



# Polehampton C. of E. Schools

## Physical Education at Polehampton

Teaching and Learning Strands: Developing Practical Skills; Promoting Positive Lifestyle Choices; Nurturing Social Skills

	Autumn	Spring	Summer
<p><b>Foundation</b></p> <p><i>Daily access to fine and gross motor activities and equipment:</i></p> <p>Balance bikes, taxi bikes and scooters. Large playground climbing equipment. Balls, hoops, stilts. Small equipment including scissors, hole punches, threading, peg boards.</p>	<p><b>Games</b> Spatial awareness and stop/start listening and attention games</p> <p><b>Gym</b> Balance and travelling</p> <p><b>Dance</b> Perform dances using simple movement patterns. Autumn leaves, fireworks and Christmas stars and angels</p>	<p><b>Games</b> Following instructions - listening and attention games.</p> <p><b>Gym</b> Using large equipment - benches, mats, wall bars, ropes, boxes</p> <p><b>Dance</b> Perform dances using simple movement patterns. Dragon dancing (Chinese New Year)</p>	<p><b>Games</b> Turn taking team games</p> <p><b>Athletics</b> Running Jumping Throwing - beanbags Agility/Coordination</p> <p><b>Dance</b> Perform dances using simple movement patterns. Under the sea</p>
<p>Year 1</p>	<p><b>Gym</b> Body part awareness and body shapes. Travelling.</p> <p><b>Games</b> Team games developing simple tactics for attacking and defending. Ball skills.</p>	<p><b>Games</b> Team games developing simple tactics for attacking and defending. Hockey skills- dribbling, aiming, passing, shooting. 4-a-side games.</p>	<p><b>Athletics</b> Running Jumping Throwing - balls Agility/Coordination</p> <p><b>Dance</b> Perform dances using simple movement patterns, Country dancing.</p>

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Year 2	<p><b>Gym</b> Travelling and Balance</p> <p><b>Games</b> Ball skills (throwing and catching) Basketball Football</p>	<p><b>Dance</b> Perform dances using simple movement patterns. Dances from around the world.</p> <p><b>Games</b> Bat and ball skills (using equipment)</p>	<p><b>Athletics</b> Running Jumping Throwing - Discus, Javelin Agility/Coordination</p> <p><b>Dance</b> Perform dances using simple movement patterns. Animal dance moves.</p> <p><b>Games</b> Rounders</p>
Year 3	<p><i>Weekly access to cross-country running to develop endurance, resilience and well-being</i></p> <p><b>Invasion Games</b> Netball</p> <p><b>Gymnastics</b> Asymmetry and Symmetry</p>	<p><b>Invasion Games</b> Hockey</p> <p><b>Net/Wall Games</b> Tennis</p>	<p><b>Athletics</b> Running, jumping and throwing</p> <p><b>Striking and Fielding</b> Rounders</p> <p><b>Swimming</b> Swimming unaided, use of different strokes, perform safe self-rescue</p>
Year 4	<p><i>Weekly access to cross-country running to develop endurance, resilience and well-being</i></p> <p><b>Invasion Games</b> Netball</p> <p><b>Gymnastics</b> Bridges</p>	<p><b>Invasion Games</b> Football</p> <p><b>Net/Wall Games</b> Tennis</p>	<p><b>Athletics</b> Running, jumping and throwing</p> <p><b>Striking and Fielding</b> Rounders</p> <p><b>Swimming</b> Swimming unaided, use of different strokes, perform safe self-rescue</p>

<p>Year 5</p> <p><i>Weekly access to cross-country running to develop endurance, resilience and well-being</i></p>	<p><b>Invasion Games</b> Netball</p> <p><b>Gymnastics</b> Counter Balance &amp; Counter Tension</p>	<p><b>Invasion Games</b> Hockey</p> <p><b>Net/Wall Games</b> Tennis</p>	<p><b>Athletics</b> Running, jumping and throwing</p> <p><b>Striking and Fielding</b> Cricket</p> <p><b>Swimming</b> Swimming unaided, use of different strokes, perform safe self-rescue</p>
<p>Year 6</p> <p><i>Weekly access to cross-country running to develop endurance, resilience and well-being</i></p>	<p><b>Invasion Games</b> Football</p> <p><b>Gymnastics</b> Matching &amp; Mirroring</p>	<p><b>Invasion Games</b> Hockey</p> <p><b>Health-related Fitness</b> Keeping fit and healthy</p>	<p><b>Athletics</b> Running, jumping and throwing</p> <p><b>Striking and Fielding</b> Cricket</p> <p><b>Swimming</b> Swimming unaided, use of different strokes, perform safe self-rescue</p>