

Autumn Term				
	A Topic	Key Skills	B Topic	Key Skills
Yr 1/2 Aut 1	<b>Indoor Games Ball skills</b> (unit 1, core task 2)	<ul style="list-style-type: none"> <li>• Use rolling, hitting, running, jumping, catching and kicking skills in combination.</li> <li>• Develop tactics.</li> <li>• Lead others when appropriate.</li> <li>• Attack and defend</li> </ul>	<b>Games Invasion - football</b> (unit 2, core task 1)	<ul style="list-style-type: none"> <li>• Use rolling, hitting, running, jumping, catching and kicking skills in combination.</li> <li>• Develop tactics.</li> <li>• Lead others when appropriate</li> <li>• Attack and defend</li> </ul>
Yr 1/2 Aut 2	<b>Dance through stories</b> (unit 1,core task 1)	<ul style="list-style-type: none"> <li>• Copy and remember moves and positions.</li> <li>• Move with careful control and coordination</li> <li>• Link two or more actions to perform a sequence.</li> <li>• Choose movements to communicate a mood, feeling or idea.</li> </ul>	<b>Games Invasion -hockey</b> (unit 2, core task 2)	<ul style="list-style-type: none"> <li>• Use rolling, hitting, running, jumping, catching and kicking skills in combination.</li> <li>• Develop tactics.</li> <li>• Lead others when appropriate.</li> <li>• Attack and defend</li> </ul>

Spring Term				
	A Topic	Key Skills	B Topic	Key Skills
Yr 1/2 Spr 1	<b>Gymnastics</b> (unit 1, core task 1)	<ul style="list-style-type: none"> <li>• Copy and remember actions.</li> <li>• Move with some control and awareness of space.</li> <li>• Link two or more actions to make a sequence.</li> <li>• Show contrasts</li> <li>• Travel by rolling forwards, backwards and sideways.</li> <li>• Hold a position whilst balancing on different points of the body.</li> </ul>	<b>Games Invasion - netball</b> (unit 1, core task 2)	<ul style="list-style-type: none"> <li>• Use rolling, hitting, running, jumping, catching and kicking skills in combination.</li> <li>• Develop tactics.</li> <li>• Lead others when appropriate.</li> <li>• Attack and defend</li> </ul>

		<ul style="list-style-type: none"> <li>• Climb safely on equipment.</li> <li>• Develop flexibility.</li> <li>• Jump in a variety of ways and land</li> </ul>		
<b>Yr 1/2 Spr 2</b>	<b>Gymnastics through stories</b> (unit 1, core task 1)	<ul style="list-style-type: none"> <li>• Copy and remember actions.</li> <li>• Move with some control and awareness of space.</li> <li>• Link two or more actions to make a sequence.</li> <li>• Show contrasts</li> <li>• Travel by rolling forwards, backwards and sideways.</li> <li>• Hold a position whilst balancing on different points of the body.</li> <li>• Climb safely on equipment.</li> <li>• Develop flexibility.</li> <li>• Jump in a variety of ways and land</li> </ul>	<b>Games Net/Wall-badminton</b> (unit 1, core task 1)	<ul style="list-style-type: none"> <li>• Use rolling, hitting, running, jumping, catching and kicking skills in combination.</li> <li>• Develop tactics.</li> <li>• Lead others when appropriate.</li> </ul>

### Summer Term

	<b>A Topic</b>	<b>Key Skills</b>	<b>B Topic</b>	<b>Key Skills</b>
<b>Yr 1/2 Sum 1</b>	<b>Athletics</b> (unit 1, core tasks 1-3)	<ul style="list-style-type: none"> <li>• Athletic activities are combined with games in Years 1 and 2.</li> </ul>	<b>Games Striking &amp; fielding Cricket/rounders</b> (unit 1, core task 3)	<ul style="list-style-type: none"> <li>• Use rolling, hitting, running, jumping, catching and kicking skills in combination.</li> <li>• Develop tactics.</li> <li>• Lead others when appropriate.</li> </ul> <p>Attack and defend</p>
<b>Yr 1/2 Sum 2</b>	<b>Games Net/Wall-tennis</b> (unit 1, core task 1)	<ul style="list-style-type: none"> <li>• Use rolling, hitting, running, jumping, catching and kicking skills in combination.</li> <li>• Develop tactics.</li> <li>• Lead others when appropriate.</li> </ul>	<b>Enrichment Golf</b>	<ul style="list-style-type: none"> <li>• Use rolling, hitting, running, jumping, catching and kicking skills in combination.</li> <li>• Develop tactics.</li> <li>• Lead others when appropriate.</li> </ul> <p>Use technique</p>

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Yr 3/4 Aut 1	<b>Games Invasion- tag rugby</b> (unit 2, core task 2)	<ul style="list-style-type: none"> <li>• Throw and catch with control and accuracy.</li> <li>• Choose appropriate tactics to cause problems for the opposition.</li> <li>• Follow the rules of the game and play fairly.</li> <li>• Maintain possession of a ball (with, e.g. feet, a hockey stick or hands).</li> <li>• Pass to team mates at appropriate times.</li> <li>• Lead others and act as a respectful team member.</li> </ul>	<b>Games Invasion - football</b> (unit 2, core task 1)	<ul style="list-style-type: none"> <li>• Throw and catch with control and accuracy.</li> <li>• Choose appropriate tactics to cause problems for the opposition.</li> <li>• Follow the rules of the game and play fairly.</li> <li>• Maintain possession of a ball (with, e.g. feet, a hockey stick or hands).</li> <li>• Pass to team mates at appropriate times.</li> <li>• Lead others and act as a respectful team member.</li> </ul>
Yr 3/4 Aut 2	<b>Dance/Drama Through class themes/ books</b> (unit 3, core task 1)	<ul style="list-style-type: none"> <li>• Plan, perform and repeat sequences.</li> <li>• Move in a clear, fluent and expressive manner.</li> <li>• Refine movements into sequences.</li> <li>• Create dances and movements that convey a definite idea.</li> <li>• Change speed and levels within a performance.</li> <li>• Develop physical strength and suppleness by practising moves and stretching.</li> </ul>	<b>Games Invasion - Hockey</b> (unit 2, core task 1)	<ul style="list-style-type: none"> <li>• Choose appropriate tactics to cause problems for the opposition.</li> <li>• Follow the rules of the game and play fairly.</li> <li>• Maintain possession of a ball (with, e.g. feet, a hockey stick or hands).</li> <li>• Pass to team mates at appropriate times.</li> <li>• Lead others and act as a respectful team member.</li> </ul>

Spring Term				
	A Topic	Key Skills	B Topic	Key Skills
Yr 3/4 Spr 1	<b>Gymnastics</b> (unit 3, core task 1-2)	<ul style="list-style-type: none"> <li>• Plan, perform and repeat sequences.</li> <li>• Move in a clear, fluent and expressive manner.</li> <li>• Refine movements into sequences.</li> <li>• Show changes of direction, speed and level during a performance.</li> <li>• Travel in a variety of ways, including flight, by transferring weight to generate power in movements.</li> <li>• Show a kinesthetic sense in order to improve the placement and alignment of body parts (e.g. in balances experiment to find out how to get the centre of gravity successfully over base and organise body parts to create an interesting body shape).</li> <li>• Swing and hang from equipment safely (using hands).</li> </ul>	<b>Games Invasion-basketball/netball</b> (unit 3, core task 1)	<ul style="list-style-type: none"> <li>• Throw and catch with control and accuracy.</li> <li>• Choose appropriate tactics to cause problems for the opposition.</li> <li>• Follow the rules of the game and play fairly.</li> <li>• Maintain possession of a ball (with, e.g. feet, a hockey stick or hands).</li> <li>• Pass to team mates at appropriate times.</li> <li>• Lead others and act as a respectful team member.</li> </ul>
Yr 3/4 Spr 2	<b>Enrichment-Lacrosse</b>	<ul style="list-style-type: none"> <li>• Throw and catch with control and accuracy.</li> <li>• Choose appropriate tactics to cause problems for the opposition.</li> <li>• Follow the rules of the game and play fairly.</li> <li>• Maintain possession of a ball (with, e.g. feet, a hockey stick or hands).</li> </ul>	<b>Games Net/Wall - badminton</b> (unit 1, core task 1)	<ul style="list-style-type: none"> <li>• Throw and catch with control and accuracy.</li> <li>• Choose appropriate tactics to cause problems for the opposition.</li> <li>• Follow the rules of the game and play fairly.</li> <li>• Time a hit of the ball</li> <li>• Lead others and act as a respectful team member.</li> </ul>

		<ul style="list-style-type: none"> <li>• Pass to team mates at appropriate times.</li> <li>• Lead others and act as a respectful team member.</li> </ul>		
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Summer Term				
	A Topic	Key Skills	B Topic	Key Skills
Yr 3/4 Sum 1	<b>Games Striking &amp; fielding cricket</b> (unit 2, core task 1-3)	<ul style="list-style-type: none"> <li>• Throw and catch with control and accuracy.</li> <li>• Strike a ball and field with control.</li> <li>• Choose appropriate tactics to cause problems for the opposition.</li> <li>• Follow the rules of the game and play fairly.</li> <li>• Lead others and act as a respectful team member.</li> </ul>	<b>Swimming</b> (unit 1, core tasks 1-3)	<ul style="list-style-type: none"> <li>• Swim between 25 and 50 metres unaided.</li> <li>• Use more than one stroke and coordinate breathing as appropriate for the stroke being used.</li> <li>• Coordinate leg and arm movements.</li> <li>• Swim at the surface and below the water.</li> </ul>
Yr 3/4 Sum 2	<b>Athletics</b> (unit 3, core tasks 1-3)	<ul style="list-style-type: none"> <li>• Sprint over a short distance up to 60 metres.</li> <li>• Run over a longer distance, conserving energy in order to sustain performance</li> <li>• Use a range of throwing techniques (such as under arm, over arm).</li> <li>• Throw with accuracy to hit a target or cover a distance.</li> <li>• Jump in a number of ways, using a run up where appropriate.</li> </ul>	<b>Swimming</b> (unit 1, core tasks 1-3)	<ul style="list-style-type: none"> <li>• Swim between 25 and 50 metres unaided.</li> <li>• Use more than one stroke and coordinate breathing as appropriate for the stroke being used.</li> <li>• Coordinate leg and arm movements.</li> <li>• Swim at the surface and below the water.</li> </ul>

		<ul style="list-style-type: none"> <li>• Compete with others and aim to improve personal best performances.</li> </ul>		
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**Subject: PE KS2**

**Milestone 3**

**PE Lead: Mandy Sturmeay**

Autumn Term				
	A Topic	Key Skills	B Topic	Key Skills
Yr 5/6 Aut 1	<b>Games Invasion-tag rugby</b> (unit 2, core task 2)	<ul style="list-style-type: none"> <li>• Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</li> <li>• Work alone, or with team mates in order to gain points or possession.</li> <li>• Field, defend and attack tactically by anticipating the direction of play.</li> <li>• Choose the most appropriate tactics for a game.</li> <li>• Uphold the spirit of fair play and respect in all competitive situations.</li> <li>• Lead others when called upon and act as a good role model within a team.</li> </ul>	<b>Games Invasion - football</b> (unit 2, core task 1)	<ul style="list-style-type: none"> <li>• Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</li> <li>• Work alone, or with team mates in order to gain points or possession.</li> <li>• Field, defend and attack tactically by anticipating the direction of play.</li> <li>• Choose the most appropriate tactics for a game.</li> <li>• Uphold the spirit of fair play and respect in all competitive situations.</li> <li>• Lead others when called upon and act as a good role model within a team.</li> </ul>
Yr 5/6 Aut 2	<b>Dance/ Drama Through class themes/ books</b> (unit 3, core task 1)	<ul style="list-style-type: none"> <li>• Compose creative and imaginative dance sequences.</li> <li>• Perform expressively and hold a precise and strong body posture.</li> <li>• Perform and create complex sequences.</li> <li>• Express an idea in original and imaginative ways.</li> </ul>	<b>Games Invasion - hockey</b> (unit 2, core task 1)	<ul style="list-style-type: none"> <li>• Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</li> <li>• Work alone, or with team mates in order to gain points or possession.</li> <li>• Field, defend and attack tactically by anticipating the direction of play.</li> </ul>

		<ul style="list-style-type: none"> <li>• Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece.</li> <li>• Perform complex moves that combine strength and stamina gained through gymnastics activities (such as cartwheels or handstands).</li> </ul>		<ul style="list-style-type: none"> <li>• Choose the most appropriate tactics for a game.</li> <li>• Uphold the spirit of fair play and respect in all competitive situations.</li> <li>• Lead others when called upon and act as a good role model within a team.</li> </ul>
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## Spring Term

	A Topic	Key Skills	B Topic	Key Skills
Yr 5/6 Spr 1	<b>Gymnastics</b> (Link unit, core task 1-2)	<ul style="list-style-type: none"> <li>• Create complex and well-executed sequences that include a full range of movements including: <ul style="list-style-type: none"> <li>• travelling</li> <li>• balances</li> <li>• swinging</li> <li>• springing</li> <li>• flight</li> <li>• vaults</li> <li>• inversions</li> <li>• rotations</li> <li>• bending, stretching and twisting</li> <li>• gestures</li> <li>• linking skills.</li> </ul> </li> <li>• Hold shapes that are strong, fluent and expressive.</li> <li>• Include in a sequence set pieces, choosing the most appropriate linking elements.</li> <li>• Vary speed, direction, level and body rotation during floor performances.</li> </ul>	<b>Games Invasion-basketball/netball</b> (unit 3, core task 1)	<ul style="list-style-type: none"> <li>• Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</li> <li>• Work alone, or with team mates in order to gain points or possession.</li> <li>• Field, defend and attack tactically by anticipating the direction of play.</li> <li>• Choose the most appropriate tactics for a game.</li> <li>• Uphold the spirit of fair play and respect in all competitive situations.</li> <li>• Lead others when called upon and act as a good role model within a team.</li> </ul>

		<ul style="list-style-type: none"> <li>• Practise and refine the gymnastic techniques used in performances (listed above).</li> <li>• Demonstrate good kinesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions).</li> <li>• Use equipment to vault and to swing (remaining upright).</li> </ul>		
Yr 5/6 Spr 2	Enrichment- Lacrosse	<ul style="list-style-type: none"> <li>• Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</li> <li>• Work alone, or with team mates in order to gain points or possession.</li> <li>• Field, defend and attack tactically by anticipating the direction of play.</li> <li>• Choose the most appropriate tactics for a game.</li> <li>• Uphold the spirit of fair play and respect in all competitive situations.</li> <li>• Lead others when called upon and act as a good role model within a team.</li> </ul>	Games Net/Wall - badminton (unit 1, core task 1)	<ul style="list-style-type: none"> <li>• Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</li> <li>• Work alone, or with team mates in order to gain points or possession.</li> <li>• Strike a bowled or volleyed ball with accuracy.</li> <li>• Use forehand and backhand when playing racket games.</li> <li>• Field, defend and attack tactically by anticipating the direction of play.</li> <li>• Choose the most appropriate tactics for a game.</li> <li>• Uphold the spirit of fair play and respect in all competitive situations.</li> <li>• Lead others when called upon and act as a good role model within a team.</li> </ul>



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	A Topic	Key Skills	B Topic	Key Skills
Yr 5/6 Sum 1	<b>Games Net/Wall – volleyball</b> (unit 2, core task 2)	<ul style="list-style-type: none"> <li>• Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</li> <li>• Work alone, or with team mates in order to gain points or possession.</li> <li>• Strike a bowled or volleyed ball with accuracy.</li> <li>• Use forehand and backhand when playing racket games.</li> <li>• Choose the most appropriate tactics for a game.</li> <li>• Uphold the spirit of fair play and respect in all competitive situations.</li> <li>• Lead others when called upon and act as a good role model within a team.</li> </ul>	<b>Athletics</b> (unit 3, core tasks 1-3)	<ul style="list-style-type: none"> <li>• Combine sprinting with low hurdles over 60 metres.</li> <li>• Choose the best place for running over a variety of distances.</li> <li>• Throw accurately and refine performance by analysing technique and body shape.</li> <li>• Show control in take-off and landings when jumping.</li> <li>• Compete with others and keep track of personal best performances, setting targets for improvement.</li> </ul>
Yr 5/6 Sum 2	<b>Games Striking &amp; fielding cricket</b> (unit 2, core task 1-3)	<ul style="list-style-type: none"> <li>• Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</li> <li>• Work alone, or with team mates in order to gain points or possession.</li> <li>• Strike a bowled or volleyed ball with accuracy.</li> <li>• Use forehand and backhand when playing racket games.</li> <li>• Field, defend and attack tactically by anticipating the direction of play.</li> <li>• Choose the most appropriate tactics for a game.</li> </ul>	<b>Games Striking &amp; fielding - rounders</b> (unit 2, core task 3)	<ul style="list-style-type: none"> <li>• Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</li> <li>• Work alone, or with team mates in order to gain points or possession.</li> <li>• Strike a bowled or volleyed ball with accuracy.</li> <li>• Use forehand and backhand when playing racket games.</li> <li>• Field, defend and attack tactically by anticipating the direction of play.</li> <li>• Choose the most appropriate tactics for a game.</li> </ul>

		<ul style="list-style-type: none"><li>• Uphold the spirit of fair play and respect in all competitive situations.</li><li>• Lead others when called upon and act as a good role model within a team.</li></ul>		<ul style="list-style-type: none"><li>• Uphold the spirit of fair play and respect in all competitive situations.</li><li>• Lead others when called upon and act as a good role model within a team.</li></ul>
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