

Hitherfield Curriculum Overview: PE

Year 1 Term 1	Year 1 Term 2	Year 1 Term 3	Year 1 Term 4	Year 1 Term 5	Year 1 Term 6
<p>Attack, Defend, Shoot</p> <ul style="list-style-type: none"> - hit a target. - defend a target. - roll and slide balls and beanbags. - shoot in a game to get points. - work with a partner to score points. - use our attacking and defending skills in a game. 	<p>Gymnastics</p> <ul style="list-style-type: none"> - perform 'like' actions in a sequence. - carry and set up apparatus safely. - perform shapes on large and small body parts. - take off and land and use shape in our jumps. - travel on our feet, showing good body tension. - create different levels in our performance. 	<p>Dance</p> <ul style="list-style-type: none"> - show moods and feelings we would experience in the jungle. - move as if we were living in the jungle. - create and perform movements which show friendship. - perform leading and following movements. - perform a short dance with a clear start, middle and end. - use repeated actions in our dance. 	<p>Hit, Catch, Run</p> <ul style="list-style-type: none"> - select a space to throw or roll a ball into. - track and collect a rolling ball. - catch a ball to stop an opponent from scoring. - use our hands to hit a ball. - run between bases to score points. - work as a team to score points. 	<p>Run, Jump, Throw</p> <ul style="list-style-type: none"> - start and stop moving at speed. - use our arms when running at different speeds. - take off on two feet to jump at distance. - use the correct technique to throw different objects for distance. - show improvement in our throwing. - take part in a competition using running, jumping and throwing skills. 	<p>Send and Return</p> <ul style="list-style-type: none"> - slide a beanbag to a target. - hit a ball in different ways with our hands. - move towards a ball to return it. - work with a partner - stop and return a beanbag. - what a rally is and rallying with a partner. - send a ball into space to make it harder for our opponent.

Year 2 Term 1	Year 2 Term 2	Year 2 Term 3	Year 2 Term 4	Year 2 Term 5	Year 2 Term 6
<p>Attack, Defend, Shoot</p> <ul style="list-style-type: none"> - kick the ball over long and short distances - stop a ball with control using the foot. - work as a team to keep the ball. - bounce a ball with my partner. - bounce the ball while we are moving (dribbling). - pass the ball forward in a game. 	<p>Gymnastics</p> <ul style="list-style-type: none"> - combine 4 elements into a floor sequence. - create power in a variety of different jumps. - take weight on our hands and move in different ways. - use our flexibility in a bridge and japana gymnastic shape. - perform the point balance arabesque. - perform a teddy roll. 	<p>Dance</p> <ul style="list-style-type: none"> - use penguin images to inspire our dance. - show feelings of abandonment through dance. - create movements that show friendship between two characters. - create a solo dance with changes of direction and speed. - match our movements to music. - choose a formation for our dance and explain our choice. 	<p>Hit, Catch, Run</p> <ul style="list-style-type: none"> - hit a ball and score points running to cones. - defend a target by kicking. - bowl underarm with control. - hit a ball using different bats and techniques. - throw accurately to a base. - hit a ball into space, away from fielders. 	<p>Swimming</p> <ul style="list-style-type: none"> - keep our balance by pushing and pulling against the water. - lift our feet off the ground and make shapes in the water. - use our hands to move forward. - put our faces in the water. - stand again after floating on our front. - stand again after floating on our backs. 	<p>Swimming</p> <ul style="list-style-type: none"> - swim a short distance on our backs with a float. - push and glide from the side of the pool. - use the 'sculling' technique to swim on our backs. - use 'doggy paddle' to swim a short distance on our front. - move from a glide into a doggy paddle. - swim as far as we are able on our front and back.

Year 3 Term 1	Year 3 Term 2	Year 3 Term 3	Year 3 Term 4	Year 3 Term 5	Year 3 Term 6
<p>Basketball</p> <ul style="list-style-type: none"> - keep possession of the ball when dribbling - work as a pair to move forward and attack. - use a defensive body position. - perform a two-handed shot to score baskets. - use a jump ball to restart a game. - move to space to receive the ball. 	<p>Gymnastics</p> <ul style="list-style-type: none"> - show full extension during a balance. - move in and out of contrasting shapes with fluency. - perform a sequence using different types of rolls. - perform powerful jumps from low apparatus. - perform in unison with a partner. - create a group performance using contrasting actions. 	<p>Hockey</p> <ul style="list-style-type: none"> - keep close control of the ball using the flat side of the stick. - control the ball and pass it into space. - use a defensive body position. - consistently stop a moving ball ready to pass, move or shoot. - improve our agility and apply it in a game situation. - avoid our feet contacting the ball and apply basic rules to the game. 	<p>Cricket</p> <ul style="list-style-type: none"> - hit a stationary ball into space using the straight drive. - bowl underarm to a batter with some consistency. - use the correct footwork to strike a bowled ball. - stop a moving ball using the long barrier technique. - throw longer distances overarm. - perform as a wicketkeeper. 	<p>Athletics</p> <ul style="list-style-type: none"> - perform jumping and hopping sequences. - run at different speeds. - approach and jump hurdles. - throw a javelin using the pull-throw technique. - perform a variety of skipping techniques. - keep score accurately over a range of events. 	<p>Tennis</p> <ul style="list-style-type: none"> - use the ready position to return a ball. - hit the ball to different parts of the court using a forehand hit. - perform an underarm serve to start a rally. - move towards a ball to return it over the net. - play cooperatively with a partner to keep the ball moving over the net. - perform forehand hits to score points in a competition.

Year 4 Term 1	Year 4 Term 2	Year 4 Term 3	Year 4 Term 4	Year 4 Term 5	Year 4 Term 6
<p>Netball</p> <ul style="list-style-type: none"> - protect the ball once we have caught it. - use basic shooting techniques in a game. - perform one-to-one marking. - pivot once we have caught the ball. - use quick feet. - use preliminary moves. 	<p>Gymnastics</p> <ul style="list-style-type: none"> - perform a 6-element sequence that uses changes in speed and direction. - use the STEP principle to create and perform a partner sequence. - take weight on our hands, showing control. - develop a sequence using compositional ideas e.g. pathways. - co-operate as a group to refine a short sequence. - compare and judge sequences. 	<p>Dance</p> <ul style="list-style-type: none"> - use freeze frame in our dances. - perform a slide and roll confidently. - use a variety of formations when performing. - extend our 'mission dance' phrases using canon. - sequence our dance actions to show good flow. - create a 5 action dance routine showing good 'stage' entry. 	<p>Tag Rugby</p> <ul style="list-style-type: none"> - use accurate passes to create an attack as a team. - pick the ball up from the floor & run with it to start an attack. - keep possession of the ball and build an attack. - evade being tagged. - use changes of speed to create gaps to run into. - create attacking opportunities in competitive games. 	<p>Athletics</p> <ul style="list-style-type: none"> - challenge ourselves in running, jumping and throwing tasks - accelerate over short distances. - run and jump using one-footed take-off. - use a sling action to throw a discus. - run on a curve and exchange a baton in our team - apply the skills we have developed in a competitive way. 	<p>Tennis</p> <ul style="list-style-type: none"> - return to the middle of the court after playing a shot. - accurately use the forehand in game situations to score points. - play a backhand shot with some control. - combine ready position and court movement to consistently return the serve. - work with a partner to score points in a game. - use forehand and backhand shots to score points in a competitive situation.

Year 5 Term 1	Year 5 Term 2	Year 5 Term 3	Year 5 Term 4	Year 5 Term 5	Year 5 Term 6
<p>Swimming</p> <ul style="list-style-type: none"> - jump in and submerge in deeper water. - sink and then roll under the water. - use front crawl leg action to swim longer distances. - tuck, float and collect objects from the bottom of the pool. - transition from one floating shape to another without putting our feet down. - use breaststroke leg action to swim on my front and back. 	<p>Swimming</p> <ul style="list-style-type: none"> - handstand on the bottom of the pool. - somersault underwater. - move forward with our faces in the water using the sculling action. - move smoothly through the water transitioning from front to back. - propel ourselves underwater while using breaststroke. - swim over longer distances without floats or armbands. 	<p>Swimming</p> <ul style="list-style-type: none"> - swim as part of a team in a relay. - perform a mushroom float for a sustained period of time. - get into the correct position for efficient backstroke swimming. - perform and perfect a crouching dive to enter the water. - swim, surface dive, and move objects without stopping. - tread water and use a rescue aid. 	<p>Swimming</p> <ul style="list-style-type: none"> - tumble turn and link a swim stroke with a tumble turn. - use breaststroke arms and swim with fluency. - use our skills of observation to improve our technique. - link lengths together using a tumble turn. - enter the water, keeping our head out (head up entry). - perform a competition finish to finish well in a race. 	<p>Athletics</p> <ul style="list-style-type: none"> - run for speed & distance on our own and as part of a team. - pace our run over longer distances. - use different jumping styles and exploring which ones we can jump further with - use the push-throw technique. - exchange a baton within a restricted area. - design a running, jumping or throwing activity for others using the STEP principle. 	<p>Basketball</p> <ul style="list-style-type: none"> - use blocking to stop an opponent from shooting. - perform the front pivot and use it in a game. - use a forward pass and wing play to build an attack as a team. - perform a one-handed push pass under pressure. - create space using the box-out technique to recover rebounds. - catch the ball under pressure into the triple-threat position.

Year 6 Term 1	Year 6 Term 2	Year 6 Term 3	Year 6 Term 4	Year 6 Term 5	Year 6 Term 6
<p>Netball</p> <ul style="list-style-type: none"> - improve coordination. - mark the pass or the shot. - organise in and around the semi-circle. - compete to win the rebounding ball. - stay active to intercept a pass. - stay onside in games depending on the position being played. 	<p>Gymnastics</p> <ul style="list-style-type: none"> - use controlled flight onto high apparatus. - know what a base and a flyer are in partner balances and perform both roles. - perform more advanced partner balances and evaluate others' work - incorporate equipment such as hoops and balls into a sequence. - incorporate musicality and timing into a group sequence. - combine our skills in partner balances and rhythmic gymnastics in a team performance. 	<p>Hockey</p> <ul style="list-style-type: none"> to shoot under pressure from close range. to perform long corner routines as part of a team. to use goal-side marking to prevent an attacker from getting closer to the goal. to use a banana run to force an oncoming attacker out wide. to use a hit-out to successfully restart a game indian dribble and to play competitively using new skills. 	<p>Tag Rugby</p> <ul style="list-style-type: none"> - create attacking continuity by supporting the player with the ball. - use set plays in attack to create space for the ball carrier. - develop the 3-step rule, compare and contrasting to the 3-second pass option - attack the space as a ball carrier to create scoring opportunities. - change from an attacking to a defensive formation when your team loses possession. - observe and analyse our classmate's performance. 	<p>Athletics</p> <ul style="list-style-type: none"> - use the sprint start technique to increase our running speed. - perform the three phrases of triple jump. - perform the heave throw technique and know what it is used for. - assess our own ability to play our role in parlauf. - use the scissor jump technique and know when it would be used in athletics. - record and relay results over a range of track and field events. 	<p>Cricket</p> <ul style="list-style-type: none"> - create pressure on a batter by using a ring field. - track and catch a high ball consistently. - perform a short-pitched bowl to get a batter to hit the ball in the air. - work in a pair to restrict runs scored when fielding. - play an on-drive. - set an attacking field.