PE Teaching Sequence (2022-23)

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|  | Autumn 1 | Autumn 2 | Spring 1  | Spring 2  | Summer 1  | Summer 2 |
| Key Concepts | Competence, Performance, Creativity, Healthy, active Lifestyles, Evaluation and Analysis | Competence, Performance, Creativity, Healthy, active Lifestyles, Evaluation and Analysis | Competence, Performance, Creativity, Healthy, active Lifestyles, Evaluation and Analysis | Competence, Performance, Creativity, Healthy, active Lifestyles, Evaluation and Analysis | Competence, Performance, Creativity, Healthy, active Lifestyles, Evaluation and Analysis | Competence, Performance, Creativity, Healthy, active Lifestyles, Evaluation and Analysis |
| Nursery  | **Intro to PE Unit 1** -To move safely and sensibly in a space with consideration of others.-To develop moving safely and stopping with control.-To use equipment safely and responsibly.-To use different travelling actions whilst following a path.-To work with others co-operatively and play as a group.-To follow, copy and lead a partner. | **Dance Unit 1** -Exploring my spaceTo use counts of 8 to know when to change action.-To explore different body parts and how they move.-To explore different body parts and how they move and remember and repeat actions.-To express and communicate ideas through movement exploring directions and levels.-To copy and repeat actions showing confidence and imagination.-To move with control and coordination, linking, copying and repeating actions. | **Gymnastics Unit 1**-To copy and create shapes with your body.-To be able to create shapes whilst on apparatus.-To develop balancing and taking weight on different body parts.-To develop jumping and landing safely.-To develop rocking and rolling.-To copy and create short sequences linking actions together. | **Ball Skills Unit 1** -To develop rolling a ball to a target.-To develop stopping a rolling ball.-To develop accuracy when throwing to a target.-To develop bouncing and catching a ball.-To develop dribbling a ball with your feet.-To develop kicking a ball. | **Games Unit 1** -To work safely and develop running and stopping.-To develop throwing and learn how to keep score.-To be able to play games showing an understanding of the different roles within it.-To follow instructions and move safely when playing tagging games.-To work co-operatively and learn to take turns.-To work with others to play team games. | **Fundamentals Unit 1** -To develop balancing whilst stationary and on the move.-To develop running and stopping.-To develop changing direction.-To develop jumping and landing.-To develop hopping and landing with control.-To explore different ways to travel. |
| EYFS | **Intro to PE unit 2** -To move around safely in space.-To follow instructions and stop safely.-To stop safely and develop control when using equipment.-To follow instructions and play safely as a group-To follow a path and take turns.-To work co-operatively with a partner. | **Dance Unit 2** -To use counting to help to stay in time with the music when copying and creating actions.-To be able to move safely with confidence and imagination, communicating ideas through movement.-To explore movement using a prop with control and co-ordination.- To move with control and coordination, expressing ideas through movement.- To move with control and coordination, copying, linking and repeating actions.-To remember and repeat actions, exploring pathways and shapes. | **Gymnastics Unit 2** -To create short sequences using shapes, balances and travelling actions.-To develop balancing and safely using apparatus.-To develop jumping and landing safely from a height.-To develop rocking and rolling.-To explore travelling around, over and through apparatus.-To create short sequences linking actions together and including apparatus. | **Ball Skills Unit 2**-To develop rolling and tracking a ball.-To develop accuracy when throwing to a target.-To develop dribbling with hands.-To develop throwing and catching with a partner.-To develop dribbling a ball with your feet.-To develop kicking a ball to a target. | **Games Unit 2** -To develop accuracy when throwing and practise keeping score.-To follow instructions and move safely when playing tagging games.-To learn to play against an opponent. y tagging games-To play by the rules and develop coordination.-To explore striking a ball and keeping score.-To work co-operatively as a team. | **Fundamentals Unit 2**-To develop balancing.-To develop running and stopping.-To develop changing direction.-To develop jumping.-To develop hopping.-To explore different ways to travel using equipment. |
| Year 1  | **Sending and Receiving** (relating to Netball/basketball)- To develop rolling and throwing a ball towards a target.- To develop receiving, rolling a ball and tracking skills.- To be able to send and receive a ball.- To develop throwing and catching skills over a short distance.- To develop throwing and catching skills over a longer distance.- To apply sending and receiving skills to small games. |  **Dance**-To explore travelling actions and use counts of 8 to move in time with the music.- To remember and repeat actions and respond imaginatively to a stimulus.- To copy, remember and repeat actions that represent the theme.- To copy, repeat, create and perform actions that represent the theme.- To use expression and create actions that relate to the story.- To use a pathway when travelling.- To copy, repeat and choose actions that represent the theme.- To show changes in expression, level and shape. |  **Gymnastics**-To explore travelling movements using the space around you.- To develop quality when performing gymnastic shapes.- To develop stability and control when performing balances.- To develop technique and control when performing shape jumps- To develop technique in the barrel, straight and forward roll. | **Invasion** (relating to football)- To develop dribbling towards a goal and understand what being 'in possession' means.- To understand who to pass to and why when playing against a defender.- To move towards a goal with the ball.- To support a teammate when in possession.- To move into space showing an awareness of defenders.- To be able to stay with a player when defending. |  **Striking and fielding**(relating to rounders/cricket)- To develop underarm throwing and catching and put this into small sided games.- To develop overarm throwing.- To develop striking a ball with my hand and equipment.- To retrieve a ball when fielding.- To understand how to get a batter out.- To develop decision making and understand how to score points. |  **Athletics**- To learn to move at different speeds for varying distances.To develop a foundation for balance and stability.- To develop agility and co-ordination- To explore hopping, jumping and leaping for distance.- To develop throwing for distance.- To develop throwing for accuracy.  |
| Year 2  | **Sending and Receiving** (relating to Netball/basket ball)- To roll a ball towards a target.- To be able to track and receive a rolling ball.- To be able to stop, send and receive a ball.- To develop throwing and catching skills.- To send and receive a ball whilst moving.-To apply sending and receiving skills to small games. | **Dance** -To repeat, link and choose actions.-To create actions and accurately copy other's actions.- To copy, remember and repeat actions using facial expressions to show different characters.- To perform in unison creating shapes with a partner.- To be able to mirror a partner and create ideas.- To copy, repeat and create actions in response to a stimulus.- To copy, create and perform actions considering dynamics.- To create a short dance phrase with a partner showing clear changes of speed | **Gymnastics** -To perform gymnastic shapes and link them together.- To be able to use shapes to create balances.- To be able to link travelling actions and balances using apparatus.- To demonstrate different shapes, take off and landings when performing jumps.- To develop rolling and sequence building.- To develop sequence work on apparatus | **Invasion** (relating to football)- To understand what being in possession means and support a teammate to do this.- To use a variety of skills to score goals.- To develop stopping goals.- To learn how to gain possession of the ball.- To develop an understanding of marking an opponent.- To learn to apply simple tactics for attacking and defending. | **Striking and fielding** (relating to rounders/cricket)- To be able to track a rolling ball and collect it.- To develop accuracy in underarm throwing and consistency in catching when fielding a ball.- To develop accuracy with overarm throwing to send a ball over a greater distance and limit a batter’s score- To develop striking for distance and accuracy.- To develop decision making to get a batter out.- To develop decision making when under pressure. | **Athletics** - To develop the sprinting action.- To develop jumping for distance.- To develop technique when jumping for height.- To develop throwing for distance.- To develop throwing for accuracy.- To develop technique when taking part in an athletics carousel. |
| Year ¾Cycle A  | **Basketball Y3/4**-To develop the attacking skill of dribbling.-To use protective dribbling against an opponent.-To develop the bounce and chest pass and begin to recognise when to use them.-To develop tracking and defending an opponent.-To develop the technique for the set shot.-To be able to apply the skills, rules and tactics you have learnt to a mini tournament. | **Dance Year 3**- To create actions in response to a stimulus and move in unisonwith a partner.- To create actions to move in contact with a partner or interact with a partner.- To understand how dynamics affect the actions performed.-To be able to select and use actions to represent an idea.- To work with a partner to choose actions that relate to an idea.- To remember and repeat actions, using dynamics to clearly show different phrases.- To choose actions which relate to the idea, using space and timing to make my work look interesting- To understand and use formations, choosing poses which relate to the stimulus.- To use transitions and changes of timing to move into and out of shapes. | **Gymastics Year 3**-To be able to create interesting point and patch balances.- To develop stepping into shape jumps with control.- To develop the straight, barrel, and forward roll.- To be able to transition smoothly into and out of balances.- To create a sequence with matching and contrasting actions and shapes.- To create a partner sequence incorporating equipment. | **Football Year ¾**-To develop controlling the ball and dribbling under pressure.- To develop passing to a teammate.- To be able to control the ball with different parts of the body.- To develop changing direction with the ball using an inside and outside hook.- To jockey / track an opponent.- To be able to apply the rules and tactics you have learnt to play in a football tournament. | **Cricket Year ¾**-To develop overarm throwing and catching.- To develop underarm bowling.- To learn how to grip the bat and develop batting technique.- To be able to field a ball using a two-handed pick up and a short barrier.- To develop overarm bowling technique.- To play apply skills learnt to mini cricket. | **Athletics – Year 3**-To develop the sprinting technique and improve on your personal best.- To develop changeover in relay events.- To develop jumping technique in a range of approaches and take off positions.- To develop throwing for distance and accuracy.- To develop throwing for distance in a pull throw.- To develop officiating and performing skills. |
| Year ¾Cycle B  | **Netball Year ¾**-To develop passing and moving and play within the footwork rule.- To develop passing and moving towards a goal.- To develop movement skills to lose a defender.- To be able to defend an opponent and try to win the ball.- To develop the shooting action.- To develop playing using netball rules. | **Dance Year 4**- To copy and create actions in response to an idea and be able to adapt this using changes of space.- To choose actions which relate to the theme.- To understand how dynamics, space and relationships can be used to represent a dance idea.-To use actions, dynamics, space and relationships to represent a dance idea.- To remember and repeat actions and create dance ideas in response to a stimulus.- To use action and reaction when creating ideas with a partner.- To remember, repeat and create actions to represent an idea.- To use choreographing ideas to change how actions are performed. | **Gymastics Year 4**-To develop individual and partner balances.- To develop control in performing and landing rotation jumps- To develop the straight, barrel, forward and straddle roll.-To develop the straight, barrel, forward and straddle roll.- To develop strength in inverted movements.- To be able to create a partner sequence to include apparatus. | **Dodgeball Year ¾**-To learn the rules of dodgeball and apply them to a game situation.- To develop throwing at a moving target.- To develop throwing at a moving target.- To develop catching a dodgeball at different heights.- To learn how to block using the ball.- To understand the rules of dodgeball and use them to play in a tournament. | **Rounders Year ¾**-To play different roles in a game and begin to think tactically about each role.- To develop the bowling action and learn the rules of bowling.- To run around the outside of the bases and make decisions about when to stop and when to run.- To field a ball using a two-handed pick up and a short barrier.- To develop batting technique and an understanding of where to hit the ball.- To apply skills and rules learnt to play rounders. | **Athletics – Year 4**-To develop stamina and an understanding of speed and pace in relation to distance.- To develop power and speed in the sprinting technique.- To develop technique when jumping for distance.- To develop power and technique when throwing for distance.- To develop a pull throw for distance and accuracy.- To develop officiating and performing skills. |
| Year 5/6Cycle A | **Basketball Y5/6**-To develop protective dribbling against an opponent.-To be able to move into space to support a teammate.-To choose when to pass and when to dribble.-To be able to track an opponent and use defensive techniques to win the ball.-To be able to perform a set shot and a jump shot-To be able to apply the rules and tactics you have learnt to play in a basketball tournament. |  **Dance Year 5**- To create a dance using a random structure and perform the actions showing quality and control.- To understand how changing the dynamics of an action changes the appearance of the performance.- To understand and use relationships and space to change how a performance looks.- To work with a group to create poses and link them together using transitions.- To use choreographing devices when working as a group.- To copy and repeat movements in the style of Rock ‘n’ Roll.-To work with a partner to copy and repeat actions keeping in time with the music.- To work collaboratively with a group to create a dance in the style of Rock ’n’ Roll. | **Gymnastics Year 5**-To develop individual and partner balances.- To develop control in performing and landing rotation jumps.- To develop the straight, barrel, forward and straddle roll.- To develop the straight, barrel, forward and straddle roll.- To develop strength in inverted movements.- To be able to create a partner sequence to include apparatus. | **Football Y5/6**- To be able to dribble the ball under pressure.- To pass the ball accurately to help to maintain possession.- To use different turns to keep the ball away from defenders.- To develop defending skills to gain possession.- To develop goalkeeping skills to stop the opposition from scoring.- To be able to apply the rules and tactics you have learnt to play in a football tournament. | **Cricket Y5/6**-To develop throwing accuracy and catching skills.- To develop batting accuracy and directional batting.- To develop catching skills (close/deep catching and wicket keeping).- To develop overarm bowling technique and accuracy.- To develop a variety of fielding techniques and to use them within a game.- To develop long and short barriers and apply them to a game situation. | **Athletics Year 5**-To be able to apply different speeds over varying distances.- To develop fluency and co-ordination when running for speed.- To develop technique in relay changeovers.- To develop technique and co-ordination in the triple jump.- To develop throwing with force for longer distances.- To develop throwing with greater control and technique |
| Year 5/6Cycle B | **Netball Y5/6**- To develop passing and moving.- To be able to use the attacking principle of creating and using space.- To be able to change direction and lose a defender.- To be able to defend ball side and know when to go for interceptions.- To develop the shooting action.- To use and apply skills and tactics to small sided games. | **Dance Y6**-To copy and repeat a set dance phrase showing confidence in movements.- To work collaboratively with a partner to explore and develop the dance idea.- To use changes in level and speed when choreographing.- To copy and create actions using a prop as a dance stimulus- To use choreographing devices to improve how the performance looks.- To select actions and dynamics to convey different characters- To choreograph a dance that shows contrasting characters.- To communicate a story through dance. | **Gymnastics Y6**-To be able to develop the straddle, forward and backward roll.- To develop counter balance and counter tension.- To be able to perform inverted movements with control.- To be able to perform the progressions of a headstand and a cartwheel.- To be able to use flight from hands to travel over apparatus.- To be able to create a group sequence using formations and apparatus. | **Dodgeball Y5/6**-To recap on the rules of dodgeball and apply them to a game.- To develop throwing at a moving target.- To use jumps, dodges and ducks to avoid being hit.- To develop catching to get an opponent out.- To select and apply tactics in the game.- To develop officiating skills and referee a dodgeball game. |  **Rounders Y5/6**-To develop the bowling action and understand the role of the bowler.- To develop batting technique.- To make decisions about where and when to send the ball to stump a batter out.- To develop a variety of fielding techniques and when to use them in a game. To develop a variety of fielding techniques and when to use them in a game.- To develop long and short barriers in fielding and understand when to use them.- To apply the rules and skills you have learnt to play in a rounders tournament. | **Athletics Y6**-To work collaboratively with a partner to set a steady pace.- To develop your own and others sprinting technique.- To develop power, control and technique for the triple jump.- To develop power, control and technique when throwing for distance.- To develop throwing with force and accuracy for longer distances.- To work collaboratively in a team to develop the officiating skills of measuring, timing and recording. |