




PE – Two Year Cycle

Year 1	Autumn		Spring		Summer	
	1	2	1	2	1	2
Teacher – YR/1	Bean bag games	Dance	Ball games	Gymnastics	Bat and ball skills	Athletics
Coach – YR/1/2	Football	Football	Rugby	Rugby	Multi skills	OAA
Teacher – Y2/3	Dance	Golf	Gymnastics	Tennis	Cricket	Athletics
Teacher –Y4/5/6	Netball	Gymnastics	Dance	Tennis	Cricket	Athletics
Coach – Y3/4/5/6 (with 10 – 15 swimming)	Football	Football	Rugby	Rugby	Rounders	OAA
	Swimming (Y3 x12)	Swimming (Y4 x5 + Y5 x10)	Swimming (Y6 x 10)	Swimming (Y3 x12)	Swimming (Y4 x5 + Y5 x10)	Swimming (Y6 x 10)



PE – Two Year Cycle

 PE – Two Year Plan			
Year 2	Autumn	Spring	Summer



PE – Two Year Cycle



PE – Two Year Plan

	1	2	1	2	1	2
Teacher – YR/1	Bean bag games	Dance	Ball games	Gymnastics	Bat and ball skills	Athletics
Coach – YR/1/2	Football	Football	Rugby	Rugby	Multi skills	OAA
Teacher – Y2/3	Dance (Autumn dance and traditional harvest)	Hockey	Gymnastics	Tennis	Cricket	Athletics
Teacher –Y4/5/6	Netball	Dance	Handball	Tennis	Cricket	Athletics
Coach – Y3/4/5/6	Football	Football	Rugby	Rugby	Rounders	OAA
	Swimming (Y3 x12 + Y4 x2)	Swimming (Y4 x3 + Y5 x10)	Swimming (Y6 x 10)	Swimming (Y3 x12 + Y4 x2)	Swimming (Y3 x12 + Y4 x2)	Swimming (Y3 x12 + Y4 x2)

Teddy	Panda	Koala
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<p>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.</p> <p>They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none">• master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities• participate in team games, developing simple tactics for attacking and	<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	<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
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<p>defending</p> <ul style="list-style-type: none">perform dances using simple movement patterns	<ul style="list-style-type: none">develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]perform dances using a range of movement patternstake part in outdoor and adventurous activity challenges both individually and within a teamcompare their performances with previous ones and demonstrate improvement to achieve their personal best	<ul style="list-style-type: none">develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]perform dances using a range of movement patternstake part in outdoor and adventurous activity challenges both individually and within a team <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>
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Notes



PE – Two Year Cycle



PE – Two Year Plan

The two- year plan aims to ensure children understand how exercise is important in keeping themselves healthy and that this can be achieved within various sports and activities. Children will be given chance to participate in both team and individual sports/activities which will be both cardio and technical.

We intend that children will develop the skills and stamina so they are confident to participate in sporting activities including in competitions. We want them to enjoy sport and ensure they maintain this when they move to secondary school. As a result, we aim that each child is equipped with age-appropriate skills.

We encourage and nurture children to participate in extra- curricular activities both at school and through local clubs. It is important that throughout all teaching sequences, children focus on the importance of warming up and teachers should harness that desire to win/ do the best they possibly can in every part of the curriculum.

Links should be made with national and international sporting events as and when they occur and these should be celebrated within school where possible.

Children will be given the chance to attend festivals/ tournaments as appropriate throughout their time at Shebbear Community School.