

## Haydn PE Progression Map

PE at Haydn is delivered through a number of methods. A combination of Teachers, External Providers and a Sports Coaching Company provide our children with a high-quality physical education curriculum that inspires all pupils to aspire, succeed and excel with their own personal development.

### EARLY LEARNING GOALS

Pupils should be taught to:

- Negotiate space and obstacles safely, with consideration for themselves and others.
- Demonstrate strength, balance and coordination when playing.
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

At Haydn we use Development Matters, Birth to Five Matters and the Early Learning Goals as guidance to support the carefully planned curriculum we have designed and created especially for the children in our school community. These documents provide an overview of how children learn and develop and they guide our team to make informed decisions based on what each individual child needs to learn and be able to do next.

Physical Development (Summary of Statutory Educational Programme)

Physical activity is vital in children's all-round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child's strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults.

**Continuous Provision.**

In continuous provision, children will: explore different ways to move and balance using the trim trail in the outdoor learning environment and a wide range of physical equipment such as balls, bats, balance boards, hoops and skipping ropes. They will be encouraged to create their own games using this equipment and understand what keeps them healthy.

**EYFS**

Real Foundations	Real Foundations	Real Foundations	Real Foundations	Real Foundations	Athletics (In preparation for Sports Day)
<p>Theme: Pirate Skill: Static balance; one leg</p> <p>*Stand on both legs and change height, for example bend your knees, balance on your tiptoes. *On both legs and then on 1 leg, lean forwards and backwards and from side to side to see when you start to lose balance. *Stand on 1 leg and count to 5, then change to the other leg. *Stand on 1 leg and change height *Stand on 1 leg and change your shape.</p>	<p>Theme: Tightrope Skill: Static balance; stance</p> <p>*Stand on the balls of feet and try not to put heels down. *Staying on the balls of feet, shake hands high/low/quick/slow. • Lift right/left foot off the ground and place it down. *Bend knees/stretch up high. *Mirror the movements of a partner who also stands on the balls of their feet. *Catch and throw a ball while on the balls of feet. *Ask a partner to pass a hoop over your body without touching you</p>	<p>Theme: Space Skill: Dynamic balance to agility; jumping and landing</p> <p>*Swing arms and bend your knees on the spot. • Hold onto something and jump. *Jump up, first bending knees to take off and then bending knees to land. *Jump up and down on the spot in time with a beat. *Jump forwards and then backwards. *Jump from side to side. *Jump up and land first using 1 foot and then 2 feet. *Jump in time with a partner. * Jump off a low platform.</p>	<p>Theme: Juggler Skill: Coordination ; sending and receiving</p> <p>*roll a large ball and collect the rebound with 2 hands *Roll a small ball and collect the rebound with 2 hands *Roll and ball and collect the rebound with 1 hand *Roll, strike, kick a ball through a gate. *Send the ball to a partner and collect their return pass. *How many balloons can you keep in the air for 10 seconds *How many balloons can you keep in the air for 10 seconds</p>	<p>Theme: Fairytale Skill: Agility; reaction, response</p> <p>*Run forward quickly on a signal, exploring different start positions. *Run forward quickly on a signal and stop quickly on a second signal, exploring different ways to slow down and stop. *Bounce and catch a big ball on the spot. Then do the same with a small ball. *Do the same but see how many times you can clap before catching the ball. *Throw a ball up high in front of you, let it bounce and move to catch it. *Throw the ball further away to make</p>	<p>Run at different speeds. To run/race in a straight line for racing on a track.</p> <p>To take part in a variety of races using skills taught through the year (obstacle races e.g. going through a hoop)</p> <p>To run past the finish line. To participate in a Sports Day.</p>

Experiences :	<ul style="list-style-type: none"> <li>- Sports Day</li> <li>- Inspirational Visitor e.g. Tennis Trophy Tour or Olympic Athlete</li> <li>- Walk to School Week</li> </ul>
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**KS1 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

Year 1					
Autumn 1		Autumn 2		Spring 1	
Real PE	Throw, catch, Track and Move Premier Sports Coaching	Real PE	Football Premier Sports Coaching	Real PE	Indoor Games & Team Skills Premier Sports Coaching
Real PE Unit 1 Personal  Week 1-2: Birthday Bike Surprise FMS: Coordination – footwork Side-stepping, hopscotch, galloping, skipping	Throw underarm and overarm. Catch and bounce a ball.  Use rolling skills in a game. Practise accurate throwing and consistent catching.  Travel with a ball in different ways.	Unit 3 Cognitive  Week 1-2 (Tilly the Train’s Big Day) FMS – Dynamic Balance: walking forwards and backwards on a line with minimum wobble.	Travel with a ball in different ways.  Travel with a ball in different directions (side to side, forward and backwards with control and fluency) Pass the ball to another player in a game.	Unit 4 Creative  Week 1-2 (Wendy’s Water-Ski Challenge) FMS – Counter Balance: Partner balances leaning together and apart	Using hitting skills in a game.  Practise basic striking, sending and receiving. Throw underarm and overarm. Catch and bounce a ball using both dominant and non-dominant hands.

<p>Week 3-4: Pirate Pranks FMS: Static Balance One leg balance, one leg balance with squats</p> <p>Real PE Unit 2 Social</p> <p>Week 5/6: Blue Planet FMS: Dynamic Balance/Agility Jumping on 2 feet in various directions, jumping with quarter turns, jumping from 2 feet to 1 foot.</p>	<p>Travel with a ball in different directions (side to side, forward and backwards with control and fluency) Pass the ball to another player in a game.</p> <p>Use different ways of travelling in different directions or pathways.</p> <p>Run at different speeds. Begin to use space in a game.</p> <p>Begin to use the terms attacking and defending.</p>	<p>Week 3-4 (Thembi Walks the Tightrope) FMS – Stance: Maintain a steady stance on a line for 10 seconds/maintain stance on a low bench</p> <p>Real PE Unit 4 Creative Week 5-6 (Clowning Around) FMS – Coordination (Ball Skills) Ball rolling, up/down/around body</p>	<p>Use kicking skills in a game.</p> <p>Use different ways of travelling in different directions or pathways. Run at different speeds. Begin to use space in a game.</p> <p>Begin to use the terms attacking and defending.</p> <p>Use simple defensive skills such as marking a player or defending a space.</p> <p>Use simple attacking skills such as dodging to get past a defender.</p> <p>Follow simple rules to play games, including team games.</p> <p>Use simple attacking skills such as dodging to get past a defender.</p> <p>Use simple defensive skills such as marking a player or defending a space.</p>	<p>Unit 5 Physical Week 3/4 (J&amp;J Learn to Juggle) FMS – Coordination (Sending and Receiving) Rolling balls of various sizes and collecting the rebound.</p> <p>Week 5/6 (Ringo to the Rescue) FMS –Agility (Reaction and Response): React and catch a large ball after 2/1 bounces</p>	<p>Use rolling skills in a game.</p> <p>Practise accurate throwing and consistent catching. Use different ways of travelling in different directions or pathways.</p> <p>Run at different speeds</p> <p>Begin to use the terms attacking and defending.</p> <p>Use simple attacking skills such as dodging to get past a defender.</p> <p>To work cooperatively with a partner and a small team.</p> <p>Follow simple rules to play games, including team games e.g. team races moving ball overhead until last person who runs to the front.</p> <p>Engage in competitive activities and team games.</p>
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			Engage in competitive activities and team games.		
<b>Spring 2</b>		<b>Summer 1</b>		<b>Summer 2</b>	
<b>Handball Premier Sports Coaching</b>	<b>Dance Studio 3</b>	<b>Hockey Premier Sports Coaching</b>	<b>Real PE</b>	<b>Athletics Premier Sports Coaching</b>	<b>Gymnastics Robin Hood</b>
<p>To move into a space with the ball</p> <p>To bounce, roll and carry a ball</p> <p>To throw and catch a ball with others</p> <p>To shoot accurately at a target</p> <p>To move towards a goal to defend it</p> <p>To compete and try to score</p>	<p>Copy and repeat simple dance actions e.g. point toes, tap feet, wave hands, bending, stretching</p> <p>Put a sequence of actions together to create a motif (movement phrase) lead by an adult lead.</p> <p>Vary the speed of their actions. Introduce simple choreographic devices: Unison – in time for simple actions as a small group.</p> <p>Canon – performing a simple action one after another in small groups</p> <p>Mirroring – simple actions with a partner.</p> <p>Travel in different ways, changing direction and speed. Jogging, crawling, skipping, hopping,</p>	<p>Using hitting skills in a game.</p> <p>Practise basic striking, sending and receiving.</p> <p>Travel with a ball in different ways.</p> <p>Travel with a ball in different directions (side to side, forward and backwards with control and fluency)</p> <p>Pass the ball to another player in a game.</p> <p>Run at different speeds.</p> <p>Begin to use space in a game.</p> <p>Begin to use the terms attacking and defending.</p>	<p>Unit 6 Health &amp; Fitness</p> <p>Week 1-3 FMS: Agility-Ball Chasing – from seated or lying position, chase balls thrown by self and partner.</p> <p>Week 3-6 FMS: Static Balance – floor work – Hold front and back support, place and take off cones on/off</p>	<p>Use different ways of travelling in different directions or pathways.</p> <p>Run at different speeds. Begin to use space in a game.</p> <p>Engage in competitive activities and team games.</p> <p>Follow simple rules to play games, including team games.</p> <p>Watch and describe performances.</p> <p>Begin to say how they could improve.</p>	<p>Recognise and copy contrasting actions (small/tall, narrow/wide)</p> <p>Travel in different ways, changing direction and speed e.g. hopping - Hold still shapes and simple balances.</p> <p>Begin to move with control and care.</p> <p>To understand and practice the correct landing technique and land from a simple jump.</p> <p>To perform simple rolls.</p> <p>Carry out simple stretches</p> <p>Experience large apparatus with a focus on balance and challenge by choice.</p>

	<p>shuffling, sidestepping, tip-toe walking, chase</p> <p>Begin to move with control and care. Move in opposing ways e.g. soft then sharp.</p>	<p>Use simple defensive skills such as marking a player or defending a space.</p> <p>Use simple attacking skills such as dodging to get past a defender.</p> <p>Follow simple rules to play games, including team games.</p> <p>Use simple attacking skills such as dodging to get past a defender.</p> <p>Use simple defensive skills such as marking a player or defending a space.</p> <p>Engage in competitive activities and team games.</p>			
<p>Experiences :</p>	<ul style="list-style-type: none"> <li>- Haydn Mile</li> <li>- Sports Day</li> <li>- Inspirational Visitor e.g. Tennis Trophy Tour or Olympic Athlete</li> <li>- Walk to School Week</li> </ul>				

Year 2					
Autumn 1		Autumn 2		Spring 1	
Dance Studio 3	Cricket Nottingham Cricket Club	Real PE	THROW, CATCH, TRACK & MOVE	Real PE	Gymnastics Robin Hood
<p>Copy, remember and repeat simple dance actions e.g. point toes, tap feet, wave hands, bending, stretching, turning</p> <p>Put a sequence of actions together to create a motif (movement phrase) lead by an adult lead. Vary the speed of their actions.</p> <p>Develop simple choreographic devices: Unison – in time for simple actions as a group and as a class.</p> <p>Canon – performing a simple action one after another in groups and as a class.</p> <p>Mirroring – actions with a partner with accuracy.</p> <p>Travel in different ways, changing direction, level and speed.</p>	<p>Strike or hit a ball with increasing control.</p> <p>How to hold a racquet/Ball Learn skills for playing striking and fielding games</p> <p>. Position the body to strike a ball.</p> <p>Balance a ball/Bean bag on the Racquet</p> <p>Throw, catch and bounce a ball with a partner.</p> <p>Use throwing and catching skills in a game.</p> <p>Take turns passing the ball from one to another</p> <p>Use hand-eye coordination to control a ball.</p> <p>Understand the importance of rules in games.</p>	<p>Unit 1 Personal (Week 1-3) FMS: Coordination Hopscotching forwards and backwards, moving with zigzag pattern.</p> <p>FMS: Static Balance Balancing on either leg for 30 seconds, maintaining balance with eyes closed.</p> <p>Unit 2 Social (Week 4-6) FMS: Dynamic Balance/Agility Jumping from 2 feet to 1 foot and holding the balance, jumping with a half turn</p> <p>FMS: Seated balances: sit in seated position with no hands/feet touching the floor</p>	<p>Throw different types of equipment in different ways, for accuracy and distance.</p> <p>Throw, catch and bounce a ball with a partner.</p> <p>Use throwing and catching skills in a game.</p> <p>Throw a ball for distance. Use hand-eye coordination to control a ball. Vary types of throw used.</p> <p>Know how to pass the ball in different ways.</p> <p>Use different ways of travelling at different speeds and following different pathways, directions or courses.</p> <p>Begin to use and choose the best space in a game.</p>	<p>Unit 3 Cognitive (Week 1-2) FMS: Dynamic Balance – walking backwards and forwards on a line, lifting knees up 90 ° and heels to bottom</p> <p>(Week 3-4) FMS: Static Balance – maintain balance on narrow beams/benches, maintain balance when force applied</p> <p>Real PE Unit 4 Creative Week 5-6 FMS: Coordination – sitting and standing, roll up up/down/around legs and body with 1 hand</p>	<p>Hold a still shape whilst balancing on different points of the body for example: bottom balance and one foot stand with foot in front, to the side and behind.</p> <p>Jump in a variety of ways and land with increasing control and balance: Stretch, Star, Tuck, Half turn.</p> <p>Move with increasing control and care.</p> <p>Climb onto and jump off the equipment safely.</p> <p>Land in the ‘motorbike’ position without wobbling.</p> <p>Link three movements tog</p>

<p>Jogging, crawling, skipping, hopping, shuffling, sidestepping, tip-toe walking, chase, hand and feet walking, rolling</p> <p>Move with control and care.</p>			<p>Begin to use and understand the terms defending and attacking.</p> <p>Use at least one technique to attack or defend to play a game successfully.</p> <p>Understand the importance of rules in games.</p> <p>Use at least one technique to attack or defend</p>		
<b>Spring 2</b>		<b>Summer 1`</b>		<b>Summer 2</b>	
<b>Real PE</b>	<b>Outdoor Games</b>	<b>Athletics</b>	<b>Swimming Solar School Swimming</b>	<b>Real PE</b>	<b>Tennis</b>
<p>Real PE Unit 4 Creative (Week 1-2) FMS: Counter Balance – Standing, holding onto partner, leaning back and forward keeping counter balance</p> <p>Real PE Unit 5 Physical (Week 3-4) FMS – Coordination: Sending and Receiving – throwing and catching after 1 bounce, with one hand,</p>	<p>Strike or hit a ball with increasing control.</p> <p>Learn skills for playing striking and fielding games.</p> <p>Position the body to strike a ball.</p> <p>Throw different types of equipment in different ways, for accuracy and distance.</p>	<p>Use different ways of travelling at different speeds and following different pathways, directions or courses.</p> <p>Change speed and jump over a hurdle</p> <p>Throw different types of equipment in different ways, for accuracy and distance.</p>	<p>Enter and exit the water safely.</p> <p>Put face under the water and blow bubbles. Explore how to move in and under the water.</p> <p>Understand that water can be dangerous and repeat what to do when in difficulty.</p>	<p>Real PE Unit 6 Health &amp; Fitness Week 1-3 FMS: Agility- Ball Chasing – from seated or lying position, chase balls thrown by self and partner.</p> <p>Week 3-6 Health and Fitness FMS: Static Balance – floor work – Hold front and back support, place and take off cones on/off</p>	<p>Strike or hit a ball with increasing control. How to hold a racquet/Ball</p> <p>Learn skills for playing striking and fielding games.</p> <p>Position the body to strike a ball.</p> <p>Balance a ball/Bean bag on the Racquet</p> <p>Throw, catch and bounce a ball with a partner.</p> <p>Use throwing and catching skills in a game.</p>



<p>with alternate hands/striking a ball across the ground in a rally</p> <p>Physical (Week 5-6) FMS – Agility: Reaction and Response from various distances, react and catch a tennis ball dropped from shoulder height</p>	<p>Throw, catch and bounce a ball with a partner.</p> <p>Use throwing and catching skills in a game.</p> <p>Use hand-eye coordination to control a ball using both dominant and non-dominant hand.</p> <p>Vary types of throw used.</p> <p>Use different ways of travelling at different speeds and following different pathways, directions or courses.</p> <p>Work cooperatively within a team.</p> <p>Experience leading a team.</p>	<p>Understand fitness and work on stamina</p> <p>Certain ways of Jumping : Sports hall athletics format, speed bounce, standing long jump.</p> <p>Understand working individually and as a team</p>		<p>tummy and back whilst maintaining balance</p>	<p>Take turns passing the ball from one to another</p> <p>Use hand-eye coordination to control a ball.</p> <p>Understand the importance of rules in games.</p>
<p>Experiences :</p>	<ul style="list-style-type: none"> <li>- Haydn Mile</li> <li>- Sports Day</li> <li>- Going for Gold Fun Run</li> <li>- Inspirational Visitor e.g. Tennis Trophy Tour or Olympic Athlete</li> <li>- Walk to School Week</li> </ul>				

KS2 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 performances with previous ones and demonstrate improvement to achieve their personal best.

SWIMMING

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations.

Year 3

Autumn 1		Autumn 2		Spring 1	
Football Premier Sports Coaching	Real PE	Dance Studio 3	Ball Skills Premier Sports Coaching	Real PE	Dodgeball Premier Sports Coaching
<p>Move with the ball in a variety of ways</p> <p>Pass the ball with the inside of foot.</p> <p>Know how to keep and win back possession of the ball in a team game.</p> <p>Find a useful space and get into it to support teammates.</p>	<p>Unit 1 : Personal</p> <p>Week 1-2: FMS: Coordination – footwork Follow the leader and hopping on each leg</p> <p>Week 3-4: FMS: Static Balance Real PE One leg balances and mirror challenged with a partner</p>	<p>Copy, remember and repeat dance actions e.g. turning, chase, leap</p> <p>Put a sequence of actions together to create a motif (movement phrase) including choreographic devices such as unison, canon and mirroring.</p>	<p>Throw and catch with greater control and accuracy.</p> <p>Practise the correct technique for catching a ball and use it in a game.</p> <p>Perform a range of catching and gathering skills with control. Catch with increasing control and accuracy.</p>	<p>Unit 3 Cognitive (Week 1-3) FMS: Dynamic Balance Movement with single legs on a line and movements raised on a bench.</p> <p>(Week 4-6) FMS: Coordination with ball skills</p>	<p>Throw and catch with greater control and accuracy.</p> <p>Practise the correct technique for catching a ball and use it in a game.</p> <p>Perform a range of catching and gathering skills with control. Catch with increasing control and accuracy.</p>

<p>Use simple attacking and defending skills in a game.</p> <p>Shoot the ball in a variety of different ways inside of foot and laces</p> <p>Apply and follow rules fairly.</p>	<p>Unit 2 : Social</p> <p>Week 5/6: FMS: Dynamic Balance/Agility</p> <p>Jumping and landing with different jump combinations</p>	<p>Travel in different ways, changing direction, level and speed.</p> <p>Move accurately with control and care. Transfer weight to show balance including skills such as arabesque and pirouette.</p> <p>Learn and perform a range of dance skills that reflect different dances styles. Jazz, Ballet, Street.</p> <p>Perform with some awareness of rhythm and expression.</p>	<p>Throw a ball in different ways (e.g. high, low, fast, slow)</p> <p>Move with the ball in a variety of ways with some control.</p> <p>Use the dribbling, bouncing with one hand to move with the ball</p> <p>Find a useful space and get into it to support teammates.</p> <p>Learn the correct technique to shoot the ball</p> <p>Apply and follow rules fairly. Understand and begin to apply the basic principles of invasion games.</p>	<p>Moving a ball through legs and in different directions.</p>	<p>Throw a ball in different ways (e.g. high, low, fast, slow)</p> <p>Move with the ball in a variety of ways with some control</p> <p>Pass the ball in two different ways in a game situation with some success.</p> <p>Know how to keep and win back possession of the ball in a team game.</p> <p>Use simple attacking and defending skills in a game.</p> <p>Apply and follow rules fairly.</p>
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Spring 2		Summer 1		Summer 2	
Hockey Premier Sports Coaching	Gymnastics Robin Hood	Real PE	Swimming Solar School	Real PE	Tennis Premier Sports Coaching
<p>Use good hand-eye coordination to be able to direct a ball when striking or hitting.</p> <p>Learn a variety of passing techniques</p> <p>Demonstrate a good awareness of space.</p> <p>Lead others during a game.</p> <p>Learn a variety of different ways to move with the ball</p> <p>Understand attacking and defending</p> <p>Learn different shots to play,</p> <p>Understand the rules of the game</p> <p>How to move in time to strike a ball</p> <p>Understand the scoring system</p>	<p>Develop the quality of their actions, shapes and balances. Perform an arabesque.</p> <p>Move with coordination, control and care e.g. performing Dish and Arch positions.</p> <p>Use turns whilst travelling in a variety of ways.</p> <p>Perform half turn jumps and spins and add a half turn to the cat leap.</p> <p>Use a range of jumps in their sequences and link two without pausing.</p> <p>Create interesting body shapes while holding balances with control and confidence.</p>	<p>Unit 4 Creative (Week 1-2)</p> <p>FMS: Coordination (sending and receiving) Bouncing a ball with alternative hands and speed of movements.</p> <p>Week 3/4) FMS: Counter Balance (with a partner) Roll a ball along arms with a partner or whilst balancing and making shapes</p> <p>Unit 5 Physical (Week 1/2)</p> <p>FMS: Static Balance (floor Work) Cone transfer and hoop limbo.</p>	<p>Swim 5m unaided in shallow water, using one basic stroke.</p> <p>Use floats to swim longer distances.</p> <p>Explore how to move in and under water.</p> <p>Understand that water can be dangerous and begin to show what to do when in difficulty.</p>	<p>Unit 5 Physical (Week 5/6)</p> <p>FMS: Agility (reaction and response) Drop and retrieve a ball, from standing, sitting and lying.</p> <p>Unit 6 Health &amp; Fitness Week 3/4 FMS: Agility (Ball Chasing) Kick, roll, chase and retrieve through legs and obstacles.</p> <p>Week 5/6 FMS: Static Balance (Stance) Mirror challenge Transfer challenge</p>	<p>Use a racquet to hit a ball with accuracy and control.</p> <p>Accurately serve underarm.</p> <p>Build a rally with a partner.</p> <p>Use different techniques to hit a ball.</p> <p>Identify and apply techniques for hitting a tennis ball.</p> <p>Explore when different shots are used.</p> <p>Develop a backhand technique and use it in a game situation.</p> <p>Practise techniques for all strokes.</p>

Experiences :	<ul style="list-style-type: none"> <li>- Haydn Mile</li> <li>- Sports Day</li> <li>- Going for Gold Fun Run</li> <li>- Inspirational Visitor e.g. Tennis Trophy Tour or Olympic Athlete</li> <li>- Walk to School Week</li> </ul>
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**Year 4**

<b>Autumn 1</b>		<b>Autumn 2</b>		<b>Spring 1</b>	
<b>Real PE</b>	<b>Tag Rugby</b>	<b>Real PE</b>	<b>Gymnastics Robin Hood</b>	<b>Real PE</b>	<b>Swimming Solar School Swimming</b>
Unit 1 Personal  Week 1-3: FMS: Coordination – footwork matching pairs and footwork patterns.  Week 4-6: FMS: Static Balance One leg balance – balloon balancing and pick up / put down challenge	Develop different ways of throwing and catching.  Move with the ball using a range of techniques showing control and fluency and different speeds.  Pass the ball with increasing speed, accuracy.  Occasionally contribute towards helping their team to keep and win back possession of the ball in a team game.  Make the best use of space to pass and receive the ball.	Unit 2 Social  Week 1 - 3: FMS: Jumping and landing Jump combinations and sequences. Challenging, competing and performing  Week 4 -6: FMS: Static Balance – seated  Exchanging objects, seated tandem cycling	Example moves in addition to repeating those from previous years.  Use an increasing range of actions, directions and levels in their sequences.  Move with clarity, fluency and expression.  Travel in different ways, including using flight. Understand the difference between jumps and leaps (1 footed versus 2 footed take off) children to create their own leaps and jumps.	Unit 3 Cognitive  Week 1- 3 FMS : Dynamic Balance on a Line 3 limb race, mirror, match and contrast,  Week 4 -6 FMS: Coordination (ball skills) Taking giant strides and getting around us (competitive)	Swim 10m unaided in shallow water, using one basic stroke.  Use floats to swim longer distances with a more controlled leg kick.  Put face under the water and blow bubbles, whilst swimming.  Recognise how swimming affects breathing.

	<p>Use a range of attacking and defending skills and techniques in a game.</p> <p>Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.</p> <p>Modify their use of skills or techniques to achieve a better result.</p>		<p>Perform rolls working towards a roll to sit. Carry out balances, recognising the position of their centre of gravity and how this affects the balance. Perform balance previously taught off the ground (benches). Also perform Arch shape across the bench so correct position of centre clearly demonstrated. Develop strength, technique and flexibility throughout performances e.g. lever holds. (Just lift bottom first and aim for bottom, legs and feet off) Perform a take off for vaulting, run. Leap to 2 feet then immediate stretch jump and controlled landing. Then bunny hops over benches.</p> <p>Link a variety of skills. Show changes of direction, speed and level during a performance.</p>		
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Spring 2		Summer 1		Summer 2	
Real PE	Cricket Nottingham Cricket Club	Real PE	Dance Studio 3	Real PE	Athletics
<p>Unit 4 Creative</p> <p>(Week 1-3) FMS: Coordination (sending and receiving) Juggling challenge Send and receive circuits.</p> <p>Week 4 -6 FMS: Counter Balance (with a partner) 'roller ball' with a partner, supporting weight</p>	<p>Use at least two different shots in a game situation.</p> <p>Use hand-eye coordination to strike a moving and stationary</p> <p>Develop different ways of throwing and catching.</p> <p>Use fielding skills as an individual to prevent a player from scoring.</p> <p>Demonstrate successful hitting and striking skills.</p> <p>Develop a range of skills in striking and fielding.</p> <p>Practise the correct batting technique and use it in a game.</p> <p>Strike the ball for distance.</p> <p>Throw and catch underarm with greater control and accuracy.</p>	<p>Unit 5 Physical</p> <p>Week 1-3 FMS: Agility reaction and response Quick off the mark and adapt and respond</p> <p>Week 4 - 6 FMS: Static Balance – floor work Cone transfer Front hockey support</p>	<p>Remember and repeat dance actions e.g. turning, chase, leap, jumps, pose</p> <p>Put a sequence of actions together to create a motif (movement phrase) using patterns and actions of a chosen dance style.</p> <p>Travel in different ways, changing direction, level and speed to introduce a variety dynamics*. (* the energy, effort, force or weight applied to a movement).</p> <p>Transfer weight with precision to show balance including skills such as arabesque and pirouette.</p> <p>Compose a dance that reflects the chosen dance style.</p>	<p>Unit 6 Health &amp; Fitness</p> <p>Week 1-3 FMS : Agility (Ball Chasing) Tunnels and team strategy</p> <p>Week 4 -6 FMS: Static Balance (Stance) Balance transfer keep away v Intercept</p>	<p>Recognise and name a variety of different athletic events and techniques</p> <p>Apply and try to improve existing running, throwing and jumping skills</p> <p>Certain ways of Jumping Sports hall athletics format, speed bounce, standing long jump Show increasing control and coordination when running, at different speeds</p> <p>Jump in different ways</p> <p>Combine and apply new skills and techniques with increasing success, control and fluency when participating in running, jumping and throwing activities and games</p> <p>Work on improving stamina</p>

	<p>Practise the correct technique for catching a ball and use it in a game.</p> <p>Perform a range of catching and gathering skills with control.</p> <p>Catch with increasing control and accuracy.</p>		<p>Demonstrate precision and some control when executing skills.</p> <p>Demonstrate rhythm and spatial awareness.</p>		<p>Work effectively as part of a team.</p>
Experiences :	<ul style="list-style-type: none"> <li>- Haydn Mile</li> <li>- Sports Day</li> <li>- Me vs Me Challenge</li> <li>- Inspirational Visitor e.g. Tennis Trophy Tour (2021) or Olympic Athlete (2023)</li> <li>- Walk to School Week</li> </ul>				
Year 5					
Autumn 1		Autumn 2		Spring 1	
Real PE Unit 1	Gymnastics Robin Hood	Swimming - Solar School Swimming	Invasion Ball Games Premier Sports Coaching	Fencing : Premier Sports Coaching	Dance Studio 3
<p>Real PE Unit 1 Cognitive (Weeks 1-2) Skill – Reaction/Response, Coordination</p> <p>Game – Throw Tennis Cognitive (Weeks 3-4) Skill - Reaction/Response, Coordination Game – Endball</p>	<p>Perform and link a variety of rolls working towards a full forward roll and stand.</p> <p>Perform jumps, shapes and balances fluently and with control.</p>	<p>Swim between 10m and 20m unaided in shallow water, using one stroke.</p> <p>To begin to swim 10m – 20m unaided using a second stroke.</p>	<p>Throw and catch with greater control and accuracy.</p> <p>Practise the correct technique for catching a ball and use it in a game.</p>	<p>Introduce the chn to the sport of fencing.</p> <p>Use the correct stance whilst holding the foil</p> <p>Be able to use correct foot work to score points.</p>	<p>Remember and repeat dance actions e.g. turning, chase, leap, jumps, pose, step ball change.</p> <p>Travel in different ways, changing direction, level and speed to introduce a variety dynamics*. (* the</p>



<p>Real PE Unit 2 Creative (Weeks 5-6) Skill – Static balance seated/Static balance floor work Game – Seated Volleyball</p>	<p>Perform stretch jumps and half turn jumps to land kneeling up.</p> <p>Perform jumps, shapes, rolls and balances with fluency and control.</p> <p>Confidently develop the placement of their body parts in balances, recognising the position of their centre of gravity and where it should be in relation to the base of the balance.</p>	<p>Put face in water and breath correctly when swimming one stroke.</p> <p>Begin to explain how to keep safe whilst in water and what dangers should be identified.</p>	<p>Perform a range of catching and gathering skills with control.</p> <p>Catch with increasing control and accuracy.</p> <p>Throw a ball in different ways (e.g. high, low, fast, slow)</p> <p>Move with the ball in a variety of ways with some control.</p> <p>Use two different ways of moving with a ball in a game.</p> <p>Pass the ball in two different ways in a game situation with some success.</p> <p>Know how to keep and win back possession of the ball in a team game.</p> <p>Find a useful space and get into it to support teammates.</p> <p>Use attacking and defending skills in a game.</p>	<p>Understand the rules of the sport</p>	<p>energy, effort, force or weight applied to a movement).</p> <p>Compose a dance that reflects the chosen dance style.</p> <p>Demonstrate precision and control when executing skills.</p> <p>Show a change of pace and timing in their movements.</p> <p>Develop an awareness of their use of space. Begin to vary formation.</p> <p>Use transitions to link motifs smoothly together.</p> <p>Ensure their actions fit the rhythm of the music.</p>
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			Use fielding skills to stop a ball from travelling past them.  Apply and follow rules fairly. Understand and apply the basic principles of invasion games.		
<b>Spring 2</b>		<b>Summer 1</b>		<b>Summer 2</b>	
<b>Real PE</b>	<b>Basketball Premier Sports Coaching</b>	<b>Real PE</b>	<b>Cricket</b>	<b>Tennis</b>	<b>Ice Skating National Ice Stadium</b>
Real PE Unit 2 Creative (Weeks 1-2) Skill – Static balance seated/Static balance floor work  Game – Scorpion Handball  Real PE Unit 3 Social (Weeks 3-4) Skill – Dynamic balance on a line/Counter balance with a partner  Game – River Crossing Social (Weeks 5-6) Skill – Dynamic balance on a line/Counter balance with a partner	Throw and catch accurately and successfully under Chest pass, bounce pass on the move and different heights  Show confidence in using ball skills in various ways in a game situation and link these together effectively. Choose and make the best pass in a game situation and link a range of skills together with fluency. E.g. passing and receiving the ball whilst moving. Keep and win back possession of the ball	Real PE Unit 4 Physical (Weeks 1-2) Skill – Dynamic Balance/Agility, jumping and landing, Static Balance, one leg Game – Jumpball  Physical (Weeks 3-4) Skill – Dynamic Balance/Agility, jumping and landing, Static Balance, one leg Game – Jump, Roll, Balance	To throw and bowl in different ways  Hit the ball with purpose at varying speeds, directions and heights  To retrieve, catch and intercept when fielding  To use skills and tactics to outwit opponents when fielding and when batting	Use good hand-eye coordination to be able to direct a ball when striking or hitting.  Understand how to serve in order to start a game.  Demonstrate a good awareness of space. Lead others during a game.  Follow and create complicated rules to play a game successfully.  Learn different shots to play, Forehand, Backhand and Volley	Enter and exit the ice safely.  Use an aid to assist with balancing on the ice.  Begin to be able to move confidently around the ice.  Use a push and glide technique to improve speed when moving in the ice.

<p>Game - Kabadi</p>	<p>effectively and in a variety of ways in a team game.          Correct shooting technique          Think ahead and create a plan of attack or defence.          Apply knowledge of skills for attacking and defending.</p> <p>Dribble the ball at different speeds and directions.</p> <p>Communicate plans to others during a game.</p> <p>Lead others during a game.</p>			<p>Understand the rules of the game of tennis, in, out, over a net, 1 bounce on your side</p> <p>How to move in time to strike a ball</p> <p>Understand the scoring system</p>	
<p>Experiences</p>	<ul style="list-style-type: none"> <li>- Haydn Mile</li> <li>- Sports Day</li> <li>- Inspirational Visitor e.g. Tennis Trophy Tour or Olympic Athlete</li> <li>- Walk to School Week</li> </ul>				

Autumn 1		Autumn 2		Spring 1	
Hockey : Premier Sports Coaching	Swimming : Solar School Swimming	Real PE	Invasion Ball Skills : Premier Sports Coaching	Multi Skills (Circuits) : Premier Sports Coaching	Gymnastics : Robin Hood
<p>Use good hand-eye coordination to be able to direct a ball when striking or hitting.</p> <p>Show confidence in using ball skills in various ways.</p> <p>Choose and make the best pass in a game situation and link a range of skills together with fluency. E.g. passing and receiving the ball whilst moving.</p> <p>Keep and win back possession of the ball effectively and in a variety of ways in a team game.</p> <p>Demonstrate a good awareness of space.</p> <p>Think ahead and create a plan of attack or defence.</p> <p>Apply knowledge of skills for attacking and defending.</p>	<p>Swim 25m unaided in the water using one basic method to achieve this distance.</p> <p>Use two different strokes swimming on both front and back.</p> <p>Control breathing.</p> <p>Swim confidently and fluently on the surface and under the water.</p> <p>Explain how to remain safe in water and what to do if you or someone nearby gets into difficulty.</p>	<p>Real PE Unit 1</p> <p>Cognitive (Weeks 1-2) Skill – Reaction/Response, Coordination Game – Throw Tennis</p> <p>Cognitive Cog (Weeks 3-4) Skill - Reaction/Response, Coordination Game – Endball</p> <p>Social Cog (Week 5-6) Skill – Dynamic balance on a line/Counter balance with a partner Game – River Crossing</p>	<p>Throw and catch accurately and successfully under pressure.</p> <p>Chest pass, bounce pass on the move and different heights.</p> <p>Show confidence in using ball skills in various ways in a game situation and link these together effectively.</p> <p>Choose and make the best pass in a game situation and link a range of skills together with fluency. E.g. passing and receiving the ball whilst moving.</p> <p>Keep and win back possession of the ball effectively and in a variety of ways in a team game.</p> <p>Correct shooting technique Think ahead and create a plan of attack or defence.</p>	<p>To participate in a variety of activities to improve personal fitness.</p> <p>To understand the importance of a life long active lifestyle.</p> <p>To take part in Me vs ME style evaluations where you record fitness level at the beginning of the block an retest to beat yourself at the end.</p> <p>To improve your confidence and participation by trying a variety of activities that improve health and fitness.</p>	<p>Create their own complex sequences involving the full range of actions and movements: travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching.</p> <p>Demonstrate precise and controlled placement of body parts in their actions, shapes and balances.</p> <p>Apply skills and techniques consistently, showing precision and control.</p> <p>Develop strength, technique and flexibility throughout performances.</p> <p>Confidently use equipment to vault and balance and incorporate this into sequences</p>

<p>Follow and create complicated rules to play a game successfully.</p> <p>Communicate plans to others during a game.</p> <p>Lead others during a game</p>			<p>Apply knowledge of skills for attacking and defending.</p> <p>Dribble the ball at different speeds and directions.</p> <p>Communicate plans to others during a game.</p> <p>Lead others during a game.</p>		
<b>Spring 2</b>		<b>Summer 1</b>		<b>Summer 2</b>	
<b>Tag Rugby : Nottingham Rugby Club</b>	<b>Football Premier Sports Coaching</b>	<b>Real PE</b>	<b>Athletics : Premier Sports Coaching</b>	<b>Dance : Studio 3</b>	<b>Rounders : Premier Sports Coaching</b>
<p>Develop different ways of throwing and catching.</p> <p>Move with the ball using a range of techniques showing control and fluency and different speeds.</p> <p>Pass the ball with increasing speed, accuracy.</p> <p>Occasionally contribute towards helping their</p>	<p>Show confidence in using ball skills in various ways in a game situation and link these together effectively.</p> <p>Choose and make the best pass in a game situation and link a range of skills together with fluency. E.g. passing and receiving the ball whilst moving.</p>	<p>Real PE Unit 4</p> <p>Physical (Weeks 1-2) Skill – Dynamic Balance/Agility, jumping and landing, Static Balance, one leg</p> <p>Game – Jumpball Physical (Weeks 3-4)</p> <p>Skill – Dynamic Balance/Agility, jumping and landing, Static</p>	<p>Recognise and name a variety of different athletic events and techniques</p> <p>Apply and try to improve existing running, throwing and jumping skills</p> <p>Certain ways of Jumping Sports hall athletics format, speed bounce, standing long jump</p>	<p>Revit core dance skills from Y5</p> <p>Compose a dance that reflects the chosen dance style showing:</p> <ul style="list-style-type: none"> <li>• precision and control.</li> <li>• change of pace.</li> <li>• spatial-awareness.</li> <li>• Use a variety of formations.</li> </ul> <p>Perform with confidence, using a range of</p>	<p>Throw and bowl in different ways</p> <p>Hit the ball into different areas of the field</p> <p>Retrieve, catch, stop and intercept a ball when fielding</p> <p>Use skills and tactics to outwit opponents when batting and when fielding</p>

<p>team to keep and win back possession of the ball in a team game. Make the best use of space to pass and receive the ball.</p> <p>Use a range of attacking and defending skills and techniques in a game. Use technology to describe and evaluate the effectiveness of performances, giving ideas for improvements.</p>	<p>Keep and win back possession of the ball effectively and in a variety of ways in a team game.</p> <p>Demonstrate a good awareness of space.</p> <p>Think ahead and create a plan of attack or defence.</p> <p>Apply knowledge of skills for attacking and defending.</p> <p>Work as a team to develop fielding strategies to prevent the opposition from scoring.</p> <p>Follow and create complicated rules to play a game successfully.</p> <p>Communicate plans to others during a game. Lead others during a game.</p>	<p>Balance, one leg Game – Jump, Roll, Balance</p>	<p>Show increasing control and coordination when running, at different speeds</p> <p>Jump in different ways</p> <p>Combine and apply new skills and techniques with increasing success, control and fluency when participating in running, jumping and throwing activities and games</p> <p>Work on improving stamina</p> <p>Work effectively as part of a team.</p>	<p>movement patterns (putting the movements/motifs together in specific order e.g repeating a motif at the chorus or a song).</p> <p>Demonstrate strong and controlled movements throughout a dance sequence.</p> <p>Combine flexibility, techniques, transition and movements to create a fluent sequence.</p> <p>Move rhythmically and accurately in dance sequences.</p> <p>Demonstrate consistent precision when performing dance sequences.</p>	<p>To participate in competitive games</p>
<p>Experiences</p>	<ul style="list-style-type: none"> <li>- Haydn Mile</li> <li>- Sports Day</li> <li>- Rothesay Open Tennis</li> <li>- Ice Skating at the Christmas Market</li> <li>- Inspirational Visitor e.g. Tennis Trophy Tour or Olympic Athlete</li> <li>- Walk to School Week</li> </ul>				