

PE – Spring 2

Reception

Ball skills and games:

- Explore pushing, rolling, bouncing
- Explore bouncing into space
- Combine pushing and rolling
- Combine rolling, pushing and bouncing
- Explore moving with a ball using our feet
- Develop moving with a ball using our feet
- Understand dribbling
- Develop dribbling against an opponent
- Taking turns/keeping the score
- Understanding and playing by the rules
- Avoiding a defender
- Preventing an attacker from scoring

Year 1

Athletics:

- Develop basic movement techniques
- Explore different speeds of running
- Develop different ways of jumping
- Explore ways of moving around/over obstacles
- Understand the difference between running fast and running slow.
- Explore ways of throwing for distance (not height).
- Be able to follow simple instructions-on your marks, get set, go

Dance:

- Explore movement ideas and respond imaginatively to a range of stimuli.
- Move confidently and safely in their own general space using changes of speed level and direction.
- Compose and link movements to make simple beginnings, middles and ends.

- Perform movement phrases using a range of body actions and body parts.

Year 2

Athletics:

- Explore movement techniques
- Know the difference between sprinting and jogging and be able to apply them to specific races
- To be able to throw for distance with control
- Understand the difference between jumping for height and jumping for distance
- Develop ways of moving around/over obstacles at speed
- Develop an understanding of pace
- To be able to apply different skills to different events

Dance:

- Explore, remember, repeat and link a range of actions with coordination, control and awareness of the expressive qualities of dance.
- Explore the change of rhythm, speed, level and direction.
- Compose and perform short dances that express and communicate moods, ideas and feelings choosing and varying simple compositional ideas.

Year 3

Tag Rugby:

- Introduce moving with the
- ball, passing and receiving
- Introduce tagging
- Create space when attacking
- Develop passing and moving
- Combine passing/moving
- to create attacking
- opportunities

OAA: Tactics and Communication

- Creating and applying simple tactics
- Developing leadership

- Develop communication as a
- team
- Create defending and
- attacking tactics as a team

Year 4

Tag Rugby:

- Develop passing, moving and creating space
- Apply learning to 3v3 mini games
- Develop defending in game situations
- Combine passing and moving to create an attack and score

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.

Year 5

Cricket:

- Refine batting, batting and
- bowling tactics
- Refine fielding stopping,
- catching and throwing
- Combine bowling and fielding creating and applying
- tactics
- Introduce umpiring and scoring

Dance:

- Adapt and refine actions, dynamics and relationships in a dance.
- Perform different styles of dance clearly and fluently.

- Recognise and comment on dances, showing an understanding of style.
- Suggest ways to improve own and other people's work.

Year 6

Cricket:

- Consolidate batting, fielding and bowling
- Create, understand and apply attacking and defensive tactics in game

OAA:

- 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 and Mrs Harrington at pe@wistastonacademytrust.co.uk