

Physical Education



The Inspire Multi Academy Trust (South West)



SUBJECT ON A PAGE

Physical Education

AT THE INSPIRE MULTI ACADEMY TRUST WE BELIEVE THAT PHYSICAL EDUCATION HELPS DEVELOP A CHILD BOTH PHYSICALLY AND MENTALLY TEACHING THEM TO BE THE BEST VERSIONS OF THEMSELVES. THIS ALSO ALLOWS OUR CHILDREN TO UNDERSTAND AND LEAD HEALTHY, ACTIVE LIFESTYLES.



Intent



Delivering an active and **engaging** curriculum which **encourages** children to try new sports and activities.



To allow children to develop their **social, emotional and thinking** objectives in physical activity.



Our children to be both **physically and mentally fit** before transitioning into Key Stage 3.



To **explicitly build** on previous skills to develop children's understanding of core skills and knowledge.



To promote children participating in **extra-curricular events** to become the next athletes of the future.

Implementation

BECOMING ATHLETES

Physical activity is crucial in every child's development and is a key aspect into making both a child's mind fit and healthy. At TIMAT, we provide our children with real life experiences and encourage our children to 'think outside the box' when it comes to keeping ourselves healthy. We want our children to transition into secondary school understanding the importance of exercise and how this can transition into our learning, helping them to stay focused on the next task in hand.

PROGRESSION



The children in our trust have access to a high quality curriculum starting from Early Years to Year 6. There is a clear progression of skills focusing on fundamental skills in Key Stage 1 and then applying the skills learnt into various sports in Key Stage 2. In our curriculum, we offer a wide range of sports including invasion, net and wall, gymnastics, dance and striking and fielding. Children also have the opportunity to develop their skills further by attending extra-curricular clubs focusing on sports taught within the curriculum.

Interception: when a player takes possession of the ball away from the opposition as the ball is passed

Possession: when a team has the ball they are in possession

Marking: when a player defends an opponent

Trapping the ball: getting down low to stop and receive a pass on the stick with control

Centre pass: a pass used to begin the game or the second half, or to restart play following a goal

VOCABULARY

Vocabulary is at the height of our curriculum and is at the core of everything we do. In PE, this allows our children to be articulate in sport specific language and engage in conversations with professionals. By building the core vocabulary from Early Years, it allows children to transition to Key Stage 3 with a wide range of vocabulary. At the beginning of every unit and lesson, children are shown 'Knowledge Organisers' with key information on their specific sport that term. This will then be their own glossary to refer to and build upon. Here is an example of Hockey.



The Inspire Multi Academy Trust

Physical Education Progression

Term 1

Early Years: In Term 1, pupils will be start the 'Introduction to PE' unit by learning how to move around a space safely whilst following instructions. This unit also allows pupils to work cooperatively with their partners and whilst learning how to take turns during physical activity.

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Fundamentals</p> <p>Lesson 1: To explore balance, stability and landing safely.</p> <p>Lesson 2: To explore how the body moves differently when running at different speeds.</p> <p>Lesson 3: To explore changing direction and dodging.</p> <p>Lesson 4: To explore jumping, hopping, and skipping actions.</p> <p>Lesson 5: To explore co-ordination and combining jumps.</p> <p>Lesson 6: To explore combination jumping and skipping in an individual rope</p> <p>Target Games</p> <p>Lesson 1: To develop underarm throwing towards a target.</p> <p>Lesson 2: To develop throwing for accuracy.</p> <p>Lesson 3: To develop underarm and overarm throwing for accuracy.</p>	<p>Fundamentals</p> <p>Lesson 1: To develop balance, stability and landing safely.</p> <p>Lesson 2: To explore how the body moves differently when running at different speeds.</p> <p>Lesson 3: To develop changing direction and dodging.</p> <p>Lesson 4: To develop and explore jumping, hopping and skipping actions.</p> <p>Lesson 5: To develop co-ordination and combining jumps.</p> <p>Lesson 6: To develop combination jumping and skipping in an individual rope.</p> <p>Target Games</p> <p>Lesson 1: To develop an understanding of target games and consider how much power to apply when aiming at a target.</p> <p>Lesson 2: To understand how to score in different target games using overarm throwing.</p>	<p>Netball</p> <p>Lesson 1: To develop passing and moving and play within the footwork rule.</p> <p>Lesson 2: To develop passing and moving towards a goal.</p> <p>Lesson 3: To develop movement skills to lose a defender.</p> <p>Lesson 4: To be able to defend an opponent and try to win the ball.</p> <p>Lesson 5: To develop the shooting action.</p> <p>Lesson 6: To develop playing using netball rules.</p> <p>Fitness</p> <p>Lesson 1: To develop an awareness of what your body is capable of.</p> <p>Lesson 2: To develop speed and strength.</p> <p>Lesson 3: To complete actions to develop co-ordination.</p>	<p>Basketball</p> <p>Lesson 1: To develop the attacking skill of dribbling.</p> <p>Lesson 2: To be able to use protective dribbling against an opponent.</p> <p>Lesson 3: To develop the bounce and chest pass and begin to recognise when to use them.</p> <p>Lesson 4: To develop tracking and defending an opponent.</p> <p>Lesson 5: To develop the technique for the set shot.</p> <p>Lesson 6: To be able to apply the skills, rules and tactics you have learnt to a mini tournament.</p> <p>Fitness</p> <p>Lesson 1: To develop an awareness of what your body is capable of.</p> <p>Lesson 2: To develop speed and strength.</p> <p>Lesson 3: To complete actions to develop co-ordination.</p>	<p>Netball</p> <p>Lesson 1: To develop passing and moving.</p> <p>Lesson 2: To be able to use the attacking principle of creating and using space.</p> <p>Lesson 3: To be able to change direction and lose a defender.</p> <p>Lesson 4: To be able to defend ball side and know when to go for interceptions.</p> <p>Lesson 5: To develop the shooting action.</p> <p>Lesson 6: To be able to change direction to get free from a defender and receive a pass. To learn the positions of 5-a-side netball.</p> <p>Fitness</p> <p>Lesson 1: To develop an awareness of what your body is capable of.</p> <p>Lesson 2: To develop speed and stamina.</p>	<p>Basketball</p> <p>Lesson 1: To develop protective dribbling against an opponent.</p> <p>Lesson 2: To be able to move into a space to support a teammate.</p> <p>Lesson 3: To be able to choose when to pass and when to dribble.</p> <p>Lesson 4: To be able to track an opponent and use defensive techniques to win the ball.</p> <p>Lesson 5: To be able to perform a set shot and a jump shot.</p> <p>Lesson 6: To be able to apply the rules and tactics you have learnt to play in a basketball tournament.</p> <p>Fitness</p> <p>Lesson 1: To develop an awareness of what your body is capable of.</p> <p>Lesson 2: To develop speed and stamina.</p>

<p>Lesson 4: To develop throwing for accuracy and distance using underarm and overarm.</p> <p>Lesson 5: To select the correct technique for the situation.</p> <p>Lesson 6: To develop throwing for accuracy and distance.</p>	<p>Lesson 3: To develop understanding of different target games using the skill of kicking.</p> <p>Lesson 4: To develop striking to a target.</p> <p>Lesson 5: To develop hitting a moving target.</p> <p>Lesson 6: To select an appropriate skill to play a game.</p>	<p>Lesson 4: To complete actions to develop agility.</p> <p>Lesson 5: To complete actions to develop balance.</p> <p>Lesson 6: To complete actions to develop stamina.</p>	<p>Lesson 4: To complete actions to develop agility.</p> <p>Lesson 5: To complete actions to develop balance.</p> <p>Lesson 6: To complete actions to develop stamina.</p>	<p>Lesson 3: To develop strength using my own body weight.</p> <p>Lesson 4: To develop co-ordination through skipping.</p> <p>Lesson 5: To perform actions that develop agility.</p> <p>Lesson 6: To develop control whilst balancing.</p>	<p>Lesson 3: To develop strength using my own body weight.</p> <p>Lesson 4: To develop co-ordination through skipping.</p> <p>Lesson 5: To perform actions that develop agility.</p> <p>Lesson 6: To develop control whilst balancing.</p>
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Term 2

Early Years: In Term 2, pupils will begin to develop their ‘Fundamental Skills’. This includes balancing, changing direction, running and stopping. Throughout this sequence of lessons, pupils will also develop their hopping and jumping skills. They will also extend their skills by exploring different ways to travel when using equipment.

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Ball Skills</p> <p>Lesson 1: To develop control and co-ordination when dribbling a ball with your hands.</p> <p>Lesson 2: To explore accuracy when rolling a ball.</p> <p>Lesson 3: To explore throwing with accuracy towards a target.</p> <p>Lesson 4: To explore catching with two hands.</p> <p>Lesson 5: To explore control and co-ordination when dribbling a ball with your feet.</p>	<p>Ball Skills</p> <p>Lesson 1: To be able to roll a ball to hit a target.</p> <p>Lesson 2: To develop co-ordination and be able to stop a rolling ball.</p> <p>Lesson 3: To develop technique and control when dribbling a ball with your feet.</p> <p>Lesson 4: To develop control and technique when kicking a ball.</p> <p>Lesson 5: To develop co-ordination and technique when throwing and catching.</p>	<p>Tag Rugby</p> <p>Lesson 1: To develop throwing, catching and running with the ball.</p> <p>Lesson 2: To develop an understanding of tagging rules.</p> <p>Lesson 3: To begin to use the ‘forward pass’ and ‘off side’ rule.</p> <p>Lesson 4: To be able to dodge a defender and move into space when running towards the goal.</p> <p>Lesson 5: To develop defending skills and use them in a game situation.</p>	<p>Hockey</p> <p>Lesson 1: To develop sending the ball with a push pass.</p> <p>Lesson 2: To develop receiving the ball.</p> <p>Lesson 3: To develop dribbling using the reverse stick (Indian dribble).</p> <p>Lesson 4: To develop moving into space after passing the ball.</p> <p>Lesson 5: To be able to use an open stick tackle.</p> <p>Lesson 6: To apply defending and attacking principles and skills in a hockey tournament.</p> <p>Football</p>	<p>Tag Rugby</p> <p>Lesson 1: To develop attacking principles, understanding when to run and when to pass.</p> <p>Lesson 2: To be able to use the ‘forward pass’ and ‘offside’ rules.</p> <p>Lesson 3: To be able to play games using tagging rules.</p> <p>Lesson 4: To develop dodging skills to lose a defender.</p> <p>Lesson 5: To develop drawing defence and understanding when to pass.</p> <p>Lesson 6: To be able to apply the rules and tactics you have learnt to play in a tag rugby tournament.</p>	<p>Hockey</p> <p>Lesson 1: To develop dribbling to beat a defender.</p> <p>Lesson 2: To develop sending the ball using a push pass.</p> <p>Lesson 3: To develop receiving the ball with control.</p> <p>Lesson 4: To be able to move into space to support a teammate.</p> <p>Lesson 5: To develop using an open stick (block) tackle and jab tackle to gain possession of the ball.</p> <p>Lesson 6: To apply the rules and skills you have learnt to play in a hockey tournament.</p>

<p>Lesson 6: To explore tracking a ball that is coming towards me.</p> <p>Net and Wall</p> <p>Lesson 1: To defend space, using the ready position.</p> <p>Lesson 2: To play against an opponent and keep the score.</p> <p>Lesson 3: To develop control when handling a racket.</p> <p>Lesson 4: To develop racket and ball skills.</p> <p>Lesson 5: To develop sending a ball using a racket.</p> <p>Lesson 6: To develop hitting over a net.</p>	<p>Lesson 6: To develop control and co-ordination when dribbling a ball with your hands.</p> <p>Net and Wall</p> <p>Lesson 1: To develop racket familiarisation.</p> <p>Lesson 2: To develop placing an object.</p> <p>Lesson 3: To use the ready position to defend space on court.</p> <p>Lesson 4: To develop returning a ball with hands.</p> <p>Lesson 5: To develop returning a ball using a racket.</p> <p>Lesson 6: To move an opponent to win a point.</p>	<p>Lesson 6: To be able to apply the rules and tactics you have learnt and play in a tag rugby tournament.</p> <p>Dodgeball</p> <p>Lesson 1: To learn the rules of dodgeball and apply them to a game situation.</p> <p>Lesson 2: To develop throwing at a moving target.</p> <p>Lesson 3: To use jumps, dodges and ducks to avoid being hit.</p> <p>Lesson 4: To develop catching a dodgeball at different heights.</p> <p>Lesson 5: To learn how to block using the ball.</p> <p>Lesson 6: To understand the rules of dodgeball and use them to play in a tournament.</p>	<p>Lesson 1: To develop controlling the ball and dribbling under pressure.</p> <p>Lesson 2: To develop passing to a teammate.</p> <p>Lesson 3: To be able to control the ball with different parts of the body.</p> <p>Lesson 4: To develop changing direction with the ball using an inside and outside hook.</p> <p>Lesson 5: To be able to jockey / track an opponent.</p> <p>Lesson 6: To be able to apply the rules and tactics you have learnt to play in a football tournament.</p>	<p>Dodgeball</p> <p>Lesson 1: To recap on the rules of dodgeball and apply them to a game.</p> <p>Lesson 2: To develop throwing at a moving target.</p> <p>Lesson 3: To use jumps, dodges and ducks to avoid being hit.</p> <p>Lesson 4: To develop catching to get an opponent out.</p> <p>Lesson 5: To select and apply tactics in the game.</p> <p>Lesson 6: To develop officiating skills and referee a dodgeball game.</p>	<p>Football</p> <p>Lesson 1: To be able to dribble the ball under pressure.</p> <p>Lesson 2: To pass the ball accurately to a target to help to maintain possession.</p> <p>Lesson 3: To use different turns to keep the ball away from defenders.</p> <p>Lesson 4: To develop defending skills to gain possession.</p> <p>Lesson 5: To develop goalkeeping skills to stop the opposition from scoring.</p> <p>Lesson 6: To be able to apply the rules and tactics you have learnt to play in a football tournament.</p>
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Term 3

Early Years: In Term 3, pupils will be focusing on ‘Gymnastics’. In this unit, pupils will create short sequences using a range of shapes, balances and travelling actions. Pupils will also be introduced to different apparatus where they will need to continue developing their ‘balance’ and understand how to perform movement safely.

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Gymnastics</p> <p>Lesson 1: To explore travelling movements using the space around you.</p> <p>Lesson 2: To develop quality when performing gymnastic shapes.</p>	<p>Gymnastics</p> <p>Lesson 1: To perform gymnastic shapes and link them together.</p> <p>Lesson 2: To be able to use shapes to create balances.</p> <p>Lesson 3: To be able to link travelling actions and balances using apparatus.</p>	<p>Gymnastics</p> <p>Lesson 1: To be able to create interesting point and patch balances.</p> <p>Lesson 2: To develop stepping into shape jumps with control.</p> <p>Lesson 3: To develop the straight, barrel, and forward roll.</p>	<p>Dance</p> <p>Lesson 1: <i>The Spy</i> To copy and create actions in response to an idea and be able to adapt this using changes of space.</p> <p>Lesson 2: <i>The Spy</i> To choose actions which relate to the theme.</p>	<p>Gymnastics</p> <p>Lesson 1: To be able to perform symmetrical and asymmetrical balances.</p> <p>Lesson 2: To develop the straight, forward, straddle and backward roll.</p> <p>Lesson 3: To be able to explore different methods of travelling,</p>	<p>Dance</p> <p>Lesson 1: <i>Stamp, Clap</i> To copy and repeat a set dance phrase showing confidence in movements.</p> <p>Lesson 2: <i>Stamp, Clap</i> To work with others to explore and develop the dance idea.</p>

<p>Lesson 3: To develop stability and control when performing balances.</p> <p>Lesson 4: To develop technique and control when performing shape jumps.</p> <p>Lesson 5: To develop technique in the barrel, straight and forward roll.</p> <p>Lesson 6: To link gymnastic actions to create a sequence.</p> <p>Fitness</p> <p>Lesson 1: To develop knowledge about how exercise can make you feel.</p> <p>Lesson 2: To develop knowledge about how exercise can make you strong and healthy.</p> <p>Lesson 3: To develop knowledge about how exercise relates to breathing.</p> <p>Lesson 4: To develop my understanding of how exercise helps my brain.</p> <p>Lesson 5: To develop my understanding of how exercise helps my muscles.</p> <p>Lesson 6: To begin to understand the importance of daily exercise.</p>	<p>Lesson 4: To demonstrate different shapes, take off and landings when performing jumps.</p> <p>Lesson 5: To develop rolling and sequence building.</p> <p>Lesson 6: To develop sequence work on apparatus.</p> <p>Fitness</p> <p>Lesson 1: To understand how to run for longer periods of time without stopping.</p> <p>Lesson 2: To develop co-ordination and timing when jumping in a long rope.</p> <p>Lesson 3: To develop individual skipping.</p> <p>Lesson 4: To take part in a circuit to develop stamina and agility.</p> <p>Lesson 5: To explore exercises that use your own body weight.</p> <p>Lesson 6: To develop 'ABC,' agility, balance and co-ordination.</p>	<p>Lesson 4: To be able to transition smoothly into and out of balances.</p> <p>Lesson 5: To create a sequence with matching and contrasting actions and shapes.</p> <p>Lesson 6: To create a partner sequence incorporating equipment.</p> <p>Yoga</p> <p>Lesson 1: To explore connecting breath and movement.</p> <p>Lesson 2: To explore new yoga poses and begin to connect them.</p> <p>Lesson 3: To explore gratitude when remembering and repeating a yoga flow.</p> <p>Lesson 4: To develop flexibility and strength in a positive summer flow.</p> <p>Lesson 5: To develop flexibility in an individual yoga flow.</p> <p>Lesson 6: To develop confidence and strength in arm balances.</p>	<p>Lesson 3: <i>The Spy</i> To develop a dance using matching and mirroring.</p> <p>Lesson 4: <i>Carnival</i> To learn and create dance moves in the theme of carnival.</p> <p>Lesson 5: <i>Carnival</i> To develop a carnival dance using formations, canon and unison.</p> <p>Lesson 6: <i>Carnival</i> To develop a dance phrase and perform as part of a class performance.</p> <p>Lesson 7: <i>States of Matter</i> To understand how dynamics, space and relationships can be used to represent a state of matter.</p> <p>Lesson 8: <i>States of Matter</i> To use actions, dynamics, space and relationships to represent a states of matter.</p> <p>Lesson 9: <i>States of Matter</i> To order and structure phrases to create a dance performance.</p> <p>Lesson 10: <i>The Twist</i> To copy and repeat a set phrase of movement in a 1960s theme showing energy and rhythm.</p> <p>Lesson 11: <i>The Twist</i> To learn and perform a partner dance in a 1960s style.</p> <p>Lesson 12: <i>The Twist</i> To develop my own 1960s</p>	<p>linking actions in both canon and synchronisation.</p> <p>Lesson 4: To be able to perform progressions of inverted movements.</p> <p>Lesson 5: To explore matching and mirroring using actions both on the floor and on apparatus.</p> <p>Lesson 6: To be able to create a partner sequence using apparatus.</p> <p>Yoga</p> <p>Lesson 1: To develop an understanding of yoga. To develop flexibility through the sun salutation flow.</p> <p>Lesson 2: To develop strength through yoga flows.</p> <p>Lesson 3: To create your own flow showing quality in control balance and technique.</p> <p>Lesson 4: To develop balance through yoga flows.</p> <p>Lesson 5: To work collaboratively to create a controlled paired yoga flow.</p> <p>Lesson 6: To create your own yoga flow that challenges technique, balance and control.</p>	<p>Lesson 3: <i>Stamp, Clap</i> To use changes in dynamics in response to the stimulus.</p> <p>Lesson 4: <i>Bhangra</i> To demonstrate a sense of rhythm and energy when performing bhangra style motifs.</p> <p>Lesson 5: <i>Bhangra</i> To perform a bhangra dance, showing an awareness of timing, formations and direction.</p> <p>Lesson 6: <i>Bhangra</i> To select, order, structure and perform movements in a bhangra style, showing various group formations.</p> <p>Lesson 7: <i>Waiting for...</i> To develop a dance phrase using actions, dynamics, space and relationships.</p> <p>Lesson 8: <i>Waiting for...</i> To copy and create actions with consideration to story using a prop to enhance the idea.</p> <p>Lesson 9: <i>Waiting for...</i> To use choreographing devices to improve how the performance looks.</p> <p>Lesson 10: <i>70s Disco</i> To copy and repeat a phrase of movement in the 1970s disco theme.</p> <p>Lesson 11: <i>70s Disco</i> To devise a freeze frame montage in the 1970s theme.</p> <p>Lesson 12: <i>70s Disco</i> To use feedback to develop and</p>
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			inspired dance using changes in relationships.		refine a 1970s dance performance.
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Term 4

Early Years: In Term 4, pupils will begin to learn ‘Dance’ and how to apply the movements to a theme. Throughout this unit of learning, pupils will learn to copy, repeat and explore actions whilst considering level, shape and direction. At the end of this unit, pupils will begin to use counts to explore actions in time with music.

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Dance Lesson 1: Counting To explore travelling actions and use counts of 8 to move in time with the music.</p> <p>Lesson 2: Trees and Leaves To remember and repeat actions and respond imaginatively to a stimulus.</p> <p>Lesson 3: Pirates To copy, remember and repeat actions that represent the theme.</p> <p>Lesson 4: Pirates To copy, repeat, create and perform actions that represent the theme.</p> <p>Lesson 5: The Lost Toy To use expression and create actions that relate to the story.</p> <p>Lesson 6: The Lost Toy To use a pathway when travelling.</p>	<p>Dance Lesson 1: Exploring space and travel To repeat, link and choose actions.</p> <p>Lesson 2: Actions and rhythms To create actions and accurately copy other's actions.</p> <p>Lesson 3: The Circus To copy, remember and repeat actions using facial expressions to show different characters.</p> <p>Lesson 4: The Circus To perform in unison creating shapes with a partner.</p> <p>Lesson 5: Mirrors To be able to mirror a partner and create ideas.</p> <p>Lesson 6: The Rainforest To copy, repeat and create actions in response to a stimulus.</p> <p>Lesson 7: The Rainforest To copy, create and perform actions considering dynamics.</p> <p>Lesson 8: The Rainforest To create a short dance phrase</p>	<p>Ball Skills Lesson 1: To develop confidence and accuracy when tracking a ball.</p> <p>Lesson 2: To develop confidence and accuracy when tracking a ball.</p> <p>Lesson 3: To explore and develop a variety of throwing techniques.</p> <p>Lesson 4: To develop catching skills using one and two hands.</p> <p>Lesson 5: To develop dribbling a ball with hands.</p> <p>Lesson 6: To use tracking, sending and dribbling skills with feet.</p>	<p>Tennis Lesson 1: To develop hitting the ball using a forehand.</p> <p>Lesson 2: To develop returning the ball using a forehand.</p> <p>Lesson 3: To develop the backhand and understand when to use it.</p> <p>Lesson 4: To work co-operatively with a partner to keep a continuous rally going.</p> <p>Lesson 5: To use simple tactics in a game to outwit an opponent.</p> <p>Lesson 6: To demonstrate honesty and fair play when competing against others.</p>	<p>Tennis Lesson 1: To develop returning the ball using a forehand groundstroke.</p> <p>Lesson 2: To develop returning the ball using a backhand groundstroke.</p> <p>Lesson 3: To work cooperatively with a partner to keep a continuous rally.</p> <p>Lesson 4: To develop the underarm serve and understand the rules of serving.</p> <p>Lesson 5: To develop the volley and understand when to use it.</p> <p>Lesson 6: To use a variety of strokes to outwit an opponent.</p>	<p>Volleyball Lesson 1: To develop the fast catch volley.</p> <p>Lesson 2: To be able to volley the ball using a set shot.</p> <p>Lesson 3: To develop the dig and understand when to use it.</p> <p>Lesson 4: To keep a continuous rally going over the net.</p> <p>Lesson 5: To develop the underarm serve and learn the rules of serving.</p> <p>Lesson 6: To apply the rules, skills and tactics learnt to play in a volleyball tournament.</p>

<p>Lesson 7: Puddles To copy, repeat and choose actions that represent the theme.</p> <p>Lesson 8: Puddles To show changes in expression, level and shape.</p> <p>Yoga</p> <p>Lesson 1: To explore yoga and mindfulness.</p> <p>Lesson 2: To be able to copy and remember poses.</p> <p>Lesson 3: To develop flexibility when holding poses.</p> <p>Lesson 4: To develop balance whilst holding poses.</p> <p>Lesson 5: To create yoga poses using a hoop.</p> <p>Lesson 6: To create a yoga flow with a partner.</p>	<p>with a partner showing clear changes of speed.</p> <p>Yoga</p> <p>Lesson 1: To copy and repeat yoga poses.</p> <p>Lesson 2: To develop an awareness of strength when completing yoga poses.</p> <p>Lesson 3: To develop an awareness of flexibility when completing yoga poses.</p> <p>Lesson 4: To copy and remember actions linking them into a flow.</p> <p>Lesson 5: To create a flow and teach it to a partner.</p> <p>Lesson 6: To explore poses and create a yoga flow.</p>				
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Term 5

Early Years: In Term 5, pupils will focus on aiming when throwing during the 'Games' unit. Throughout this unit, pupils will continue to build on their knowledge of following instructions and moving safely whilst playing tagging games. This unit will also develop the whole child as they work co-operatively in teams.

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Invasion</p> <p>Lesson 1: To develop dribbling towards a goal. To understand what being 'in possession' means.</p> <p>Lesson 2: To develop passing to a teammate with your feet. To understand who to pass to</p>	<p>Invasion</p> <p>Lesson 1: To understand what being in possession means and support a teammate to do this.</p> <p>Lesson 2: To use a variety of skills to score goals.</p>	<p>Athletics</p> <p>Lesson 1: To develop the sprinting technique and improve on your personal best.</p> <p>Lesson 2: To develop changeover in relay events.</p>	<p>Athletics</p> <p>Lesson 1: To develop stamina and an understanding of speed and pace in relation to distance.</p> <p>Lesson 2: To develop power and speed in the sprinting technique.</p> <p>Lesson 3: To develop technique when jumping for distance.</p>	<p>Athletics</p> <p>Lesson 1: To be able to apply different speeds over varying distances.</p> <p>Lesson 2: To develop fluency and coordination when running for speed.</p>	<p>Athletics</p> <p>Lesson 1: To work collaboratively with a partner to set a steady pace.</p> <p>Lesson 2: To develop your own and others sprinting technique.</p>

<p>and why when playing against a defender.</p> <p>Lesson 3: To develop dribbling a ball with hands. To move towards a goal with the ball.</p> <p>Lesson 4: To develop throwing to a teammate. To support a teammate when in possession.</p> <p>Lesson 5: To move into space showing an awareness of defenders.</p> <p>Lesson 6: To be able to stay with a player when defending.</p> <p>Striking and Fielding</p> <p>Lesson 1: To develop underarm throwing and catching and put this into small sided games.</p> <p>Lesson 2: To develop overarm throwing.</p> <p>Lesson 3: To develop striking a ball with my hand and equipment.</p> <p>Lesson 4: To retrieve a ball when fielding.</p> <p>Lesson 5: To understand how to get a batter out.</p> <p>Lesson 6: To develop decision making and understand how to score points.</p>	<p>Lesson 3: To develop stopping goals.</p> <p>Lesson 4: To learn how to gain possession of the ball.</p> <p>Lesson 5: To develop an understanding of marking an opponent.</p> <p>Lesson 6: To learn to apply simple tactics for attacking and defending.</p> <p>Striking and Fielding</p> <p>Lesson 1: To be able to track a rolling ball and collect it.</p> <p>Lesson 2: To develop accuracy in underarm throwing and consistency in catching when fielding a ball.</p> <p>Lesson 3: To develop accuracy with overarm throwing to send a ball over a greater distance and limit a batter's score.</p> <p>Lesson 4: To develop striking for distance and accuracy.</p> <p>Lesson 5: To develop decision making to get a batter out.</p> <p>Lesson 6: To develop decision making when under pressure.</p>	<p>Lesson 3: To develop jumping technique in a range of approaches and take off positions.</p> <p>Lesson 4: To develop throwing for distance and accuracy.</p> <p>Lesson 5: To develop throwing for distance in a pull throw.</p> <p>Lesson 6: To develop officiating and performing skills.</p> <p>OAA</p> <p>Lesson 1: To develop co-operation and teamwork skills.</p> <p>Lesson 2: To develop trust and team work.</p> <p>Lesson 3: To involve all team members in an activity and work towards a collective goal.</p> <p>Lesson 4: To develop trust whilst listening to others and following instructions.</p> <p>Lesson 5: To be able to identify objects on a map, draw and follow a simple map.</p> <p>Lesson 6: To draw a route using directions. To be able to orientate a map and navigate around a grid.</p>	<p>Lesson 4: To develop power and technique when throwing for distance.</p> <p>Lesson 5: To develop a pull throw for distance and accuracy.</p> <p>Lesson 6: To develop officiating and performing skills.</p> <p>OAA</p> <p>Lesson 1: To develop co-operation and teamwork skills.</p> <p>Lesson 2: To develop trust and team work.</p> <p>Lesson 3: To involve all team members in an activity and work towards a collective goal.</p> <p>Lesson 4: To develop trust whilst listening to others and following instructions.</p> <p>Lesson 5: To be able to identify objects on a map, draw and follow a simple map.</p> <p>Lesson 6: To draw a route using directions. To be able to orientate a map and navigate around a grid.</p>	<p>Lesson 3: To develop technique in relay changeovers.</p> <p>Lesson 4: To develop technique and coordination in the triple jump.</p> <p>Lesson 5: To develop throwing with force for longer distances.</p> <p>Lesson 6: To develop throwing with greater control and technique.</p> <p>OAA</p> <p>Lesson 1: To build communication and trust whilst showing an awareness of safety.</p> <p>Lesson 2: To work as a team to solve problems, sharing ideas and collaborating with one another.</p> <p>Lesson 3: To develop tactical planning and problem solving.</p> <p>Lesson 4: To share ideas and work as a team to solve problems.</p> <p>Lesson 5: To develop navigational skills and map reading.</p> <p>Lesson 6: To use a key to identify objects and locations.</p>	<p>Lesson 3: To develop power, control and technique for the triple jump.</p> <p>Lesson 4: To develop power, control and technique when throwing for distance.</p> <p>Lesson 5: To develop throwing with force and accuracy for longer distances.</p> <p>Lesson 6: To work collaboratively in a team to develop the officiating skills of measuring, timing and recording.</p> <p>OAA</p> <p>Lesson 1: To build communication and trust whilst showing an awareness of safety.</p> <p>Lesson 2: To work as a team to solve problems, sharing ideas and collaborating with one another.</p> <p>Lesson 3: To develop tactical planning and problem solving.</p> <p>Lesson 4: To share ideas and work as a team to solve problems.</p> <p>Lesson 5: To develop navigational skills and map reading.</p> <p>Lesson 6: To use a key to identify objects and locations.</p>
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Term 6

Early Years: In Term 6, pupils will focus on 'Ball Skills' where they will need to develop tracking, rolling and throwing a ball. They will also need to develop dribbling a ball and kicking at a target. This unit of learning will continue to develop partner work whilst throwing and catching a range of equipment.

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Athletics Lesson 1: To learn to move at different speeds for varying distances.</p> <p>Lesson 2: To develop a foundation for balance and stability.</p> <p>Lesson 3: To develop agility and co-ordination.</p> <p>Lesson 4: To explore hopping, jumping and leaping for distance.</p> <p>Lesson 5: To develop throwing for distance.</p> <p>Lesson 6: To develop throwing for accuracy.</p> <p>Team Building Lesson 1: To co-operate and communicate with a partner to solve challenges.</p> <p>Lesson 2: To explore and develop teamwork skills.</p> <p>Lesson 3: To develop communication skills.</p>	<p>Athletics Lesson 1: To develop the sprinting action.</p> <p>Lesson 2: To develop jumping for distance.</p> <p>Lesson 3: To develop technique when jumping for height.</p> <p>Lesson 4: To develop throwing for distance.</p> <p>Lesson 5: To develop throwing for accuracy.</p> <p>Lesson 6: To develop technique when taking part in an athletics carousel.</p> <p>Team Building Lesson 1: To follow instructions and work with others.</p> <p>Lesson 2: To co-operate and communicate in a small group to solve challenges.</p> <p>Lesson 3: To create a plan with a group to solve the challenges.</p> <p>Lesson 4: To communicate effectively and develop trust.</p> <p>Lesson 5: To work as a group to solve problems.</p>	<p>Cricket Lesson 1: To develop overarm throwing and catching.</p> <p>Lesson 2: To develop underarm bowling.</p> <p>Lesson 3: To learn how to grip the bat and develop batting technique.</p> <p>Lesson 4: To be able to field a ball using a two handed pick up and a short barrier.</p> <p>Lesson 5: To develop overarm bowling technique.</p> <p>Lesson 6: To play apply skills learnt to mini cricket.</p> <p>Swimming Please speak with PE lead.</p>	<p>Rounders Lesson 1: To play different roles in a game and begin to think tactically about each role.</p> <p>Lesson 2: To develop the bowling action and learn the rules of bowling.</p> <p>Lesson 3: To run around the outside of the bases and make decisions about when to stop and when to run.</p> <p>Lesson 4: To field a ball using a two handed pick up and a short barrier.</p> <p>Lesson 5: To develop batting technique and an understanding of where to hit the ball.</p> <p>Lesson 6: To apply skills and rules learnt to play rounders.</p>	<p>Cricket Lesson 1: To develop throwing accuracy and catching skills.</p> <p>Lesson 2: To develop batting accuracy and directional batting.</p> <p>Lesson 3: To develop catching skills (close/deep catching and wicket keeping).</p> <p>Lesson 4: To develop overarm bowling technique and accuracy.</p> <p>Lesson 5: To develop a variety of fielding techniques and to use them within a game.</p> <p>Lesson 6: To develop long and short barriers and apply them to a game situation.</p> <p>Swimming Please speak with PE lead.</p>	<p>Rounders Lesson 1: To develop the bowling action and understand the role of the bowler.</p> <p>Lesson 2: To develop batting technique.</p> <p>Lesson 3: To make decisions about where and when to send the ball to stump a batter out.</p> <p>Lesson 4: To develop a variety of fielding techniques and when to use them in a game.</p> <p>Lesson 5: To develop long and short barriers in fielding and understand when to use them.</p> <p>Lesson 6: To apply the rules and skills you have learnt to play in a rounders tournament.</p>

<p>Lesson 4: To use communication skills to lead a partner.</p> <p>Lesson 5: To plan with a partner and small group to solve problems.</p> <p>Lesson 6: To communicate with a group to solve challenges.</p>	<p>Lesson 6: To work with a group to copy and create a basic map.</p>				
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Please turn over for an example planning unit for the Inspire Physical Education Curriculum.

Year 1 – Striking and Fielding

Lesson 1: To develop underarm throwing and catching and put this into small-sided games.

10

Mins

Warm up and introduction

Touch and go:

A Tell the pupils that they are going to continue to work on their fielding skills by using throwing and catching skills. Can they remember what the job of the fielding team is?

Teacher note: to collect the ball and stop the batting team from scoring points.

B Place cones around the outside of the teaching space to mark the space. Pupils move around inside the space, travelling in different ways e.g. jogging, sidestepping, skipping, hopscotch. Call out a number e.g. two, at which point all pupils must go and touch that number (two) of cones before continuing to travel.

Be aware of others as you turn from a cone. Use all of the space in the area.

C Give some pupils a tennis ball to carry and continue moving around in the space. This time, as well as numbers, also call 'roll' at which point the pupils with the ball must roll to another pupil. Call a name of a pupil before rolling to make sure they are looking at you.

Track the ball as it comes towards you, moving your feet to get in line with it.

Make this harder by increasing the number of balls.

30

Mins

Skill Development

Throwing and catching:

Pupils work in groups of three with one beanbag. Introduce the teaching points of throwing and catching.

Throwing: hold the beanbag in one hand, just like when rolling the ball, we use a straight arm to swing the beanbag back and then forwards. Step with the opposite foot to throwing hand. Finish with your hand pointing at your target.

Catching: look at the ball. Move your feet to get in line with the ball. Meet the ball with hands out ready to catch. Bring the ball in to your body.

A Pupils stand approx. three big steps away from each other, practising throwing and catching. How many can they do in a row without dropping it?

Make this harder by increasing the distance they throw over. Make this harder by giving a group a tennis ball.

B Ask the pupils to throw and catch whilst counting in tens out loud. How many tens can they get to? Repeat counting in twos. Can they complete the alphabet whilst throwing and catching saying a letter for each catch?

Tick tock:

Teach the pupils the rhyme 'tick, tock, tick, tock, what time is it on the clock?' Tell them that when they throw their arm is like a pendulum on a grandfather clock, moving backwards and forwards. Pupils continue to work in groups of three with one beanbag. Two pupils throw and catch and one pupil is the runner. The runner says the rhyme to the other two pupils in the group. The two pupils answer with a time e.g. eight o'clock. The runner then has to touch eight cones from around the outside of the space whilst the thrower and catcher count how many throws and catches they can do. Switch the runner after each turn.

Move your feet to get in line with the beanbag as it comes towards you. Point your hand at your target.

Make this harder by using a ball instead of a beanbag.

Ten to stop:

Switch the beanbag for a ball. Pupils work in their groups of three. One pupil begins as the batter with the ball by a cone. The other two pupils are the fielders. The batter throws the ball out in to the space and then starts to jump side to side over their cone, scoring one point for every jump. The fielders collect the ball as quickly as possible and must complete ten catches before shouting 'stop'. Have three turns each then change over.

Communicate with your teammate to decide who will collect the ball. Move towards the ball as soon as it is thrown and as quickly as possible. Make sure your teammate is looking at you before you throw the ball to them.

Make this easier by using a beanbag instead of ball.

5

Mins

Plenary

Place two cones either side of the teaching space. Tell the pupils that one cone is 'true' and the other cone is 'false'. Ask all pupils to stand in the middle. Use the statements below as an example and ask the pupils to move to whether they think the statement is true or false:

- My job as a batter is to score points. *True.*
- If I want the ball to go to my partner, I finish with my hand pointing at the sky. *False.*
- To do an underarm throw, I use two hands. *False.*
- When I throw I step forward with the opposite foot to my throwing hand. *True.*
- My job as a fielder is to score points. *False.*

Links to the PE National Curriculum

- Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- They should be able to engage in competitive (both against self and against others) physical activities.
- Participate in team games, developing simple tactics for attacking and defending.

Key Skills: Physical

- Throwing
- Catching
- Retrieving a ball
- Tracking a ball
- Striking a ball

Key Skills: S.E.T

- Social: Communication
- Social: Supporting and encouraging others
- Social: Consideration of others
- Emotional: Perseverance
- Emotional: Honesty and fair play
- Thinking: Using tactics
- Thinking: Selecting and applying skills
- Thinking: Decision making



Examples of Striking and Fielding Games

Cricket

Baseball

Softball

Rounders

Key Vocabulary:

- throw
- points
- target
- pass
- space
- score
- team
- hit
- catch
- send
- batter
- bowler
- fielder

Teacher Glossary

Fielder: A player on the fielding team, especially one other than the bowler or backstop / wicket keeper.

Batter: A player on the batting team.

Runs: The unit of scoring.

Bowler: The player who starts the game by bowling to the batter.

Track: When fielding, to track is when a player moves their body to get in line with a ball that is coming towards them.