**2019/2020 PE Curriculum Plan**

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|  | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| **Robins**  **F/Y1** | **Games**  Travelling with and receiving beanbags and balls.  **Ride-on Toys**  Developing balance and movement | **Dance**  Exploring basic body actions to create movement.  **Ride-on Toys**  Exploring balance and movement | **Gymnastics**  Use of space, footwork, awareness of parts of the body.  **Ride-on Toys**  Exploring balance and movement | **Games**  Bouncing/exploring different ways of moving a ball and other objects.  **Ride-on Toys**  Exploring balance and movement | **Games**  Rolling and bowling, catching and passing a ball.  **Ride-on Toys**  Exploring balance and movement | **Athletics**  Learning to develop, co-ordinate and control movement; through running, jumping and throwing. |
| **Puffins**  **Y2/3** | **Games**  Kicking, bouncing, striking, skipping | **Gymnastics**  Travelling, balance, jumping and landing.  Transference of weight. Pathways, linking movement | **Dance**  Simple movement patterns to communicate moods, feelings and ideas. | **Games**  Throwing and catching. Playing games based on net games and striking and fielding games. | **Invasion Games**  Playing team games; applying basic skills of rolling, striking and kicking. | **Athletics**  Master basic movements of running, jumping and throwing. |
| **Kingfishers**  **Y4/5** | **Games**  Competitive games; introduction of opposed practice  **Swimming**  Water safety and swim with effective strokes. | **Dance**  Linking dance actions. Exploring cultural dance **Swimming**  Improve stroke technique. | **Gymnastics**  Travelling with a change of direction and balance.  **Swimming**  Improve stroke technique. | **Net/Wall Games**  Directing the ball towards a target.  **Swimming**  Improve stroke technique. | **Invasion Games**  *Passing;* Netball, Rugby, Football  **Swimming**  Completing a 25m swim | **Athletics**  Running, throwing and jumping **Outdoor and Adventurous**  Orienteering, following maps and diagrams. Working individually and as a team. |
| **Golden Eagles**  **Y6/6** | **Invasion Games**  *Support play and formations:* Netball, Basketball, Hockey, Football and Rugby | **Gymnastics**  Flight, counter balance/counter tension, bridges.  **Net/Wall Games** | **Dance**  Dancing with a partner and in groups. | **Striking and Fielding Games**  Striking, bowling and fielding skills taught for Cricket and rounder’s games. | **Racket Games**  Throwing and catching for feed development, basic striking techniques; leading to rallying | **Athletics**  Set targets & improve performance in running, jumping and throwing activities. |

Weekly PE

**Each week a class should aim for 2 hours of quality PE**

This can be achieved through:

* 10 minutes morning Activate – BBC Super Movers, Go Noodle, Active Children (all accessible on the internet)
* PE lesson based on the above plan (outdoor space to be used except for gymnastics) – longer 50/60 minute lesson
* Real PE lesson once weekly – shorter 20/30 minute lesson – using resources from the Real PE scheme.

Try to have a mindfulness/yoga lesson at some point during the week, either as a block lesson or as a ‘brain break’ during lessons; it is important that children learn to take time to be reflective as well as active.

**Resources**, (in Quiet Room).

Lesson plans and teaching programmes in the Leapfrogs books.

Primrose Education folder for dance ideas.

TOPs folders for games activity

Gymnastics teaching programme

**Swimming**

This will take place on Friday for children in y4/5 who have not completed an unaided 25m swim.

**PE Log Books**

Update regularly with photos/writing about lessons and/or events.

Complete baseline assessment at start and end of each academic year.

Out of school sporting achievements should also be recorded (taking a copy of certificates or photo of trophies/medals).