



PE	Autumn	Spring	Summer
<p>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none">• use running, jumping, throwing and catching in isolation and in combination• play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending• develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	<p>Invasion Games (Tag Rugby) Refine passing and moving to create attacking opportunities Explore different passes that can be used to outwit defenders Refine defending as a team Create and apply defending tactics. Develop officiating</p> <p>Invasion Games (Netball) Recap and refine dribbling and passing to create attacking opportunities Develop marking Refine shooting Refine attacking skills, passing, dribbling and shooting introduce officiating</p>	<p>Attacking and Defending Consolidate dribbling and passing to maintain possession to create scoring opportunities Refine attacking skills Refine defensive skills: Transition from defence to attack</p> <p>Gym Introduction to Counter Balance Application of Counter Balance learning onto apparatus Sequence formation Counter Tension Sequence completion Introduction to Flight: Developing Jumping Developing Flight: Jumping and Turning Application of 'Jumping,' learning, onto apparatus Combining jumping on apparatus with Canon and Unison</p>	<p>Striking and Fielding Cricket- Refine batting, batting and bowling tactics Refine fielding stopping, catching and throwing Combine bowling and fielding creating and applying tactics Introduce umpiring and scoring Rounders- Develop fielding tactics maximising players Understand what happens if the batter misses the ball Refine fielding tactics, what players where? Applying tactics in mini games</p> <p>Athletics Finishing a race Evaluating our performance Sprinting: My personal best Relay changeovers Shot Put Introducing the Hurdles</p>



<p>perform dances using a range of movement patterns</p> <ul style="list-style-type: none">• take part in outdoor and adventurous activity challenges both individually and within a team• compare their performances with previous ones and demonstrate improvement to achieve their personal best.			
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