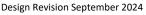


## PE at Wantage CE Primary Design Revision September 2024

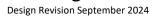




	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2			
Foundation	<ul><li>Speed, power</li></ul>								
	Introduction to the simple rules and ethics of sports								
	> ABCs (Agility.								
		Jumping, Throwing)							
		Kicking, Striking with an	implement)						
	<ul> <li>Be active and</li> </ul>		implementj						
			and movement - childre	n show good control and o	o-ordination in large an	small movements			
	<ul> <li>Develop team</li> </ul>								
	<ul> <li>They move confidently in a range of ways, safely negotiating space.</li> </ul>								
	<ul> <li>Also include basic work on Athletics (working towards sports day), games with simple rules and ball skills (catching and target throwing</li> </ul>								
	Teach each in 2 week b	Teach each in 2 week blocks returning to key points each week							
Year 1	ABC's work	<b>Gym</b> – Copy	Dance - move to	Dance - make up a	Boccia skills - throw	Athletics - move with			
	continuing from	sequences and repeat	music. Copy dance	short dance. Move	underarm, throw	control and care. Use			
	foundation looking at	them. Control my	moves. Perform my	safely in a space.	and kick in different	equipment safely.			
	and assessing their	body when travelling	own dance moves.		ways, use equipment				
	agility, balance and	and balancing. Use		Basic ball skills – I can	safely.	Striking - hit a ball			
	coordination – lots of	equipment safely.	Ball skills (Feet) -	throw underarm.		with a bat, throw			
	games and activities		throw and kick in	Throw and catch with	Athletics - move with	underarm.			
	to test and improve		different ways.	both hands.	control and care. Use				
	these aspects. (move	Basic ball skills –			equipment safely.				
	and stop safely)	throwing, catching,							
		rolling and							
	<b>Gym</b> - Make my body	techniques for this.							
	curled, tense,								
	stretched and								
	relaxed. Roll, curl, travel and balance in								
			1						
	different ways.								
Year 2	Gifferent ways.	Dance - change	<b>Gym</b> - think of more	Dance - I can make a	Bench ball - decide	Athletics - I can follo			



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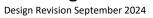




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	of movements, improve my sequence based on feedback. Copy and remember actions. Ball skills (feet) - use hitting, kicking and/or rolling in a game.	and direction in my dance. Dance with control and coordination. Copy and remember actions. OAA – Teamwork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



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



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