

CURRICULUM LTP – 2021/22 – PE

<u>Year Group/Term</u>	<u>Autumn</u>	<u>Spring</u>	<u>Summer</u>
<u>FS2</u>	<p>Gross motor skill development</p> <p>Skipping (without ropes) & movements/space-based games.</p> <p>Games</p> <p>Fundamental movement skills – Throwing and Catching (beanbags).</p>	<p>Gymnastics</p> <p>Balancing, climbing, jumping.</p> <p>Games</p> <p>Ball skills – rolling, kicking.</p> <p>(wide range of balls – large and small)</p>	<p>Dance</p> <p>Combining movements to make simple dances, moving in time with music.</p> <p>Athletics</p> <p>Skipping (with ropes). Sports day athletic skills including running, jumping, throwing.</p>
<u>Year 1</u>	<p>Gymnastics</p> <p>Basic movements developing balance, agility and coordination.</p>	<p>Games</p> <p>Participate in team games (Multi-skills bat and ball) developing fundamental movement skills.</p> <p>Dance</p> <p>Perform dances using simple movement patterns (linked to our topic)</p>	<p>Games</p> <p>Participate in team games (Multi-skills – Invasion Games) developing fundamental movement skills.</p> <p>Athletics</p> <p>Develop basic athletic skills such as running, jumping and throwing.</p>
<u>Year 2</u>	<p>Gymnastics</p> <p>Basic movements developing balance, agility and coordination.</p>	<p>Games</p> <p>Participate in team games (Multi-skills bat and ball) developing fundamental movement skills.</p> <p>Dance</p> <p>Perform dances using simple movement patterns (linked to our topic)</p>	<p>Games</p> <p>Participate in team games (Multi skills invasion games - Football) developing fundamental movement skills.</p> <p>Athletics</p> <p>Develop basic athletic skills such as running, jumping and throwing.</p>
<u>Year 3</u>	<p>Gymnastics</p> <p>Develop flexibility, strength, technique, control and balance.</p>	<p>Games</p> <p>Play competitive games (Hockey) and apply basic principles for attacking and defending.</p> <p>Dance</p> <p>Perform dances using movement patterns with fluidity (linked to our topic)</p>	<p>Games</p> <p>Play competitive games (Basketball) and apply basic principles for attacking and defending.</p> <p>Athletics</p> <p>Use running, jumping and throwing in isolation and combination. Develop flexibility, strength, technique, control and balance.</p>
<u>Year 4</u>	<p>Dance</p> <p>Perform dances using movement patterns with fluidity (linked to our topic)</p> <p>Gymnastics</p> <p>Develop flexibility, strength, technique, control and balance.</p>	<p>Swimming</p> <p>Games</p> <p>Play competitive games (tennis) and apply basic principles for attacking and defending.</p>	<p>Athletics</p> <p>Use running, jumping and throwing in isolation and combination. Develop flexibility, strength, technique, control and balance.</p> <p>Outdoor and adventurous activities</p> <p>Take part in challenging individual and team activities. Communicate and collaborate as a team.</p>
<u>Year 5</u>	<p>Gymnastics</p> <p>Develop flexibility, strength, technique, control and balance.</p> <p>Dance OR Swimming</p> <p>Perform dances using a range of movement patterns with poise. (linked to topic).</p>	<p>Games</p> <p>Play competitive games (football) and apply basic principles for attacking and defending.</p> <p>Top Up Swimming</p>	<p>Athletics</p> <p>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.</p> <p>Games</p> <p>Play competitive games (cricket) and apply basic principles for attacking and defending.</p>
<u>Year 6</u>	<p>Gymnastics</p> <p>Develop flexibility, strength, technique, control and balance.</p> <p>Games OR Swimming</p> <p>Play competitive games (netball) and apply basic principles for attacking and defending.</p>	<p>Dance</p> <p>Perform dances using a range of movement patterns with poise. (linked to topic).</p> <p>Games</p> <p>Play competitive games (rounders) and apply basic principles for attacking and defending.</p>	<p>Outdoor and adventurous activities</p> <p>Take part in challenging individual and team activities. Communicate and collaborate as a team.</p> <p>Athletics</p> <p>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.</p>

