

PE – Autumn 1

Reception

Dance:

- Moving with control
- Adding movements together
- Responding to rhythm in character
- Adding expression to our characters' (dinosaur) movements
- Performing with a partner
- Exploring relationship

Year 1

Multi-skills (Ball skills-feet)

- Develop moving the ball using the feet
- Apply dribbling into games
- Consolidate dribbling
- Explore kicking (passing)
- Apply kicking (passing) to score a point

Multi-skills (Hands)

- Introduce throwing with accuracy
- Apply throwing with accuracy in a team
- Introduce stopping a ball
- Develop sending (rolling) skills to score a point
- Consolidate sending and stopping to win a game

Year 2

Multiskills (Ball skills-hands 1):

- Develop dribbling/passing and receiving
- Combine dribbling, passing and receiving, keeping possession
- Develop dribbling/passing and receiving to score a point
- Combine dribbling, passing and receiving to score a point

Multiskills (Ball skills-hands 2):

- Consolidate pupils application and understanding of underarm throwing
- Applying the underarm and overarm throw to win a game
- Applying the underarm throw to beat an opponent

Year 3

Game sense invasion:

- Introduce passing and receiving
- Introduce passing and creating space
- Introduce scoring and the concept of shooting
- Combine passing and moving to creating shooting opportunities

Hockey:

- Introduce dribbling; keeping control
- Introduce passing and receiving
- Combine dribbling and passing to create space
- Develop passing, receiving and dribbling
- Introduce shooting

Year 4

Hockey:

- Refine dribbling and passing
- Develop shooting; combine passing and dribbling to create shooting opportunities
- Develop passing and dribbling creating space for attacking opportunities
- Introduce defending; blocking and tackling

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

Year 5

Hockey:

- Develop defending; block and tackling
- Recap and refine dribbling and passing to create attacking opportunities
- Refine attacking skills, passing dribbling and shooting
- Refine defending skills developing transition from defence to attack

Tag Rugby:

- Refine passing and moving to create attacking opportunities
- Explore different passes that can be used to outwit defenders
- Refine defending as a team
- Create and apply defending tactics.
- Develop officiating

Year 6

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.

Tag Rugby:

- Consolidate passing and moving
- Consolidate defending
- Create, understand and apply attacking/defending tactics in game situations
- Consolidate attacking and defending in mini games

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