



PE – Two Year Cycle 2021 - 2023

Year 1 2021/22	Autumn		Spring		Summer	
	1	2	1	2	1	2
Teacher – Teddy	Gymnastics	Dance	Ball games	Swimming	Swimming	Athletics
SSW– Teddy	Football	Football	Rugby	Rugby	Multi skills	OAA
Teacher – Panda	Dance	Swimming	Swimming	Tennis	Cricket	Athletics
SSW - Panda	Football	Football	Rugby	Rugby	Rounders	OAA
Teacher –Koala	Swimming	Gymnastics	Dance	Tennis	Cricket	Swimming
SSW - Koala	Football	Football	Rugby	Rugby	Rounders	OAA



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PE – Two Year Plan

Year 2	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 (Victorian)	Hockey (fitness 2020)	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



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PE – Two Year Plan

Teddy	Panda	Koala
<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	<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	<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



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<ul style="list-style-type: none">• participate in team games, developing simple tactics for attacking and defending• perform dances using simple movement patterns	<p>tennis], and apply basic principles suitable for attacking and defending</p> <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 patterns• 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	<p>tennis], and apply basic principles suitable for attacking and defending</p> <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 patterns• take 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



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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.