



PE Curriculum School Overview 2020-2021

<p>Year 1</p>	<p>Weeks 1-7 Dance Topic - African Dance Dance to link in with learning theme. Creating a short Performance <u>Session 1/2</u>- Move to a beat <u>Session 3/4</u> - Link 2 dance movements together. <u>Session 5/6</u> - Perform dances using simple movement patterns.</p>	<p>Weeks 1-7 Sandwell Leisure Trust Fundamental skills Ten point hoops Agility, balance and Running, jumping, throwing and catching. I am beginning to develop my balance in a range of activities. I am beginning to develop my agility in a range of activities. I am beginning to develop my co-ordination in a range of activities.</p>	<p>Week 1-6 SLT Athletics Co-Ordination. Move in a variety of ways in and out of cones obstacles. Jump with both feet leaving the ground. Hop Stop on command Sprint run Skip without a rope. Jump for height</p>	<p>Weeks 1-6 SLT Multi-skills (Matalan 1) Hand-eye co-ordination Ball skills. Be able to participate in a game with an opposing side. Be able to control a ball within a game setting. Use hands to control a ball with increasing accuracy. Be able to play a game following a set of rules.</p>	<p>Weeks 1-5 Dance Moving Along</p>	<p>Weeks 1-7 Athletics Honey Pot Team games. Participate in team games in a range of increasingly challenging situations. Simple tactics for attacking in team games. I can develop simple tactics for defending in team games.</p>
<p>Year 2</p>	<p>Sandwell Leisure Trust Fundamental skills Ten point hoops Agility, balance and Running, jumping, throwing and catching. I am beginning to develop my balance in a range of activities. I am beginning to develop my agility in a range of activities. I am beginning to develop my co-ordination in a range of activities.</p>	<p>Sandwell Leisure Trust Fundamental skills Ten point hoops Agility, balance and Running, jumping, throwing and catching. I am beginning to develop my balance in a range of activities. I am beginning to develop my agility in a range of activities. I am beginning to develop my co-ordination in a range of activities.</p>	<p>Weeks 1-6 Dance Dance from around the world. Working in unison. Rhythm and movement.</p>	<p>Weeks 1-6 Invasion games: hockey. Hand-eye co-ordination Ball skills. Be able to participate in a game with an opposing side. Be able to control a ball within a game setting. Use hands to control a ball with increasing accuracy. Be able to play a game following a set of rules.</p>	<p>Weeks 1-5 Gymnastics Improving balance and fitness. Develop flexibility, strength, technique and control. Working independently and as part of a group Developing skills and learning how to use them in different ways and to link them to make actions and sequences of movement.</p>	<p>Weeks 1-7 Athletics. Achieving, recording and improving personal bests. Competitive spirit and fair play. Developing running, throwing and jumping skills.</p>



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<p>Year 3</p>	<p>Swimming Learning vital and life-saving skills. Improving fitness. Children know the importance for good health of physical exercise and a healthy diet, and talk about ways to keep healthy and safe Swimming on front n and back aiming for no arm bands.</p>	<p>Swimming Learning vital and life-saving skills. Improving fitness. Swimming on front n and back aiming for no arm bands</p>	<p>SLT Basic catching and throwing skills. Hand-eye co-ordination and good movement/ special awareness within small and large spaces. Ball skills and balancing. Use running, jumping, throwing and catching in isolation and in combination Be able to participate in a game with an opposing side. Be able to control a ball within a game setting. Use hands to control a ball with increasing accuracy.</p>	<p>Games. Cricket Further developing catching and throwing skills. Hand-eye co-ordination Ball skills. Be able to participate in a game with an opposing side. Be able to control a ball within a game setting.</p>	<p>Gymnastics and Dance Improving balance and fitness. Develop flexibility, strength, technique and control. Working independently and as part of a group Developing skills and learning how to use them in different ways and to link them to make actions and sequences of movement. Develop an understanding of how to improve in different physical</p>	<p>Athletics Recording and improving personal bests. Competitive spirit and fair play. Developing running, throwing and jumping skills.</p>
<p>Year 4</p>	<p>Sandwell Leisure Trust Basic catching and throwing skills. Hand-eye co-ordination and good movement/ special awareness within small and large spaces. Ball skills. Be able to participate in a game with an opposing side. Be able to control a ball within a game setting. Use hands to control a ball with increasing accuracy. Be able to play a game following a set of rules.</p>	<p>Sandwell Leisure Trust Games –Outdoor / Adventurous Games</p>	<p>Swimming Learning vital and life-saving skills. Improving fitness. Children know the importance for good health of physical exercise and a healthy diet, and talk about ways to keep healthy and safe.</p>	<p>Swimming Learning vital and life-saving skills. Improving fitness. Cricket Further developing catching and throwing skills. Hand-eye co-ordination Ball skills. Be able to participate in a game with an opposing side. Be able to control a ball within a game setting.</p>	<p>Gymnastics and Dance Improving balance and fitness. Develop flexibility, strength, technique and control. Working independently and as part of a group Developing skills and learning how to use them in different ways and to link them to make actions and sequences of movement. Develop an understanding of how to improve in</p>	<p>Athletics Working as part of a team and considering others' ideas and strategies. Developing fitness Engaging with other children. Understanding and adhering to game rules. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>



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	Use running, jumping, throwing and catching in isolation and in combination			Use hands to control a ball with increasing accuracy. Be able to play a game following a set of rules and apply basic principles suitable for attacking and defending Developing an enjoyment of communicating, collaborating and competing with each other. Use running, jumping, throwing and catching in isolation and in combination.	different physical activities and sports and learn how to evaluate and recognise their own success.	
Year 5	<p>Gymnastics Improving balance and fitness. Develop flexibility, strength, technique and control. Working independently and as part of a group Developing skills and learning how to use them in different ways and to link them to make actions and sequences of movement. Develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p>	<p>Games Outdoor and Adventurous activities</p>	<p>Gymnastics Improving balance and fitness. Develop flexibility, strength, technique and control. Working independently and as part of a group Developing skills and learning how to use them in different ways and to link them to make actions and sequences of movement. Develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p>	<p>Invasion games. Hand-eye co-ordination Ball skills. Be able to participate in a game with an opposing side. Be able to control a ball within a game setting. Use hands to control a ball with increasing accuracy. Be able to play a game following a set of rules.</p>	<p>Swimming</p>	<p>Athletics Working as part of a team and considering others' ideas and strategies. Developing fitness Engaging with other children. Understanding and adhering to game rules. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>



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<p>Year 6</p>	<p>Games</p> <p>Outdoor and Adventurous activities</p>	<p>SLT Netball</p> <p>Improve hand eye coordination with a number of ball exercises (with the appropriate sized balls). Work in pairs to practise all the passes: bounce pass, chest pass and shoulder pass. Work in small groups to develop getting free and special awareness- 6 per group; 3 on each team) Practise shooting skills (aim) Spilt class into 4 teams for children to play a game.</p>	<p>SLT Tennis</p> <p>Practise balancing the tennis ball on the tennis racket. Practise bouncing the ball on the racket Work in pairs to develop passing skills; children gradually get further apart as they become more confident. How many times can you pass the ball to a partner without it touching the floor? Work in teams (in a line behind each other) passing the tennis ball over the net: forehand and backhand. Work in pairs to play a mini game of tennis.</p>	<p>SLT Athletics</p> <p>Sprint run Move in and around cones. Learn to jump over hurdles correctly. Self-assessment: be able to beat your personal best. Work as a team in a relay race. Learn to throw a javelin correctly.</p>	<p>SLT Gymnastics and Dance Gymnastics and Dance</p> <p>Improving balance and fitness. Develop flexibility, strength, technique and control. Working independently and as part of a group Developing skills and learning how to use them in different ways and to link them to make actions and sequences of movement. Develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p>	<p>Athletics</p> <p>Work as part of a team and considering others' ideas and strategies. Developing fitness. Engaging with other children. Understanding and adhering to game rules. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Track events: Sprint Hurdles Relay Field events: Tug of War Shot Putt Javelin</p>