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 space To 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 ¾  Cycle 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 unison  with 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 ¾  Cycle 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 5/6  Cycle 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 5/6  Cycle 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. |