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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.
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| **Term** | **Sport** | **Knowledge** | **Skills** | **Assessment** |
| Autumn 1 | Invasion Games | Know how to run, jump, throw and catch | **Physical Skills:**Use space wellMove in different directionsControl balls**Thinking Skills:**Adapt ideas using STEPBegin to understand simple tactics when attacking or defending**Team Skills:**Include othersKeep 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 movesRemember a short dance**Perform:**Move spontaneouslyMove with rhythm when walking, hopping, jumping, landingDemonstrate good balance**Appreciate:**Exploring ideas, feelings and preferencesRecognise 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 appropriatelyBalance large body partsUse 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 minuteUse some basic techniques to adapt**Jumping:**Perform the 5 basic jumps Show some control at take-off and landing Describe 2 different ways of jumpingExplain what is successful**Throwing:**Throw into targetsPerform a range of throwing actionsExplain what is successful | Use Core Tasks such as:*Colour Match**Furthest Five, Pass the Baton, Take Aim, Honey Pot* |