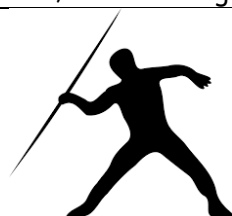


Physical Education @ St Ethelbert's
Creating confident, competitive and active learners



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1						
	Fundamental movements	Attack and defend	Dance	Sending & receiving	Athletics	Tactics & Strategies
	Throughout the Year:	Gymnastics: Children will move confidently and safely around others and apparatus/equipment. They will apply balance agility and coordination whilst performing gymnastic skills and perform a variety of gymnastic skills. Competitive: Throughout the year, children will have the opportunity to succeed and excel whilst competing in a variety of opportunities, for example, 1 v1 games, beating personal bests, racing against the clock and competing in small teams. Children will be able to compete in an environment that encourages collaboration, good communication, whilst being competitive against others.				
Year 2						
	Fundamental movements	Attack and defend	Dance	Sending & receiving	Athletics	Tactics & Strategies
	Throughout the Year:	Gymnastics: Children will move confidently and safely around others and apparatus/equipment. They will apply balance agility and coordination whilst performing gymnastic skills, perform a variety of gymnastic skills and simple movement patterns. Competitive: Throughout the year, pupils should succeed and excel whilst competing in a variety of activities or small sided games, for example, 2v2 games, beating personal bests, racing against the clock and competing in small teams. Children will be able to compete in an environment that encourages collaboration, good communication, whilst being competitive against others. Children will be encouraged to show good sportsmanship and a level of resilience and determination.				

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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3						
	Speed Agility Quickness (SAQ)	- Outdoor Adventurous Activity - Sending & receiving	Dance	Attack and defend	Athletics	Striking & Fielding
	Throughout the Year: Gymnastics: Compare performances with previous ones and demonstrate improvements to achieve personal best. Link actions to create sequences of movements. Develop an understanding of how to improve and evaluate own performance/s. Link gymnastic skills together. Competitive: Throughout the year, pupils should succeed and excel whilst competing in a variety of activities, for example, small sided games, setting and beating personal bests, and racing against the timer. Children will start to develop a knowledge of how to improve performances based on previous attempts and encouraged to show good sportsmanship and a level of resilience and determination.					
Year 4						
	Speed Agility Quickness (SAQ)	- Outdoor Adventurous Activity - Sending & receiving	Dance	Attack and defend	Athletics	Striking & Fielding

	Throughout the Year: Gymnastics: Compare performances with previous ones and demonstrate improvements to achieve personal best. Link actions to create sequences of movements. Develop an understanding of how to improve and evaluate own performance/s. Link gymnastic skills together. Know, apply and understand key skills of a good performance. Competitive: Throughout the year, while competing, children will be able to identify their own areas for improvement and explain the different techniques need to achieve success. Children will be able to compete in and change their own games to make it competitive. Children will show fairness and respect while encouraging others.
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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5						
	Speed Agility Quickness (SAQ)	- Outdoor Adventurous Activity - Sending & receiving	Dance	Attack and defend	Athletics	Striking & Fielding
	Throughout the Year: Gymnastics: To copy or create and link movement phrases. Identify and improve own performance. Work collaboratively with others to improve a performance. Include different apparatus into a sequence. Transition from skill to skill with good flow and balance. Competitive: Throughout the year, while competing, children will be able to identify skills that are important to the game and apply them effectively. Children will be able to identify and explain the importance of formations and understand the responsibilities of working as a team during larger team sports such as rugby or football. Children will begin to enjoy healthy competition and encourage others to show resilience.					
Year 6						

	• Speed Agility Quickness (SAQ)	• Outdoor Adventurous Activity • Sending & receiving	• Dance	• Attack and defend	• Athletics	• Striking & Fielding
	Throughout the Year:	Gymnastics: To copy or create and link movement phrases. Identify and improve own performance. Work collaboratively with others to improve a performance. Include different apparatus into a sequence. Transition from skill to skill with good flow and balance. Demonstrate an understanding of how to improve and evaluate own performance/s. Competitive: Throughout the year, pupils will be able to use and adapt tactics choosing the most effective one for different situations. They will be able to explain the importance of attacking at speed and make more than 1 suggestion of how to defend as a team.				