**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).