



Curriculum Plan - PE

Year group	Autumn 1st	Autumn 2nd	Spring 1st	Spring 2nd	Summer 1st	Summer 2nd
1 and 2 Cycle A (1)	<p>Topic: Games (invasion)</p> <p>Core task – Piggy in the middle Ball skills hands</p> <p>Progression of skills -practise different skills associated with simple games -participate in team games -develop balance, agility and co-ordination</p> <p>Skills from NC - master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities -participate in team games, developing simple tactics for attacking and defending</p>	<p>Topic: Dance</p> <p>Core task – Moving along Growing</p> <p>Progression of skills -copy some moves -move spontaneously -move with rhythm -demonstrate good balance -move in time to music -co-ordinate arm and leg actions -develop control of movements -Change; actions, space, relationships, dynamics -use own ideas to sequence dance -sequence and remember a dance</p> <p>Skills from NC -perform dances using simple movement patterns.</p>	<p>Topic: Gymnastics</p> <p>Core task – Making shapes Wide, narrow, curled</p> <p>Progression of skills -perform gymnastics sequences -teach sequences to a partner -explore the 5 basic shapes -develop balance showing good tension in the core -travel on hands and feet -complete a monkey walk, caterpillar walk and bunny hop -explore shapes in the air</p> <p>Skills from NC - master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p>	<p>Topic: Dance</p> <p>Core task – Cat Dance The zoo</p> <p>Progression of skills -copy some moves -move spontaneously -move with rhythm -demonstrate good balance -move in time to music -co-ordinate arm and leg actions -develop control of movements -Change; actions, space, relationships, dynamics -use own ideas to sequence dance -sequence and remember a dance</p> <p>Skills from NC -perform dances using simple movement patterns.</p>	<p>Topic: Athletics</p> <p>Core task – Honey pot + furthest five Running</p> <p>Progression of skills -run for 1 minute -describe different ways of running -perform basic jumps -show confidence at take off and landings -describe different ways of jumping -throw into targets -describe different ways of throwing -explain what is successful or how to improve</p> <p>Skills from NC - master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p>	<p>Topic: Games (striking and fielding)</p> <p>Core task – Kick rounders Bal skills feet</p> <p>Progression of skills -practise different skills associated with simple games -participate in team games -develop balance, agility and co-ordination</p> <p>Skills from NC - master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities -participate in team games, developing simple tactics for attacking and defending</p>



Year group	Autumn 1st	Autumn 2nd	Spring 1st	Spring 2nd	Summer 1st	Summer 2nd
1 and 2 Cycle B (2)	<p>Topic: Games (invasion)</p> <p>Core task – Ten points hoops Ball skills hands</p> <p>Progression of skills -practise different skills associated with simple games -participate in team games -develop balance, agility and co-ordination</p> <p>Skills from NC - master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities -participate in team games, developing simple tactics for attacking and defending</p>	<p>Topic: Dance</p> <p>Core task – Themes and dreams Water</p> <p>Progression of skills -copy some moves -move spontaneously -move with rhythm -demonstrate good balance -move in time to music -co-ordinate arm and leg actions -develop control of movements -Change; actions, space, relationships, dynamics -use own ideas to sequence dance -sequence and remember a dance</p> <p>Skills from NC -perform dances using simple movement patterns.</p>	<p>Topic: Gymnastics</p> <p>Core task – Families of actions Linking</p> <p>Progression of skills -perform gymnastics sequences -teach sequences to a partner -explore the 5 basic shapes -develop balance showing good tension in the core -travel on hands and feet -complete a monkey walk, caterpillar walk and bunny hop -explore shapes in the air</p> <p>Skills from NC - master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p>	<p>Topic: Dance</p> <p>Core task – How does it feel? Explorers</p> <p>Progression of skills -copy some moves -move spontaneously -move with rhythm -demonstrate good balance -move in time to music -co-ordinate arm and leg actions -develop control of movements -Change; actions, space, relationships, dynamics -use own ideas to sequence dance -sequence and remember a dance</p> <p>Skills from NC -perform dances using simple movement patterns.</p>	<p>Topic: Athletics</p> <p>Core task – Take Aim Dodging</p> <p>Progression of skills -run for 1 minute -describe different ways of running -perform basic jumps -show confidence at take off and landings -describe different ways of jumping -throw into targets -describe different ways of throwing -explain what is successful or how to improve</p> <p>Skills from NC - master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p>	<p>Topic: Games (net & wall)</p> <p>Core task – Tennis Attack vs Defence</p> <p>Progression of skills -practise different skills associated with simple games -participate in team games -develop balance, agility and co-ordination</p> <p>Skills from NC - master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities -participate in team games, developing simple tactics for attacking and defending</p>



Year group	Autumn 1st	Autumn 2nd	Spring 1st	Spring 2nd	Summer 1st	Summer 2nd
3 and 4 Cycle A	<p>SWIMMING Topic: Games (invasion)</p> <p>Core task – 3 touch ball Invasion-Handball</p> <p>Progression of skills -play competitive games, modified where appropriate -develop flexibility, strength, technique, control and balance -practise skills in isolation and combination -work well as a team in competitive games -apply basic principles of attacking and defending -develop an understanding of fair play</p> <p>Skills from NC -use running, jumping, throwing and catching in isolation and in combination - play competitive games, modified where appropriate , and apply basic principles suitable for attacking and defending</p>	<p>SWIMMING Topic: Dance</p> <p>Core task – Machines Animals</p> <p>Progression of skills -create dances to communicate an idea -Change; actions, space, relationships, dynamics -Choreographic devices motif, and repetition -structure a dance phrase, connecting different ideas -link phrases to music</p> <p>Skills from NC - perform dances using a range of movement patterns -compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>SWIMMING Topic: Gymnastics</p> <p>Core task – Balancing act Symmetry and Asymmetry</p> <p>Progression of skills -perform a gymnastic sequence with clear changes of speed, 3 different balances with 3 different ways of travelling -work with a partner to create a sequence. -from starting shape move together, travelling, rolling, jumping. Then move apart to finish</p> <p>Skills from NC -develop flexibility, strength, technique, control and balance</p>	<p>SWIMMING Topic: Dance</p> <p>Core task – Round the clock Weather</p> <p>Progression of skills -create dances to communicate an idea -Change; actions, space, relationships, dynamics -Choreographic devices motif, and repetition -structure a dance phrase, connecting different ideas -link phrases to music</p> <p>Skills from NC - perform dances using a range of movement patterns -compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Topic: Athletics</p> <p>Core task – Off, up and away Throwing and jumping</p> <p>Progression of skills -perform combinations of jumps -choose different styles of jumping -watch and describe specific aspects of jumping -set realistic targets when jumping -carry out stretching and warm up safely -explore different types of throwing -consistently hit a target with a range of tools</p> <p>Skills from NC -develop flexibility, strength, technique, control and balance</p>	<p>Topic: Games (Striking and fielding) Core task – Arc rounders Striking and fielding-Rounders</p> <p>Progression of skills -play competitive games, modified where appropriate -develop flexibility, strength, technique, control and balance -practise skills in isolation and combination -work well as a team in competitive games -apply basic principles of attacking and defending -develop an understanding of fair play</p> <p>Skills from NC -use running, jumping, throwing and catching in isolation and in combination -play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p>



Year group	Autumn 1st	Autumn 2nd	Spring 1st	Spring 2nd	Summer 1st	Summer 2nd
3 and 4 Cycle B (4)	<p>SWIMMING Topic: Games (invasion)</p> <p>Core task – On the attack Netball</p> <p>Progression of skills -play competitive games, modified where appropriate -develop flexibility, strength, technique, control and balance -practise skills in isolation and combination -work well as a team in competitive games -apply basic principles of attacking and defending -develop an understanding of fair play</p> <p>Skills from NC -use running, jumping, throwing and catching in isolation and in combination - play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p>	<p>SWIMMING Topic: OAA</p> <p>Core task – Shipwrecked Orienteering</p> <p>Progression of skills -co-operate and have roles within a group -listen to each others idea when planning a task Take responsibility for a role within the group Recognise that some outdoor adventurous activities can be dangerous -follow rules to keep self and others safe.</p> <p>Skills from NC -take part in outdoor and adventurous activity challenges both individually and within a team</p>	<p>SWIMMING Topic: Dance</p> <p>Core task – Indian delight Space</p> <p>Progression of skills -create dances to communicate an idea -Change; actions, space, relationships, dynamics -Choreographic devices motif, and repetition -structure a dance phrase, connecting different ideas -link phrases to music</p> <p>Skills from NC - perform dances using a range of movement patterns -compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>SWIMMING Topic: Gymnastics</p> <p>Core task – Assessing 2/3 Durham Bridges</p> <p>Progression of skills -perform a gymnastic sequence with clear changes of speed, 3 different balances with 3 different ways of travelling -work with a partner to create a sequence. -from starting shape move together, travelling, rolling, jumping. Then move apart to finish</p> <p>Skills from NC -develop flexibility, strength, technique, control and balance</p>	<p>Topic: Athletics</p> <p>Core task – Faster, higher, further Competitions</p> <p>Progression of skills -perform combinations of jumps -choose different styles of jumping -watch and describe specific aspects of jumping -set realistic targets when jumping -carry out stretching and warm up safely -explore different types of throwing -throw with greater control -consistently hit a target with a range of implements</p> <p>Skills from NC -develop flexibility, strength, technique, control and balance</p>	<p>Topic: Games (Striking and fielding) Core task – Zone Cricket Striking and fielding-Cricket</p> <p>Progression of skills -play competitive games, modified where appropriate -develop flexibility, strength, technique, control and balance -practise skills in isolation and combination -work well as a team in competitive games -apply basic principles of attacking and defending -develop an understanding of fair play</p> <p>Skills from NC -use running, jumping, throwing and catching in isolation and in combination -play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p>



Year group	Autumn 1st	Autumn 2nd	Spring 1st	Spring 2nd	Summer 1st	Summer 2nd
5 and 6 Cycle A (5)	<p>Topic: Games (Invasion)</p> <p>Core task – Wide attack Invasion-basketball</p> <p>Progression of skills -play competitive games, modified where appropriate -develop flexibility, strength, technique, control and balance -develop techniques of a variety of skills to maximise team effectiveness -use tactics when attacking or defending -apply rules of fair play to competitive games</p> <p>Skills from NC -use running, jumping, throwing and catching in isolation and in combination - play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p>	<p>Topic: OAA</p> <p>Core task – Search and rescue Communication and tactics</p> <p>Progression of skills -plan and have roles within the group based on strengths -understand individuals roles and responsibilities -adapt roles or ideas if they are not working -recognise and talk about the dangers of tasks -recognise how to keep themselves and others safe.</p> <p>Skills from NC -take part in outdoor and adventurous activity challenges both individually and within a team</p>	<p>Topic: Gymnastics</p> <p>Core task – Partner work Counter balance and tension</p> <p>Progression of skills -continue to develop control in rolling actions on the floor, off and along apparatus or in time with a partner -combine phases of earlier rolling actions to perform the full forward roll -begin a backward roll -explore balancing on combinations of 1/2/3/4 points -move in and out of balances fluently -perform a gymnastic sequence with clear changes of speed, 3 different balances with 3 different ways of travelling</p> <p>Skills from NC -develop flexibility, strength, technique, control and balance</p>	<p>Topic: Dance</p> <p>Core task – What's so funny? The Circus</p> <p>Progression of skills -create longer, challenging dance phrases -select appropriate movement material to express ideas/thoughts/feelings -Choreographic devices motif, and repetition -structure a dance phrase, connecting different ideas -link phrases to music</p> <p>Skills from NC - perform dances using a range of movement patterns -compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>SWIMMING Topic: Athletics</p> <p>Core task – Distance challenge Competition</p> <p>Progression of skills -organise small groups safely Throw with greater accuracy and control -set realistic targets for self -perform a range of warm up exercises -Identify the main strengths or a performance -explain why athletics can help stamina and strength</p> <p>Skills from NC -develop flexibility, strength, technique, control and balance</p>	<p>SWIMMING Topic: Games (Striking and fielding)</p> <p>Core task – Zone rounders Striking and Fielding- Rounders</p> <p>Progression of skills -play competitive games, modified where appropriate -develop flexibility, strength, technique, control and balance -develop techniques of a variety of skills to maximise team effectiveness -use tactics when attacking or defending -apply rules of fair play to competitive games</p> <p>Skills from NC -use running, jumping, throwing and catching in isolation and in combination -play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p>



Year group	Autumn 1st	Autumn 2nd	Spring 1st	Spring 2nd	Summer 1st	Summer 2nd
5 and 6 Cycle B (6)	<p>Topic: Games (invasion)</p> <p>Core task – Grid rugby Invasion-Tag rugby</p> <p>Progression of skills -play competitive games, modified where appropriate -develop flexibility, strength, technique, control and balance -develop techniques of a variety of skills to maximise team effectiveness -use tactics when attacking or defending -apply rules of fair play to competitive games</p> <p>Skills from NC -use running, jumping, throwing and catching in isolation and in combination - play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p>	<p>Topic: OAA</p> <p>Core task – Crystal star challenge Problem solving</p> <p>Progression of skills -plan and have roles within the group based on strengths -understand individuals roles and responsibilities -adapt roles or ideas if they are not working -recognise and talk about the dangers of tasks -recognise how to keep themselves and others safe.</p> <p>Skills from NC -take part in outdoor and adventurous activity challenges both individually and within a team</p>	<p>Topic: Gymnastics</p> <p>Core task – Acrobatic gymnastics Matching and mirroring</p> <p>Progression of skills -continue to develop control in rolling actions on the floor, off and along apparatus or in time with a partner -combine phases of earlier rolling actions to perform the full forward roll -begin a backward roll -explore balancing on combinations of 1/2/3/4 points -move in and out of balances fluently -perform a gymnastic sequence with clear changes of speed, 3 different balances with 3 different ways of travelling</p> <p>Skills from NC -develop flexibility, strength, technique, control and balance</p>	<p>Topic: Dance</p> <p>Core task – Making the grade Carnival Progression of skills -create longer, challenging dance phrases -select appropriate movement material to express ideas/thoughts/feelings -Choreographic devices motif, and repetition -structure a dance phrase, connecting different ideas -link phrases to music</p> <p>Skills from NC - perform dances using a range of movement patterns -compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>SWIMMING Topic: Athletics</p> <p>Core task – Developing athletes Running Progression of skills -organise small groups safely Throw with greater accuracy and control -set realistic targets for self -perform a range of warm up exercises -Identify the main strengths or a performance -explain why athletics can help stamina and strength</p> <p>Skills from NC -develop flexibility, strength, technique, control and balance</p>	<p>SWIMMING Topic: Games (Striking and fielding)</p> <p>Core task – Cricket Durham Striking and fielding-Cricket Progression of skills -play competitive games, modified where appropriate -develop flexibility, strength, technique, control and balance -develop techniques of a variety of skills to maximise team effectiveness -use tactics when attacking or defending -apply rules of fair play to competitive games</p> <p>Skills from NC -use running, jumping, throwing and catching in isolation and in combination -play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p>

