

PE – Spring 1

Reception

Gymnastics:

- Move confidently and safely in their own and general space.
- Move and stop, recognising both commands and acting upon them immediately.
- Copy simple shapes, movements and simple sequences.
- Make shapes with their bodies, according to commands.
- Jump off an object and land appropriately.

Year 1

Multiskills:

- Develop different ways of moving, along different pathways.
- To be able to changing direction & stop quickly.
- To be able to carry & stop a ball in different ways.
- Understand how to roll a ball to a partner aiming and tracking the ball in its journey
- To be able to aim and control an underarm throw
- To be able to throw and catch whilst moving
- Explore ways of Bouncing and catching a ball

Gymnastics:

- Develop different ways of moving, along different pathways.
- To be able to changing direction & stop quickly.
- To be able to carry & stop a ball in different ways.
- Understand how to roll a ball to a partner aiming and tracking the ball in its journey
- To be able to aim and control an underarm throw
- To be able to throw and catch

Year 2

Multisports:

- Recognise the best ways to score points and stop points being scored.
- Recognise how they work best with their partner.
- Understand key rules.
- Make it difficult for opponents.
- Keep possession of the ball and find best places to score.
- Describe what they see and ask to copy others' ideas and skills

Gymnastics:

- Remember, repeat and link combinations of gymnastic actions, body shapes and balances with control and precisions.
- Choose, use and vary simple compositional ideas in the sequence they create and perform, with moderate control.
- Create routines which have a clear beginning and ending.
- Work with a partner sharing ideas and creating a simple sequence.

Year 3

Gymnastics:

- To be able to use number of their own ideas for movements in response to a task
- Choose and plan sequences of contrasting actions
- Adapt sequences to suit different types of apparatus and their partner's ability
- Explain how strength and suppleness affect performance
- Compare and contrast gymnastic sequences, commenting on similarities and differences;
- Recognise how performances could be improved

Netball:

- Practise passing to a partner using a number of sending and receiving techniques. (Chest, shoulder and bounce pass)
- Improve accuracy of passes and use space to keep possession better.
- Use communication skills to work effectively with team members
- Play conditioned games that focus on keeping possession and scoring.
- Select the best type of pass to keep possession.
- Find space to receive and support.
- Use defending techniques to regain possession of the ball-marking a player, marking the ball, intercepting

- Understand patterns of play- if ball is in a certain position where should players be

Year 4

Badminton:

- Play games using controlled throwing and catching skills.
- Vary strength, length and direction of throw.
- Hit the ball with a racket using a variety of shots
- To be able to demonstrate how to make it difficult for an opponent to receive ball.
- Understand where to stand when receiving the ball.
- Understand attack and defence tactics. Understand rules about the games.
- To be able to comment on their own performance and what they do well.
- Explore ways of changing the court to make it easier/harder.

Netball:

- Practise passing on the move
- Choose and adapt their techniques to keep possession (dodging-double, fake and sprint)
- Know what rules are needed to make games fair. E.g. 3 seconds with the ball, 1m rule, non contact, footwork
- Understand simple patterns of play.
- Evaluate how successful their decision making has been and use appropriate language to analyse performance.
- Know how to improve their own performance

Year 5

Swimming:

Children will be working towards being able to Swim competently, confidently and proficiently over a distance of at least 25 metres by the end of Year 6.

Netball:

- Practise passing on the move
- Choose and adapt their techniques to keep possession (dodging-double, fake and sprint)
- Know what rules are needed to make games fair. E.g. 3 seconds with the ball, 1m rule, non contact, footwork
- Understand simple patterns of play.
- Evaluate how successful their decision making has been and use appropriate language to analyse performance.
- Know how to improve their own performance

Year 6

Gymnastics:

- Make up longer, more complex sequences, including changes of direction, level and speed
- Develop their own solutions to a task by choosing and applying a range of compositional principles
- Combine and perform gymnastic actions, shapes and balances
- Show clarity, fluency, accuracy and consistency in their movements
- In small groups, prepare a sequence to be performed to an audience
- Understand the importance of warming up and cooling down; say, in simple terms, why activity is good for their health, fitness and wellbeing
- Show an awareness of factors influencing the quality of a performance and suggest aspects that need improving
- Arrange their own apparatus safely to suit the needs of a task

Netball:

- Understand the roles each position has
- Understand different ways to attack (dodging) and defend (marking the player/the ball)
- Choose right formations and tactics for attack and defence.
- Know how they support other players in attack and defence e.g. switching
- Understand how to lead a team
- Know how to lead a warm up
- Know the 3 stages of a warm up
- Know how netball helps improve your fitness

If you have any queries or questions regarding how to support your child with their learning please email Mrs Adamczyk at pe@wistastonacademytrust.co.uk