



## PE Curriculum 2016-17

<b>Year group</b>	<b><u>Autumn 1</u></b>	<b><u>Autumn 2</u></b>	<b><u>Spring 1</u></b>	<b><u>Spring 2</u></b>	<b><u>Summer 1</u></b>	<b><u>Summer 2</u></b>
R	Independently changing/ introduce children to finding 'own space' games such as jelly beans, Simon Said's etc...	Dance Coach 1 day a week to work with both Year R classes. The snowman dance- children to perform dance to peers and in celebration assembly.  <b>Coordination- Ball skills- working towards yellow skill-</b> Roll along floor around seated body using 2 hands Roll along floor around seated body using 1 hand Roll ball up and down and around body standing or seated using 2 hands	<b>Bikeability training for all children-</b> showing children how to ride a balance bike.  <b>Obstacle courses</b> using selection of PE equipment- adult to construct first then children to create own once confident  <b>Coordination- floor movements patterns- working towards yellow skill-</b> 10 side steps 10 gallops 10 hops 10 skips	Hockey/ tennis skills introduction  <b>Dynamic balance to agility- working towards yellow skill-</b> 2 feet- 2feet forwards, backwards side to side in rhythm	Show children how to play selection of outside games using previously taught skills  <b>Static balance- seated- working towards yellow skill-</b> 1 hand 2 feet down floor contact 1 foot 2 hands 1 foot 1 hand No hands or feet 10 seconds	Sports Day
1	<b>Unit 1- Social Skills</b> <b>Coordination- Floor movement patterns-</b> Working towards achieving <b>green skill-</b>	<b>Unit 2- Social Skills</b> <b>Dynamic balance to agility- jump to balance-</b> working towards achieving <b>green skill-</b> 2-2 quarter turns (both directions) 2 to 1 on line with freeze	<b>Dance and Movement linked to Grand Ball-</b>  <b>Unit 3- Cognitive Skills-</b> <b>Static balance smaller base- on line with weight on balls of feet only then low beam-</b> working towards achieving <b>green skill-</b> 2 feet facing forward on low beam x10 seconds.	<b>Real PE Coach 1 day a week for both Year 1 classes.</b>  <b>Unit 4- Creative Skills-</b> <b>Coordination ball skills-</b> working towards achieving <b>green skill-</b> Roll ball up and down and around body standing or seated with 1 hand. Transfer ball from one hand to the other when appropriate.	<b>Tennis skills</b> <b>Unit 5- Applying and Physical Skills- Coordination with equipment against wall or with a competent partner-</b> working towards achieving <b>green skill-</b> Catch tennis ball with same hand off one bounce As above without bounce All above with catch with opposite hand Strike soft ball along ground	Sports Day  <b>Unit 6- Health and Fitness</b> <b>Agility- ball chasing-</b> working towards achieving <b>green skill-</b> Starting from seated or lying position- with a bouncing feed chase it and collect it in a balance position Repeat with your partner rolling the ball
2	<b>Unit 1- Social Skills</b> <b>Coordination- Floor movement patterns-</b> working towards achieving <b>red skill-</b> Hop scotch to alternate feet 3 step zig-zag pattern forwards 3 step zig-zag pattern backwards  <b>Static balance-</b> working towards achieving <b>red skill-</b> Stand still eye closed- 30 secs 90* squat with eyes closed x5 Ankle extension X5	<b>Great fire of London dance</b>  <b>Unit 2- Social Skills</b> <b>Static balance seated-</b> working towards achieving <b>red skill-</b> With hands and feet off floor, knees bent- Pick up cone/ bean bag one side swap hands and pass to other side	<b>Unit 3- Cognitive Skills-</b> <b>Dynamic balance- along line and low beam-</b> working towards achieving <b>red skill-</b> Knees up walking with elbows at 90* Heel to toe walking Knees up with heel to toe land Knees up with heel to toe landing	<b>Gym Coach 1 day a week for both Year 2 classes</b>  <b>Unit 4- Creative Skills- Counter balance in pairs-</b> working towards achieving <b>red skill-</b> Two hands with feet together base. Toes next to partners. One hand with feet together base. Toes next to partners.  <b>By the end of KS1 pupils should be taught to:</b> Master basic movements including running, jumping, throwing and catching as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending. Perform dances using simple movements patterns.	<b>Unit 5- Applying and Physical Skills</b> <b>Hockey skills</b> <b>Agility- reaction/ response to ball drop-</b> working towards achieving <b>red skill-</b> Feeder with 2 tennis balls arms stretched drop 1, catch with one hand after bounce.  Then as above with catch and balance on one leg.	Sport Day  <b>Unit 6- Health and Fitness</b> <b>Static balance- floorwork (front support/ back support)</b> Working towards achieving <b>red skill-</b> Full back support Full front support rise one arm and point to ceiling Cone on and off back

All Year groups teach from Real PE session plans and teach progressive skills for each unit. Children will begin at own starting points in year 1 and 2 and progress onto next challenge colour.