



PE at Wantage CE Primary

Design Revision September 2024



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Foundation	<ul style="list-style-type: none"> ➤ Speed, power and endurance are developed using FUN games ➤ Introduction to the simple rules and ethics of sports ➤ ABCs (Agility, Balance, Coordination and Speed) ➤ RJT (Running, Jumping, Throwing) ➤ CKs (Catching, Kicking, Striking with an implement) ➤ Be active and interactive ➤ Develop coordination through control and movement - children show good control and co-ordination in large and small movements ➤ Develop teamwork ➤ Importance of physical activity – health ➤ They move confidently in a range of ways, safely negotiating space. ➤ Also include basic work on Athletics (working towards sports day), games with simple rules and ball skills (catching and target throwing) <p>Teach each in 2 week blocks returning to key points each week</p>					
Year 1	<p>ABC's work continuing from foundation looking at and assessing their agility, balance and coordination – lots of games and activities to test and improve these aspects. (move and stop safely)</p> <p>Gym - Make my body curled, tense, stretched and relaxed. Roll, curl, travel and balance in different ways.</p>	<p>Gym – Copy sequences and repeat them. Control my body when travelling and balancing. Use equipment safely.</p> <p>Basic ball skills – throwing, catching, rolling and techniques for this.</p>	<p>Dance - move to music. Copy dance moves. Perform my own dance moves.</p> <p>Ball skills (Feet) - throw and kick in different ways.</p>	<p>Dance - make up a short dance. Move safely in a space.</p> <p>Basic ball skills – I can throw underarm. Throw and catch with both hands.</p>	<p>Boccia skills - throw underarm, throw and kick in different ways, use equipment safely.</p> <p>Athletics - move with control and care. Use equipment safely.</p>	<p>Athletics - move with control and care. Use equipment safely.</p> <p>Striking - hit a ball with a bat, throw underarm.</p>
Year 2	<p>Gym - plan and perform a sequence</p>	<p>Dance - change rhythm, speed, level</p>	<p>Gym - think of more than one way to</p>	<p>Dance - I can make a sequence by linking</p>	<p>Bench ball - decide the best space to be</p>	<p>Athletics - I can follow rules. Talk about what</p>



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	<p>of movements, improve my sequence based on feedback. Copy and remember actions.</p> <p>Ball skills (feet) - use hitting, kicking and/or rolling in a game.</p>	<p>and direction in my dance. Dance with control and coordination. Copy and remember actions.</p> <p>OAA – Teamwork games and simple ‘searching activities’ - follow rules.</p>	<p>create a sequence which follows some ‘rules’. Work on my own and with a partner.</p> <p>Ball skills – follow rules</p>	<p>sections together, I can use dance to show a mood or feeling.</p> <p>Multiskills – fundamental movement through friction/push and pull, agility, balance and coordination</p>	<p>in during a game. Use on tactic in a game. follow rules</p> <p>Striking – use hitting, kicking and/or rolling in a game. Decide the best space to be in during a game. Use on tactic in a game. follow rules</p>	<p>is different from what I did and what someone else did.</p> <p>Net and Wall - use hitting, kicking and/or rolling in a game.</p>
<p>Year 3</p> <p>Swimming Now done in term 1 as a week long block.</p>	<p>Gym - adapt sequences to suit different types of apparatus and criteria. Compare and contrast gymnastics sequences.</p> <p>Netball - throw and catch with control. Aware of space and use it to support team-mates and to cause problems for the opposition. Use rules fairly.</p>	<p>Dance - improvise freely and translate ideas from a stimulus into movement.</p> <p>OAA - follow a map in a familiar context. Use clues to follow a route. Follow a route safely.</p>	<p>Dance - share and create phrases with a partner and small group. repeat, remember and perform phrases</p> <p>Hockey - aware of space and use it to support team-mates and to cause problems for the opposition. Use rules fairly.</p>	<p>Gym - explain how strength and suppleness affect performance. Compare and contrast gymnastics sequences.</p> <p>Tag Rugby - aware of space and use it to support team-mates and to cause problems for the opposition. Throw and catch with control. Use rules fairly.</p>	<p>Tri Golf - use rules fairly. Throw/catch/strike with control.</p> <p>Athletics - Throwing and jumping focus</p>	<p>Athletics - run at fast, medium and slow speeds; changing speed and direction. Take part in a relay, remembering when to run and what to do.</p> <p>Dodgeball/ Bench ball - throw and catch with control. Aware of space and use it to support team-mates and to cause problems for the opposition. Use rules fairly.</p>
<p>Year 4</p> <p>Swimming Now done in term 1 as a week long block.</p>	<p>Gym- work in a controlled way. Include change of speed and direction.</p>	<p>Dance - take the lead when working with a partner or group. Use dance to</p>	<p>Gym - work with a partner to create, repeat and improve a sequence with at least three phases.</p>	<p>Dance - take the lead when working with a partner or group. Use dance to</p>	<p>Cricket - vary tactics and adapt skills depending on what is happening in a game. Hit a ball accurately</p>	<p>Athletics – Throwing and jumping focus</p> <p>Ultimate Frisbee - vary tactics and adapt skills</p>



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	<p>Include a range of shapes.</p> <p>Football – vary tactics and adapt skills depending on what is happening in a game. Keep possession of the ball.</p>	<p>communicate an idea.</p> <p>Tag Rugby –vary tactics and adapt skills depending on what is happening in a game. Keep possession of the ball. Throw and catch accurately.</p>	<p>Work in a controlled way.</p> <p>OAA - follow a map in a (more demanding) familiar context. I can follow a route within a time limit.</p>	<p>communicate an idea.</p> <p>Tennis – ball control, keep possession of the ball. Strike accurately. Work with a partner</p>	<p>with control. Throw and catch accurately. Catch with one hand.</p> <p>Athletics - run over a long distance. Sprint over a short distance. Throw in different ways. Hit a target. Jump in different ways.</p>	<p>depending on what is happening in a game. Keep possession of the ball. Throw and catch accurately. Catch with one hand.</p>
<p>Year 5</p> <p>Swimming Now done in term 1 as a week long block.</p>	<p>Gym - make complex extended sequences. Perform consistently to different audiences.</p> <p>Tennis - use forehand and backhand with a racket.</p>	<p>Dance - perform to an accompaniment. My dance shows clarity, fluency, accuracy and consistency.</p> <p>OAA - follow a map in an unknown location. Use clues and a compass to navigate a route. Change my route to overcome a problem. Use new information to change my route.</p>	<p>Gym - Combine action, balance and shape. Perform consistently to different audiences.</p> <p>Football - gain possession by working a team. Pass in different ways. Choose a tactic for defending and attacking. Use a number of techniques to pass, dribble and shoot.</p>	<p>Dance - compose my own dances in a creative way. My dance shows clarity, fluency, accuracy and consistency.</p> <p>Flag Football - gain possession by working a team. I can pass in different ways. I can field. I can choose a tactic for defending and attacking.</p>	<p>Rounder's - gain possession by working a team. I can field.</p> <p>Athletics - controlled when taking off and landing. Throw with accuracy.</p>	<p>Athletics - Combine running and jumping.</p> <p>Sitting Volleyball – Striking the ball (hand or implement), tactic for attacking and defending. Using techniques to score points.</p>
<p>Year 6</p> <p>Swimming Now done in term 1 as a week long block.</p>	<p>Gym - combine my own work with that of others. Link sequences to specific things.</p>	<p>Dance - develop sequences in a specific style. Choose my own music and style.</p>	<p>Netball - play to agreed rules. Explain rules.</p>	<p>Cricket - play to agreed rules. Explain rules.</p>	<p>Athletics - demonstrate stamina.</p>	<p>OAA - plan a route and a series of clues for someone else. Plan with others taking</p>



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	<p>Football - play to agreed rules. Explain rules. I can umpire. Make a team and communicate plan. Lead others in a game situation.</p>	<p>Flag Football - play to agreed rules. Explain rules. I can umpire. Make a team and communicate plan. Lead others in a game situation.</p>	<p>I can umpire. Make a team and communicate plan. Lead others in a game situation.</p> <p>Gym – (focus on flight and vaults) combine my own work with that of others. Link sequences to specific things.</p>	<p>I can umpire. Make a team and communicate plan. Lead others in a game situation.</p> <p>Badminton - play to agreed rules. Explain rules. I can umpire. Make a team and communicate plan. Lead others in a game situation.</p>	<p>Tennis - play to agreed rules. Explain rules. I can umpire. Make a team and communicate plan. Lead others in a game situation.</p>	<p>account of safety and danger.</p> <p>Ultimate Frisbee - play to agreed rules. Explain rules. I can umpire. Make a team and communicate plan. Lead others in a game situation.</p>
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Gym	Target
Dance	OAA
Net and Wall	Strike and Field
Invasion	Swimming
Athletics	