

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:

- Explore running
- 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

Multiskills-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

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

Multiskills-hands

- 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

Athletics:

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

Basketball:

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

Year 4

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

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

Athletics:

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

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 cricket

Year 6

Athletics:

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

Cricket

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

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