

PE Scheme of Work



St. Mary's Church of England Primary School, High Crompton



PE Scheme of Work

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Please note:

When completing any aspect of PE a warm up and cool down activity should always start and end a lesson. All lessons must begin with an awareness of safety and dangers removed. Throughout all activities pupils should be encouraged to evaluate and improve their own skills/performance to improve performance.

EYFS - Autumn		
Programme of Study	Knowledge, Skills and Understanding	Activity/ Link to scheme of work
Dance – Autumn 1	<p>Experiment with different ways of moving.</p> <p>Children use what they have learnt about media and materials in original ways, thinking about uses and purposes. They represent their own ideas, thoughts and feelings through design and technology, art, music, dance, role play and stories.</p>	<p>Nursery Rhymes: (Hickory Dickory Dock - V Sabin Hop skip_and Jump)</p>
Gymnastics – Autumn 1	<p>Experiment with different ways of moving.</p> <p>Jumps off objects and lands appropriately</p> <p>Travels with confidence and skill around, under, over and through balancing and climbing equipment.</p>	<p>Stretching and Curling (Val Sabin Unit B)</p>
Gymnastics – Autumn 2	As Above	<p>Stretching and Curling (Val Sabin Unit B)</p>
Games – Autumn 2	<p>Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.</p> <p>Shows increasing control over an object in pushing, patting, throwing, catching or kicking it</p>	<p>Action Games (LCP File)</p>

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EYFS - Spring		
Programme of Study	Knowledge, Skills and Understanding	Activity/ Link to scheme of work
Dance – Spring 1	<p>Experiment with different ways of moving.</p> <p>Children use what they have learnt about media and materials in original ways, thinking about uses and purposes. They represent their own ideas, thoughts and feelings through design and technology, art, music, dance, role play and stories.</p>	<p>Going to the Park (LCP File)</p>
Gymnastics – Spring 1	<p>Experiment with different ways of moving.</p> <p>Jumps off objects and lands appropriately</p> <p>Travels with confidence and skill around, under, over and through balancing and climbing equipment.</p>	<p>Travelling and Balancing (Val Sabin Unit A)</p>
Dance – Spring 2	See Above	<p>We're Going On A Bear Hunt (Time To Move)</p>
Games – Spring 2	<p>Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.</p> <p>Shows increasing control over an object in pushing, patting, throwing, catching or kicking it</p>	<p>Animal Games (Focus on Team Games)</p>

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EYFS - Summer		
Programme of Study	Knowledge, Skills and Understanding	Activity/ Link to scheme of work
Dance – Summer 1	<p>Experiment with different ways of moving.</p> <p>Children use what they have learnt about media and materials in original ways, thinking about uses and purposes. They represent their own ideas, thoughts and feelings through design and technology, art, music, dance, role play and stories</p>	<p>Animals (Hungry Caterpillar - Val Sabin Rainbow fish.- Val Sabin (Yr 1) Angry Elephant - Val Sabin)</p>
Games – Summer 1	<p>Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.</p> <p>Shows increasing control over an object in pushing, patting, throwing, catching or kicking it</p>	<p>Using Equipment (LCP File)</p>
Gymnastics – Summer 2	<p>Experiment with different ways of moving. Jumps off objects and lands appropriately Travels with confidence and skill around, under, over and through balancing and climbing equipment.</p>	<p>Travelling and Taking Weight (Val Sabin Unit C)</p>
Games – Summer 2	<p>See Above</p>	<p>Sports Day Activities (LCP File)</p>

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Year 1 - Autumn		
Programme of Study	Knowledge, Skills and Understanding	Activity/ Link to scheme of work
Dance Aut 1	<ul style="list-style-type: none"> Can you copy actions? •Can you move to music? •Can you move with some control and care? •Can you perform some dance moves? 	<p>Colours and Moods LCP KS 1 dance Link to park 6 lessons</p> <p>Dance Workshop Aut 97- Rhythm in the Street Let's Move 2000 Building bricks - Prog 7 Giant construction - Prog 8</p>
Dance Aut 2	<ul style="list-style-type: none"> •Can you make up a short dance? •Can you show rhythm in your dance? •Can you copy dance moves? •Can you choose the best movements to show different ideas? <p>Can you move around the space safely?</p> <ul style="list-style-type: none"> •Can you choose which actions to make? •Can you copy sequences and repeat them? 	
	<p>Dance Vocab:</p> <ul style="list-style-type: none"> Words to describe direction, eg forwards, backwards, sideways. •Words to describe travel and stillness, eg gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue. •Words to describe space, eg near, far, in and out, on the spot, own. •Words to describe a sequence, eg beginning, middle, end. •Words to describe moods and feelings (expressive qualities), eg jolly, stormy. •Words to describe the nature of movement (dynamic qualities), eg fast, strong, gentle. 	
Games – Aut 1	<ul style="list-style-type: none"> Can you move and stop safely? •Can you follow rules? 	<p>Traditional Playground Games See Playground games - ref S Day Include team games such as tig/kick the can</p>

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Year 1 - Spring		
Programme of Study	Knowledge, Skills and Understanding	Activity/ Link to scheme of work
Dance - Spring 1	See Autumn 1 and 2	March, march, march & Jack & the Beanstalk. Val Sabin KS1 dance: Unit 2
Gymnastics – Spring 1	<ul style="list-style-type: none"> •Can you control your body when travelling? •Do I move with some control and care? •Can you control your body when balancing? • Can you balance in different ways? •Can you climb safely? •Can you curl in different ways? •Can you stretch in different ways? •Can I choose the best movements to show different ideas? •Can you make your body tense, relaxed, curled & stretched? 	Wide, narrow, curled. Val Sabin 'G'
Gymnastics – Spring 2	<ul style="list-style-type: none"> •Can you roll in different ways? •Can you travel in different ways? • Can you balance in different ways? •Can you climb safely? •Can you curl in different ways? •Can you stretch in different ways? •Can I choose the best movements to show different ideas? •Can you copy sequences & repeat them? •Can I show control and co-ordination when travelling or balancing? 	Rocking and rolling Val Sabin 'F'
Games – Spring 2	<ul style="list-style-type: none"> • Can you throw underarm? Can I move to catch or collect? •Can you throw in different ways? •Can you catch with both hands? •Can you hit a ball with a bat? Can they roll a piece of equipment ? 	Using balls in various ways: (ref: "Activities for PE using small apparatus" by J Severs p .20-26) (NB Main focus throwing & catching - see Folens 1 PE in action unit 1 &2)

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Year 1 - Summer		
Programme of Study	Knowledge, Skills and Understanding	Activity/ Link to scheme of work
Gymnastics – Summer 1	<ul style="list-style-type: none"> •Can you travel in different ways? •Can you climb safely? •Can I choose the best movements to show different ideas? •Can you copy sequences & repeat them? •Can I show control and co-ordination when travelling or balancing? •Can you make your body tense, relaxed, curled & stretched? •Can you copy sequences & repeat them? •Can I show control and co-ordination when travelling or balancing? 	<p>Intro to Sequencing +-FLIGHT</p> <p>Val Sabin KS1 'D'</p>
Games – Summer 1	<ul style="list-style-type: none"> •Can you kick in different ways? •Can I decide where to stand to make a game difficult for the other team? • Can you decide where the best place to be is during a game? •Can you follow rules? •Do I use the terms 'opponent' and 'team-mate' when playing games? 	<p>Football skills:</p> <p>FOLENS unit 1 - sending and receiving. See also 'Football in the community' scheme: use passing & dribbling units. Ensure small side game situation to finish sessions. (suggest 6 lessons)</p>
Games – Summer 2	<ul style="list-style-type: none"> •Can I decide where to stand to make a game difficult for the other team? • Can you decide where the best place to be is during a game? •Can you follow rules? •Do I use the terms 'opponent' and 'team-mate' when playing games? 	<p>LCP: KS1: Unit 3 (y1)</p> <p>Games activities - 12 lessons 'developing basic game-playing skills)</p>
Athletics – Summer 2	<ul style="list-style-type: none"> Can you move and stop safely? Can you run in a straight line? 	<p>Multi-skills intro: running straight and fast / evading others. (Sports day prep)</p>

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Year 2 - Autumn		
Programme of Study	Knowledge, Skills and Understanding	Activity/ Link to scheme of work
Gymnastics – Autumn 1	<ul style="list-style-type: none"> •Can you think of more than one way to create a sequence which follows a set of 'rules'? •Do I link two or more actions together to make a sequence? 	Val Sabin: 'H' Parts high/parts low.
Games – Autumn 1	<ul style="list-style-type: none"> • Can you decide where the best place to be is during a game? •Can you follow rules? •Do I use the terms 'opponent' and 'team-mate' when playing games? 	Net and Wall Skills (Folens box Year 2) Skills based activities, LCP Yr 2 Unit 4 Racquet Skills
Dance – Autumn 2	Can I copy and remember actions? Can you dance imaginatively? <ul style="list-style-type: none"> •Can you change rhythm, speed, level & direction? •Do I remember and repeat dance movements? •Can I show contrasts such as small/tall, straight/ curved and wide/narrow? •Can you dance with control & coordination? •Can you make a sequence by linking sections together? •Can you link some movements to show a mood or feeling? •Can I plan sequences of movements? 	Pied Piper – Time to move Spring 2000. (Partner work & contrast)
	Dance Vocab <ul style="list-style-type: none"> •Words to describe body actions and body parts. •Stimulus (the starting point for dance). •Words to describe levels, eg high, medium, low. •Words to describe directions. •Words to describe pathways, eg curved, zigzag. •Words to describe moods, ideas and feelings, eg happy, angry, calm, excited, sad, lonely. 	
Gymnastics – Autumn 2	<ul style="list-style-type: none"> •Can you use contrast in your sequences? •Can you work on your own and with a partner to create a sequence? • Can you show contrasts such as small/tall, straight/ curved and wide/narrow? 	Spinning, turning, twisting (vehicles) Val Sabin: 'J'

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Year 2 - Spring		
Programme of Study	Knowledge, Skills and Understanding	Activity/ Link to scheme of work
Dance – Spring 1	See Autumn term	At the seaside LCP KS1 dance: (6 lessons)
Gymnastics – Spring 1	<ul style="list-style-type: none"> • Can you balance on different points of my body? • Can you use contrast in your sequences? • Can you work on your own and with a partner to create a sequence? • Can you plan and show a sequence of movements? • Are your movements controlled? • Can you choose the best movements to communicate a mood or feeling? 	Linking movements together Val Sabin: 'K'
Games – Spring 2	<ul style="list-style-type: none"> • Can you decide where the best place to be is during a game? • Can you follow rules? • Can you use the terms 'opponent' and 'team-mate' when playing games? • Can you use hitting, kicking &/or rolling in a game? • Can you stay in a 'zone' during a game? • Can you use one tactic in a game? 	Invasion Skills (Folens box Year 2) Skills based activities, leading to handball type small sided game.
Outdoor and Adventurous – Spring 2	<ul style="list-style-type: none"> • Can you begin to select and use the most appropriate skills, actions and ideas? • Can you begin to enjoy solving problems or challenges outdoors? 	'Lighthouse challenge' lessons: Use KS2 O&A units from LCP. Design a safe route to the lighthouse with your family.

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Year 2 - Summer		
Programme of Study	Knowledge, Skills and Understanding	Activity/ Link to scheme of work
Dance – Summer 1	See Autumn	copying movement, using pattern, change & culture over time. Val Sabin KS1 dance: unit 4-
Games – Summer 1	<ul style="list-style-type: none"> • Can you decide where the best place to be is during a game? • Can you follow rules? • Can you use the terms 'opponent' and 'team-mate' when playing games? • Can you use hitting, kicking &/or rolling in a game? • Can you stay in a 'zone' during a game? • Can you use one tactic in a game? 	Sending & receiving: Hockey skills Adapt Unit 4 LCP KS1 - 'Games activities 2' as req'd to include use of uni-hockey equipment. (suggest 8 lessons)
Athletics – Summer 2	Can you run in a straight line? Can you run at different speeds? Can you jump in a variety of ways?	Running straight and fast / evading others/ co-ordinated jumping / long jump. (Sports day prep) See 'Elevating Athletics' running unit - focus: running for speed.
Athletics – Summer 2	Can you throw objects with some accuracy? Can you throw for distance? Can you throw for accuracy?	'Elevating Athletics' scheme throwing unit. (suggest 6-7 lessons)

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Year 3 - Autumn		
Programme of Study	Knowledge, Skills and Understanding	Activity/ Link to scheme of work
Dance - Autumn 1	<ul style="list-style-type: none"> •Can you dance with control & coordination? •Can you make a sequence by linking sections together? •Can you link some movements to show a mood or feeling? • Can you plan sequences of movements? • Can you move with co-ordination and control? •Can you use dance to communicate an idea? <p>Dance Vocab</p> <ul style="list-style-type: none"> •Words to describe actions, dynamics, space and relationships. •Words to describe group formations, eg square, circle, line. •Partner, copy, follow, lead. •Unison, canon, repeat. •Structure. •Motif. •Dance phrase. •Improvisation, explore. 	<p>Explorers</p> <p>Val Sabin</p>
Swimming – Autumn 1 and Autumn 2	<ul style="list-style-type: none"> • Can you swim upto 20 metres using my arms and legs to move. Can you swim between 25 and 50 metres? • Can you swim both on the surface and below the surface of the water? •Are my arms and legs are co-ordinated? 	<p>Oldham swimming service deliver swimming lessons (x1 / week for whole term)</p>
Gymnastics – Autumn 2	<ul style="list-style-type: none"> •Can you plan and show a sequence of movements? •Are your movements controlled? • Can you choose the best movements to communicate a mood or feeling? •Can you follow a set of 'rules' to produce a sequence? •Can you include change of speed? •Can you include change of direction? • Can you include range of shapes? 	<p>Val Sabin: 'L' -stretching & curling – supplement with FOLENS 3 – running and jumping (jumping course-small apparatus)</p>

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Year 3 - Spring		
Programme of Study	Knowledge, Skills and Understanding	Activity/ Link to scheme of work
Dance – Spring 1	See Autumn 1	Life on the Nile LCP KS2: dance- Focus: create, adapt and link.
Gymnastics – Spring 1	<ul style="list-style-type: none"> •Can you plan and show a sequence of movements? •Are your movements controlled? • Can you choose the best movements to communicate a mood or feeling? •Can you follow a set of 'rules' to produce a sequence? •Can you include change of speed? •Can you include change of direction? • Can you include range of shapes? 	Symmetry and asymmetry - Val Sabin 'M' – supplement with FOLENS 3 running & jumping 4.
Optional Basic site orienteering	<ul style="list-style-type: none"> • Can you select and use the most appropriate skills, actions and ideas? Can you follow a map in a familiar context? Can you use clues to follow a route? Can you follow a route safely? •Can you solve problems or challenges outdoors? •Can you begin to improvise with ideas and movements? 	Optional KS2 LCP unit 19 – Basic site orienteering / obstacle course challenge (design and make) NB: could also use 'out and back' course adaptable for any site. See 5 Day for advice.
Gymnastics – Spring 2	See Spring 1 plus Can you adapt sequences to suit different types of apparatus and their partner's ability? Can you contrast gymnastic sequences, commenting on similarities and differences?	Pathways/change of direction. Val Sabin 'N' /'O'
Games – Spring 2	<ul style="list-style-type: none"> •Can you use one tactic in a game? Can you select and use the most appropriate skills? actions and ideas. • Can you follow rules fairly in a game? •Can you keep possession of the ball? •Can you stay in a 'zone' during a game? 	Football skills: See 'Football in the community' scheme: revise passing & dribbling units. Deliver ' control ' units. Ensure small side game situation to finish sessions. (suggest 6 lessons) NB: Use in conjunction with KS2 LCP: Invasion games (1) - focus delivering through football.

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Year 3 - Summer		
Programme of Study	Knowledge, Skills and Understanding	Activity/ Link to scheme of work
Games – Summer 1	<ul style="list-style-type: none"> •Can you use one tactic in a game? •Can you hit a ball accurately & with control? 	<p>Intro to tennis: Ball & racquet skills: LCP KS2 Unit 13: Net & Wall games (1) - 6 lessons.</p>
Athletics - Summer 1	<ul style="list-style-type: none"> • Can they run at fast, medium and slow speeds, changing speed and direction? Can you sprint over a short distance? • Can you run over a long distance? • Can you try to follow rules in an event? Can you sprint over a short distance? • Can you take part in a relay activity, remembering when to run and what to do? 	<p>Zigzag running, co-ordinated running and changing direction.</p> <p>Elevating athletics: Units: running (speed/distance and over obstacles)</p>
Games – Summer 2	<ul style="list-style-type: none"> •Can you catch with two hands.one hand? Can you catch and throw accurately? Can you use one tactic in a game? •Can you hit a ball accurately & with control? 	<p>Intro to cricket: Use lessons from Channel 4 cricket scheme - Kwik cricket - intro all aspects.</p>
Athletics - Summer 2	<ul style="list-style-type: none"> • Can you jump in different ways? Can you try to follow rules in an event? • Can you link running and jumping activities with some fluency, control and consistency? • Can you make up and repeat a short sequence of linked jumps? 	<p>Intro to jumping.</p> <p>Elevating athletics: (suggest 7 lessons)</p>

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Year 4 - Autumn		
Programme of Study	Knowledge, Skills and Understanding	Activity/ Link to scheme of work
Dance – Autumn 1	<ul style="list-style-type: none"> Can you move with co-ordination and control? •Can you use dance to communicate an idea? • Can you work on your movements and refine them? •Is your dance clear & fluent? •Are my sequences including changes in speed and level? <p>Dance Vocab</p> <ul style="list-style-type: none"> •Words to describe actions, dynamics,space and relationships. •Words to describe group formations, eg square, circle, line. •Partner, copy, follow, lead. •Unison, canon, repeat. •Structure. •Motif. •Dance phrase. •Improvisation, explore. 	<p>These shoes were made for walking Giraffes can dance 6 lessons - Val Sabin Dance Yr 4</p>
Games – Autumn 1	<ul style="list-style-type: none"> • Can you select and use the most appropriate skills, actions and ideas. • Can you follow rules in a game? Can you throw and catch accurately? Can you keep possession of the ball? Can you move to find a space when they are not in possession during a game? • Can you vary tactics and adapt skills according to what is happening? 	<p>Netball skills development Use Folens unit 4 Games cards - focus on passing/moving elements. Incorporate into games situations.</p>
Optional Cross country training	<ul style="list-style-type: none"> • Can you run over a long distance? •Do I try to follow rules in an event? 	<p>Optional Cross country training & selection sessions</p>
Gymnastics – Autumn 2	<ul style="list-style-type: none"> •Can you follow a set of 'rules' to produce a sequence? •Can you include change of speed? •Can you include change of direction? • Can you include range of shapes? 	<p>Balance Val Sabin Unit P</p>
Dance – Autumn 2	See Autumn 1	<p>Electricity - Unit 2 Val Sabin Dance. Lessons 1-6 Taught after Science electricity topic to reinforce learning in a practical way and ensure Science continues throughout the term.</p> <p>Spanish Dancing - One lesson on Spanish day (Flamenco and Matador)</p>

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Year 4 - Spring		
Programme of Study	Knowledge, Skills and Understanding	Activity/ Link to scheme of work
Games – Spring 1	<ul style="list-style-type: none"> • Can you select and use the most appropriate skills, actions and ideas. • Can you follow rules in a game? • Can you use one tactic in a game? • Can you keep possession of the ball? Can they move to find a space when they are not in possession during a game? • Can they vary tactics and adapt skills according to what is happening? 	<p>Invasion Games 2'</p> <p>LCP KS2 - Unit 11 -</p>
Swimming – Spring 1 and Spring 2	<ul style="list-style-type: none"> • Can I swim between 25 and 50 metres? • Can I swim both on the surface and below the surface of the water? • Are my arms and legs are co-ordinated? • Do I use more than one swimming stroke? • Is my breathing is co-ordinated with the stroke I am using? 	<p>Oldham swimming service deliver swimming lessons (x1 / week for whole term)</p>
Gymnastics – Spring 2	<ul style="list-style-type: none"> • Can you follow a set of 'rules' to produce a sequence? • Can you include change of speed? • Can you include change of direction? • Can you include range of shapes? 	<p>Receiving bodyweight.</p> <p>Val Sabin - Unit Q</p>

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Year 4 - Summer

Programme of Study	Knowledge, Skills and Understanding	Activity/ Link to scheme of work
Games – Summer 1	<ul style="list-style-type: none"> • Can you select and use the most appropriate skills? actions and ideas. • Can you follow rules in a game? • Can you catch with one hand? • Can you throw & catch accurately? • Can you keep possession of the ball? • Can you hit a ball accurately & with control? • Can you move to find a space when you are not in possession during a game? • Can you vary tactics & adapt skills according to what is happening? 	<p>Striking & Fielding Rounders - LCP KS2 Unit 12 -</p>
Athletics – Summer 1	<ul style="list-style-type: none"> • Can you follow most rules in an event? • Can you jump in different ways? 	<p>Elevating athletics: Jumping for height</p>
Gymnastics – Summer 2	<ul style="list-style-type: none"> • Can you follow a set of 'rules' to produce a sequence? • Can you work in a controlled way? • Can you work with a partner to create, repeat & improve a sequence with at least three phases? • Is my body is balanced? • Can you work on improving strength and suppleness by practising stretches and shapes? 	<p>Val Sabin 'S' - rolling - link into sequencing- teach in Summer term.</p>
Athletics – Summer 2	<ul style="list-style-type: none"> • Can you follow most rules in an event? • Can you hit a target? • Can you throw with accuracy? 	<p>Elevating athletics: Fling throw'</p>

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Year 5 - Autumn		
Programme of Study	Knowledge, Skills and Understanding	Activity/ Link to scheme of work
Gymnastics – Autumn 1	<ul style="list-style-type: none"> • Can you work in a controlled way? • Can you work with a partner to create, repeat & improve a sequence with at least three phases? • Can you make your body balanced? • Can you work on improving strength and suppleness by practising stretches and shapes? • Can you perform consistently to different audiences? • Can you control and demonstrate skill in my actions and movements? 	Val Sabin Unit T'
Games – Autumn 1	<ul style="list-style-type: none"> • Can you move to find a space when you are not in possession during a game? • Can you vary tactics & adapt skills according to what is happening? • Can you pass in different ways? • Can you choose the best tactics for attacking & defending? • Can you gain possession by working as a team? 	Rugby skills development Use Folens games scheme.
Optional Cross country	<ul style="list-style-type: none"> • Can you choose the best pace for running? 	Optional Cross country training & selection sessions
Dance – Autumn 2	<ul style="list-style-type: none"> • Can you take the lead when working with a partner or group? • Do you know that dance can express a variety of things? • Can you plan, perform and repeat sequences? • Can you compose your own dances in a creative & imaginative way? <hr/> <ul style="list-style-type: none"> • Are your movements controlled? • Can you make complex sequences that include changes in direction, level and speed? • Can you perform to an accompaniment, expressively & sensitively? <p>Dance Vocab</p> <ul style="list-style-type: none"> • Character. •Narrative, costume, props. • Describe, analyse, interpret, evaluate. •Communication. •Gesture. • Words to describe choreographic devices, eg unison, canon, repetition, action and reaction, question and answer. 	Volcanoes - Val Sabin Unit 4 (respond to stimuli, basic composition, group dances)
Gymnastics – Autumn 2	<ul style="list-style-type: none"> • Can you work in a controlled way? • Can you work with a partner to create, repeat & improve a sequence with at least three phases? 	Flight Val Sabin: Unit 'U

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	<ul style="list-style-type: none">•Is my body is balanced?•Can I work on improving strength and suppleness by practising stretches and shapes?•Can you perform consistently to different audiences?•Am I controlled and skilful in my actions and movements?•Can you make complex or extended sequences?•Can you combine action, balance & shape?•Are your movements accurate, clear & consistent?	
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Year 5 - Spring		
Programme of Study	Knowledge, Skills and Understanding	Activity/ Link to scheme of work
Gymnastics – Spring 1	<ul style="list-style-type: none"> • Can you work in a controlled way? • Can you work with a partner to create, repeat & improve a sequence with at least three phases? • Is my body is balanced? • Can you work on improving strength and suppleness by practising stretches and shapes? • Can you perform consistently to different audiences? • Am I controlled and skilful in my actions and movements? • Can you make complex or extended sequences? • Can you combine action, balance & shape? • Are your movements accurate, clear & consistent? 	<p>Functional use of limb. Val Sabin Unit 'V</p>
Games – Spring 1	<ul style="list-style-type: none"> • Can you move to find a space when you are not in possession during a game? • Can you vary tactics & adapt skills according to what is happening? • Can you pass in different ways? • Can you choose the best tactics for attacking & defending? 	<p>Invasion Games: Handball skills development. See scheme guidance developed by S Day,</p>
Optional multi-skills dev' unit	<ul style="list-style-type: none"> Can you change direction quickly and accurately? Can you make and follow complex sequences? Can you take off and land in a controlled manner? Can you throw with accuracy? Can you balance and control your movements? Can you demonstrate agility? 	<p>Optional multi-skills dev' unit - co-ordination, balance, control and pace. Use multi-skills developed by S Day.</p>
Games – Spring 2	<ul style="list-style-type: none"> • Can you hit a ball accurately & with control? • Can you use forehand & backhand with a racquet? 	<p>Net Games Short Tennis</p>
Outdoor and Adventurous – Spring 2	<ul style="list-style-type: none"> • Can you follow a map in a familiar context? • Can you move from one location to another following map? • Can you use clues to follow a route? • Can you follow a route safely • Can you change their route if there is a problem? • Can you change their plan if they get new information? 	<p>Site Orienteering: Out & back - progress to map reading and complex & on-site course.</p>

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Year 5 - Summer		
Programme of Study	Knowledge, Skills and Understanding	Activity/ Link to scheme of work
Dance – Summer 1	See Autumn 1	English country dance units Val Sabin
Swimming – Summer 1	<ul style="list-style-type: none"> • Can you swim between 25 and 50 metres? • Can you swim both on the surface and below the surface of the water? • Can you ensure my arms and legs are co-ordinated? • Can you use more than one swimming stroke? • Is my breathing is co-ordinated with the stroke I am using? • Can I ensure my swimming use arms and legs in a confident and co-ordinated manner? 	Oldham swimming service deliver swimming lessons (x1 / week for half term)
Games – Summer 2	<ul style="list-style-type: none"> • Can you catch with one hand? • Can you throw & catch accurately? • Can you hit a ball accurately & with control? • Can you vary tactics & adapt skills according to what is happening? • Can you field? • Can you strike a bowled ball? 	Striking and Fielding Cricket development lessons - see Channel 4 cricket skills development. Kwik-cricket. Bowling development.
Athletics – Summer 2	<ul style="list-style-type: none"> • Can you throw with accuracy? • Can you follow specific rules? • Can I begin to choose the appropriate tactics to cause a problem for the opposition? • Are you controlled when taking off and landing in a jump? Can they successfully compete in a relay race ? • Can you combine running & jumping? 	Elevating Athletics: Running over obstacles Relay Combination jumping Pull Throw

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Year 6 - Autumn		
Programme of Study	Knowledge, Skills and Understanding	Activity/ Link to scheme of work
Gymnastics – Autumn 1	<ul style="list-style-type: none"> •Can you perform consistently to different audiences? •Am I controlled and skilful in my actions and movements? •Can you make complex or extended sequences? •Can you combine action, balance & shape? •Are your movements accurate, clear & consistent? 	<p>Val Sabin 'X' Matching & mirroring Optional apparatus: link to above.</p>
Football – Autumn 1	<p>Can you use a range of shots and strokes to strike a ball?</p> <ul style="list-style-type: none"> • Can you apply my skills, techniques and ideas accurately, appropriately and consistently? •Can you explain complicated rules? •Can you make a team plan and explain it to them? •Can you lead others in a game situation? • Can strike a ball on the volley? 	<p>Football development lessons. Football skills: See 'Football in the community' scheme: revise passing & dribbling units. Revise 'control' units. Ensure small side game situation to finish sessions. (suggest 6 lessons) - incorp. Goalkeeping skills / shooting.</p>
Cross Country – optional extra	<ul style="list-style-type: none"> •Can you choose the best pace for running? Can they demonstrate stamina? 	<p>Cross country training & selection sessions</p>
Dance – Autumn 2	<p>Does your dance show clarity, fluency, accuracy & consistency?</p> <ul style="list-style-type: none"> •Can I prepare and perform to an audience? •Can I practise and perform with control? •Can you choose your own music, style and dance? •Can you develop imaginative dances in a specific style? <hr/> <p>Dance Vocab</p> <ul style="list-style-type: none"> •Improvisation. •Unison, canon, action, reaction. •Motif, phrase, section. •Form, eg AB, ABA, ABAC. •Artistic intention. •Exploration. •Dance framework. 	<p>'Rainforest'-explore, improve. & combine. Val Sabin KS2 dance and Divali Dance unit. with Reception Buddies BBC</p>
Games – Autumn 2	<ul style="list-style-type: none"> • Can you gain possession by working as a team? •Can you use a number of techniques to pass •Can you choose the best tactics for attacking & defending? 	<p>Net Games Basketball/Netball</p>

PE Scheme of Work



Year 6 - Spring		
Programme of Study	Knowledge, Skills and Understanding	Activity/ Link to scheme of work
Gymnastics – Spring 1	<ul style="list-style-type: none"> • Can you prepare and perform to an audience? • Can you ensure movements are controlled and express emotion or feeling? • Can you combine your own work with that of others? <p>Can you apply my skills, techniques and ideas accurately, appropriately and consistently?</p> <ul style="list-style-type: none"> • Can you select and combine my skills, techniques and ideas? • Can you practise and perform with control? 	<p>Synchronisation and Canon. Val Sabin Unit Y</p>
Games – Spring 1	<ul style="list-style-type: none"> • Can you choose the best tactics for attacking & defending? • Can you gain possession by working as a team? • Can you use a number of techniques to pass, dribble & shoot? <p>Can you use a range of shots and strokes to strike a ball?</p> <ul style="list-style-type: none"> • Can you apply my skills, techniques and ideas accurately, appropriately and consistently? 	<p>Hockey skills - Adapt LCP KS2 games: striking unit. Develop awareness of full hockey rules.</p>
Gymnastics – Spring 2	<p>As Spring 1 plus</p> <ul style="list-style-type: none"> • Can you choose my own gymnastic movements and develop them? • Can you show precision, control and fluency? • Can you link your sequences to specific timings? • Can you ensure movements include very controlled balances, shapes, levels and actions? 	<p>Counter balance and counter tension.</p>
Games – Spring 2	<ul style="list-style-type: none"> • Can you choose the best tactics for attacking & defending? • Can you gain possession by working as a team? ? • Can you use a range of shots and strokes to strike a ball? • Can you apply my skills, techniques and ideas accurately, appropriately and consistently • Can you explain complicated rules? • Can you make a team plan and explain it to them? <p>• Can you lead others in a game situation?</p> <p>• Can strike a ball on the volley?</p>	<p>Striking & fielding games Rounders</p>

PE Scheme of Work



Year 6 - Summer		
Programme of Study	Knowledge, Skills and Understanding	Activity/ Link to scheme of work
Dance – Summer 1	<p>Does your dance show clarity, fluency, accuracy & consistency?</p> <ul style="list-style-type: none"> •Can you prepare and perform to an audience? <p>Can you practise and perform with control?</p> <ul style="list-style-type: none"> •Can you choose your own music, style and dance? •Can you develop imaginative dances in a specific style? 	<p>Theseus & the Minotaur' Create & structure phrases. Val Sabin KS2 dance:</p>
	<p>Dance Vocab</p> <ul style="list-style-type: none"> •Improvisation. •Unison, canon, action, reaction. •Motif, phrase, section. •Form, eg AB, ABA, ABAC. •Artistic intention. •Exploration. •Dance framework. 	
Outdoor and Adventurous – Summer 1	<ul style="list-style-type: none"> ••Can you follow a map in an unknown location? •Can you use clues and compass directions to navigate a route? • Can you adapt my actions to changing situations? (eg weather). <p>Can you change your route if there is a problem?</p> <ul style="list-style-type: none"> •Can you change your plan if you get new information? •With others, can you plan careful responses to challenges or problems? • Can you describe personal survival skills? • Can you apply my skills, techniques and ideas accurately, appropriately and consistently? •Am I careful but confident in unfamiliar environments? • Can you prepare well by considering safety first? • Can you adapt my skills to different situations? •Can you plan a route and series of clues for someone else? • Can you plan with others, taking account of safety and danger? 	<p>Orienteering</p> <p>Optional: Design own obstacle athletics' event</p>
Athletics - Summer 2	<ul style="list-style-type: none"> • Can you control when taking off and landing in a jump? • Can you combine running & jumping? • Can you practise and perform with control? •Can you show accurate control, speed, strength and stamina in my athletics? • Can you use their skills in different situations? 	<p>Elevating Athletics: Running over obstacles Relay Combination jumping Heave Throw</p>
Swimming – Summer 2	<ul style="list-style-type: none"> • Can you swim without a float for at least 25 metres? 	<p>Oldham swimming service deliver swimming lessons</p>

PE Scheme of Work



	<ul style="list-style-type: none">• Can you use breast stroke, front crawl and back stroke styles confidently?• Can you demonstrate some water survival skills? <ul style="list-style-type: none">• Can you swim between 50 and 100 metres?• Can you swim over 100 metres? <p>Can you swim fluently?</p> <ul style="list-style-type: none">• Can you use all three strokes with control and sustain this for over 2 minutes?• Can you breathe so that the pattern of my swimming is not interrupted?	(x1 / week for half term)
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