

PE – Spring 1

Reception

Gymnastics

- Introduction to high, low, over and under
- Introduction to the apparatus
- Applying high and low on apparatus

Year 1

Dance

- Exploring expression
- Linking movements together
- Creating a motif with characterisation, expression and emotion
- Extending our motifs with different dynamics (fast and slow)

Gymnastics:

- Wide, Narrow and Curled
- Introduction to wide, narrow and curled
- Exploring the difference between wide, narrow and curled
- Transitioning between wide, narrow and curled movements

Year 2

Gymnastics:

- Developing linking
- Linking on apparatus
- Jump, roll, balance sequences/on apparatus
- Creation of sequences
- Completion of sequences and performance

Multi-sports (football):

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

Year 3

Gymnastics:

- Introduction to symmetry
- Introduction to asymmetry
- Application of learning onto
- apparatus
- Sequence formation
- Sequence completion

Netball:

- Introduce passing and receiving
- Introduce passing and creating space
- Introduce scoring and the concept of shooting
- Develop shooting

Year 4

Badminton:

- Developing the forehand
- Creating space to win a point using a racket
- Introduce the backhand
- Applying the forehand and backhand in game situations
- Applying the forehand and backhand creating space to win a point

Netball:

- Develop passing and receiving
- Develop passing and creating space
- Develop passing, moving and shooting
- Develop Footwork

- Introduce defending

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:

- Refine passing and receiving
- Explore the function of other passes
- Develop using a range of passes
- Develop defending and marking the player with the ball

Year 6

Netball:

- Consolidate attacking
- Consolidate Defending
- Understand and apply attacking tactics to game scenarios
- Understand and apply defending tactics in game situations

Badminton:

- Game application
- Game application, mixed ability doubles, round robin games

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