



WENSLEY FOLD CE PRIMARY ACADEMY

PHYSICAL EDUCATION

School Overview

Taken and adapted from Lancashire Physical Education Scheme of Work

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	EYFS – Fundamental Movement Skills Children will be introduced to PE. We will be explaining the 5 Fundamental Movement Skills (running, jumping, hopping, catching and throwing), how to remain and work at a station and how to move round the space.	EYFS – FMS – Castles Linked to the theme of castles, children will develop the skill of throwing and rolling a ball. They will learn to jump and land safely and climb up and down apparatus using alternative feet. Children will perform a variety of gymnastic rolls and revise the five fundamental skills for under 5.	How to Catch a Star by Oliver Jeffers Children will travel in variety of ways; quick, slow, sideways, sliding and galloping hands and feet. Children will climb to reach a star, jump off a table to catch a star, jump high to catch a star, balance on a variety of small and large body parts in the shape of a star.	EYFS – FMS – Mini Beast Children will perform the basic skill of jumping and work with a variety of equipment. They will travel in a range of ways like mini beast. Children will develop their accuracy of catching and revise the five FMS.	The Hungry Caterpillar and other stories Children will travel like a caterpillar on hands and feet and fly on tip toes like a butterfly. Children will skip and move like a tiny caterpillar (little and light) and a fat caterpillar (heavy and big). Children will climb onto a leaf, roll like an egg, roll like a pencil jump off a table like a butterfly, jump from spot to spot (leaves) and throw from leaf to leaf.	EYFS – FMS - Seaside Children will learn to balance on small body parts and travel on their hands and feet. They will show increasing control over an object pushing and patting it. Children will perform a variety of gymnastic rolls and develop accuracy in their throwing.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Dance
Y1	Fundamental Movement Skills Baseline – Lost and Found Children will access and develop the fundamental movement skills of hopping, jumping, underhand throwing, running fast, skipping, overhand throwing, catching and bouncing a ball.	Athletics Children will develop a range of athletic skills such as: running fast, hopping, rolling a ball with accuracy, changing direction, throwing underarm and jumping for distance. Through athletics activities the children will develop their posture when walking and running. Children will apply these skills in a range of competitive situations. This may include running, jumping and throwing challenges and relay type races.	Gymnastics Children will develop a range of gymnastic skills such as: travelling, rolling, jumping. They will perform basic skills with straight back and tuck shapes and link basic movements together to create a sequence. Sequences will be adapted to perform on apparatus. Children will learn to apply the skills of travelling, rolling and jumping with two different shapes.	FMS – Overarm Throw Children will demonstrate an overarm throw with some accuracy on their own and in a game. They will show a fast running technique and use a simple tactic in a game.	FMS - Zog Children will perform the skill of running and changing direction quickly. They will demonstrate how to jump as far as possible, landing safely with control. Children will challenge themselves to throw overarm as far as possible and travel on apparatus using their hands and feet. They will continue to develop the skill of hopping.	FMS – Catching and Bouncing a Ball Children will demonstrate catching a ball with some accuracy. They will take part in games and begin to use simple tactics to outwit their opponent. Children will learn to play as a team and encourage each other.	Children will explore, remember, repeat and link a range of actions with co-ordination and control. They will compose a short dance exploring contrasting actions. Children will recognise how dance makes them feel.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Dance
Y2	Games – Piggy in the Middle Children will continue to develop the skill of throwing underarm, catching and dodging. They will apply the skill of throwing underarm with accuracy and develop the skill of passing and moving into space. Children will develop simple tactics and apply throwing, moving and catching in a simple game.	Athletics Children will continue to develop the skill of running fast and explore different ways of throwing. They will throw underarm accurately, overarm for distance and accuracy and explore a push throw. Children will explore jumping for distance. They will take part in an obstacle course and complete run, jump and throw challenges.	Gymnastics Children will develop the skills of jumping with different shapes, the basic skills of travelling on hands and feet, the skill of balancing on different body parts and the basic skills of rolling. They will link movements together to create a simple sequence and start to adapt a sequence of moves to apparatus.	Games – Net and Wall Children will continue to develop the skill of throwing underarm, catching and side-gallop. They will apply the skill of throwing underarm with accuracy. Children will know the ready position, how to hold a bat and develop the skill of striking a ball. They will develop simple tactics and apply these to a simple team game.	Striking and Fielding Children will develop the skills of throwing overarm for distance, running, striking a ball, striking with accuracy and fielding a ball. They will apply these skills in a simple game and apply simple tactics.	Fundamental Movement Skills Baseline – End of KS1 Children will throw underarm and overarm accurately into a target and throw as far as possible. They will run as fast as possible and throw using a push and two handed throw for distance. Children will catch a ball, kick a ball for distance and jump for distance and control. They will complete an obstacle course with speed and agility.	Children will create simple dance sequences using visual, linking one movement to the other. They will use different body shapes to express ideas. Children will work collaboratively to share ideas and perform a dance.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Dance	OAA and Problem Solving
Y3	Invasion Games – Handball Children will demonstrate passing a ball using a handball pass and learn how to move into space to receive a pass. They will perform a one handed bounce pass in a game and use simple tactics to outwit a defender. Children will learn how to play as a team and follow rules of a game.	Athletics Children will develop and perform the pull throwing action, the sling throw and a push throw. They will throw for distance using all three throws. Children will perform and develop their jumping actions and perform 5 different jumps. They will explore different running techniques, select an appropriate technique for distance, perform a start in a sprint type race and pass a baton successfully.	Gymnastics Children will develop ways of travelling on hands and feet. They will develop balance on small body parts, different ways of rolling and the skills of jumping, shape and landing. Children will create a sequence of gymnastic actions and evaluate and recognise their own success. They will perform gymnastic actions using apparatus.	Games – Net and Wall Children will explore different throwing actions and practise catching. They will learn to strike the ball using their hand or a small bat and begin to familiarise themselves with a racket. Children will begin to devise their own game and suggest ideas and practice to improve their play.	Games – Target - Dodgeball Children will demonstrate throwing a ball at a target using a one handed pass with accuracy. They will apply this skill to a game situation where they will learn to play as a team and respect each other. Children will accept the rules of the officials even if they disagree.	Striking and Fielding – Rounders Children will continue to develop their skills of sending, receiving and striking a ball in a striking and fielding game. They will use simple tactics in a game and evaluate their success and tactics used.	Children will copy movements accurately and work as a team to create a still, connected shape with their bodies. They will suggest actions to perform and teach movements to others. Children will be able to keep in time with others and the music. They will perform well structured duets which express character and explore patterns and timings.	Children will demonstrate working as part of a team to solve challenges. They will try different solutions to solve a problem without fear of failure. They will show encouragement and support to team members and demonstrate concise instructions. Children will be able to explain how to work as a team and why they chose their team roles. They will complete a journey within the school grounds using a control card and navigate safely.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Dance	OAA and Problem Solving
Y4	Invasion Games – Basketball Children will develop the skills of sending and receiving a ball, travelling with a ball and traveling with control. They will use simple tactics to outwit an opponent and apply basic principles suitable for attacking. Children will travel with a ball in an invasion game, apply basic principles suitable for attacking and defending and evaluate and recognise success.	Athletics Children will perform and consolidate the pull throwing action, the sling throw and a push throw. They will throw for distance using all three throws. Children will perform and consolidate their jumping actions and perform 5 different jumps. They will explore different running techniques, select an appropriate technique for distance, perform and consolidate a start in a sprint type race and pass a baton successfully.	Gymnastics Children will continue to develop ways of traveling on feet and hands, balance on small body parts and develop balance on large body parts. They will develop and explore a range of jumping and rolling actions. Children will link these with other actions to create a sequence. Children will create a sequence of travelling, balancing, jumping and traveling that meet a set of conditions. They will make simple judgements about the quality of performances and suggest ways to improve.	Net Wall Games Children will explore and consolidate different throwing and catching actions. They will strike the ball using their hand or small bat, familiarise themselves with a racket and practice striking skills using a racket. Children will develop a range of striking skills suitable for net/ wall type games and choose a range of simple tactics to use in a simple game. They will improve their movement skills and body positions and suggest ideas and practices to improve their play.	Creative Games – Tag and Target Children will perform the skill of dodging in a tag game and demonstrate aiming skills using throwing and rolling a ball. They will share ideas towards making a tag game with a team and listen and share ideas as a group. Children will send an object in a target game with accuracy and work in a group co-operatively to evaluate a target game.	Striking and Fielding – Cricket Children will develop the skill of sending and receiving a ball in a strike and fielding game. They will strike a ball in a game, use simple tactics and evaluate success.	Children will copy movements accurately and work as a team to create a still, connected shape with their bodies. They will articulate their ideas well. Children will suggest actions to perform and teach movements to others. They will work together to keep improving their dance. Children will be able to keep in time with others and the music. They will perform well structured duets which express character and explore patterns and timings.	Children will demonstrate working as part of a team to solve challenges. They will try different solutions to solve a problem without fear of failure. They will show encouragement and support to team members and demonstrate concise instructions. Children will be able to explain how to work as a team and why they chose their team roles. They will complete a journey within the school grounds using a control card and navigate safely.

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Y5	Invasion Games – Tag Rugby Children will develop the skills of running with a rugby ball in two hands, passing and catching a rugby ball. They will be able to score a try and develop an understanding when to pass and when to continue running. They will select and apply simple skills tactics in a rugby type competitive games. Children will develop their ability to evaluate their own, and their teams, performance and suggest ways to improve.	Athletics Children will develop their running skills in isolation, throwing skills and explore ways of combining jumping actions. They will develop running, jumping and throwing skills in an athletic type activity. Children will evaluate their own success, compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Gymnastics Children will explore and develop the skill of performing partner balances (matched and mirrored). They will perform counter balance, counter balance tension and create a gymnastic sequence with a partner. Children will develop a sequence on apparatus. They will evaluate and recognise their success.	Net and Wall Games - Tennis Children will develop consistency in playing shots with racket and ball. They will develop the skill of playing forehand and backhand shots and then use these with a partner. Children will understand the basic principles of attack and use them in a net / wall type game. They will evaluate their performance.	Invasion Games – Hockey Children will use hockey sticks and develop the skills of sending a ball using a push, receiving the ball, intercepting a pass, dribbling and shooting. They will select and apply simple skills tactics in hockey type competitive games. Children will develop their ability to evaluate their own, and their teams, performance and suggest ways to improve.	Striking and Fielding – Rounders Children will demonstrate bowling underarm with accuracy and catch a ball when fielding. They will strike a ball with a bat and throw a ball overarm when fielding. Children will make a choice as to where to hit the ball and evaluate their own performance.	Children will develop dance to convey emotions, mood and feelings to retell a story. Children will create a sequence using props showing a conflict between contrasting characters. Children will begin to plan a dance creatively and collaboratively in groups to retell a story. The will evaluate their own performances and come up with ideas to improve.	Children will communicate effectively, take responsibility and trust and work with others to solve problems. They will record information accurately and apply strategies for remembering important information. Children will follow instructions and work with others to complete a task. They will work effectively as part of a team to solve problems and review their own performance. Children will demonstrate how to keep a map set when moving and orientate a map around a simple course. They will use control markers and record information accurately.
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Y6	Invasion Games - Netball Children will demonstrate passing and catching a netball with consistency, accuracy and control. They will apply simple attacking and defending tactics in a game. They will be able to make decisions when to pass the ball and evaluate their own performances.	Athletics – Year 5/6 Children will develop and consolidate their running skill in isolation, throwing skills and explore ways of combining jumping actions. They will develop and consolidate their running, jumping and throwing skills in an athletic type activity. Children will evaluate their own success, compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Gymnastics Children will perform matched and mirrored paired balances. They will perform counter balance and counter tension in pairs and a group. Children will create a gymnastic sequence with counter balance and counter tension in a group. Children will perform a part weight bearing balance and create a sequence of gymnastic actions, paired and group balances using apparatus. Children will evaluate individually and as a team.	Net and Wall Games - Badminton Children will demonstrate a forehand and backhand shot with some consistency. They will direct the shuttlecock reasonably well to their partner to continue a rally. Children will demonstrate a simple tactic in a net type game and incorporate tactics to score points.	Invasion Games - Creative Games Children will dribble a ball and pass and receive a pass using a variety of skills. They will select and apply appropriate tactics in a game. Children will create a rugby type game and select and apply tactics to outwit an opponent. They will learn to adapt a game and generate ideas and explore possibilities to create a unique game. Children will work as a team to solve a tactical problem and evaluate their own work and that of others and suggest ways to improve.	Striking and Fielding – Cricket Children will continue to develop their skills of sending, receiving and striking a ball in a striking and fielding game. They will apply basic principles of striking and fielding in a game. Children will use simple tactics in a game and evaluate their success and tactics used.	Children will develop dance to convey emotions, mood and feelings to retell a story. Children will create a sequence using props showing a conflict between contrasting characters. Children will begin to plan a dance creatively and collaboratively in groups to retell a story. The will evaluate their own performances and come up with ideas to improve.	Children will communicate effectively, take responsibility and trust and work with others to solve problems. They will record information accurately and apply strategies for remembering important information. Children will follow instructions and work with others to complete a task. They will work effectively as part of a team to solve problems and review their own performance. Children will demonstrate how to keep a map set when moving and orientate a map around a simple course. They will use control markers and record information accurately.
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