

PE 2019-20

	Monday	Tuesday	Wednesday	Thursday	Friday
Lesson 1.	1C PE with CT 3C PE with CT 10-10.30 4C/V Swimming @ with RB*	1C PE with RB	Rec C PE with RB 2V PE with CT	5C PE with RB	4C PE with CT 2C PE with RB
Lesson 2.	1V PE with CT 4C/V PE with RW 10.30-11 3C Swimming @ with RB *	1V PE with RB GMS with JF	Rec V PE with RB 2C PE with CT	5V PE with RB	Y4V PE with CT 2V PE with RB
	B	R	E	A	K
Lesson 3.					
	L	U	N	C	H
Lesson 4.	5V with RB	6V PE with RB	5C PE with CT 3C Swimming with RB**	Y6C PE with RB	Y3V PE with RB
Lesson 5.	Assembly	6C PE with RB	3V Swimming with RB**	Y6V PE with RB	Assembly

*Swimming at Harborne Pool

** Swimming at Blue Coat School

RB – Rhys Bowen

JF – James Fenech

RH – Rachel Wain

CT – Class Teacher

PE Medium Term Timetable 2019-20

Key: Time (Day & Lesson) Location Activity Teacher (JF = James Fenech, RB= Rhys Bowen, RW = Rachel Wain, CT = Class Teacher)

	<u>Autumn 1</u> <i>Use MUGA & Field when possible</i>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u> <i>Use MUGA & Field when possible</i>	<u>Summer 2</u> <i>Use MUGA & Field when possible</i>
Rec Chad	Wednesday L1 Dance Studio ABC Games (RB)	Wednesday L1 Dance Studio Gymnastics (RB)	Wednesday L1 Dance Studio Dance (RB)	Wednesday L1 Dance Studio Gymnastics (RB)	Wednesday L1 Dance Studio Athletics (RB)	Wednesday L1 Dance Studio Sports Day Prep (RB)
Rec Vale	Wednesday L2 Dance Studio ABC Games (RB)	Wednesday L2 Dance Studio Gymnastics (RB)	Wednesday L2 Dance Studio Dance (RB)	Wednesday L2 Dance Studio Gymnastics (RB)	Wednesday L2 Dance Studio Athletics (RB)	Wednesday L2 Dance Studio Sports Day Prep (RB)
Year 1 Chad	Monday L1 Hall ABC Games (CT)	Monday L1 Dance Studio Dance (CT)	Monday L1 Hall Net Games-tennis (CT)	Monday L1 Dance Studio Gymnastics- Balances (CT)	Monday L1 Hall Golf (CT)	Monday L1 Dance Studio Sports Day Prep (CT)
	Tuesday L1 Hall Gymnastics- Travel (RB)	Tuesday L1 Hall Invasion Games (RB)	Tuesday L1 Hall Gymnastics – Flight (RB)	Tuesday L1 Hall Invasion Games (RB)	Tuesday L1 Hall Athletics (RB)	Tuesday L1 Hall S & F Games (RB)
Year 1 Vale	Monday L2 Hall ABC Games (CT)	Monday L2 Dance Studio Dance (CT)	Monday L2 Hall Net Games-tennis (CT)	Monday L2 Dance Studio Gymnastics- Balances (CT)	Monday L2 Hall Golf (CT)	Monday L2 Dance Studio Sports Day Prep (CT)
	Tuesday L2 Hall Gymnastics- Travel (RB)	Tuesday L2 Hall Invasion Games (RB)	Tuesday L2 Hall Gymnastics – Flight (RB)	Tuesday L2 Hall Invasion Games (RB)	Tuesday L2 Hall Athletics (RB)	Tuesday L2 Hall S&F Games (RB)

Year 2 Chad	Wednesday L1 Hall Net Games tennis (CT)	Wednesday L1 Hall Gymnastics (Flight) (CT)	Wednesday L1 Hall Invasion Games (benchball) (CT)	Wednesday L1 Hall Gymnastics (Balances) (CT)	Wednesday L1 Hall Athletics (CT)	Wednesday L1 Hall Sports Day Prep(CT)
	Friday L1 Dance Studio Gymnastics (Rolls) (RB)	Friday L1 Hall ABC Games (RB)	Friday L1 Dance Studio Dance (RB)	Friday L1 Hall Invasion Games (RB)	Friday L1 Dance Studio Golf (RB)	Friday L1 Hall S & F (RB)
Year 2 Vale	Wednesday L2 Hall Net Games tennis (CT)	Wednesday L2 Hall Gymnastics (Flight) (CT)	Wednesday L2 Hall Invasion Games (benchball)(CT)	Wednesday L2 Hall Gymnastics (Balances) (CT)	Wednesday L2 Hall Athletics (CT)	Wednesday L2 Hall Sports Day Prep(CT)
	Friday L2 Dance Studio Gymnastics (Rolls) (RB)	Friday L2 Hall ABC Games (RB)	Friday L2 Dance Studio Dance (RB)	Friday L2 Hall Invasion Games (RB)	Friday L2 Dance Studio Golf (RB)	Friday L2 Hall S & F (RB)
Year 3 Chad	Monday 1 Dance Studio Gymnastics Travel (CT)	Monday 1 Hall Invasion Games (CT)	Monday 1 Dance Dance (CT)	Monday 1 Hall Gymnastics Balance (CT)	Monday 1 Dance Studio Athletics (CT)	Monday 1 Hall S&F Games (CT)
	Wednesday L4 BC Pool Swimming (RB)	Wednesday L4 BC Pool Swimming (RB)	Wednesday L4 BC Pool Swimming (RB)	Wednesday L4 BC Pool Swimming (RB)	Wednesday L4 BC Pool Swimming (RB)	Wednesday L4 BC Pool Swimming (RB)
Year 3 Vale	Wednesday L5 BC Pool Swimming (RB)	Wednesday L5 BC Pool Swimming (RB)	Wednesday L5 BC Pool Swimming (RB)	Wednesday L5 BC Pool Swimming (RB)	Wednesday L5 BC Pool Swimming (RB)	Wednesday L5 BC Pool Swimming (RB)
	Friday 4 Hall Invasion Games (RB)	Friday 4 Hall Gymnastics (RB)	Friday 4 Hall Dance (RB)	Friday 4 Hall Gymnastics (RB)	Friday 4 Hall Athletics (RB)	Friday 4 Hall S&F Games (RB)
Year 4 Chad	Monday L2 Dance Studio Gymnastics - Sequences (RW) + Catch up swimming (RB)	Monday L2 Hall Invasion Games (RW) + Catch up swimming (RB)	Monday L2 Dance Studio Gymnastics – Balances (RW) + Catch up swimming (RB)	Monday L2 Hall Invasion Games (RW) + Catch up swimming (RB)	Monday L2 Dance Studio Golf (RW) + Catch up swimming (RB)	Monday L2 Hall S&F Games (RW) + Catch up swimming (RB)

	Friday L1 Hall Net Games – Tennis (CT)	Friday L1 Dance Studio Gymnastics – Flight (CT)	Friday L1 Hall Net Games - Volleyball (CT)	Friday L1 Dance Studio Dance (CT)	Friday L1 Hall Athletics (CT)	Friday L1 Dance Studio Sports Day Pep (CT)
Year 4 Vale	Monday L2 Dance Studio Gymnastics - Sequences (RH) + Catch up swimming (RB)	Monday L2 Hall Invasion Games (RH) + Catch up swimming (RB)	Monday L2 Dance Studio Gymnastics – Balances (RH) + Catch up swimming (RB)	Monday L2 Hall Invasion Games (RH) + Catch up swimming (RB)	Monday L2 Dance Studio Golf (RH) + Catch up swimming (RB)	Monday L2 Hall S&F Games (RH) + Catch up swimming (RB)
	Friday L2 Hall Net Games – Tennis (CT)	Friday L2 Dance Studio Gymnastics – Flight (CT)	Friday L2 Hall Net Games - Volleyball (CT)	Friday L2 Dance Studio Dance (CT)	Friday L2 Hall Athletics (CT)	Friday L2 Dance Studio Sports Day Pep (CT)
Year 5 Chad	Wednesday L4 Hall Net Games - tennis (CT)	Wednesday L4 Hall Dance (CT)	Wednesday L4 Hall Invasion Games – benchball (CT)	Wednesday L4 Hall Gymnastics – Balances (CT)	Wednesday L4 Hall Golf (CT)	Wednesday L4 Hall Sports Day Prep (CT)
	Thursday L1 Hall Invasion Games (RB)	Thursday L1 Hall Gymnastics (RB)	Thursday L1 Hall Net Games (RB)	Thursday L1 Hall Invasion Games (RB)	Thursday L1 Hall Athletics (RB)	Thursday L1 Hall S&F Games (RB)
Year 5 Vale	Monday L4 Hall Net Games - tennis (RB)	Monday L4 Hall Dance (RB)	Monday L4 Hall Invasion Games – benchball (RB)	Monday L4 Hall Gymnastics – Balances (RB)	Monday L4 Hall Golf (RB)	Monday L4 Hall Sports Day Prep (RB)
	Thursday L2 Hall Invasion Games (RB)	Thursday L2 Hall Gymnastics (RB)	Thursday L2 Hall Net Games (RB)	Thursday L2 Hall Invasion Games (RB)	Thursday L2 Hall Athletics (RB)	Thursday L2 Hall S&F Games (RB)
Year 6 Chad	Tuesday L4 Hall Gymnastics (RB)	Tuesday L4 Hall Dance (RB)	Tuesday L4 Hall Gymnastics (RB)	Tuesday L4 Hall Gymnastics (RB)	Tuesday L4 Hall Net Games (RB)	Tuesday L4 Hall S&F Games (RB)
	Thursday L5 Hall Invasion Games (RB)	Thursday L5 Hall Invasion Games (RB)	Thursday L5 Hall Net Games (RB)	Thursday L5 Hall Invasion Games (RB)	Thursday L5 Hall Athletics (RB)	Thursday L5 Hall S&F Games (RB)

Year 6 Vale	Tuesday L5 Hall Gymnastics (RB)	Tuesday L5 Hall Dance (RB)	Tuesday L5 Hall Gymnastics (RB)	Tuesday L5 Hall Gymnastics (RB)	Tuesday L5 Hall Net Games (RB)	Tuesday L5 Hall S&F Games (RB)
	Thursday L4 Hall Invasion Games (RB)	Thursday L4 Hall Invasion Games (RB)	Thursday L4 Hall Net Games(RB)	Thursday L4 Hall Invasion Games (RB)	Thursday L4 Hall Athletics (RB)	Thursday L4 Hall S&F Games (RB)

The units scheduled for Autumn 1 & Summer 1 & 2 can be taught both inside and outside depending on the weather. If the weather is good enough to teach outside then the onus is the teacher timetabled to use the hall to relocate their class outside. This will allow classes scheduled for the dance studio to take advantage of the extra space available in the hall.

This time table is has been designed to enable the teacher deliver the 4 strands of knowledge, skills and understanding in PE across the 4 (KS1) / 5 (KS1) units outlined in the curriculum. The teacher does not necessarily have to follow this schedule but if changes are made please ensure that:

- a) The units scheduled to be taught in the dance studio (dance and gymnastics) are not swapped for Athletics, S&F, N&W or Invasion Game Units as it is impossible to teach these activities effectively in this space.
- b) If you share responsibility for delivering PE with another member of staff you must inform them of any schedule changes made so that units aren't repeated.

There are a number of schemes of work across KS1&2 saved on the T drive. If you are delivering a unit of PE & need support with planning use the resources already provided. Please don't hesitate to contact me if you need further assistance with planning, delivering or assessing PE lessons.

Finally, if the Y3 & 4 classes have completed their swimming course by the summer term there may be a swimming slot available on Monday mornings / Wednesday afternoon for the Y2 classes during Summer 1 and Summer 2. This could provide Y2 pupils with up to 10 swimming lessons this year.

Unit Overviews:

PE will be utilised at EYFS stage to reinforce learning through play. Pupils will become more independent as they learn to dress themselves for lessons. They will develop social interaction skills by working in groups & teams. They will get used to transition from one learning location to another & recognise that classroom rules apply in PE lessons in the hall/studio/field in exactly the same way they do in the classroom. Class room learning (knowing left from right, counting scores, recognising colours, learning & applying new vocabulary) will be reinforced during PE activities.

<u>Reception.</u>	
<u>Activity</u>	<u>Unit Objective</u>
ABC Games	Explore different methods of travel. Travel at different speeds & change direction. Understand the concept of balance & apply it to movement/using apparatus. Develop ball tracking skills/H2E co-ordination. Experiment with sending & receiving techniques. Combine movements using different body parts. Recognise & manipulate sports equipment. Introduction to the health benefits of exercise.
Gymnastics	Explore different methods of travel & flight. Recongnise & replicate the 5 fundamental shapes. Experiment with combining whole body movements. Understand the concept of balance & apply it to movement/using apparatus.
Dance	Experiment with the idea of movement representing an idea/mood. Experiment with combining movements. Replicate movements. Explore the concept of rhythm & moving in time to a beat. Respond to a stimulus. Understand that different cultures have different types of dance.
Athletics	Introduction to structured competitive activity. Explore how to combine whole body movements. Learn to replicate actions. Learning to perform at maximum levels. Recognising the effect that exercise has on the body.

In Year 1 an emphasis will be placed on enhancing H2E co-ordination & spatial awareness. Pupils will be expected to throw (underarm) & catch a fed pass with increasing consistency. Through gymnastics, dance & athletics pupils will learn to combine their movements with improving control. They will become familiar with the basic shapes & movements in gymnastics and simple compositional elements in dance, identifying them & replicating them. Throughout the year they will become increasingly aware of the importance of PE as part of a health active lifestyle & how to exercise safely.

<u>Year 1.</u>	
<u>Activity</u>	<u>Unit Objective</u>
ABC Games	Move with control around obstacles. Change direction when traveling at speed. Develop H2E co-ordination so that object can be struck/thrown with increasing consistency. Learn to manipulate a range of bats & rackets. Throw with increasing accuracy & power. Developing catching techniques
Gymnastics	Copy & explore basic actions with some control & co-ordination. Begin to choose & link basic actions to create short sequences. Be able to recognise & use space appropriately. Carry & work on apparatus safely. Begin experimenting with balance. Watch & discuss their own work & that of my peers.
Dance	Copy & explore basic body patterns & movements. Develop the ability to combine movements with control. Remember & replicate simple dance steps. Move in time to a beat. Experiment with ideas of unison, cannon & mirroring. Select own actions & link them to appropriate stimulus.
Athletics	Learn to run at different speeds. Replicate a standing long jump technique. Use different techniques to throw an object using one hand. Recognise changes in their body during exercise.
Invasion Games	Experiment with methods of traveling with a ball. Explore traveling at different speeds when in possession of a ball. Experiment with way to change direction when travelling with a ball. Developing a range of sending & receiving techniques. Introduction to team work.
Net Games	Develop H2E co-ordination so that object can be struck/thrown with increasing consistency. Improve ball tracking & controlled movement. Learn to manipulate a range of bats & rackets. Learn to use equipment safely.
Striking & Fielding Games	Develop H2E co-ordination so that object can be struck/thrown with increasing consistency. Improve ball tracking & controlled movement. Learn to manipulate a range of bats & rackets. Learn to use equipment safely. Throw with increasing accuracy & power. Developing catching techniques

The focus in lesson this year is about combining and applying previously learned skills to increasingly sport specific situations. This may include combining gymnastic movements to create sequences or applying hitting, catching & throwing techniques to playing quick cricket. Pupils will also be encouraged to reflect on their own performances & comment on the demonstrations of others.

<u>Year 2.</u>	
<u>Activity</u>	<u>Unit Objective</u>
ABC Games	Change speed & direction whilst running. Travel over/around obstacles at speed. Catch a range of objects sent at different speeds/heights/trajectories. Strike a ball using a variety of rackets/bats. Send a pass using a range of techniques with control & accuracy. Use hands & feet control/manipulate a ball. Land with control when jumping.
Gymnastics	Copy, remember, explore & repeat simple actions varying speed & levels. Begin to select simple actions to construct basic sequences. Start to identify the difference between their own performance & that of others, explaining observations using specific vocabulary. Experiment with working in pairs/groups to develop sequences/balances.
Dance	Combine movements with control & co-ordination. Respond imaginatively to a variety of stimuli, with pupils creating their own steps/sequences of movement. Experiment with the dynamics, levels, speed & direction of movements. Begin discussing their own & others performance with simple vocabulary
Athletics	Change speed & direction whilst running. Skip/Jump/Balance while travelling at speed. Jump accurately from a standing position. Throw a variety of objects with one hand
Invasion Games	Consistently control / catch a ball with control. Recognise team mates in space. Pass a ball to a team mate with precision/accuracy. Start to recognise the different roles undertaken within a game. Experiment with defensive techniques like tackling/intercepting a ball. Follow the rules of a games. Take part in opposed conditioned games
Net Games	Strike a moving target. Track the flight of an object & move accordingly. Enhance racket control. Experiment with different striking techniques. Strike a ball with increasing control & accuracy.
Striking & Fielding Games	Catch/field a ball with consistency. Throw over/underarm with control & accuracy. Become aware of rules to games like rounders/quick cricket etc... - recognise ways to score & get opponents out. Observe and discuss own/others performance.

In Year 3 pupils will begin to take greater ownership of their learning & become more innovative with their work. All pupils will have the opportunity to swim & learn off-site. This year will focus heavily on meeting the KS2 National Curriculum swimming objectives, with pupils attending swimming lessons once a week. In dance & gymnastics they will start to work in pairs/groups & choreograph their own sequences & routines. Pupils will be expected to use sport specific terminology when describing/reflecting on performances. They will also start to develop sport specific skills in net & wall/ striking & fielding/ invasion games & explore ways to outwit an opponent in opposed activities

<u>Year 3.</u>	
<u>Activity</u>	<u>Unit Objective</u>
Gymnastics	Experiment with choreographing sequences. Copy, remember, explore & repeat simple actions, and link & vary ideas with control & co-ordination. Apply compositional ideas to sequences alone & with others. Describe their own & others work noting similarities & differences. Make suggestions for improvements using appropriate terminology. Set up & use equipment safely.
Dance	Improvise combinations of movements freely on their own & with a partner. Translate ideas from a variety of stimuli into movement. Compare, develop & adapt movement & motifs to create longer dances. Use dance vocabulary to compare & improve work
Athletics	Run at a speed appropriate to the distance being run. Combine movements to perform a running & triple jump. Demonstrate a range of throwing actions using a variety of objects
Invasion Games	Begin to influence opposed conditioned game. Control and catch a ball with movement. Accurately pass to someone else using different techniques. Dribble the ball away from opponents. Begin to recognise scoring opportunities. Undertake offensive & defensive roles. Begin communicating & working as part of a team
Net Games	Develop decision making. Learn the basic rule to a range of net games. Apply skills & techniques in opposed situations. Begin anticipating where the ball will travel & move accordingly.
Striking & Fielding Games	Recognise space in the field. Begin to understand the roles & different skills required to field in different positions. Begin communicating & working as part of a team. Strike a ball using a variety of bats. Catch a struck ball with increasing consistency
Swimming	LA: Understand how to play safely & develop confidence in the water. Swim in deeper water with the aid of floats. Swim distances of 10m+ in shallower water without floats. Explore ways to enter the water. Experiment with floating & gliding without buoyancy aids. MA: Pupils develop the range of strokes they are able to perform. Swim in deeper water without the aid of floats. Swim distances of 20m+ without floats. Learn how to enter deeper water safely. GD: Tread water for 30 seconds then swim 50m unaided. Perform a variety of strokes with sound techniques. Dive & enter deep water safely using other entry methods. Swim through/under obstacles below the water. Retrieve objects from the pool floor

In Year 4 pupils begin to combine their learning in science with PE. Knowledge/Understanding of anatomy & physiology will be combined into warm ups. Pupils will begin to undertake a wider range of roles in lessons, with pupil coaching/peer assisted learning becoming a key aspect of gymnastic & athletic units. Games activities will become more competitive, with greater emphasis being placed on pupils learning ways to outwit an opponent. Pupils not who have not previously reached KS2 expected levels in swimming will start to develop range of strokes and experiment with ways to enter deeper water safely.

<u>Year 4.</u>	
<u>Activity</u>	<u>Unit Objective</u>
Gymnastics	Work individually & in groups to choreograph sequences. With fluency & control combine travel, flight & balance in imaginative & innovative ways. Utilise apparatus in sequences. Work as 'Pupil Coaches' observing peers perform & offering feedback. Develop inverted balances Learn to safely 'support' partners with inverted balances. Use scientific/sport specific terminology to describe performances, offering constructive feedback.
Dance	Dancing in classrooms: Work in groups to perform choreographed sequences with partners groups. Remove gender barriers. Move with fluency & rhythm, combining movements in an aesthetically pleasing manner. Recognise & incorporate a variety of compositional elements in performances. Use dance vocabulary to compare & improve work
Athletics	Refine techniques in order to enhance performance. Work as 'Pupil Coaches' observing peers perform & offering feedback. Use scientific & sport specific terminology to describe performance & identify areas of improvement.
Invasion Games	Begin scoring & officiating competitive games. Improve spatial awareness & positional understanding in opposed activities. Recognise S&Ws & select positions/roles within a team accordingly. Work effectively with team mates. Enhance decision making, understanding when to apply passing/receiving/tackling/shooting techniques in game situations. Begin recognising/applying ways to outwit an opponent in opposed activities.
Net Games	Improve positional awareness, which will impact on movement & shot selection. Develop understanding of defensive/offensive shots. Begin scoring & officiating competitive games. Begin recognising/applying ways to outwit an opponent in opposed activities.
Striking & Fielding Games	Enhance decision making, understanding when to apply fielding/catching/throwing/striking techniques in game situations. Throw under/overarm with power, control & accuracy. Learn to manipulate a ball using different types of bats. Identify S&Ws and use sport specific terminology to describe performance. Begin recognising/applying ways to outwit an opponent in opposed activities.
Swimming	Pupils develop the range of strokes they are able to perform. Swim in deeper water without the aid of floats. Swim distances of 20m+ without floats. Learn how to enter deeper water safely. Experiment with life saving skills

In Year 5 pupils take on greater ownership of their learning. They will be taught how, then expected to lead their own warm ups & cool downs. They will begin to understand the impact exercise has on their body by linking this to their learning in science. This in turn helps to develop an understanding of the role exercise take in a healthy, active lifestyle. More able pupils will be pushed towards leadership roles & learn how they can have a positive impact on the performance of their peers. The focus of games based lessons will be applying techniques learned to competitive situations & outwitting an opponent. Dance, gymnastic & athletics units will focus on refining techniques & combining increasingly complex movements with precision, fluency & control.

<u>Year 5.</u>	
<u>Activity</u>	<u>Unit Objective</u>
Gymnastics	Link ideas, skills & techniques with control, precision & fluency when performing basic skills individually or as part of a group. Demonstrate an understanding of composition by performing more complex sequences. Use scientific/sport specific terminology to describe how to refine, improve & modify performances. Utilise apparatus effectively as part of individual & group sequences. Demonstrate specific aspects of warm-up & describe effects of exercise on the body using appropriate vocabulary.
Dance	Produce aesthetically pleasing routines. To demonstrates precision, control & fluency in response to a stimuli. Demonstrate the ability to vary dynamics & develop actions with a partner or as part of a group. Pupils will be able to continually demonstrate rhythm & spatial awareness. Use dance specific terminology when describing what they see. Respond to feedback by modifying their performances & provide suggestions as to how others can improve their work.
Athletics	Pupils will improve and sustain running technique at different speeds. They will demonstrate accuracy & technique in a range of throwing & jumping actions. Working as 'Pupils Coaches' they will be able to identify & explain good athletic performance , offering constructive feedback & offer suggestions on how to improve. Use scientific/sport specific terminology to describe the changes in their body when running, jumping & throwing.
Invasion Games	Control and catch a ball & accurately pass whilst moving. Take part in conditioned game with understanding of tactics & rules. Move with a ball in opposed situations, demonstrating the ability to outwit an opponent. Make quick decisions in opposed activities regarding the selection/application of skills & techniques. Understand / use principles of warm up & why exercise is good for health
Net Games	Demonstrate an understanding of which shot to select in a given game situation. Perform attacking/defensive shots with enhanced control/accuracy. Anticipate an opponent's actions & respond accordingly. Improved awareness of their role in a game & within a team. Develop tactics to outwit an opponent. Understand how to warm up effectively & understand the impact games have on their body.
Striking & Fielding Games	Develop and apply tactics to outwit an opponent. Demonstrate an understanding of which technique to select in a given game situation. Develop a positional understanding & recognise which attributes are required in different positions. Identify S&Ws and use sport specific terminology to describe performance. Understand how to warm up effectively & understand the impact games have on their body.

The focus of PE in Year 6 will be applying the skills & knowledge developed throughout KS2 in competitive activities. In dance and gymnastics pupils will work in groups to create sequences & routines that will be assessed by their teachers & peers. In games activities pupils will be encouraged to apply skills & techniques in opposed activities in order to overcome an opponent. An emphasis will be placed on team work & problem solving, with stronger pupils adopting leadership roles & the responsibility that entails. By the time pupils finish KS2 they will understand how to exercise safely & effectively, understanding the importance that physical activity has in a healthy active life style. In addition to practical ability pupils will be given opportunities to demonstrate their technical understanding through roles as coaches, officials & choreographers. In addition to their PE commitment pupils will also work towards obtaining their Level 1&2 Bike Ability qualifications.

<u>Year 6.</u>	
<u>Activity</u>	<u>Unit Objective</u>
Gymnastics	Perform & create movement sequences with some complex skills & displaying accuracy & consistency. Show an ability to innovate. Select & use a wide range of compositional skills in complex sequences alone & in groups. Analyse skills & can suggest ways to improve quality of performance showing sound knowledge & understanding. Lead a warm up & demonstrates all round safe practice.
Dance	Create & Perform dance styles from different cultures. Perform with accuracy & consistency. Select & use a wide range of compositional skills to demonstrate ideas. Suggest ways to improve quality of performance showing sound knowledge & understanding . Lead an independent warm up & demonstrates all round safe practice.
Athletics	Demonstrate good control, strength, speed & stamina in a variety of athletic events. Understand how to apply athletic skills & tactics to the competitive situation . As a 'Pupil Coach' analyse performance & explain how to improve technique in a variety of events. Understand & can explain the short & long term effects of exercise, and I understand the need for a specific warm up& cool down.
Invasion Games	Understand the rules & be able to officiate a variety of games. Understand the requirements of a range of positions & identify which one they are best suited to. Quickly select & apply appropriate techniques in opposed activities. Dribble a ball with control in an opposed activity. Combine accurate passing skills / techniques in a competitive game. Outwit an opponent using a variety of skills. Select & apply tactics in an opposed activity. Understand the effects of exercise and lead a suitable warm up/cool down.
Net Games	Understand when to select a shot in a given game situation. Perform a variety of attacking/defensive shots with control/accuracy. Select & apply tactics to an opposed game to outwit an opponent. Anticipate an opponent's actions & respond accordingly. Recognise their own strengths & weaknesses, then play accordingly. Understand how to warm up effectively & understand the impact games have on their body.
Striking & Fielding Games	Develop and apply tactics to outwit an opponent. Consistently select & apply appropriate techniques in a given game situation. Anticipate an opponent's tactics & respond accordingly. Perform a range of attacking shots in opposed activities. Identify S&Ws and use sport specific terminology to describe performance. Understand how to warm up effectively & understand the impact games have on their body.
Problem Solving	Develop team working & communication skills. Apply map reading skills to find their way around the school site. Use numeracy skills (co-ordinates) to identify locations on a map.

