



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) Consolidate passing and moving Consolidate defending Create, understand and apply attacking/defending tactics in game situations Consolidate attacking and defending in mini games</p> <p>Invasion Games (Netball) Consolidate keeping possession, develop officiating Consolidate defending Create, understand and apply attacking/defending tactics in game situations</p>	<p>Attacking and Defending Consolidate attacking: Possession scenarios Consolidate defending: Defensive scenarios Application of 'powers' into game play to challenge tactical thinking</p> <p>Gym Introduction to matching /mirroring Application of matching mirroring learning onto apparatus Sequence development Creating Sequences- Challenging creativity Sequence development Sequence performance</p>	<p>Striking and Fielding Cricket- Consolidate batting, fielding and bowling Create, understand and apply attacking and defensive tactics in game Rounders- Introduction to full rounders Consolidate fielding tactics Refine our understanding of what happens if the batter misses or hits the ball backwards Batting considerations</p> <p>Athletics Running for speed competition Running for distance competition Throwing competition Jumping competition</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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