



Physical Education at St Mary's Catholic Primary

	Movement and Handling	
Three and four - year olds	<ul style="list-style-type: none">• Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.• Go up steps and stairs, or climb up apparatus, using alternate feet.• Skip, hop, stand on one leg and hold a pose for a game like musical statues.• Use large-muscle movements to wave flags and streamers, paint and make marks.• Start taking part in some group activities which they make up for themselves, or in teams.• Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm.• Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width.• Choose the right resources to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel.• Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks.• Use one-handed tools and equipment, for example, making snips in paper with scissors. Use a comfortable grip with good control when holding pens and pencils.• Show a preference for a dominant hand.• Be increasingly independent as they get dressed and undressed, for example, putting coats on and doing up zips.	
Reception	<ul style="list-style-type: none">• Revise and refine the fundamental movement skills they have already acquired: Rolling Crawling Walking Jumping Running Hopping Skipping Climbing• Progress towards a more fluent style of moving, with developing control and grace.	

	<ul style="list-style-type: none"> • Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming. • Develop their small motor skills so that they can use a range of tools competently, safely and confidently. Suggested tools: pencils for drawing and writing, paintbrushes, scissors, knives, forks and spoons. • Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. • Combine different movements with ease and fluency. • Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. • Develop overall body-strength, balance, co-ordination and agility. • Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. • Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball. <p>Early Learning Goal Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.</p>			
Y1	Cricket	Football	Dance	Gymnastics
	<ul style="list-style-type: none"> • Pupils will explore different ways of holding and controlling a beanbag, while standing still and moving. • Pupils will learn how to throw a beanbag using the 'underarm' throw technique. • Pupils will learn how to use the 	<ul style="list-style-type: none"> • Pupils will begin to use their feet to move the ball around a large area. • Pupils learn the correct technique of how to dribble a ball. • Pupils will learn how to pass a ball over a short distance using the inside of their foot. • Pupils will learn how to pass a ball over a long distance and explain why a long pass is used. 	<ul style="list-style-type: none"> • Pupils will learn basic actions and how to copy simple movement patterns. • Pupils will learn how to respond to a variety of stimuli e.g. words, pictures, sounds, videos and objects. • Pupils will explore different ways to use movement to reflect the stimuli. 	<ul style="list-style-type: none"> • Pupils will learn to create a variety of different shapes using parts of their body. • Pupils will learn how to put two shapes together to create a small sequence. • To learn how to travel when their bodies are at high and low levels. • To explore different ways of using hands and feet to travel around an area. • To learn how to perform a variety of balances.

	<p>'underarm' technique to throw a beanbag at a target.</p> <ul style="list-style-type: none"> • Pupils will learn how to catch a beanbag using the correct technique. • Pupils will learn how to catch a small ball. • Pupils will learn how to throw a small ball. • Pupils will learn how to throw and receive a small ball, working in partners. • Pupils will learn the basic concept of a Kwick cricket game and put this into practise. 	<ul style="list-style-type: none"> • Pupils will learn how to strike a ball and also the difference between passing and shooting. • Pupils will learn how to pass the ball and strike a ball in a mini game situation. 	<ul style="list-style-type: none"> • Pupils will learn different directions used in dance. • Pupils will attempt to use these directions in the basic movement patterns they have created. • Pupils will learn how to create a clear, middle and end to their routines by using stillness. • Pupils learn how to express moods and feelings in dance. • Pupils will learn how to use dance to convey an idea or tell a story. • Pupils will learn basic performance skills and use these in their first dance to perform to a judge. 	<ul style="list-style-type: none"> • To use apparatus, e.g. benches safely. • To create a routine using one travel, one shape and a bench (at either a high or low level).
Y2	Tri - golf	Rugby	Dance	Gymnastics
	<ul style="list-style-type: none"> • Pupils will be introduced to a golf course: holes, tees, water and sand bunker. • To recap the technique of underarm throwing (link to previous learning in cricket) and how this relates to golf. 	<ul style="list-style-type: none"> • Pupils learn how to weave and dodge an object using speed and direction. • Pupils learn what agility is and why we use it in Tag Rugby. • Pupils learn how to become familiar with a rugby ball - how to hold it and catch it with two hands. 	<ul style="list-style-type: none"> • Pupils will learn basic actions and how to improvise and copy basic movement patterns in partners. • When responding to different stimuli they will explore different movements to reflect the stimulus. 	<ul style="list-style-type: none"> • Pupils will learn how to use their hands and feet to travel around an area. • Pupils will recap how to create a variety of shapes with their bodies and sequence two of these shapes together, working in partners. • Pupils will learn how to jump effectively and land safely. They will apply this to a routine.

	<ul style="list-style-type: none"> • To learn how to play golf without equipment. • To learn the basic putting technique, focusing on power and body positioning. • To learn how to use a putter in a game situation along with a scoring card. • To learn the fundamental skills of chipping a golf ball. • To be able to use their knowledge and skills within a full round of golf. 	<ul style="list-style-type: none"> • Pupils learn how to use the correct technique to throw the rugby ball in a straight line. They will focus on aiming at a target. • Pupils will learn how to mark/shadow another person and why we do this. • The pupils will be introduced to 'tagging'. • Pupils will learn how to pass and move towards a goal area. • Pupils will combine their passing and running skills. • Pupils will learn how to score in rugby by placing the ball down in target areas. • Pupils will learn how to work as a team, communicating ideas and rules. 	<ul style="list-style-type: none"> • They will practise these movements in groups to stay in unison. • Pupils will learn different stage directions used in dance. They attempt to use these stage directions in their sequence so far. • Pupils will use their knowledge of conveying feelings and ideas using dance to create scenarios of their own to express their personal experiences. • Pupils will work in partners to create a beginning, middle and end to their routines. • Pupils will recap basic performance skills and use these in a final performance. 	<ul style="list-style-type: none"> • Pupils will learn how to performance a variety of balances and include this in their routine. • Pupils will learn how to use small apparatus safely within a routine. • Pupils will perform a final routine including shapes, balances, jumping, apparatus and travel.
Y3	Football		Dance	Gymnastics
	<ul style="list-style-type: none"> • Pupils will learn the basic rules of football and explore ways of using their feet to move the ball. • Pupils will learn the correct technique to dribble a ball and change direction. • Pupils will learn different passing techniques and begin to control the ball. • Pupils will begin to be able to pass over a long distance. • Pupils will learn different shooting techniques and be able to correctly strike a ball. • Pupils will use all the skills learnt in a game situation. 		<ul style="list-style-type: none"> • Pupils recap basic movements and learn how to create and develop basic movement patterns in a small group. • Pupils will learn how to respond to a variety of stimuli and explore different ways to use 	<ul style="list-style-type: none"> • To learn a variety of different ways to travel across a small area using different levels and parts of the body. • To explore and link different shapes to create a small sequence. • To learn how to jump effectively and safely.

		<p>movement to reflect the stimulus.</p> <ul style="list-style-type: none"> • Pupils will link movements together in a small group. • Pupils will learn different stage directions used in dance. • Pupils will learn how to use formations in dance to appeal to the audience. • Pupils will learn how to make formation flow in a smooth and controlled way. • Pupils will learn how to create a clear, middle and end to their routines by using stillness and symmetrical shapes. • Pupils will work in groups to communicate ideas. • Pupils will recap their performance skills and use these in their final dance to gain points from the judge. 	<ul style="list-style-type: none"> • To apply the skill of jumping into a technique. • To learn point and patch balances. • To link these balances into a sequence. • To learn the skill of rolling and link them together within a controlled way. • To perform a full routine that involves shapes, travelling, balances, jumping, rolling and small apparatus.
Y4	Tri – golf	Dance	Gymnastics
	<ul style="list-style-type: none"> • Pupils will learn how to use power and accuracy when putting and using the underarm technique. • Pupils will explore when and how to use a putter in a controlled manner. • Pupils will develop their ability to use the chipper focusing on the elevation of the ball. • Pupils will explore how to use the chipper to cover long distances. 	<ul style="list-style-type: none"> • Pupils will learn how to be creative when exploring basic movement patterns using travel and floor shapes. • Pupils will develop ways to respond to a variety of stimuli using different 	<ul style="list-style-type: none"> • Pupils will explore ways of travelling across a bench using different levels, body parts and speeds. • Pupils will explore matching and mirroring when performing shapes with a partner.

	<ul style="list-style-type: none"> • Pupils will learn how to choose shot selection to overcome obstacles. • Pupils will put together all their learnt skills to play a whole round of golf against other pupils. 	<p>directions, levels and dynamics.</p> <ul style="list-style-type: none"> • Pupils will link movements together in a small group. • Pupils will learn how to use different stage directions in their dances to make them more aesthetically pleasing. • Pupils will develop their dance by using different directions at different times. • Pupils develop their use of formation in dance to make it more appealing to the audience. • Pupils will learn how to make formations flow in a smooth and controlled way using unison, canon and different levels. • Pupils will learn how to create a clear, middle and end to their routine by using stillness, different levels, directions and symmetrical shapes. • Pupils recap their performance skills in their final dance to gain points from judges. 	<ul style="list-style-type: none"> • Pupils will develop a jumping technique by learning how to turn in mid – flight. • Pupils will attempt a variety of partner balances exploring counter tension and counter balance techniques. • Pupils will be introduced to the skills required to perform the forward roll. • Pupils will perform a full routine which involves shapes, travelling, balances, jumping, rolling and small apparatus.
Y5	Netball	Dance	Gymnastics

	<ul style="list-style-type: none"> • Pupils will learn to control their footwork when moving at speed. • Pupils will develop short distance passing skills on the move. • Pupils will develop long distance passing on the move using signalling and communication. • Pupils will develop basic attacking skills by understanding the principle of creating and moving forward into space to retrieve the ball. • Pupils will develop basic defending skills when marking the ball, demonstrating good control and quick reactions within a game situation. • Pupils will develop the shooting technique and develop the pupils understanding of the rules of the game within a game situation. 	<ul style="list-style-type: none"> • Pupils will learn how to adapt a basic motif in small groups. • Pupils will practise responding to a piece of stimuli. • Pupils will explore different ways to use movement to reflect the theme. They will link these movements together in a small group. • Pupils will learn different dance relationships used in dances. • Pupils will learn how to use canon. • Pupils will learn how to make formations in dance to make it aesthetically pleasing. • Pupils will learn how to flow into formations using different relationships. • Pupils will continue to learn how to create a clear beginning, middle and end to their routine and incorporate stillness. • Pupils will use partner balance to develop their stillness ideas. • Pupils will recap their performance skills and incorporate all previously 	<ul style="list-style-type: none"> • Perform a range of rolls including backwards roll consistently. • Pupils will learn how to perform point and group balances. • Pupils will learn the difference between symmetric and asymmetric shapes. • Pupils will be able to link balances and shapes to create a short routine. • Pupils will incorporate a piece of equipment into a short routine. • Pupils will understand the principles behind effective jumping. • Pupils will be able to create and perform a routine which involves all previously learnt skills.
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			<p>taught skills in their final dance.</p> <ul style="list-style-type: none"> • They will perform this dance to gain points from judges. 	
Y6	Rugby	Rounders	Dance	Gymnastics
	<ul style="list-style-type: none"> • Pupils will learn how to dodge and weave using speed and direction. • Pupils will recap holding a rugby ball and catching it with two hands. • Pupils will learn how to use the correct technique to throw the rugby ball backwards down a line and whilst moving. • Pupils will learn to tag a player and learn the rules associated with tagging. • Pupils will learn how to pass and move towards a goal area, combining passing and running skills using and 	<ul style="list-style-type: none"> • Pupils will learn how to perform a two handed and one-handed catch when a partner feeds them the ball. • Pupils will learn to consistently throw and catch with a partner at long distances under pressure. • Pupils will learn to strike a bowled ball. • Pupils will learn running skills and experiment with the speed in which they run using fun modified games. • Pupils will explore the bowling technique using a spin and target throwing. • Pupils will learn basic rules and positions while playing enjoyable modified games. 	<ul style="list-style-type: none"> • Pupils will learn how to adapt a basic motif in small groups. • Pupils will use their knowledge of responding to stimuli in their routine. • They will explore different ways to use movement to reflect the theme and link movements together in a small group. • Pupils will learn about difference dance relationships. • They will attempt to use these relationships in their dance. • Pupils will secure their ability to use canon. • Pupils will learn how to use formations in dance to make it more creative and aesthetically pleasing. • Pupils will learn how to flow into formations using different relationships. • Pupils learn how to create a clear beginning, 	<ul style="list-style-type: none"> • Pupils will be able to perform shapes and balances with a partner and incorporate them into a short sequence. • Pupils will be able to perform counterbalances. • Pupils will understand the principles behind effective jumping and build sequences to include this skill. • Pupils will be able to perform inversion through a headstand. • Pupils will learn how to perform basic vaults. • Pupils will be able to create and perform a routine which involves all skills learnt from previous weeks.

	<p>developing tactics.</p> <ul style="list-style-type: none">• Pupils will learn how to work as part of a team, communicating ideas and rules.		<p>middle and end to their routines using stillness.</p> <ul style="list-style-type: none">• Pupils use partner balances to develop their stillness ability.• Pupils will recap and secure their performance skills by performing a final dance.	
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