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| **AUTUMN 1**  |
| **YEAR 3** | **YEAR 4** | **YEAR 5** | **YEAR 6** |
| **GYMNASTICS (7 weeks) - COACH LED PE LESSONS** |
| Use a number of own ideas for movement in response to a task.Know the principles of balance, agility, and co-ordination and be able to apply them correctly. | **Prepare the year group for Tri-golf festival**. Perform 3 different rolls (shoulder, forward, back).Travel and balance using good body control.  | Follow a set of rules to produce a short sequence.Create mirror/canon pairs.Improve on placement and balance ability. | Select suitable routines to perform to different audiences.Transfer sequence into other routines. Perform a simple floor sequence. |
| **DANCE (7 weeks) - TEACHER LED PE LESSONS** |
| Respond to music in time.Respond to music to express a variety of moods and feelings. | Perform clear and fluent dances that show sensitivity to various ideas. Make up a dance within a small group. | Perform fluent dances. Adapt and refine dances that vary in direction, space, and rhythm. | Create and perform dances in a variety of styles.Be aware of musical structure, rhythm and mood. |
| **AUTUMN 2** |
| **YEAR 3** | **YEAR 4** | **YEAR 5** | **YEAR 6** |
| **CROSS COUNTRY (8 weeks) – COACH LED PE LESSONS** |
| Learning how to keep pace.Repetitive practice of laps and pace to improve performance. | Focus on pace for 5 laps.Run with agility and confidence, keeping the distance in mind. | **Prepare the Y5 group for the Fun Run festival.** Fitness and running pace, endurance over a long distance. 7-10 laps. | Distance running between 8-12 laps, keeping the pace.Demonstrate an improvement in fitness and ability |
| **BALL SKILLS / NETBALL (8 weeks) - TEACHER LED PE LESSONS** |
| Makes a series of passes.Use chest and shoulder passes accurately. Understand space. | Use a range of defending and attacking techniques in a game.Introduce stepping rules. | Use all three passes correctly Tactics within the game. Ensure all rules are followed. | Ability to play a full netball game, defence and attack positions. Accurate passing. |
| **SPRING 1** |
| **YEAR 3** | **YEAR 4** | **YEAR 5** | **YEAR 6** |
| **HOCKEY (7 weeks) - COACH LED PE LESSONS** |
| Introduction to hockey, simple passing, and defending styles. Basic rules of the game. | Change the direction of travel by rotating and turning the stick.Use a push pass to make a direct accurate pass. Attempt to score a goal inside a designated scoring area. | Change direction, dribbling techniques, be able to choose between two different passes.Make a direct pass while dribbling. | Use speed, changing direction and dribbling techniques.Use a range of passes knowing which ones depending on the distance required. |
| **FITNESS (4 weeks) and ORIENTEERING (3 weeks) - TEACHER LED PE LESSONS** |
| Recognise and describe the effects of exercise on the body.Know the importance of strength and flexibility for physical activity. | Describe how the body reacts at different times and how this affects our performance. | Be able to lead a warm up or cool down session with peers. Be fully aware of the importance of exercise. | Understand the joint effort of exercise, healthy eating, fitness and well-being.Is eager to improve fitness and health levels.  |
| Orientate themselves with increasing confidence around a short trail. | Start to recognise features of an orienteering course. Communicate clearly. Begin to use a map to complete an orienteering course successfully.  | Successfully use a map to complete orienteering course.Begin to use a compass for navigation around the course. | Design own orienteering course that is clear to follow yet offers challenges to peers. Work effectively, showing leadership skills when necessary.  |
| **SPRING 2** |
| **YEAR 3** | **YEAR 4** | **YEAR 5** | **YEAR 6** |
| **TENNIS (5 weeks) – COACH LED PE LESSONS** |
| Introducing forehand and backhand passes. Begin to work on a serve pass and receiving a ball. | Tap the ball to a partner, back and forth over a small space.Tap the ball over the net,serve the ball successfully. | Demonstrate the correct swing techniques for various shots.Serve the ball, beginning to aim for certain spaces. | Knowledge of the rules of tennis, including line names and pass styles. Ability to play a set. |
|  **INVASION GAMES (5 weeks) – TEACHER LED PE LESSONS** |
| Invasion games.Teach various games so that the children gain a wide variety of knowledge. Cover the rules and aims of each game. | Invasion games. Teach various games so that the children gain a wide variety of knowledge. Cover the rules and aims of each game. | Tag Rugby. Ensure children know the rules of tag rugby ahead of the family festival. | Tag Rugby. Ensure children know the rules of tag rugby ahead of the family festival. |
| **SUMMER 1** |
| **YEAR 3** | **YEAR 4** | **YEAR 5** | **YEAR 6** |
| **ROUNDERS (3weeks) and CRICKET (3 weeks) – COACH LED PE LESSONS** |
| Be able to play a simple rounders game understanding the rules.Fielding, bowling, and hitting. | Develop a range of rounders skills that can be applied in a competitive game. | Play in a team understanding the rules.Throw and catch under pressure in a competitive game. | Apply rounders rules consistentlyUse a wide range of tactics for attacking and defending in role of bowler, fielder and batter. |
| **ATHLETICS (6 weeks) - TEACHER LED PE LESSONS** |
| Identify athletes for Annual sports day. Understand the idea of relay, passing the baton in a team. Compete in a competition. | Identify athletes for Annual sports day, prepare names. Take part in competitive situation | Identify athletes for Annual sports day, correct technique to run at a fast speed, Ability to run long distance. | Identify athletes for Annual sports day, competitive relay races. Prepare for sports day events. |
| **SUMMER 2** |
| **YEAR 3** | **YEAR 4** | **YEAR 5** | **YEAR 6** |
| **SWIMMING (7 weeks) - COACH LED PE LESSONS** |