

We use the PE HUB scheme of work to support our teaching of the PE National Curriculum.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y1/2	<u>Physical Literacy</u> Speed, Agility and Travel The pupils will learn how to move and control objects. They will recognise the difference between actions such as: moving softly, quietly, quickly, powerfully etc.	<u>Physical Literacy</u> Manipulating Objects and Co-ordination The pupils will learn how to send and receive objects with different body parts. They will work with others to control objects in space. The pupils will also learn how to coordinate body parts such as: hand-eye, foot-eye.	<u>Gymnastics</u> The pupils will learn how to Identify and use simple gymnastics actions and shapes. They will be able to apply basic strength to a range of gymnastics actions and begin to carry basic apparatus such as mats and benches. They will also be able to begin to recognise similar actions and link them together	<u>Dance</u> The pupils will learn how to respond to a range of stimuli and types of music. They will also learn how to explore space, direction, levels and speeds. The pupils will also be given opportunities to experiment by creating actions and performing movements with different body parts.	<u>Hit, Catch and Run</u> The pupils will learn how to hit objects with hand or bat and track and retrieve a rolling ball. They will also learn how to throw and catch a variety of balls and objects.	<u>Attack, Defend, Shoot</u> Pupils will practice basic movements including running, jumping, throwing and catching. They will begin to engage in competitive activities and will experience opportunities to improve agility, balance and co-ordination
Y2/3	<u>Hit, Catch, Run</u> The pupils will develop hitting skills with a variety of bats and will practice feeding/bowling skills. The pupils will also learn to hit and run to score points in games.	<u>Send and Return</u> The pupils will be able to track the path of a ball over a net and move towards it. They will learn how to hit and return a ball using a variety of hand and racquet with some consistency. They will learn how to play modified net/wall games that use the skills of throwing, catching and sending over a net.	<u>Gymnastics</u> The pupils will learn how to develop body management through a range of floor exercises and use core strength to link recognised gymnastics elements, e.g., back support and half twist. They will also attempt to use rhythm while performing a sequence.	<u>Dance</u> The pupils will learn how to describe and explain how performers can transition and link shapes and balances. They will be able to perform basic actions with control and consistency at different speeds and on different levels and challenge themselves to move imaginatively responding to music. They will also be able to work as part of a group to create and	<u>Attack, Defend, Shoot</u> The pupils will learn how to send and receive a ball using feet and refine ways to control bodies and a range of equipment. They will also be able to recall and link combinations of skills, e.g. dribbling and passing.	<u>Run, Jump, Throw</u> The pupils will develop power, agility, coordination and balance over a variety of activities. They will learn to throw and handle a variety of objects including quoits, beanbags, balls, hoops and will be able to negotiate obstacles showing increased control of body and limbs.

				perform short movement sequences to music.		
Y4/5	<p><u>Attack, Defend, Shoot</u></p> <p>Pupils will learn to select and apply a small range of simple tactics and recognise good quality in self and others. They will also learn how to work with others to build basic attacking play.</p>	<p><u>Gymnastic</u></p> <p>Pupils will become increasingly competent and confident to perform skills more consistently. They will be able to perform in time with a partner and group and will learn how to use compositional ideas in sequences such as changes in height, speed and direction</p>	<p><u>Dance</u></p> <p>Pupils will learn how to include freeze frames in routines. They will also and practice and perform a variety of different formations in dance and develop a dance to perform as a group with a set starting position.</p>	<p><u>Football</u></p> <p>Pupils will learn to use defensive skills such as marking and tackling. They will also learn how to dribble in different directions by using different parts of their feet and passing for distance. They will also be able to evaluate skills to aid improvement.</p>	<p><u>Tag Rugby</u></p> <p>Pupils will learn to consistently perform basic tag rugby skills. They will learn how to implement rules and develop tactics in competitive situations and how to increase speed and build endurance during gameplay.</p>	<p><u>OAA</u></p> <p>Pupils will learn how to work well in a team or group within defined and understood roles. They will be able to plan and refine strategies to solve problems and identify the relevance of and use maps, compass and symbols. They will also be able to identify what they do well and suggest what they could do to improve.</p>
Y6	<p><u>Gymnastics</u></p> <p>Pupils will be able to create longer and more complex sequences and adapt performances. They will take the lead in a group when preparing a sequence and develop symmetry individually, as a pair and in a small group. They will compare performances and judge strengths and areas for improvement and</p>	<p><u>Dance</u></p> <p>Pupils will learn how to perform different styles of dance fluently and clearly. They will be able to refine and improve dances, adapting them to include the use of space rhythm & expression. They will work collaboratively in groups to compose simple dances and recognise and comment on dances suggesting ideas for</p>	<p><u>Cricket</u></p> <p>Pupils will learn how to apply with consistency standard cricket rules in a variety of different styles of games. They will learn how to complete a small range of recognised shots in isolation and in competitive scenarios. They will also use a range of tactics for attacking and defending in the role of bowler, batter</p>	<p><u>Football</u></p> <p>Pupils will be able to play effectively in a variety of positions and formations on the pitch. They will be able to relate a greater number of attacking and defensive tactics to gameplay and become more skilful when performing movements at speed.</p>	<p><u>Tag Rugby</u></p> <p>Pupils will be able to choose and implement a range of strategies and tactics to attack and defend and combine and perform more complex skills at speed. They will also be able to observe, analyse and recognise good individual and team performances and suggest, plan and lead a warm-up as a</p>	<p><u>OAA</u></p> <p>Pupils will learn how to explore ways of communicating in a range of challenging activities and navigate and solve problems from memory. They will also develop and use trust to complete the task and perform under pressure</p>

	select a component for improvement. For example—timing or flow	improvement.	and fielder		small group.	
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