



Let your light shine before others that they may see your good deeds and glorify your Father in heaven, Matthew 5:16

Autumn 1	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Reception Introduction to PE: Unit 1			Theme: Witches and Wizards To move safely and sensibly in a space with consideration of others.	Theme: Pirates To develop moving safely and stopping with control.	Theme: Mythical Creatures To use equipment safely and responsibly.	Theme: To The Castle To use different travelling actions whilst following a path	Theme: Superheroes To work with others co-operatively and play as a group.	Theme: Monsters To follow, copy and lead a partner
	Unit Assessment: I can demonstrate balance. I can make independent choices. I can negotiate space safely with consideration for myself and others. I follow instructions involving several ideas or actions. I play co-operatively and take turns with others. I use movement skills with developing balance and co-ordination.							
Year 1 Fundamentals		To explore balance, stability and landing safely.	To explore how the body moves differently when running at different speeds.	To explore changing direction and dodging.	To explore jumping, hopping and skipping actions.	To explore co-ordination and combination jumps.	To explore combination jumping and skipping in an individual rope.	Unit Assessment
	Unit Assessment: I can change direction when moving at speed. I can recognise changes in my body when I do exercise. I can run at different speeds. I can select my own actions in response to a task. I can show hopping and jumping movements. I can work co-operatively with others to complete tasks. I show balance and co-ordination when static and moving at a slow speed.							
Year 1 Team Building		To co-operate with a partner	To explore and develop working as a team,	To develop talking, listening	To use speaking and listening	To plan with a partner and small group to	To use talking, listening and sharing skills to	Unit Assessment

		to complete challenges.		and sharing skills.	skills to lead a partner.	complete challenges.	complete challenges.	
	Unit Assessment: I can communicate simple instructions. I can follow instructions. I can follow path and lead others. I can listen to others' ideas. I can suggest ideas to solve tasks. I can work with a partner and a small group. I understand the rules of the game.							
Year 2 Team Building		To follow instructions and work with others.	To co-operate and communicate in a small group to solve challenges.	To create a plan with a group to solve the challenges.	To communicate effectively and develop trust.	To use teamwork skills to work as a group to solve problems.	To work with a group to copy and create a basic map.	Unit Assessment
	Unit Assessment: I can follow instructions carefully. I can say when I was successful at solving challenges. I can share my ideas and help to solve tasks. I can work co-operatively with a partner and a small group. I show honesty and can play fairly. I understand how to use, follow and create a simple diagram/map.							
Year 2 Ball Skills		To develop rolling a ball to hit a target.	To develop stopping a rolling ball.	To develop dribbling a ball with your feet.	To develop kicking a ball.	To develop throwing and catching.	To develop dribbling a ball with your hands.	Unit Assessment
	Unit Assessment: I am beginning to provide feedback using key words. I am beginning to understand and use simple tactics. I can dribble a ball with my hands and feet with some control. I can roll and throw a ball to hit a target. I can send and receive a ball using both kicking and throwing and catching skills. I can track a ball and collect it. I can work co-operatively with a partner and a small group.							
Year 3 Basketball		To understand the role of an attacker when in possession.	To learn how to maintain possession whilst dribbling.	To develop passing and moving to support my team.	To understand the role of a defender and explore ways to gain possession.	To understand that scoring goals is an attaching skill	To apply skills and knowledge to compete in a tournament.	Unit Assessment

						and learning how to do this.		
	Unit Assessment: I am beginning to use simple tactics. I am learning the rules of the game and am beginning to use them honestly. I can dribble, pass, receive and shoot the ball with some control. I can find space away from others and near to my goal. I can provide feedback using key words. I can track an opponent to slow them down. I understand my role as an attacker and as a defender. I work co-operatively with my group to self-manage games.							
Year 3 Swimming								
Year 4 Tag Rugby		To develop throwing, catching and running with the ball.	To develop an understanding of how to defend using tagging rules.	To begin to use the 'forward pass' and 'offside' rule.	To develop movement skills to dodge a defender.	To track an opponent and begin to defend as a team.	To apply the rules and skills you have learnt and play in a tag rugby tournament.	Unit Assessment
	Unit Assessment I can delay an opponent and help prevent the other team from scoring. I can explain what happens to my body when I exercise and how this helps to make me healthy. I can help my team keep possession and score tries when I play in attack. I can pass and receive the ball with increasing control. I can provide feedback using key terminology and understand what I need to do to improve. I can use simple tactics to help my team score or gain possession. I share ideas and work with others to manage our game. I understand the rules of the game and I can use them often and honestly							
Year 4 Fundamentals		To develop balancing and understand the importance of this skill.	To develop technique when running at different speeds.	To develop agility using a change of speed and direction.	To develop technique and control when jumping, hopping and landing.	To develop skipping with a rope.	To apply fundamental skills to a variety of challenges.	Unit Assessment

