PE at The Mead Primary School

Year group	T1	T2	T3	T4	T5	T6
Nursery	*Use climbing equipment using alternating feet, e.g. Steps, ladders, crates, etc* *Travel in different ways and directions* *Stop on a given signal* *Use different body parts to move and balance using a range of apparatus*		*Sit on a push along wheeled toy, use a scooter or ride a tricycle* *Hold balance including standing on one leg* *Move to a rhythm*		*Negotiate spaces when playing indoors and outdoors e.g. adjusting speed and avoiding obstacles to not bump into things* *Learn and practise throwing, catching, rolling, bouncing and controlling with a range of equipment* *Introduce small basic game activities*	
YR	**Introduction to PE** *Finding space, freezing on command* *Running, jumping and skipping*	**Fundamentals** *Balancing, running, changing direction, jumping, hopping and travelling* *Stay safe using space, follow rules and instructions and work independently and with a partner*	**Groovy gymnastics** *Creating shapes, balances, and jumps* *Copy, remember and repeat short sequences*	**Dance** *Develop expressive movement* *Explore travelling movements, shapes and balances* *Copy, repeat and remember actions*	**Brilliant ball skills** *Rolling and receiving a ball, throwing to a target, bouncing and catching, dribbling with feet and kicking a ball*	**Games** *Develop fundamental movement skills through games* *Learn how to score and play by the rules* *How to work with a partner* *Begin to understand what a team is*
Y1	**Brilliant ball skills** *Master basic sending and receiving techniques* *Develop balance, agility and co-ordination using a ball*	**Multi skills – Fundamentals (FUNS)** *Learn basic balancing, and co-ordination*	**Groovy gymnastics** *Explore movement actions with control* *Travel at different speeds and levels with change of direction*	**Target games** *Aim at a target by sending an object* *Explore sending from different distances*	**Active athletics** *Use different speeds when running and know how to adjust speed* *Practise short distance jumping*	**Terrific throwing and cool catching – Striking & fielding** *Learn skills for striking and fielding games:* • *Control a ball using hands* • *Understanding best practice for catching*

					Complete an obstacle course with control and agility	• *Master underarm throw*
Y2	**Brilliant ball skills** *Build a repertoire of throwing techniques and know when to use them* *Explore dribbling and passing in football*	**Multi skills – Fundamentals (FUNS)** *Explore balance moving into agility* *Combine co-ordination drills using lower body movements showing clear transitions*	**Groovy gymnastics** *Remember and repeat simple gymnastics actions with control* *Perform isolated balancing shape* *Begin linking balances shapes into a sequence*	**Target games** *Aim at a target by sending an object and consistently striking them* *Explore sending from different distances and angles* *Investigate using different styles – underarm, overarm, kick*	**Active athletics** *Run with agility and confidence* *Learn best jumping techniques for distance* *Throw different objects in a variety of ways* *Hurdle obstacles and maintain effective running style*	**Terrific throwing and cool catching – Striking & fielding** *Know how to throw a ball underarm with accuracy* *Develop ball striking techniques* *Introduce overarm throw and explain its importance*
Y3	**Intrepid invaders** *Dribble hockey ball with increasing control* *Learn to stop, roll and change direction* *Begin to introduce tactics and game understanding* *Correct body position with emphasis on squats and lunges*	**Super strikers** *Develop and investigate throwing choices for different situations* *Learn best positioning and fielding practice* *Develop striking techniques*	**Groovy gymnastics** *Explore jumping techniques and link them with other gymnastics actions*	**Newfound newbies** *Consolidate and develop throwing technique* *Begin to introduce tactics when competing* *Introduce different scenarios, targets and courses for competition*	**Active athletics** *Improve throwing technique* *Reinforce jumping techniques* *Understand the relay and passing the baton*	**Nimble nets** *Become familiar with wall games* *Hand / Racket co-ordination* *Serving techniques (underarm)*
Y4	**Intrepid invaders**	**Intrepid invaders**	**Nimble nets**	**Newfound newbies**	**Active athletics**	**Super strikers**

	Develop basic dodging technique learning to run without being tagged *Learn how to hold the ball – running with the ball or placing it on the ground* *Learn how to use tags within a fast-paced environment*	*Control and dribble the ball with increasing skill using different parts of the foot* *Pass over a short distance accurately to your teammate* *Introduce gameplay developing an attacking and defensive understanding*	*Learn correct grip of the racket, improve hand eye co-ordination* *Controlled directional hitting of shuttlecock* *Develop overhead 'clear shot'* *Build a co-operative rally in badminton*	*Discover grip, stance and position* *Use variety of movements to strike a static object* *Use different angles, forces and velocity to hit target*	*Understand pace and distance correlation* *Improve running techniques* *Refine standing throw techniques*	*Develop and investigate throwing choices for different situations* *Learn best positioning and fielding practice* *Develop striking techniques*
Y5	**Intrepid invaders** *Learn netball tactics* *Develop basic netball footwork (pivoting) understanding* *Develop passing techniques and pass judgement* *Learn positions and roles in netball*	**Super strikers** *Refine striking technique; directing the ball* *Improve fielding technique choice making and wicket running* *Improve throwing accuracy (overarm throw technique)*	**Groovy gymnastics** *Identify gymnastics shapes and moves, link them with fluency* *Begin to incorporate counterbalancing with a partner in a sequence* *Begin to show good body tension*	**Newfound newbies** *Develop and improve throwing technique to develop full body strength, accuracy and control* *Improve dodging technique to build agility, speed and quickness* *Learn tactical principles including counter attacks and blocking to defend*	**Active athletics** *Develop distance running techniques* *Acknowledge differences between speed running and distance running* *Explore push, pull throw* *Improve throwing accuracy* *Apply relay running techniques*	**Intrepid invaders** *Develop dribbling technique, understanding rules of travelling and double dribble* *Shoot with increasing accuracy* *Develop understanding of tactical considerations needed within a* match situation

					Explore footwork techniques for distance running	
Y6	**Intrepid invaders** *Use control to beat a defender using dummies and step overs* *Work within a team to maintain possession of the ball when under pressure from opposition* *Develop striking and goalkeeping techniques* *Understand positional roles from an overarching tactical viewpoint*	**Intrepid invaders** *Understand the basic rules of tag rugby* *Develop footwork, handover, dodging, tagging, passing for tag rugby* *Develop rugby team co-ordination* *Use pass and carry skills in a game*	**Intrepid invaders** *Learn to dodge and eliminate defenders with drags and dummies* *Hone passing techniques including developing slap pass for increasing distance and power* *Add jab tackle to defensive repertoire which increases tackling options* *Develop increasing tactical awareness*	**Newfound newbies (Tchoukball)** *Develop throwing technique* *Understand rules and tactics associated with the game* *Reflect on ways to improve performance*	**Active athletics (Young Olympians)** *Improve sprinting technique; running efficiently at speed with good arm and leg technique* *Learn 'pull' technique for throwing* *Learn hurdling techniques* *Explore footwork techniques for distance jumping*	**Nimble nets (Tennis)** *Identify techniques for hitting a tennis ball, learn correct forehand backhand and volley techniques* *Improve groundstrokes and shot placement* *Understand scoring in a tennis match*
YR 4, 5 & 6	**Super Swimmers**	**Super Swimmers**	**Super Swimmers**	**Super Swimmers**	**Super Swimmers**	**Super Swimmers**