

PE – Summer 1

Reception

Athletics:

- Learn skills of running, jumping and throwing with a range of equipment.
- Vary speed of running based on commands given.
- Use comparative language i.e. faster, longer, and be able to physically demonstrate this.

Year 1

Athletics:

- Apply running into a game
- Explore running at different speeds
- Running for speed: Acceleration
- Explore running in a team
- Consolidate running, apply running into a game

Dance:

- Respond to rhythm
- Develop the growingplant 'dance'
- Introduction to motifs
- Creating motifs
- Creating movement sequences
- Relationships and performance

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

Multi sports:

- Develop attacking/defending as a team
- Understand the transition between defence and attack
- Create and apply attacking/defensive tactics

Year 3

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.

Athletics

- Explore running for speed
- Explore acceleration
- Introduce /develop relay: Running for speed in a team
- Throwing: Accuracy vs distance
- Standing Long Jump

Year 4

OAA:

- Use more detailed plans and diagrams that take them from familiar to less familiar areas
- Find their way and recognise where they are on a plan or diagram
- Solve problems using a range of approaches
- Use ideas learned in one problem or task to help solve another
- Work and behave safely, when working individually and in small groups
- To be able to explain reasons for choosing the approach used to solve a problem

Athletics:

- Develop running at speed
- Exploring our stride pattern
- Exploring running at pace

- Understand and apply tactics when running for distance
- Javelin
- Standing Triple Jump

Year 5

OAA:

- Choose and perform skills and strategies effectively
- Find solutions to problems and challenges
- Plan, implement and refine strategies used, adapting strategies as necessary
- Work effectively in a group or in a team where roles and responsibilities are understood
- Prepare physically and organisationally for challenges they are set, taking into account the group's safety
- Identify what they do well, as individuals and as a group; suggest ways to improve

Athletics:

- Finishing a race
- Evaluating our performance
- Sprinting: My personal best
- Relay changeovers
- Shot Put
- Introducing the Hurdles

Year 6

Athletics:

- Running for speed competition
- Running for distance competition
- Throwing competition
- Jumping competition

Dance: Carnival

- Perform with technical control and rhythm in a group
- Create rhythmic patterns using the body

- Experience dance from a different culture
- Chorographical elements including still imagery

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