

CURRICULUM LTP – 2019/20 – PE

<u>Year Group/Term</u>	<u>Autumn</u>	<u>Spring</u>	<u>Summer</u>
<u>Year 1</u>	Gymnastics Basic movements developing balance, agility and coordination. Dance Perform dances using simple movement patterns (linked to topic).	Games Participate in team games (basketball) developing simple tactics for attacking and defending. Dance Perform dances using simple movement patterns	Games Participate in team games (rounders) developing simple tactics for attacking and defending. Athletics Develop basic athletic skills such as running, jumping and throwing.
<u>Year 2</u>	Gymnastics Basic movements developing balance, agility and coordination. Dance Perform dances using simple movement patterns (linked to topic).	Games Participate in team games (football) developing simple tactics for attacking and defending. Gymnastics Basic movements developing balance, agility and coordination.	Games Participate in team games (tennis) developing simple tactics for attacking and defending. Athletics Develop basic athletic skills such as running, jumping and throwing.
<u>Year 3</u>	Dance Perform dances using a range of movement patterns (linked to topic). Gymnastics Develop flexibility, strength, technique, control and balance.	Games Play competitive games (football) and apply basic principles for attacking and defending. Gymnastics Develop flexibility, strength, technique, control and balance.	Games Play competitive games (Hockey) and apply basic principles for attacking and defending. Athletics Use running, jumping and throwing in isolation and combination. Develop flexibility, strength, technique, control and balance.
<u>Year 4</u>	Dance Perform dances using a range of movement patterns (linked to topic). Swimming	Gymnastics Develop flexibility, strength, technique, control and balance. Games Play competitive games (tennis) and apply basic principles for attacking and defending.	Athletics Use running, jumping and throwing in isolation and combination. Develop flexibility, strength, technique, control and balance. Outdoor and adventurous activities Take part in challenging individual and team activities. Communicate and collaborate as a team.
<u>Year 5</u>	Gymnastics Develop flexibility, strength, technique, control and balance. Dance Perform dances using a range of movement patterns (linked to topic).	Games Play competitive games (netball/cricket) and apply basic principles for attacking and defending. Top Up Swimming	Outdoor and adventurous activities Take part in challenging individual and team activities. Communicate and collaborate as a team. Athletics Use running, jumping and throwing in isolation and combination. Develop flexibility, strength, technique, control and balance. Compare performances with previous ones to achieve personal best.
<u>Year 6</u>	Gymnastics Develop flexibility, strength, technique, control and balance. Games Play competitive games (netball) and apply basic principles for attacking and defending.	Dance Perform dances using a range of movement patterns (linked to topic). Games Play competitive games (Boc Boc) and apply basic principles for attacking and defending.	Outdoor and adventurous activities Take part in challenging individual and team activities. Communicate and collaborate as a team. Athletics Use running, jumping and throwing in isolation and combination. Develop flexibility, strength, technique, control and balance. Compare performances with previous ones to achieve personal best.