

Subject: Physical Education

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
NURSERY	Basic movement and spatial awareness. Sending and receiving skills (rolling)	Running skills using space successfully. Changing speed and direction. Learn the basic skill to catch a large ball.	To be able to climb onto and off different equipment using alternate feet and balanced.	Passing a large ball using their feet, working individually or with a partner.	Observes the effects of different activities on their bodies. Aiming and throwing skills.	Consolidating and recapping the skills and abilities learnt throughout the year.
RECEPTION	Experiments with different ways of moving and balancing.	Can climb on and jump off different apparatus, appropriately, safely and balanced.	Can show good spatial awareness when moving around, changing speed and directions to avoid obstacles and other children.	Shows increasing control with a ball when pushing, patting, throwing, catching or kicking it.	Focusing on movement (running & jumping) skills. Aiming and throwing skills.	Consolidating and recapping the skills and abilities learnt throughout the year.
YEAR 1	Ball Skills. To improve basic sending & receiving techniques, developing balance, agility and coordination.	Gymnastics. Explore movement actions with control and link them together. Develop basic skills travelling on benches, along, over, around, onto and off a bench.	African Dance. To understand beats in the music and develop gestures and ways of travelling. Can perform a dance in time to music and with fluency. Core Strength To identify techniques to improve core strength and agility.	Multi-Skills. Improve their throwing and aiming skills using a variety of balls and equipment. Travel in different ways and directions showing clear transitions between movements. Practice ABC (agility, balance & coordination)	Skipping Learn how to hop, same foot to same foot, jump two feet to two feet and be able to do these activities on the move. Develop the 'step hop' technique for a good skip without a rope. Skip with good balance and technique and explore different ways of skipping	Active Athletics. Learn to use varying speeds when running. How to travel in different ways, changing speeds from fast to slow. Explore different methods of throwing and how to throw safely. To know how to jump and land safely from two feet.
YEAR 2	Ball Skills To use hand-eye co- ordination to control a ball. Learn how to catch	Gymnastics To learn simple gymnastic actions with control. To perform	African Dance To work to music, creating movements that show rhythm and control.	Multi-Skills To understand the concepts of bases and to master ABC learnt	Skipping To explore different ways of jumping/hopping with	Active Athletics To run with agility and confidence. A change of speed and direction

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	different objects and to	basic balances and	Explore different levels	from year 1. Maintain	balance and accuracy.	when running , while
	target the receiver's	movements, combine	and speeds of	balance when changing	To perform skipping	maintaining balance. To
	hand when throwing. To	them into a routine.	movement, with good	direction and explore	moves with co-	learn the best jumping
	use over and under arm	Safely learn how to	body shape and	different ways of	ordination and balance.	techniques for distance.
	throws. Understand	adapt different balances	position.	twisting and turning. To		To throw different
		onto benches and		use skills learned in a		objects in a variety of
		apparatus	Core Strength	game situation.		ways, both safely and
			To develop and improve			for distance.
			core strength and			
			agility.			
YEAR 3	Invasion Games	Gymnastics/ Dancing	Cool Core Strength	Striking and Fielding	OAA	Athletics
	-To keep possession of a	To identify and practice	Be able to link agility	Games	To understand and	To practice throwing
	ball.	different body shapes.	and core strength	To develop and practice	begin to develop the	with accuracy for longer
	-Know how to dribble,	Develop symmetrical	activities together in the	different ways of	ideas of OAA, teamwork	distances and to use
	change direction and	and asymmetrical	correct way. Be able to	throwing and to know	and problem solving.	legs as well as arms
	maintain control.	balances and to perform	perform core strength	when each is		when throwing. Know
	-To use ABC – agility,	different balances with	moves with accuracy.	appropriate.		how to perform a
	balance & co-	a partner.		(over/underarm)		controlled long jump,
	ordination.			To improve the hand		using arms as well as
	-Develop different	To identify and practice		eye co-ordination skills		legs for take- off and
	passing skills.	the actions and		to strike a moving and a		landing safely under
		movements of Irish		stationary ball.		control and balanced.
		Dancing.		Consolidate catching a		
		To create a dance		ball.		
		routine that reflects the				
		style they are learning				
		and apply the key				
		components of Irish				
		Dancing.				
YEAR 4	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
	To become water	To become water	To become water	To become water	To become water	To become water
	confident. Be able to	confident. Be able to	confident. Be able to	confident. Be able to	confident. Be able to	confident. Be able to
	enter and leave the	enter and leave the	enter and leave the	enter and leave the	enter and leave the	enter and leave the
	pool. Swim confidently,	pool. Swim confidently,	pool. Swim confidently,	pool. Swim confidently,	pool. Swim confidently,	pool. Swim confidently,
	competently, and	competently, and	competently, and	competently, and	competently, and	competently, and

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	proficiently over a distance of 25metres.	proficiently over a distance of 25metres	proficiently over a distance of 25metres Swimming Life-saving skills Learn basic swimming life-saving skills and pool rescue, with first aid practice. (Swimmers)	proficiently over a distance of 25metres	proficiently over a distance of 25metres	proficiently over a distance of 25metres
YEAR 5	Invasion Games. To demonstrate accurate passing and receiving skills, footwork and hand/eye co- ordination. Develop skills in different passes, chest pass, bounce pass and overhead pass.	Gymnastics.	Gymnfit Circuits.	Striking & Fielding.	OAA	Athletics. To throw with accuracy and power, javelin. To learn the basic skills and correct technique when jumping for distance. Develop the ability and skills to run at speed and for distance.
YEAR 6	Invasion Games	Gymnastics.	Gymfit Circuits.	Striking & Fielding	OAA	Athletics.