

PE Curriculum St Matthew's High Brooms CEP School

<u>Class and Term</u>	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
Year R	Fundamental ball Skills Send, Chase, Trap, and Return.	Fundamentals of Movement Agility Balance Co-ordination.	Gymnastics. Balance, Strength, agility	Dance Link with class topic	Rapid Fire Cricket Strike, Power, Control, Teamwork, Application of Skills.	Athletics/Sports Day Prep.
Class and Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Lesson 1 Football Speed, Agility, Control and Co-ordination, passing shooting.	Lesson 1 Infant Agility Speed, Agility, Control and Co-ordination	Lesson 1 Gymnastics Introduction of apparatus and combination of skills	Lesson 1 Dance Link with term topic in classroom.	Lesson 1 Rapid Fire Cricket Strike, Score, Field, Return, Compete	Lesson 1 Athletics Sports Day Prep.
	Lesson 2 Throwing and catching Send, Chase, Trap, Catch and Return.	Lesson 2 Team Games Teamwork, problem solving,	Lesson 2 Striking Strike, Score, Teamwork, Application of Skills.	Lesson 2 Invasion Games Invasion game skills, Transferable team skills,	Lesson 2 OAA Inc problem solving, team building	Lesson 2 Tennis: Hand eye co-ordination, timing, control.
Class and Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 2	Lesson 1 Football Speed, Agility, Control and Co-ordination, passing shooting.	Lesson 1 Infant Agility Speed, Agility, Control and Co-ordination.	Lesson 1 Gymnastics Development of apparatus and combination of skills	Lesson 1 Dance Link with term topic in classroom.	Lesson 1 Rapid Fire Cricket Strike, Score, Field, Return, Compete	Lesson 1 Athletics Sports Day Prep. Running, Jumping, Throwing events and personal bests.
	Lesson 2 Throwing and catching Send, Chase, Trap, Catch and Return.	Lesson 2 Team Games Teamwork, problem solving,	Lesson 2 Hockey Strike, Score, Teamwork, Application of Skills.	Lesson 2 Invasion Games: Application of skills. Attack + Defend.	Lesson 2 OAA Inc problem solving, teambuilding	Lesson 2 Tennis: Hand eye co-ordination, timing, control.

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Year 3	Lesson 1 Basketball Sport specific skill application.	Lesson 1 Indoor Athletics Short sprints, standing long jump, relay, shotput. Accurate use of measurement in each event.	Lesson 1 Gymnastics Combine skills of jumps, balances, rolls, and shapes	Lesson 1 Dance: Link with class room term topic, short stories.	Lesson 1 OAA. Inc orienteering, problem solving, team building and collaboration	Lesson 1 Tennis Forehand, Backhand, Serve
	Lesson 2 Tag Rugby. Run, chase, pass, Tag, score, compete, fair play.	Lesson 2 Football Teamwork, striking, passing, dribbling	Lesson 2 Hockey Transferable invasion skills applied to hockey	Lesson 2 Lacrosse Pass, Dribble, Receive, team work, transferable skills	Lesson 2 Cricket Skill acquisition of striking, bowling, fielding and scoring	Lesson 2 Tri-Golf Strike, accuracy, power, control
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Year 4	Lesson 1 Basketball Sport specific skill application	Lesson 1 Football Teamwork, striking, passing, dribbling	Lesson 1 Gymnastics Combine skills and use on/ off apparatus.	Lesson 1 Dance: Link with class room term topic, short stories.	Lesson 1 OAA. Inc orienteering, problem solving, team building and collaboration	Lesson 1 Tennis: Hand eye co-ordination, timing, control.
	Lesson 2 Tag Rugby. Run, chase, pass, Tag, score, compete, fair play.	Lesson 2 Indoor Athletics Short sprints, standing long jump, relay, shotput. Accurate use of measurement in each event.	Lesson 2 Hockey Transferable invasion game skills applied in different ways.	Lesson 2 Lacrosse Pass, Dribble, Receive, team work, transferable skills	Lesson 2 Cricket Skill acquisition of striking, bowling, fielding and scoring.	Lesson 2 Tri-Golf Strike, accuracy, power, control

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Year 5	Lesson 1 Basketball Teamwork, fair play, Sport specific skill application.	Lesson 1 Indoor Athletics Short sprints, standing long jump, relay, shotput. Accurate use of measurement in each event.	Lesson 1 Gymnastics Strength, conditioning and refinement of skills	Lesson 1 Dance: Link with class room term topic, group timing and freeze frames.	Lesson 1 OAA Inc orienteering, problem solving, team building and collaboration	Lesson 1 Tennis: Rally's in singles and doubles working together and against each other.
	Lesson 2 Tag Rugby Run, chase, pass, Tag, score, compete, fair play.	Lesson 2 Football Teamwork, striking, passing, dribbling, Team work, Tactics	Lesson 2 Hockey Focus on application of skills in game-based activities, tactics and teamwork.	Lesson 2 Lacrosse Basics of sending receiving in Lacrosse, introduction to match play	Lesson 2 Cricket Skill acquisition of striking, bowling, fielding and scoring.	Lesson 2 Trigolf Technique, control and accuracy
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Year 6	Lesson 1 Basketball Teamwork, fair play, Sport specific skill application. Tactics	Lesson 1 Indoor Athletics Short sprints, standing long jump, relay, shotput. Accurate use of measurement in each event.	Lesson 1 Gymnastics Strength, conditioning and refinement of skills	Lesson 1 Dance: Link with class room term topic, group timing and freeze frames.	Lesson 1 OAA Inc orienteering, problem solving, team building and collaboration	Lesson 1 Tennis: Rally's in singles and doubles working together and against each other.
	Lesson 2 Tag Rugby Run, chase, pass, Tag, score, compete, fair play. Tactics	Lesson 2 Football Teamwork, striking, passing, dribbling, Team work, Tactics	Lesson 2 Hockey Focus on application of skills in game-based activities, tactics and teamwork.	Lesson 2 Lacrosse Basics of sending receiving in Lacrosse, introduction to match play	Lesson 2 Cricket Skill acquisition of striking, bowling, fielding and scoring.	Lesson 2 Trigolf Technique, control and accuracy