

Broomhaugh Long Term PE Curriculum Overview – Physical Education 2018-19

	Autumn	Spring	Summer
Year 1	<p><u>Games / Multi-Skills</u> Pupils should master basic movements, including running, jumping throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. Pupils should participate in team games, developing simple tactics.</p> <p><u>Gymnastics – Floor</u> Pupils should be able to follow a number of Key Steps movements and be able to pull these together to show a recognised routine with some greater levels of control. They should also be able to work with a partner to give feedback or be able to receive some feedback on how to improve.</p>	<p><u>Gymnastics – Core Task – Making Shapes</u> Pupils should master basic gymnastic movements including travelling, jumping and landing as well as developing balance, agility and co-ordination and begin to apply these to gymnastics. Through core task, pupils should be able to make a range of shapes and hold these in a static position.</p> <p><u>Ball & Racket Skills</u> Pupils should master basic movements, including running, jumping throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these into a tennis related game. The children should be able to hold a racquet correctly and strike a ball towards a target.</p>	<p><u>Athletics – Core Task – Honey Pot (running)</u> Pupils should master basic movements, including running, jumping throwing and catching against their own personal best as well as in competitive situations against other pupils. The children will also be able to talk about the effects of exercise on the body.</p> <p><u>Cricket</u> Pupils should be able to take part in a range of drills to collect and retrieve a ball. They should also experience the motion of striking a ball towards a target and be able to throw and catch a ball with a partner. The children should be able to participate in a game of Kwik Cricket.</p>
Year 2	<p><u>Multi-Skill Games</u> Pupils should master basic movements, including running, jumping throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. Pupils should participate in team games, developing simple tactics for attacking and defending.</p> <p><u>Gymnastics - Balancing Act (Core Task)</u> Pupils should master basic movements including running and jumping as well as developing balance, agility and co-ordination and begin to apply these to gymnastics. In this Core Task the children will try to develop and demonstrate a range of balances.</p>	<p><u>Dance – Core Task – Round the Clock</u> Pupils should perform dances using a range of movement patterns. Through core task, pupils should compare their performance with previous ones and demonstrate improvement to achieve their personal best following this Core Task to recreate dance motifs.</p> <p><u>Gymnastics – Core Task – Families of Actions (Patches)</u> Pupils should master basic movements including running and jumping as well as developing balance, agility and co-ordination and begin to apply these to gymnastics. Through core task, pupils should compare their performance with previous ones and demonstrate improvement to achieve their personal best.</p>	<p><u>Athletics – Core Task – Colour match (throwing)</u> Pupils should master basic movements, including running, jumping throwing and catching, as well as developing balance, agility and co-ordination.</p> <p><u>Cricket</u> Pupils should be able to take part in a range of drills to collect and retrieve a ball. They should also experience the motion of striking a ball towards a target and be able to throw and catch a ball with a partner. The children should be able to participate in a game of Kwik Cricket.</p>
Year 3	<p><u>Games – Tag Rugby</u> Pupils should play competitive games, modified where appropriate and apply basic principles, suitable for attacking and defending. Pupils will be able to run with a ball and find space as well as being able to change direction with a ball.</p> <p><u>Gymnastics - Balancing Act (Core Task)</u> Pupils should master basic movements including running and jumping as well as developing balance, agility and co-ordination and begin to apply these to gymnastics. In this Core Task the children will try to develop and demonstrate a range of balances.</p>	<p><u>Gymnastics – rolling</u> Pupils should develop flexibility, strength, technique, control and balance when trying a series of rolls from Teddy Bear to Backward. All undertaken safely the pupils will be able to combine a series of rolls to make a sequence which flows and is smooth.</p> <p><u>Games – Netball/Basketball</u> Pupils should play competitive games, modified where appropriate and apply basic principles, suitable for attacking and defending and think about the rules and tactics for one of these activities. Using both Netball & Basketball moving and catching / bouncing skills.</p>	<p><u>Games – Tennis/Cricket</u> Pupils should play competitive games, modified where appropriate and apply basic principles, suitable for attacking and defending. For the striking activity of cricket there will be a focus on hitting, bowling and fielding and for tennis improving the accuracy of the ball.</p> <p><u>Athletics – core task – furthest five (jumping)</u> Pupils should use running, jumping, throwing and catching in isolation and in combination with a weekly focus on a different component of athletics, such as 50m.</p>

<p>Year 4</p>	<p><u>Games – Tag Rugby</u> Pupils should play competitive games, modified where appropriate and apply basic principles, suitable for attacking and defending. Pupils will be able to run with a ball and find space as well as being able to change direction with a ball.</p> <p><u>Gymnastics – Core task- partner work</u> Pupils should develop flexibility, strength, technique, control and balance. Through core task, pupils should compare their performance with previous ones and demonstrate improvement to achieve their personal best. In this Core Task the children will be required to work with a partner to create a range of movements and put them together to make a sequence.</p>	<p><u>Dance – Core Task – Indian Dance / American Dance</u> Pupils should perform dances using a range of movement patterns. Through the core task, pupils should compare their performance with previous ones and demonstrate they can enjoy and experience a range of dances from a different culture using simple motifs.</p> <p><u>Tennis Skills</u> The pupils will be able to experience the motion of holding a Tennis Racquet in the correct way as well as striking a ball over a net towards an opponent or partner. They will also be able to show a good level of control over the ball and be able to show both the Ready Position and be able to play Forehand / Backhand shots.</p>	<p><u>Games –Rounder's</u> Pupils should play competitive games, modified where appropriate and apply basic principles, suitable for attacking and defending. Specifically in Rounder's the children should be able to retrieve, strike and catch a ball.</p> <p><u>Athletics – core task – pass the baton (running)</u> Pupils should use running, jumping, throwing and catching in isolation and in combination. Through Quad Kids, pupils should compare their performance with previous ones and demonstrate improvement.</p>
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