

Physical Education

	Michaelmas Term	Lent Term	Trinity Term
Reception	<p>Gymnastics</p> <p>Pupils understand how their bodies can move, appreciate stillness and controlling actions. They can find 'space' safely with an awareness of others and equipment / environment. They can perform basic static positions / actions as well as perform simple movement patterns. Key concepts of the EYFS (physical development) are incorporated and promoted throughout the activities.</p>	<p>Sports Skills</p> <p>Basic generic ball skills are introduced and practiced at length to develop competency and confidence. This includes primarily the ability to send and receive various objects using different parts of the body as well as equipment such as bats and rackets. The concepts of working as a team or in a pair and taking turns are promoted to aid cooperative skills.</p>	<p>Athletics</p> <p>This unit lays the foundations for future athletics units by introducing the three key components of athletics (running, throwing and jumping). Pupils are encouraged to explore different speeds of running, different ways of sending objects (aiming for both accuracy & distance) as well as using their bodies effectively to jump.</p>
Prep One	<p>Gymnastics</p> <p>Pupils will become familiar with the teaching area (including an appreciation of themselves, others & equipment) and understand the expected behaviour in PE. They will understand how their bodies move, the concept of stillness and controlling their actions. They will be able to find space safely with an awareness of others and equipment. They can construct simple movement patterns incorporating basic gymnastic movements as well as copying others actions.</p>	<p>Sports Skills</p> <p>This unit seeks to develop the practical competence, coordination and motor skills necessary to play 'games'. Generic skills such as send and receiving various objects with the body and equipment (hitting) will be practised and begin to be applied to modified games or tasks. Within these games they will start to appreciate tactics and how to succeed.</p>	<p>Athletics</p> <p>This unit of work will develop further the introduction made previously into three components of athletics (running, jumping & throwing). Pupils will have more opportunities to practice running at different speeds and with agility, throw objects with increased distance and begin to appreciate how to use their bodies to jump for height and for distance.</p>
Prep Two	<p>Gymnastics</p> <p>Pupils will explore gymnastic actions with an emphasis on increased quality and variety of performance. Pupils are challenged to include apparatus in sequence work as well as including contrasting ('unlike') actions that are linked together effectively. Pupils are given more open-ended tasks and encouraged to think independently as individuals or pairs.</p>	<p>Sports Skills</p> <p>Pupils will continue to practice basic generic games skills whilst also applying them to situations that demand simple choices and decisions to succeed (avoid opponents, keep possession and create opportunities to score). Emphasis will be placed on greater consistency of success with basic skills as well as creating a greater understanding of technique and tactics.</p>	<p>Athletics</p> <p>This unit identifies the key generic skills necessary for the different athletic events and how best to use a range of techniques in the three core activities (running, jumping & throwing). Simple tactics will be developed as they consolidate and improve the quality and range of techniques used as specific athletics events are identified.</p>

Prep Three	<p>Gymnastics Pupils begin to have an appreciation what their bodies can do in space and on apparatus and have an understanding of control, balance and spatial awareness whilst completing various gymnastic actions (shapes, balances, rolls, jumps, travels & weight on hands).</p>	<p>Health & Fitness This unit focuses on forming the basis for complete units of work on Health and Fitness Activities in the future and exposing pupils to problem-solving and team building activities. Pupils will appreciate how their body reacts (visual changes) to physical activity and begin to appreciate the importance and significance of regular forms of exercise.</p>	<p>Sports Skills Pupils will have opportunities to practice sending and receiving a variety of objects with their hands, feet and different implements. These skills will be applied to modified games where pupils will also gain an understanding of the basics of attack and defence in the three styles of games as well as begin to appreciate decision making and team work.</p>		<p>Athletics This unit forms the basis for future years by introducing generic concepts of running (sprint & longer distance), throwing for distance and jumping (for height and for distance). Pupils are encouraged to identify key technical and tactical elements for each event and evaluate what constitutes good technique.</p>
Prep Four	<p>Gymnastics Pupils will have a greater appreciation of gymnastic qualities including control and partner relations. They will be able to execute movements with improved technique and clear defined body shapes whilst focusing on the themes of flight and travelling. Sequences are more complex including changes of level, speed and direction.</p>	<p>Health & Fitness This unit focuses on increasing awareness of health and fitness issues including how the body responds to exercise and the visible effects. Also a greater appreciation of how to work with others to meet challenges and tasks of a problem-solving nature.</p>	<p>Sports Skills Pupils will have opportunities to acquire and develop generic skills and tactical understanding and then apply and refine them in game situations. They will be encouraged to transfer tactical understanding between different games understanding how to outwit or gain an advantage over an opponent. Appreciate and apply basic rules of a game.</p>		<p>Athletics This unit develops the generic principles of running fast and pacing over longer distances, throwing for distance and jumping for height & distance with the aim of identify techniques and tactics for specific events. Pupils are encouraged to evaluate their own and others performance and apply skills and understanding from other units.</p>
Prep Five	<p>Basketball Pupils will adapt basic games and sports skills learnt previously to</p>	<p>Gymnastics Pupils will perform more complex moves as part of a sequence</p>	<p>Health & Fitness This unit intends to add depth of understanding of how the body responds to</p>	<p>Hockey Pupils will learn how to control the ball with greater consistency</p>	<p>Athletics This unit develops technical understanding of the different athletic activities of running, jumping and throwing. Specifically how to run faster or</p>

	<p>basketball including keeping possession, attacking & defending and decision making skills. They will be able to perform skills specific to basketball and select and apply them to competitive situations.</p>	<p>and apply them with a partner or small groups using a variety of actions and relationships. Greater emphasis placed upon control and variety of actions using more complex apparatus including vaulting set ups.</p>	<p>exercise and the importance of it as part of a healthy lifestyle. It begins to link elements of fitness and skill to sporting performance. It outlines the components of a warm up as well as its importance to sporting performance.</p>	<p>whilst on the move and when passing / receiving using their stick. They will also transfer generic invasion game skills and tactical understanding taught in previous years as well as other team games. There will be opportunities to apply these generic and specific skills to game situations.</p>	<p>for longer, how to throw different object using different actions and to jump for both distance and height in actual athletics events. Greater emphasis is placed on evaluating performance.</p>
<p>Prep Six</p>	<p>Basketball Pupils will develop a greater understanding of the game of basketball by applying general invasion games skills and knowledge as well as specific skills taught previously. They will understand have a greater appreciation of rules and tactics specific to basketball as well as making the most out of the possession a team has in a game.</p>	<p>Gymnastics Pupils will develop floor work to include greater difficulty of actions by working in pairs and in groups to build sequences that include an appreciation of travelling, balance & flight. These themes are also transferred to more complex vaulting techniques.</p>	<p>Health & Fitness This unit intends to give greater scientific knowledge as to how the body reacts to exercise as well as the visible changes. It starts to apply the understanding of warming up into practical situations and the worth of physical activity as part of a healthy lifestyle.</p>	<p>Hockey Pupils will have the opportunity to develop and apply their hockey specific skills and understanding further in both structured practices and conditioned game situations. Greater emphasis will be placed on working as a team in both attack and defence whilst applying both game specific and generic tactical principles common with invasion games.</p>	<p>Athletics Within this unit pupil will extend their understanding of technique and develop practical performance of different athletics events with greater emphasis placed on competition and setting and achieving targets. Through the identification of key points and features, pupils will be able to evaluate their own and others work constructively.</p>