to maintain possession as well as defending skills to gain possession.	
<b>SPRING</b>	<p><b>Swimming – One term during Y3</b> <b>Swim 25m</b></p> <p>Pupils will be introduced to specific swimming strokes on their front and on their back.</p> <p>They will learn how to travel, float and submerge with increasing confidence. They will learn and use different kicking and arm actions.</p> <p>Pupils will be given opportunities to observe others and provide feedback. They will also be introduced to some personal survival skills and how to stay safe around water.</p>	<p><b>Swimming- One term during Y4</b> <b>Swim 25m</b></p> <p>Pupils focus on swimming more fluently and with increased confidence and control.</p> <p>Pupils work to improve their swimming strokes, learn personal survival techniques and how to stay safe around water.</p>	<p><b>Tennis</b></p> <p>Develop competencies in racket skills when playing Tennis. Learn specific skills such as a forehand, backhand, volley and underarm serve.</p> <p><b>Dance</b></p> <p>Learn different styles of dance, working individually, as a pair and in small groups. Develop an awareness of the historical and cultural origins of different dances</p> <p><b>Volleyball</b></p> <p>Develop the skills needed to play continuous rallies in volleyball. Learn about the ready position, ball control, sending a ball over a net and how to use these skills to make the game difficult for their opponent.</p> <p><b>Hockey</b></p> <p>Improve defending and attacking skills. Show control and fluency in dribbling, sending and receiving a ball in a small game situation and under some pressure. Use tactics and collaborate with others to outwit the opposition.</p>	<p><b>Dance</b></p> <p>Develop an idea or theme into dance choreography. Work in pairs and groups using different choreographing tools to create dances e.g. formations, timing, dynamics</p> <p><b>Football</b></p> <p>Improve defending and attacking play, developing further knowledge of the principles and tactics of each. Develop consistency and control in dribbling, passing and receiving a ball. Learn the basics of goalkeeping.</p>

**SUMMER**

**Tennis**

Develop the key skills use simple attacking tactics using sending, receiving and dribbling a ball. Think about defending and winning the ball.

**Athletics**

Sprinting, Jumping for Distance, required for tennis such as the ready position, racket control and hitting a ball.

**Hockey**

Keep possession of the ball, Push and Pull throwing for distance

**OAA**

Develop problem solving skills. Plan, solve, reflect and improve on strategies. Learn to orientate a map, identify key symbols and follow routes.

**Tennis**

Develop the key skills required for tennis such as the ready position, racket control and forehand and backhand ground strokes.

**Golf**

Develop skills and apply them to striking, chipping, putting, and playing a short and long game

**Athletics**

Pacing, sprinting techniques, jumping for distance, throwing for distance

**Cricket**

Strike the ball into space to score runs. When fielding, learn how to keep the batters' scores low. Learn tactics such as striking a ball and trying to avoid fielders, so that they can run between wickets to score runs.

**OAA – Aztec Adventures**

**Land Activities**

Individual, paired and team challenges.

**Football**

Improve defending and attacking play, developing further knowledge of the principles and tactics of each. Develop consistency and control in dribbling, passing and receiving a ball. Learn the basics of goalkeeping.

**Rounders**

Learn how to score points by striking a ball into space and running around cones or bases. Understand when to use throwing underarm and overarm, catching and retrieving a ball. Learn how to play the different roles of bowler, backstop, fielder and batter.

**Athletics**

Running over longer distances, sprinting, relay, triple jump, shot put and javelin

**Cricket**

Develop the range and quality of striking and fielding skills and their understanding of cricket. Learn how to play the different roles of bowler, wicket keeper, fielder and batter

**OAA- Aztec Adventures**

**Water Activities**

Individual, paired and team challenges.

**Badminton**

Develop the skills needed to play continuous rallies in badminton. Learn about the ready position, racket control, serving and hitting over a net.

**Athletics**

Long distance running, sprinting, triple jump, discus and shot put