



## Holy Family RC Primary School: Physical Education

“Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God?”

Corinthians 6:19

	Autumn 1 (7 weeks)	Autumn 2 (7.5 weeks)	Spring 1 (6 weeks)	Spring 2 (5 weeks)	Summer 1 (7 weeks)	Summer 2 (6 weeks)
<b>Nursery</b>	Fine Motor Skills	Stability 1 (Static Balances)	<b>Dance</b> – perform basic sequence led by teacher	<b>Yoga</b> – hold simple poses for short time, thinking imaginatively.  Butterfly and tree pose	<b>Striking and fielding</b> – target games. Throwing underarm, rolling and kicking accurately.	Athletics and fitness Locomotion 1. Walking forwards and backwards and responding to stop instructions. Find space, move freely in a range of ways. Hop on either leg, begin to gallop.
<b>Reception</b>	Fundamental Movement Skills 1 Fundamental Movement Skills 2	Stability 2 (Static and Dynamic)	Dance – Remember and perform sequence led by teacher	Yoga - hold simple poses for short time, thinking imaginatively. Begin to understand use of breathing in yoga.  Arctic creatures, Butterfly and tree pose	<b>Striking and fielding</b> skills 1 Using both hands while fielding. Bowl overarm, picking up with one hand, creating a barrier with two hands, feet or body to stop a ball.	Athletics and fitness. Locomotion 2. Jump for distance in a variety of ways. Skip on a rope. Negotiate strong foot to move from.
<b>Y1</b>	Invasion Games Skills 1&2	Gymnastics Roll - log Travel – basic actions with safety Leaps and Jumps – stretch jump Balances – basic shapes Sequencing – 3-5 actions on floor	Dance – Remember and perform simple sequence of movement.	Yoga – Poses involving bend, stretch and reach. Display self confidence and lack of inhibition in work. Begin to understand 3-part breathing.  Jungle creatures, Mother Earth	<b>Striking and fielding</b> skills 2 Using both hands while fielding. Picking up with one hand and return underarm, catch a ball after a bounce, strike a ball from a short delivery, running to wickets after hitting.  <b>Kwick Cricket</b> with tennis racquets	Athletics and fitness. Running at an appropriate pace for a period of time. Coordinate a run with a jump to begin hurdling. Understand use of body parts in sprinting.
<b>Y2</b>	Invasion Skills Recap  <b>Football</b>	Gymnastics Roll – log and egg Travel – quality actions with safety Leaps and Jumps – shape on the floor Balances – small body and stork stand Sequencing – 3-5 on a bench	Dance – Perform sequence and give feedback to partner.  Start to use technical language in own work.	Yoga – Control poses involving bend, stretch and reach. Develop self -confidence. Use 3-part breathing, focusing quietly on pose in the moment.  Jungle creatures, Mother Earth	<b>Net and Wall Skills 1 &amp; 2</b> Send a ball with accuracy, volley a ball with accuracy, strike a ball with open palm, move into the line of the ball and into a T-position.  Return the ball after one bounce to a partner. Begin to	Athletics and fitness. Develop technique of starting races. Running at an appropriate pace for a sustained period of time. Build on hurdling skills. Understand use of body parts in sprinting. Develop coordination, agility and stamina.

					rally with some success. Strike a backhand with own feed. Develop grip and stance.	
<b>Y3</b>	Invasion Games Skills 3  <b>Netball</b>	<b>Gymnastics</b> Roll - side Travel – Creativity with a partner Leaps and Jumps – half term on floor and bench Balances – small and large body parts Sequencing – short sequences with small apparatus	<b>Dance</b> – recognize timing, execution and performance.  Comment constructively on the work of others to improve finished performance piece.  Begin to use technical language in peer evaluation.	<b>OAA</b> – Work as a team, improve resilience. Negotiate and plan, solving problems.	Striking and fielding – <b>Short tennis.</b>	<b>Athletics and fitness</b> Competitive situations. Develop technique at the start of races. Jump consistently from same foot. Develop understanding of long jump and triple jump.  Run a relay effectively as a part of team.
<b>Y4</b>	Invasion Games Skills 4  <b>Hockey</b>	<b>Gymnastics</b> Roll - forward Travel – Formations as groups, variety of pathways Leaps and Jumps – springboards and jumping from apparatus to a stand Balances – weight and counter tension Sequencing – travelling with jump, roll and balance.	<b>Dance</b> – improve knowledge of timing, execution and performance based on feedback.  Evaluate the works of others using simple technical language	<b>Tri-golf</b> – appropriate grip, appropriate stance, striking and developing accuracy. Putting and chipping over short distance.	Striking and fielding – <b>Rounders.</b>	<b>Athletics and fitness</b> Competitive situations. Develop technique at the start of races. Jump consistently from same foot. Develop throwing skills. Develop understanding of long jump and triple jump.  Run a relay effectively as a part of team. Improve on personal best times in events.
<b>Y5</b>	<b>Basketball Skills</b>  <b>Handball</b>	<b>Gymnastics</b> Roll – backwards Travel – using apparatus. Leaps and Jumps – vaulting and cartwheel Balances – group balances with 4 partners Sequencing – actions with hand apparatus	<b>Dance</b> – To perform, review and improve a finished themed performance piece.  Evaluate the works of others using technical language, setting targets for improvement.	<b>Team building</b> and problem solving. Develop trust in team members, build resilience and improve communication, both verbal and non-verbal.	Striking and fielding – <b>Danish long ball.</b> Throw with accuracy at a still target, work with and against others cooperatively. Track an opponent’s run. Make good decisions under pressure and disguise own throws.	<b>Health related fitness.</b> Sustain pace and motivate self in a range of exercises. Prepare properly for exercise. Show desire to improve previous performances. Communicate and negotiate with others as a group. The physical and mental benefits of regular exercises. Why flexibility is important.  (Wider club opportunities. Martial Arts etc)
<b>Y6</b>	<b>Rugby Skills</b>	<b>Gymnastics</b> Roll – applying rolls. Travel – Applying skills in pathways. Leaps and Jumps – Vaulting and safe landing Balances – large group balance with 8	<b>Dance</b> – Perform a chosen piece, executing performance skills well.  Evaluate the works of other using technical language. Regularly reflecting on own work.	<b>Sports leadership</b> – suggests ways to manage sporting behaviour, work with others, planning games and warm-ups. Begin to use tactics with others. Understand the rules of games such as badminton.	Striking and fielding – <b>Badminton.</b> Understand start position. Serve long and short with forehand or backhand. Develop drop shots. Demonstrate tactical knowledge. Perform in intra-	<b>Health related fitness.</b> Work as part of a group to set up a circuit of exercises. Enjoy competing and challenge self to improve across a range of areas. Understand what factors have contributed to improved

		Sequencing – balances on apparatus and wall frame		(Playmaker Opportunity)	school tournament. Develop skills as an umpire.	performance; warm up, cool down, diet. (Opportunities for health champions.)
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