



## Rothersthorpe CE Primary School

**'Everyone is valued as an individual'**

***'Love your neighbour, as yourself' - Mark 12:31***



### **Physical Education Planning - Based on 2 hours a week PE provision.**

'PE Hub' <https://thepehub.co.uk/>

***To develop practical skills in order to participate, compete and lead a healthy life style.***

<b>Year A – September 2021</b>				
Phase		Autumn Term	Spring Term	Summer Term
Key Stage 1 <b>Indoor</b>	Area of study	<b>Dance Year 1 Unit 1 &amp; Ballroom, Latin &amp; Disco</b>	<b>Inclusive Sport</b>	<b>Gymnastics Year 1 Unit 1 &amp; 2</b>
Year 1 & 2		<b>Hit, Catch, Run Year 1 Unit 1</b>	<b>Dance Year 1 Unit 2 &amp; Country Dancing/Maypole</b>	<b>Run, Jump, Throw Year 1</b>
	Objectives to be covered	<b><u>Gymnastics</u></b> <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 sequences</li><li>• Show contrasts (small/tall, straight/curved, and wide/narrow)</li><li>• Travel by rolling forwards, sideways and backwards.</li><li>• Hold a position whilst balancing on different points of the body</li><li>• Climb safely on equipment</li></ul>		

- Stretch and curl to develop flexibility
- Jump in a variety of ways and land with increasing control and balance

### **Dance**

- Copy and remember moves and positions.
- Move with careful control and coordination.
- Link two or more actions to perform a sequence.
- Choose movements to communicate a mood, feeling or idea.

### **Inclusive Games**

- Use the term 'opponent' and 'team mate'.
- Use rolling, hitting, catching skills in combination.
- Develop tactics.
- Lead others where appropriate.

### **Dance**

- Copy and remember moves and positions.
- Move with careful control and coordination.
- Link two or more actions to perform a sequence.
- Choose movements to communicate a mood, feeling or idea.

### **Games**

- Use the term 'opponent' and 'team mate'.
- Use rolling, hitting, running, jumping, catching, and kicking skills in combination.
- Develop tactics.
- Lead others where appropriate.

<p>Key stage 1 <b>Outdoor</b></p> <p>Year 1 &amp; 2</p>	Area of study	<p><b>Attack, Defend, Shoot Year 1 Unit 1</b></p> <p><b>Attack, Defend Shoot Year 1 Unit 1</b></p>	<p><b>Send and Return Year 1 Unit 1</b></p> <p><b>Send and Return Year 1 Unit 2</b></p>	<p><b>Hit, Catch, Run Year 1 Unit 2</b></p> <p><b>Run, Jump, Throw Year 1 Unit 1 and 2</b></p> <p><b>Sports Day</b></p>
	Objectives to be covered	<p><b><u>Games</u></b></p> <ul style="list-style-type: none"> <li>• Use the term 'opponent' and 'team mate'.</li> <li>• Use rolling, hitting, running, jumping, catching, and kicking skills in combination.</li> <li>• Develop tactics.</li> <li>• Lead others where appropriate.</li> </ul>		
<p>Lower Key Stage 2 <b>Indoor</b></p> <p>Year 3 &amp; 4</p>	Area of study	<p><b>Dance Year 3- Unit 1 &amp; Ballroom, Latin &amp; Disco</b></p> <p><b>Handball/Inclusive Sport</b></p>	<p><b>Inclusive Sport</b></p> <p><b>Dance Y3 Unit 2 &amp; Country Dancing/Maypole</b></p> <p><b>Swimming</b></p>	<p><b>Gymnastics Year 3 Unit 1 &amp; 2</b></p> <p><b>Kin ball</b></p>
	Objectives to be covered	<p><b><u>Gymnastics</u></b></p> <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 in to sequences.</li> <li>• Show changes of direction, speed and level during performance.</li> <li>• Travel in a variety of ways, including flight, by transferring weight to generate power in moments.</li> </ul>		

		<ul style="list-style-type: none"> <li>• Show a kinaesthetic sense in order to improve the placement of alignment of body parts (e.g. experiment in balances how to the centre of gravity successfully over base and organise body parts to create an interesting shape).</li> <li>• Swing and hang from equipment safely (using hands).</li> </ul> <p><b><u>Dance</u></b></p> <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> <p><b><u>Games</u></b></p> <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>• Maintain possession of the ball.</li> <li>• Pass to team mates at appropriate times.</li> <li>• Lead others and act as a respectful team member.</li> </ul>		
Lower Key Stage 2 <b>Outdoor</b>  Year 3 & 4	Area of study	<b>Football – Yr3</b> <b>Netball – Yr3</b> <b>Tag rugby – Yr3</b>	<b>Hockey (Quicksticks)</b> <b>Tennis – Yr3</b>	<b>Cricket – Yr3</b> <b>Athletics – Yr3</b> <b>Rounders – Yr3</b> <b>Sports Day</b>
	Objectives to be covered	<b><u>Games</u></b> <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> </ul>		

		<ul style="list-style-type: none"> <li>• Maintain possession of the ball.</li> <li>• Pass to team mates at appropriate times.</li> <li>• Lead others and act as a respectful team member.</li> </ul> <p><b><u>OAA (Covered through residential and trip activities)</u></b></p> <ul style="list-style-type: none"> <li>• Arrive properly equipped for outdoors and adventurous activity.</li> <li>• Understand the need to show accomplishment in managing risks.</li> <li>• Show an ability to both lead and form part of a team.</li> <li>• Support others and seek support if required when the situation dictates.</li> <li>• Show resilience when plans do not work and initiative to try new ways of working.</li> <li>• Use maps, compasses and digital devices to orientate themselves.</li> <li>• Remain aware of changing conditions and change plans if necessary.</li> </ul>		
Upper Key Stage 2 <b>Indoor</b>  Year 5 & 6	Area of study	<b>Dance Year 6 &amp; Ballroom, Latin &amp; Disco</b>  <b>Handball/Inclusive Sport</b>	<b>Inclusive Sport</b>  <b>Y6 Dance/Country Dancing &amp; Maypole</b>  <b>Swimming</b>	<b>Kin Ball</b>  <b>Gymnastics Year 5</b>
	Objectives to be covered	<p><b><u>Swimming</u></b>  (These milestones are very much dependent on children's starting points.)  <u>Milestone 1</u></p> <ul style="list-style-type: none"> <li>• Swim unaided up to 25m.</li> <li>• Use one basic stroke, breathing correctly.</li> <li>• Control leg movements.</li> </ul> <p><u>Milestone 2</u></p> <ul style="list-style-type: none"> <li>• Swim between 25 and 50m unaided.</li> </ul>		

- Use more than one stroke breathing as appropriate for the stroke being used.
- Coordinate leg and arm movements.
- Swim at the surface and below water.

### Milestone 3

- Swim over 100m unaided.
- Use breast stroke, front crawl and back stroke, ensuring that the pattern breathing is correct so as not to interrupt the pattern of swimming.
- Swim fluently with controlled strokes.
- Turn efficiently at the end of the length.

### Gymnastics

- Create complex and well executed sequences that include a full range of movements including: travelling, balances, swinging, springing, flight, vaults, inversions, rotations, bending, stretching, twisting, gestures and linking skills.
- Hold shapes that are strong, fluent and expressive.
- Include in a sequence, set pieces, choosing the most appropriate linking elements
- Vary speed, direction, level and body rotation during floor performances (listed above).
- Demonstrate good kinaesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions).
- Use equipment to vault or to swing (remaining upright).

### Dance

- Compose creative and imaginative dance sequences.
- Perform expressively and hold a precise and strong body posture.
- Perform and create complex sequences.
- Express an idea in original and imaginative ways.

		<ul style="list-style-type: none"> <li>• Plan to perform with high energy, slow grace or other themes and maintain this throughout the piece.</li> <li>• Perform complex moves that combine strength and stamina gained through gymnastics activities (such as cartwheels or handstands).</li> </ul>		
Upper Key Stage 2 <b>Outdoor</b>  Year 5 & 6	Area of study	<b>Football – Yr5</b> <b>Netball – Yr5</b> <b>Tag rugby – Yr5</b>	<b>Hockey – Yr5</b> <b>Tennis – Yr5</b>	<b>Cricket – Yr5</b> <b>Athletics – Yr5</b> <b>Rounders – Yr5</b> <b>Sports Day</b>
	Objectives to be covered	<p><b><u>Games</u></b></p> <ul style="list-style-type: none"> <li>• Choose and combine techniques in game situations (running, throwing, kicking, catching, passing and jumping etc.)</li> <li>• Work alone, or with teammates in order to gain points or possession.</li> <li>• Strike a bowled ball 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> <p><b><u>OAA (Covered through residential activities)</u></b></p> <ul style="list-style-type: none"> <li>• Arrive properly equipped for outdoors and adventurous activity.</li> <li>• Identify possible risks and ways to manage them, asking for and listening carefully to expert advice.</li> <li>• Embrace both leadership and team roles and gain the commitment and respect of a team.</li> <li>• Empathise with others and offer support without being asked. Seek support from the team and the experts if in any doubt.</li> </ul>		

		<ul style="list-style-type: none"> <li>• Remain positive even in the most challenging circumstances, rallying others if need be.</li> <li>• Use a range of devices in order to orientate themselves.</li> <li>• Quickly assess changing conditions and adapt plans to ensure safety comes first.</li> </ul>
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Year B				
Phase		Autumn Term	Spring Term	Summer Term
Key Stage 1 Indoor	Area of study	<b>Dance</b> <b>Year 2 Unit 1 &amp; Ballroom, Latin &amp; Disco</b>	<b>Inclusive Sports</b>  <b>Dance</b> <b>Year 2- Unit 2/ Country Dancing &amp; Maypole</b>	<b>Hit, Catch, Run Year 2 Unit 1</b>  <b>Gymnastics</b> <b>Year 2 Unit 1 &amp; 2</b>
	Objectives to be covered	<u><b>Gymnastics</b></u> <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 sequences</li> <li>• Show contrasts (small/tall, straight/curved, and wide/narrow)</li> <li>• Travel by rolling forwards, sideways and backwards.</li> <li>• Hold a position whilst balancing on different points of the body</li> <li>• Climb safely on equipment</li> <li>• Stretch and curl to develop flexibility</li> <li>• Jump in a variety of ways and land with increasing control and balance</li> </ul> <u><b>Dance</b></u> <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> </ul>		



		<ul style="list-style-type: none"> <li>•Choose movements to communicate a mood, feeling or idea.</li> </ul> <p><b><u>Inclusive Games</u></b></p> <ul style="list-style-type: none"> <li>•Use the term 'opponent' and 'team mate'.</li> <li>•Use rolling, hitting, catching skills in combination.</li> <li>•Develop tactics.</li> <li>•Lead others where appropriate.</li> </ul> <p><b><u>Games</u></b></p> <ul style="list-style-type: none"> <li>•Use the term 'opponent' and 'team mate'.</li> <li>•Use rolling, hitting, running, jumping, catching, and kicking skills in combination.</li> <li>•Develop tactics.</li> <li>•Lead others where appropriate.</li> </ul>		
<p>Key Stage 1 <b>Outdoor</b></p> <p><b>Year 1 &amp; 2</b></p>	Area of study	<p><b>Attack, Defend, Shoot</b> <b>Year 2 - Unit 1</b></p> <p><b>Attack, Defend Shoot</b> <b>Year 2- Unit 1</b></p>	<p><b>Send and Return</b> <b>Year 2 - Unit 1</b></p> <p><b>Send and Return</b> <b>Year 2 - Unit 2</b></p>	<p><b>Hit, Catch, Run</b> <b>Year 2 - Unit 2</b></p> <p><b>Run, Jump, Throw</b> <b>Year 2 - Unit 1 and 2</b> <b>Sports Day</b></p>
	Objectives to be covered	<p><b><u>Games</u></b></p> <ul style="list-style-type: none"> <li>•Use the term 'opponent' and 'team mate'.</li> <li>•Use rolling, hitting, running, jumping, catching, and kicking skills in combination.</li> <li>•Develop tactics.</li> <li>•Lead others where appropriate.</li> </ul>		
<p>Lower Key Stage 2 <b>Indoor</b></p> <p><b>Year 3 &amp; 4</b></p>	Area of study	<p><b>Dance</b> <b>Year 4 - Unit 1 &amp;</b> <b>Ballroom, Latin &amp;</b> <b>Disco</b></p> <p><b>Kin Ball</b></p>	<p><b>Inclusive Sports</b></p> <p><b>Dance</b> <b>Year 4 -Unit 2/Country</b> <b>Dancing &amp; Maypole</b></p>	<p><b>Volley Ball/ Tennis</b> <b>rotation</b></p> <p><b>Gymnastics</b> <b>Year 4 -Unit 1 &amp; 2</b></p>

	Objectives to be covered	<p><b><u>Gymnastics</u></b></p> <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 in to sequences.</li> <li>• Show changes of direction, speed and level during performance.</li> <li>• Travel in a variety of ways, including flight, by transferring weight to generate power in moments.</li> <li>• Show a kinesthetic sense in order to improve the placement of alignment of body parts (e.g. experiment in balances how to the centre of gravity successfully over base and organise body parts to create an interesting shape).</li> <li>• Swing and hang from equipment safely (using hands).</li> </ul> <p><b><u>Dance</u></b></p> <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>		
<p>Lower Key Stage 2 <b>Outdoor</b></p> <p><b>Year 3 &amp; 4</b></p>	Area of study	<p><b>Football – Yr4</b> <b>Netball – Yr4</b> <b>Tag rugby – Yr4</b></p>	<p><b>Handball – Yr4</b> <b>Hockey – Yr4</b> <b>Tennis – Yr4</b></p>	<p><b>Cricket – Yr4</b> <b>Athletics – Yr4</b> <b>Rounders – Yr4</b> <b>Sports Day</b></p>
	Objectives to be covered	<p><b><u>Games</u></b></p> <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>• Maintain possession of the ball.</li> <li>• Pass to team mates at appropriate times.</li> <li>• Lead others and act as a respectful team member.</li> </ul>		

		<b><u>OAA (Covered through residential activities)</u></b> <ul style="list-style-type: none"> <li>• Arrive properly equipped for outdoors and adventurous activity.</li> <li>• Understand the need to show accomplishment in managing risks.</li> <li>• Show an ability to both lead and form part of a team.</li> <li>• Support others and seek support if required when the situation dictates.</li> <li>• Show resilience when plans do not work and initiative to try new ways of working.</li> <li>• Use maps, compasses and digital devices to orientate themselves.</li> <li>• Remain aware of changing conditions and change plans if necessary.</li> </ul>		
Upper Key Stage 2 <b>Indoor</b>  Year 5 & 6	Area of study	<b>Year 6- Dance &amp; Ballroom, Latin &amp; Disco</b>  <b>Inclusive Sports</b>	<b>Sports Hall Athletics</b>  <b>Country Dancing &amp; Maypole</b>  <b>Swimming</b>	<b>Kin Ball Year 6</b>  <b>Gymnastics – Year 6</b>
	Objectives to be covered	<b><u>Swimming</u></b> (These milestones are very much dependent on children's starting points.) <u>Milestone 1</u> <ul style="list-style-type: none"> <li>• Swim unaided up to 25m.</li> <li>• Use one basic stroke, breathing correctly.</li> <li>• Control leg movements.</li> </ul> <u>Milestone 2</u> <ul style="list-style-type: none"> <li>• Swim between 25 and 50m unaided.</li> <li>• Use more than one stroke breathing as appropriate for the stroke being used.</li> </ul>		

- Coordinate leg and arm movements.
- Swim at the surface and below water.

### Milestone 3

- Swim over 100m unaided.
- Use breast stroke, front crawl and back stroke, ensuring that the pattern breathing is correct so as not to interrupt the pattern of swimming.
- Swim fluently with controlled strokes.
- Turn efficiently at the end of the length.

### **Gymnastics**

- Create complex and well executed sequences that include a full range of movements including: travelling, balances, swinging, springing, flight, vaults, inversions, rotations, bending, stretching, twisting, gestures and linking skills.
- Hold shapes that are strong, fluent and expressive.
- Include in a sequence, set pieces, choosing the most appropriate linking elements
- Vary speed, direction, level and body rotation during floor performances (listed above).
- Demonstrate good kinaesthetic, awareness (placement and alignment of body parts is usually good in well-rehearsed actions).
- Use equipment to vault or to swing (remaining upright).

### **Dance**

- Compose creative and imaginative dance sequences.
- Perform expressively and hold a precise and strong body posture.
- Perform and create complex sequences.
- Express an idea in original and imaginative ways.
- Plan to perform with high energy, slow grace or other themes and maintain this throughout the piece.
- Perform complex moves that combine strength and stamina gained through gymnastics activities (such as cartwheels or handstands).

Upper Key Stage 2 <b>Outdoor</b>  Year 5 & 6	Area of study	<b>Football – Yr6</b> <b>Netball – Yr6</b> <b>Tag rugby – Yr6</b>	<b>Handball – Yr6</b> <b>Hockey – Yr6</b> <b>Tennis – Yr6</b>	<b>Cricket – Yr6</b> <b>Athletics – Yr6</b> <b>Rounders – Yr6</b> <b>Sports Day</b>
	Objectives to be covered	<p><b><u>Games</u></b></p> <ul style="list-style-type: none"> <li>• Choose and combine techniques in game situations (running, throwing, kicking, catching, passing and jumping etc.)</li> <li>• Work alone, or with teammates in order to gain points or possession.</li> <li>• Strike a bowled ball 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> <p><b><u>OAA (Covered through residential activities)</u></b></p> <ul style="list-style-type: none"> <li>• Arrive properly equipped for outdoors and adventurous activity.</li> <li>• Identify possible risks and ways to manage them, asking for and listening carefully to expert advice.</li> <li>• Embrace both leadership and team roles and gain the commitment and respect of a team.</li> <li>• Empathise with others and offer support without being asked. Seek support from the team and the experts if in any doubt.</li> <li>• Remain positive even in the most challenging circumstances, rallying others if need be.</li> <li>• Use a range of devices in order to orientate themselves.</li> <li>• Quickly assess changing conditions and adapt plans to ensure safety comes first.</li> </ul>		