

PHYSICAL EDUCATION

'Intelligence and skills can only function at the peak of their capacity when the body is healthy and strong' – John F Kennedy

CONCEPTS	SKILLS	VOCABULARY	SPIRALS
Competition – with self and others Health Fitness Fairness Respect Physical activity Teams Tactics Wellbeing	Hand eye co-ordination Balance Rolling Travelling Running Jumping Throwing Catching Agility Co-ordination Teamwork Attacking Defending Flexibility Strength Technique Control Compare Improve Striking Fielding Marking Evasion / dodging	Competence Sustained Evasion Tackle Dribbling Passing Athletics Athlete Gymnast Flight Sportsman/woman Agility Co-ordination Teamwork Attacking Defending Apparatus Warm up Fitness Health Wellbeing	Basketball Football Tag Rugby Netball Cricket Gymnastics Dance Athletics Outdoor and adventurous education Health & Wellbeing Games for understanding Learning through play

Games / Athletics - Complete PE

Physical Education	Autumn		Spring		Summer	
EYFS	Agility Skills (Locomotive skills - Walking 1)	Agility skills (Locomotive skills - Jumping 1)	Ball Skills (Hands 1)	Ball Skills (Feet 1)	Ball Skills (Rackets, bats, balls and balloons)	Athletics / Prep for Sports Day
Year 1	Agility Skills (Locomotive skills - Running 1)	Ball skills (Hands 1)	Agility Skills (Jumping 1)	Ball Skills (Feet 1)	Ball Skills (Rackets, bats and balls)	Athletics / Prep for Sports Day
Year 2	Ball Skills (Hands 2)	Agility Skills (Dodging 1)	Ball Skills (Feet 1)	Agility Skills (Jumping 1)	Ball Skills (Rackets, bats and balls)	Athletics / Prep for Sports Day
Year 3	Basketball	Hockey	Football	Tennis	Cricket	Athletics / Prep for Sports Day
Year 4	Basketball	Tag Rugby	Football	Tennis	Cricket	Athletics / Prep for Sports Day
Year 5	Netball	Tag Rugby	Football	Tennis	Cricket	Athletics / Prep for Sports Day
Year 6	Netball	Tag Rugby	Football	Tennis	Cricket	Athletics / Prep for Sports Day

Gymnastics / Dance

Dance – DDMix

Gymnastics & Summer Term – Complete PE

Physical Education	Autumn		Spring		Summer	
EYFS	Gymnastic (Moving)	<u>Dance DDMIX Unit 1 Animals and places</u>	Gymnastics (High, Low, Over, Under)	<u>Dance DDMIX Unit 2 Exploring Gestures and Movements</u>	Games for Understanding (Attack vs Defence)	<u>Dance DDMIX Unit 3 Seasons</u>
Year 1	Gymnastic (Body Parts)	<u>Dance DDMIX Unit 1 Park and play</u>	Gymnastics (Wide, Narrow, Curled)	<u>Dance DDMIX Unit 2 – African Dance</u>	Learning through play (Playing Games)	<u>Dance DDMIX Unit 3 – Aboriginal Dance</u>
Year 2	Gymnastic (Linking)	<u>Dance DDMIX Unit 1 – Mood, Emotions & Feelings</u>	Gymnastics (Pathways)	<u>Dance DDMIX Unit 2 - Sports</u>	Team Building	<u>Dance DDMIX Unit 3 – Lumberjack Hoedown</u>
Year 3	Gymnastic (Cannon & Unison)	<u>Dance DDMIX Unit 1 – African Dance</u>	Gymnastics (Symmetry & Asymmetry)	<u>Dance DDMIX Unit 2 - Japanese Dance</u>	Outdoor and adventurous activities (Communication & Tactics)	Outdoor and adventurous activities (Problem Solving)
Year 4	Gymnastic (Bridges)	<u>Dance DDMIX Unit 1 - 1980's</u>	Gymnastics (Levels & Direction)	<u>Dance DDMIX Unit 2 - Disco</u>	Outdoor and adventurous activities (Orienteering)	Health and Wellbeing (Mindfulness)
Year 5	Gymnastic (Counter balance & Counter tension)	<u>Dance DDMIX Unit 1 Line Dancing</u>	Gymnastics (Flight)	<u>Dance DDMIX Unit 2 Arabian Dance</u>	Outdoor and adventurous activities (Problem Solving)	Outdoor and adventurous activities (Orienteering)

Year 6	Gymnastic (Creating sequences	<u>Dance DDMIX</u> <u>Unit 1 The</u> <u>Charleston</u>	Gymnastics (Matching & Mirroring)	<u>Dance DDMIX</u> <u>Unit 2</u> <u>Bollywood</u>	Outdoor and adventurous activities (Leadership)	Health & Wellbeing (Health related fitness)
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