

Physical Education									
		Homefield Gymnast	Homefield Dancer	Homefield Invasion Player	Homefield Athlete	Homefield Striker and Fielder	Homefield Net / Target Player	Homefield Adventurer	Homefield PE Pupil
R	Aut					First PE (Aut 1) - In this unit, children will experiment with different ways of moving around a given area, and learn how to negotiate space and to be safe when moving. They will be introduced to basic co-ordination skills with a balloon and ball and begin balancing objects on their body.		Multi-skills - Aut 2(TQ) Children will begin to develop the fundamentals of movement e.g. walking, running, jumping, hopping and skipping. They will develop their balancing skills on their own: along planks and moving with objects. Children will develop their co-ordination skills with throwing and catching objects. They will also develop their agility skills with fun games which will encourage change of direction at speed. Children will also climb on apparatus.	Balance Bikes – Outside agency
	Spr	Gymnastics TQ Children will be introduced the key terminology when using the fundamental shapes e.g. Tuck Shape They will learn to negotiate space and start to learn how to use apparatus safely.	Fairy Tale Dance Children will experiment with different ways of moving to music. Children will learn through dance to negotiate space, move around in various directions and to look out for their friends. They will begin to create dances on their own and in pairs.						
	Sum			Enjoy A ball Children will experiment with different ways to move a ball in a game using their hands and feet. Incorporated into this unit are adapted games, which encourage movement, negotiation of space, listening skills, aiming skills, teamwork and fun competition.	Athletics/Sports Day practise (Sum 2) Children will begin to develop fundamentals of movement e.g. marching, running, jumping, hopping, skipping. They will begin to jump over a variety of objects. They will learn to throw objects into targets. They will also be developing their balancing skills when moving. Children will also be introduced to fun competitions e.g racing				

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					against each other in preparation for Sports Day.				
1	Aut			Ball skills (Aut 1 (TQ) & 2) Children will learn to throw, catch and roll various shaped/size balls e.g netball, rugby, basketballs. They will be taught to pass the ball with their hands and feet. They will also dribble the ball with the hands and feet. They will learn how to score in a variety of ways and how to run with a ball.				Multi Skills (Aut 2): Children will explore key skills such as balancing on the floor and equipment, changing direction when moving, controlling equipment while travelling, and passing objects towards a target. They will also begin to develop basic throwing, catching and kicking skills.	Yoga skills (Aut 1) - Children will perform basic Yoga poses with some balance. They will begin to relax the body and practise body stillness.
	Spr	Gymnastics (Spr 2) - TQ Children will begin to perform basic shapes and jumps. They will begin to learn how to roll - tuck roll, log roll star forward roll. They will learn the concept of a basic sequence (on their own) which includes a roll, a jump and a balance.	The Great Fire of London Dance (Spr 1) - Children will begin to learn ways of listening to the music and moving in time to it. They will work in pairs and small groups to create a dance. They will learn the idea that a dance has a start, middle and finish.	Ball Games (Spr 2) Children will learn the basics of invasion games: move into space, pass to a player who is in a space, pass and move into a space, follow their opponent beginning to understand the concept of marking. They will practise trying to intercept and win the ball.	Indoor Athletics (Spr 1) children learned different ways of jumping (for height and for distance). They also learned how to speed bounce over a cone. They looked at different ways of trying to get faster at the speed bounce and running. Children were also introduced to racing on their own and as a team.				
	Sum	Gymnastics (Sum1) Children will begin to perform basic shapes. They will perform basic jumps such as a straight and star jump. They will begin to learn how to roll - tuck roll, log roll star forward roll. They will begin to learn the concept of a basic sequence (on their own) which includes a roll, a jump and a balance.	Seaside Dance (Sum2) Children will listen and responding to music, moving in time with it. They will understand that a dance has a clear beginning, middle and end, similar to a story. Children will be introduced to travelling in different directions and dancing at different levels, and will be encouraged to move with control. They will work in pairs and small groups to create and perform simple dances			Football Funs (Sum1) Children will learn how to stop a ball with the sole of their foot. They will begin to learn how to pass a ball using the inside of their foot, and how to dribble the ball keeping it near to them. They will also learn how to find space in the game, and to shoot into targets. They will end the unit by being introduced to small sided 2v2 games.	Tennis (Sum 2) Children will develop their throwing and catching skills. They will be introduced to some target games to develop hand-eye co-ordination and play some small-sided throwing and catching games. They will begin to become familiar with a racket and balancing a ball while standing and moving. They begin to move the ball along the floor in a forehand and backhand position.		

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2	Aut	Gymnastics (Aut 2) Children will continue to master their basic gymnastic shapes and jumps such as Straight, Star and Tuck. They will progress from log rolls to dish/arch rolls and a forward roll. They will develop their bunny hops on the floor and then on small apparatus. Children will then develop sequences, linking 3 skills together.		Ball skills (L5 –11) Aut 2 (links to benchball) Children will learn to throw, catch and roll various shaped/size balls. They will be taught to pass the ball with their hands and feet. They will also dribble the ball with the hands and feet. They will learn how to score in a variety of ways and how to run with a ball. They will also play some small sided games.				Multi Skills (Aut 1) Children will continue to try different ways of balancing on the floor- on objects and low apparatus. They will learn how to pick up objects in a competitive game situation and change direction (agility) when moving. They will practise how to move in a variety of ways with control, on their own and with equipment (coordination) . They will also practise their throwing and catching skills with a variety of objects.	Yoga skills (Aut 1) Children will perform basic Yoga poses with some balance. They will begin to relax the body and practise body stillness.
	Spr		Jungle Dance (Spr 2) Children will begin to learn ways of listening to the music and moving in time to it. They will work in pairs and small groups to create a dance. They will understand that a dance has a start, middle and finish.		Indoor Athletics (Spr 1 TQ) Children will learn different ways of jumping (for height and for distance). They will also learn how to speed bounce over a cone. They will look at different ways of trying to get faster at speed bounce and running. Children will also be introduced to racing on their own and as a team.	Football Funs (Spr 1) Children will learn how to stop with the ball with sole, inside and outside of foot. They will learn to dribble the ball with the inside of their feet keeping the ball close to them. They will begin to learn how to get into a space in a game and shoot into targets and goals. They will start to learn how to get away from a player and began to tackle other players. Kwik Cricket (Spr 2) Children will learn how to roll and stop a ball. They will continue to develop their throwing (underarm and overarm) and catching skills. They will practise bowling underarm at a target and practise holding a cricket bat and hitting a ball off a cone.			

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	Sum	Gymnastics (Sum 2) Children will continue to master their basic gymnastic shapes and jumps such as Straight, Star and Tuck. They will progress from log rolls to dish/arch rolls and a forward roll. They will develop their bunny hops on the floor and then on small apparatus. Children will develop sequences, linking 3 skills together.	Fairy Tale Dance (Sum1) Children will explore travelling in different directions and at different levels, focusing on performing movements with control and coordination. They will have opportunities to perform to others and to observe and describe performance, giving simple feedback to their peers		Athletics skills (Sum 1) Children will practise their running, jumping and throwing skills. They will practise throwing various objects and start to think about how they stand whilst throwing. They will practise jumping in various ways, including 2 feet to 2 feet and measure these. They will work in teams and begin to compete against themselves and others in races and fun games.		Tennis (Sum 2 TQ) Children will continue to develop their throwing and catching skills. They will participate in target games to develop hand eye co-ordination. They will learn how to hold a racket and balance a ball while standing and moving. They will practise how to move a ball along the floor in a forehand and backhand position.		
3	Aut	Gymnastics Children begin to develop jumps with a turn: quarter, half, three quarters and full. They recap rolls and they were introduced to the teddy bear roll and practiced these on their own and in pairs. They develop their bunny hops over a distance and on low (mirroring) apparatus. They also practise balancing (points and patches). They will create sequences in pairs and transferred these skills on to a variety of apparatus.	Eco Warrior Dance Demonstrate how people are both saving and destroying the planet through dance. Children create dances in small groups and begin to evaluate and give feedback on performances. They were introduced to key elements in their dances including unison, canon, formations, pathways and energy.	Netball Skills Children will learn different types of passing - chest and bounce. They learned how to land with a jump stop and a stride stop- they also practiced this when receiving a ball. Football Children build on knowledge and skills including control of a ball, different ways of passing, dribbling and turning with the ball. They learn to tackling while stationary and moving. They learn some simple moving techniques. Children also continue to learn the rules of the game and play small-sided games.					
	Spr	Gymnastics Consolidate above	Active Science Children to create dances in small groups and began to evaluate and give feedback on performances. They are introduced to key	Quicksticks Hockey Children are taught how to dribble the ball on their own and in a game situation. They experimented with	Indoor Athletics 1 (6 hours) Develop from Y2 the techniques of standing long jump, speed bounce and chest push plus				Multi-skills (2 hour) Take part in the virtual multi-skills challenges.

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			elements in their dances including unison, canon, formations, pathways and energy.	different ways of passing. They learn to shoot into a target. They play in adapted small sided games.	learning 5 strides and vertical jump.				
	Sum			Tag Rugby Pupils are introduced to some fundamental rugby skills. They learned different ways of throwing and catching. They learned to run with the ball in their hands. They also played some adapted invasion games which introduced them to some Tag Rugby skills.	Athletics / Sports Day Children continue to practice their running technique. They will learn the technique of how to throw a vortex. They recap the standing long jump They learned the shot put technique, using a tennis/small ball. They learned how to complete a relay change over with a partner. They will also learn how to time sprints and measure their jumps/throws.	Kwik Cricket / S& F Skills children continued to master throwing and catching a ball. They learned how to stop a ball using the long barrier method. They learned how to hit a ball off a tee. They played an adapted striking and fielding games.	Tennis Skills Children recap their ball skills (throwing and catching). They develop their racket skills and moving with the ball at different speeds. They learn to bounce and then hit the ball up on their own with the racket. They are also introduced to feeding the ball to each other (hitting forehand and backhand). They were introduced to hitting a ball to a target (area on floor/players hands) to help them with control.		
4	Aut	Gymnastics - Children begin to develop their travelling techniques. They continue to master rolls including the teddy bear roll and practiced these on their own, in pairs and in 4s. They develop their bunny hops onto various apparatus. They also learn new balances (matching and mirroring). They create sequences in pairs and transferred these skills onto a variety of apparatus.	Olympics Dance A dance inspired by the different sports of the Olympics where children create/choreograph dances using a stimulus, they worked in small groups and began to evaluate and give feedback on performances. They recap to key movements in their dances including unison, canon, space and timing.	Basketball Children continue to focus on how to find space with and without the ball. They recap how to control and dribble the ball correctly with their preferred hand. They also recapped how to pass and receive using SEP. They also looked at how to move the ball around their body with control using fingertips and thumbs. They also played adapted basketball games and mini basketball 3v3. Dodgeball Children will look at different ways of throwing the ball. They learn how to dodge on their own and in					

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				a game situation. They learn how to block a ball and also practice the ready position and catching the ball. They played various games competing against others, while introducing some of the dodgeball rules.					
	Spr	Gymnastics - Consolidate skills from previous term and focus on sequences and techniques.		Intro to Handball - Learning the basic skills of handball children develop techniques including controlling and moving with the ball (using their steps), catching and using a range of passing techniques including the chest and bounce pass. Children also learn shooting while on the move and static. Children to play small sided games and were encourage to embrace the rules, fair play and be gracious in victory and defeat.	Indoor Athletics Children practice different ways of jumping (for distance, height and speed). They recap how to measure and recorded their own and others scores. They practice various activities to improve their speed and strength. They practice their racing techniques on their own and with others.		Tri-golf Children continued to practice hitting the ball towards a target, focusing on control. They develop the tick tock technique when putting and chipping the ball. They recapped 'brush the turf' and used this for their practice shots to help with accuracy. Children also played adapted Tri golf games focusing on playing fairly in teams and being gracious in victory and defeat.		
	Sum				Athletics / Sports Day children practice different ways of jumping (for distance, height and speed). They recap how to measure and record their own and others scores. They practice various activities to improve their speed and strength. They practiced their racing techniques on their own and with others.	Cricket Children continue to master throwing and catching a ball over a variety of distances. They recap how to stop a ball using the short and long barrier methods. They recap how to hit a ball of a tee. They played an adapted versions of cricket games. Rounders Children continue to master their throwing and catching skills (under & overarm). They learn how to bowl a ball in rounders.	Tennis Children continue with their racket skills and moving with the ball at different speeds. They practiced bouncing and then hitting the ball up on their own with the racket. They practice feeding the ball to each other (hitting forehand and backhand.) They try hitting a ball to a target (area on floor/players hands) to help them with control. They progress to play 1v1 rallies.		

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						They recap how to bat using a rounders bat, both self hitting and receiving a bowl. They also play a rounders game and adapted games.			
5	Aut	Gymnastics Children to develop new jumps (straddle & pike) and leaps (scissor kick). They learn new rolls (t-roll). They also learned new balances (asymmetrical and symmetrical). They began to develop cartwheels on various apparatus. They develop the hurdle step (which helps with vaulting using a springboard). They also begin to squat onto various apparatus using the hurdle step. They will create sequences in groups on various apparatus.	The Greatest Show (Equipment dancing) Using the film and circus as a stimulus - pupils to experiment with using different equipment when dancing.	Football Children continue to develop their skills including how to control a ball with different surfaces (inside, outside and sole of the foot). They develop how to safely tackle and how to strike a ball effectively when shooting. They look at a variety of turns that could be used when dribbling at an opponent (inside, outside hook and drag back). Children play small-sided games and focused on displaying the correct attitude and fair play.	Indoor Athletics Introduction of standing triple jump plus recapping previous events to beat personal bests.				
	Spr			Tag Rugby children continue to master passing the ball in different directions. They also continue to master their tagging skills - in both fun activities and game situations. They learn different types of runs in their groups and how to support each other during play. They are also introduced to Tag Rugby games and rules. Handball Children continue to develop their passing techniques and were introduced to the			Tri-Golf – developing skills Children continue to focus on their putting and chipping skills with directional play and hitting over various distances. They continue to master the tick tock technique and focused on control and accuracy when hitting the ball. They also play an adapted games of golf beginning to use tactics and strategies to complete each hole/challenge individually and as part of a team.	OAA - Problem solving – Working together in new teams & Disability Sports	

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				overhead pass. They learn defending skills including blocking the ball and marking an area. Children begin to shoot using the correct technique and attempt the jump shot. Children also develop their leadership qualities and evaluation skills through small sided games.					
	Sum				Athletics / Sports Day children practice different ways of jumping (for distance, height and speed). They recapped how to measure and record their own and others scores. They practice various activities to improve their speed and strength. They practice their racing techniques on their own and with others.	Stoolball Keeping to our Sussex roots, learning the basics of the traditional game utilising striking and fielding skills.	Tennis (when not swimming) Recap previous skills as well as looking at scoring and overarm serve.		Swimming To develop swimming and life-saving techniques. First Aid
6	Aut	Gymnastics - Focusing on Group sequences and routines with the use of equipment.	Harry Potter Dance (Homefield unit Choreography) Pupils have to choreograph life at Hogwarts for their dance. Use of video analysis to improve performances.	Flag Football - Introduction to the game of American football adapting skills from Tag-Rugby and adapt to the different rules. Netball Children continue to master throwing/catching skills (chest and bounce) they are introduced to a shoulder pass. Children progress their footwork skills - passing, moving and receiving the ball. They practice attacking and defending skills. They recap shooting and learn a centre pass. They will also play to some reaction games.					
	Spr			Basketball	Indoor Athletics		Table Tennis (6 hours)	OAA - This is a tricky one...	

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				Children further develop their dribbling skills to move with control and at different speeds and direction, with either hand. Children will learn how to step, pivot and pass. They will develop ways of protecting the ball while static and dribbling. They look at effective defensive stances. They learn how to shoot accurately using the BEEF technique. They also develop their qualities of leadership and competition by participating in game of mini basketball.	Developing and refining and analysing techniques in running, throwing and jumping events.		Introductory skills in table tennis looking at basic techniques for serving, forehand and backhand.	More problem solving and team work activities	
	Sum				Athletics / Sports Day Children practice various running, jumping and throwing and focused on improving these techniques. They complete tests and learn how to measure and record scores accurately. They look at ways of using their body to increase their power and strength on the activities. They compete against themselves (Personal Best) and others.	Rounders Cricket Stoolball – Game play Consolidate the skills from previous years to play adapted games and matches in the different striking and fielding games. Children to develop fielding positions and where to send the ball.	Spikeball / Tchoukball Introduce and practice the skills for the 2 different net games. Tennis children learned how to use different footwork. They continue to master the skills of controlling the ball on a racket. They progress onto paired work with a forehand and backhand shot. They develop their serving (underarm and overarm). They also learn how to play a game of mini tennis in pairs and doubles.		Mini-Olympics Organiser Pupils to develop an activity to deliver to the new cohort of Y3 (2 schools joining)