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| **What are the aims and intentions of this curriculum?**  **That children:**   * are encouraged to try a variety of activities and engage in physical activity outside of PE lessons * are provided with the opportunities to develop their skills in competitive and non-competitive sports, as well as enjoyment of sports. | | | | |
| **Term** | **Sport** | **Knowledge** | **Skills** | **Assessment** |
| Autumn 1 | Invasion Games | Know how to run, jump, throw and catch | **Physical Skills:**  Use space well  Move in different directions  Control balls  **Thinking Skills:**  Adapt ideas using STEP  Begin to understand simple tactics when attacking or defending  **Team Skills:**  Include others  Keep to rules | Use Core Tasks such as:  *Piggy in The Middle, Ten-Point Hoops, Rolla Ball, Three touch ball* |
| Autumn 2 | Dance | Have knowledge of fundamental movement skills.  Have knowledge of simple movement patterns and how to use them in performances. | **Compose:**  Copy some moves  Remember a short dance  **Perform:**  Move spontaneously  Move with rhythm when walking, hopping, jumping, landing  Demonstrate good balance  **Appreciate:**  Exploring ideas, feelings and preferences  Recognise the changes in the body when dancing | Use Core Tasks such as:  *Themes and Dreams, Cat Dance, How Does it Feel?, Moving Along,* |
| Spring 1 | Gymnastics | Know how to balance, travel, roll and jump in Gymnastics. | **Sequencing:**  Perform a short gymnastic sequence with a partner  **Balance:**  Stand and sit appropriately  Balance large body parts  Use tension in core and extension in the arms and legs, hands and feet  **Travel:**  Begin to travel on hands and feet  **Jump:**  Use some shapes in the air when jumping  **Roll:**  Show some control in different rolls | Use Core Tasks such as:  *Making Shapes,* *Families of Actions, Assessing Level 1-2* |
| Spring 2 | S+F Games | See Autumn 1 | See Autumn 1 | Use Core Tasks such as:  Beanbag Throw, Kick Rounders |
| Summer 1 | Net-Wall Games | See Autumn 1 | See Autumn 1 | Use Core Tasks such as,  Mini Tennis 1 |
| Summer 2 | Athletics | Know how to run, jump and throw.  Understand how to compete with others and against self. | **Running:**  Run for 1 minute  Use some basic techniques to adapt  **Jumping:**  Perform the 5 basic jumps  Show some control at take-off and landing  Describe 2 different ways of jumping Explain what is successful  **Throwing:**  Throw into targets  Perform a range of throwing actions Explain what is successful | Use Core Tasks such as: *Colour Match* *Furthest Five, Pass the Baton, Take Aim, Honey Pot* |