

PE Y1



Autumn Term Theme: Cottages and castles	Spring Term Theme: Paws, claws and whiskers	Summer Term Theme: The enchanted woodland
Revision/Prior learning: Areas of Focus: Basketball Wow BRS- Multiskills Football Tri-golf AFC B'Mouth PSHE Football Wow Christmas Dance	Revision/Prior learning: Areas of Focus: Hockey Wow BRS- Orienteering BRS- Multi-skills Dance Gymnastic MH- Tennis	Revision/Prior learning: Areas of Focus: BRS- Multiskills Tri-golf Cricket Swimming Football
Objectives: <ul style="list-style-type: none"> 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. 		
Key knowledge/Skills: Dance: Copies and explores basic movements and body patterns. Remembers simple movements and dance steps. Links movements to sounds and music. Responds to a range of stimuli. Games: Can travel in a variety of ways including running and jumping. Beginning to perform a range of throws. Receives a ball with basic control Beginning to develop hand-eye coordination Participates in simple games Gymnastics: Copies and explores basic movements with some control and coordination. Can perform different body shapes Performs at different levels Can perform 2 footed jump Can use equipment safely Balances with some control Can link 2-3 simple movements Athletics: Can run at different speeds. Can jump from a standing position Performs a variety of throws with basic control. Swimming: Evaluation: Can comment on own and others performance Can give comments on how to improve performance. Use appropriate vocabulary when giving feedback. Healthy Lifestyles: Can describe the effect exercise has on the body Can explain the importance of exercise and a healthy lifestyle. Key vocabulary:		

PE Y2



Autumn Term Theme: Light Up London	Spring Term Theme: Whats your super power?	Summer Term Theme: Let's explore our wonderful world
<p>Revision/Prior learning:</p> <p>Areas of Focus: Basketball Wow BRS- Multiskills Football AFC B'Mouth PSHE Tri-golf Football Wow Christmas Dance</p>	<p>Revision/Prior learning:</p> <p>Areas of Focus: Hockey Wow BRS- Orienteering Dance MH- Tennis Gymnastic</p>	<p>Revision/Prior learning:</p> <p>Areas of Focus: BRS- Multiskills Football Cricket Swimming</p>
<p>Objectives:</p> <ul style="list-style-type: none"> 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. 		
<p><u>Key knowledge/Skills:</u></p> <p><u>Dance:</u> Copies and explores basic movements with clear control. Varies levels and speed in sequence Can vary the size of their body shapes Add a change of direction to a sequence Uses space well and negotiates space clearly. Can describe a short dance using appropriate vocabulary. Responds imaginatively to stimuli.</p> <p><u>Games:</u> Confident to send the ball to others in a range of ways. Beginning to apply and combine a variety of skills (to a game situation) Develop strong spatial awareness. Beginning to develop own games with peers. Understand the importance of rules in games. Develop simple tactics and use them appropriately. Beginning to develop an understanding of attacking/ defending</p> <p><u>Gymnastics:</u> Explores and creates different pathways and patterns. Uses equipment in a variety of ways to create a sequence Link movements together to create a sequence</p> <p><u>Athletics:</u> Can change speed and direction whilst running. Can jump from a standing position with accuracy. Performs a variety of throws with control and coordination. preparation for shot put and javelin Can use equipment safely</p> <p><u>Swimming:</u></p> <p><u>Evaluation:</u> Can comment on own and others performance Can give comments on how to improve performance. Use appropriate vocabulary when giving feedback.</p> <p><u>Healthy Lifestyles:</u></p>		

Can describe the effect exercise has on the body Can explain the importance of exercise and a healthy lifestyle.

Key vocabulary

PE Y3



Autumn Term Theme: Ancient Antics	Spring Term Theme: Heroes and Villains	Summer Term Theme: Scrumdiddlyumptious!
<p><u>Revision/Prior learning:</u></p> <p><u>Areas of Focus:</u></p> <p>Basketball Wow</p> <p>BRS- Speed and agility</p> <p>Football</p> <p>BRS- Tag Rugby</p> <p>Tri-golf</p> <p>AFC B'Mouth PSHE</p> <p>Football Wow</p> <p>Christmas Dance</p>	<p><u>Revision/Prior learning:</u></p> <p><u>Areas of Focus:</u></p> <p>Hockey Wow</p> <p>BRS- Orienteering</p> <p>Football</p> <p>MH- Tennis</p> <p>Gymnastic</p> <p>BRS- Netball</p> <p>Dance</p>	<p><u>Revision/Prior learning:</u></p> <p><u>Areas of Focus:</u></p> <p>BRS- Athletics</p> <p>Tri-golf</p> <p>Cricket</p> <p>Swimming</p> <p>BRS- Multiskills</p> <p>Dance</p>
<p>Objectives:</p> <ul style="list-style-type: none">• 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.		
<p><u>Key knowledge/Skills:</u></p> <p><u>Dance:</u></p> <p>Beginning to improvise independently to create a simple dance. Beginning to improvise with a partner to create a simple dance. Translates ideas from stimuli into a movement with support. Beginning to compare and adapt movements and motifs to create a larger sequence. Uses simple dance vocabulary to compare and improve work.</p> <p><u>Games:</u></p> <p>Understands tactics and composition by starting to vary how they respond. Vary skills, actions and ideas and link these in ways that suit the activity of the game. Beginning to communicate with others during game situations. Uses skills with coordination and control. Develops own rules for new games. Makes imaginative pathways using the equipment. Works well in a group to develop various games. Beginning to understand how to compete with each other in a controlled manner. Beginning to select resources independently to carry out different skills.</p> <p><u>Gymnastics:</u></p> <p>Applies compositional ideas independently and with others to create a sequence. Copies, explores and remembers a variety of movements and uses these to create their own sequence. Describes their own work using simple gym vocabulary. Beginning to notice similarities and differences between sequences. Uses turns whilst travelling in a variety of ways. Beginning to show flexibility in movements</p> <p>Beginning to develop good technique when travelling, balancing, using equipment etc</p>		

Athletics:

Beginning to run at speeds appropriate for the distance. e.g. sprinting and cross country Can perform a running jump with some accuracy Performs a variety of throws using a selection of equipment. Can use equipment safely and with good control.

Swimming:

Outdoor Adventure:

Develops listening skills. Creates simple body shapes. Listens to instructions from a partner/ adult. Beginning to think activities through and problem solve. Discuss and work with others in a group. Demonstrates an understanding of how to stay safe.

Evaluation:

Watches and describes performances accurately. Beginning to think about how they can improve their own work. Work with a partner or small group to improve their skills. Make suggestions on how to improve their work, commenting on similarities and differences.

Healthy Lifestyles:

Can describe the effect exercise has on the body Can explain the importance of exercise and a healthy lifestyle. Understands the need to warm up and cool down.

Key vocabulary

PE Y4



PE Y4		
Autumn Term Theme: I'm in the rainforest get me out of here!	Spring Term Theme: Caves to Castles	Summer Term Theme: Rocking Romans
<u>Revision/Prior learning:</u> <u>Areas of Focus:</u> Basketball Wow BRS- Speed and agility Dance BRS- Tag Rugby Tri-golf AFC B'Mouth PSHE Christmas Dance Football Wow	<u>Revision/Prior learning:</u> <u>Areas of Focus:</u> BRS- Orienteering Football MH- Tennis BRS- Netball Tri-golf Hockey Wow	<u>Revision/Prior learning:</u> <u>Areas of Focus:</u> BRS- Athletics Football Cricket Gymnastic Swimming BRS- Multiskills Dance Rock Climbing Wow
Objectives <ul style="list-style-type: none"> • 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. 		
<p style="text-align: center;"><u>Key knowledge/Skills:</u></p> <p><u>Dance:</u> Confidently improvises with a partner or on their own. Beginning to create longer dance sequences in a larger group. Demonstrating precision and some control in response to stimuli. Beginning to vary dynamics and develop actions and motifs. Demonstrates rhythm and spatial awareness. Modifies parts of a sequence as a result of self-evaluation. Uses simple dance vocabulary to compare and improve work.</p> <p><u>Games:</u> Vary skills, actions and ideas and link these in ways that suit the activity of the game. Shows confidence in using ball skills in various ways, and can link these together. e.g. dribbling, bouncing, kicking. Uses skills with coordination, control and fluency. Takes part in competitive games with a strong understanding of tactics and composition. Can create their own games using knowledge and skills. Works well in a group to develop various games. Compares and comments on skills to support the creation of new games. Can make suggestions as to what resources can be used to differentiate a game. Apply basic skills for attacking and defending. Uses running, jumping, throwing and catching in isolation and combination.</p>		

Gymnastics:

Links skills with control, technique, coordination and fluency. Understands composition by performing more complex sequences. Beginning to use gym vocabulary to describe how to improve and refine performances. Develops strength, technique and flexibility throughout performances. Creates sequences using various body shapes and equipment. Combines equipment with movement to create sequences.

Athletics:

Beginning to build a variety of running techniques and use with confidence. Can perform a running jump with more than one component. e.g. hop skip jump (triple jump) Demonstrates accuracy in throwing and catching activities. Describes good athletic performance using correct vocabulary. Can use equipment safely and with good control.

Swimming:**Outdoor Adventure:**

Develops strong listening skills. Uses simple maps. Beginning to think activities through and problem solve. Choose and apply strategies to solve problems with support. Discuss and work with others in a group. Demonstrates an understanding of how to stay safe.

Evaluation:

Watches and describes performances accurately. Beginning to think about how they can improve their own work. Work with a partner or small group to improve their skills. Make suggestions on how to improve their work, commenting on similarities and differences.

Healthy Lifestyles:

Can describe the effect exercise has on the body Can explain the importance of exercise and a healthy lifestyle. Understands the need to warm up and cool down.

Key vocabulary:

PE Y5



Autumn Term Theme: Raiders and Invaders	Spring Term Theme: May the force be with you!	Summer Term Theme: Journeys
Revision/Prior learning: Areas of Focus: Basketball Wow Christmas Dance Football Wow BRS- Speed and agility Leadership BRS- Tag Rugby Dance AFC B'Mouth PSHE	Revision/Prior learning: Areas of Focus: Hockey Wow BRS- Orienteering Tri-golf MH- Tennis BRS- Netball Football	Revision/Prior learning: Areas of Focus: Rock Climbing Wow BRS- Athletics Dance Cricket Gymnastic Swimming BRS- Multiskills Football
Objectives <ul style="list-style-type: none"> • 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. 		
<p style="text-align: center;"><u>Key knowledge/Skills:</u></p> <p><u>Dance:</u> Beginning to exaggerate dance movements and motifs (using expression when moving) Demonstrates strong movements throughout a dance sequence. Combines flexibility, techniques and movements to create a fluent sequence. Moves appropriately and with the required style in relation to the stimulus. e.g using various levels, ways of travelling and motifs. Beginning to show a change of pace and timing in their movements. Uses the space provided to his maximum potential. Improvises with confidence, still demonstrating fluency across their sequence. Modifies parts of a sequence as a result of self and peer evaluation. Uses more complex dance vocabulary to compare and improve work.</p> <p><u>Games:</u> Vary skills, actions and ideas and link these in ways that suit the activity of the game. Shows confidence in using ball skills in various ways, and can link these together. Uses skills with coordination, control and fluency. Takes part in competitive games with a strong understanding of tactics and composition. Can create their own games using knowledge and skills. Can make suggestions as to what resources can be used to differentiate a game. Apply basic skills for attacking and defending. Uses running, jumping, throwing and catching in isolation and combination.</p> <p><u>Gymnastics:</u> Select and combine their skills, techniques and ideas. Apply combined skills accurately and appropriately, consistently showing precision, control and fluency. Draw on what they know about strategy, tactics and composition when performing and evaluating. Analyse and comment on skills and techniques and how these are applied in their own and others' work. Uses more complex gym vocabulary to describe how to improve and refine performances. Develops strength, technique and flexibility throughout performances. Links skills with control, technique, coordination and fluency. Understands composition by performing more complex sequences.</p> <p><u>Athletics:</u></p>		

Beginning to build a variety of running techniques and use with confidence. Can perform a running jump with more than one component. e.g. hop skip jump (triple jump) Beginning to record peers performances, and evaluate these. Demonstrates accuracy and confidence in throwing and catching activities. Describes good athletic performance using correct vocabulary. Can use equipment safely and with good control.

Swimming:

Swims competently, confidently and proficiently over a distance of at least 25 metres Uses a range of strokes effectively e.g. front crawl, backstroke and breaststroke. Performs safe self-rescue in different water-based situations.

Outdoor Adventure:

Develops strong listening skills. Uses and interprets simple maps. Think activities through and problem solve using general knowledge. Choose and apply strategies to solve problems with support. Discuss and work with others in a group. Demonstrates an understanding.

Evaluation:

Watches and describes performances accurately. Learn from others how they can improve their skills. Comment on tactics and techniques to help improve performances. Make suggestions on how to improve their work, commenting on similarities and differences.

Healthy Lifestyles:

Can describe the effect exercise has on the body Can explain the importance of exercise and a healthy lifestyle. Understands the need to warm up and cool down.

Key vocabulary:

Geography Y6



Autumn Term Theme: Fields of Remembrance	Spring Term Theme: The Best Me I Can Be	Summer Term Theme: Let's Get Civilised
Revision/Prior learning: Areas of Focus: Basketball Wow Christmas Dance Football Wow BRS- Speed and agility Leadership BRS- Tag Rugby Dance AFC B'Mouth PSHE	Revision/Prior learning: Areas of Focus: Hockey Wow BRS- Orienteering Tri-golf MH- Tennis BRS- Netball Football	Revision/Prior learning: Areas of Focus: Rock Climbing Wow BRS- Athletics Dance Cricket Gymnastic Swimming BRS- Multiskills Football
Objectives <ul style="list-style-type: none"> • 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. 		
<p style="text-align: center;"><u>Key knowledge/Skills:</u></p> <p><u>Dance:</u> Exaggerate dance movements and motifs (using expression when moving) Performs with confidence, using a range of movement patterns. Demonstrates a strong imagination when creating own dance sequences and motifs. Demonstrates strong movements throughout a dance sequence. Combines flexibility, techniques and movements to create a fluent sequence. Moves appropriately and with the required style in relation to the stimulus. e.g using various levels, ways of travelling and motifs. Beginning to show a change of pace and timing in their movements. Is able to move to the beat accurately in dance sequences. Improvises with confidence, still demonstrating fluency across their sequence. Dances with fluency, linking all movements and ensuring they flow. Demonstrates consistent precision when performing dance sequences. Modifies parts of a sequence as a result of self and peer evaluation. Uses more complex dance vocabulary to compare and improve work.</p> <p><u>Games:</u> Vary skills, actions and ideas and link these in ways that suit the activity of the game. Shows confidence in using ball skills in various ways, and can link these together effectively. e.g. dribbling, bouncing, kicking Keeps possession of balls during games situations. Consistently uses skills with coordination, control and fluency. Takes part in competitive games with a strong understanding of tactics and composition. Can create their own games using knowledge and skills. Modifies competitive games. Compares and comments on skills to support the creation of new games. Can make suggestions as to what resources can be used to differentiate a game. Apply knowledge of skills for attacking and defending. Uses running, jumping, throwing and catching in isolation and in combination.</p> <p><u>Gymnastics:</u> Plan and perform with precision, control and fluency, a movement sequence showing a wide range of actions including variations in speed, levels and directions. Performs difficult actions, with an emphasis on extension, clear body shape and changes in direction. Adapts sequences to include a partner or a small group. Gradually increases the length of sequence work with a partner to make up a short sequence using the floor, mats and apparatus, showing consistency, fluency and clarity of movement. Draw on what they know about strategy, tactics and composition when performing and evaluating. Analyse and comment on skills and techniques and how these are applied in their own and others' work. Uses more complex gym vocabulary to describe how to improve and refine performances. Develops strength, technique and flexibility throughout performances.</p>		

Athletics:

Beginning to build a variety of running techniques and use with confidence. Can perform a running jump with more than one component. e.g. hop skip jump (triple jump) Beginning to record peers performances, and evaluate these. Demonstrates accuracy and confidence in throwing and catching activities. Describes good athletic performance using correct vocabulary. Can use equipment safely and with good control.

Swimming:

Outdoor Adventure:

Develops strong listening skills. Uses and interprets simple maps. Think activities through and problem solve using general knowledge. Choose and apply strategies to solve problems with support. Discuss and work with others in a group. Demonstrates an understanding.

Evaluation:

Watches and describes performances accurately. Learn from others how they can improve their skills. Comment on tactics and techniques to help improve performances. Make suggestions on how to improve their work, commenting on similarities and differences.

Healthy Lifestyles:

Can describe the effect exercise has on the body Can explain the importance of exercise and a healthy lifestyle. Understands the need to warm up and cool down.

Key vocabulary: