

Princess Frederica CE
College Road, London, NW10 5TP
Phone: 0208 969 7756



VA Primary School
Head Teacher – Mr A Richards
Email: admin@princessfrederica.brent.sch.uk

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 co-ordination.	Gymnastics. Explore movement actions with control and link them together. Develop basic skills travelling on benches, along, over, around, onto and off a bench.	Gymfit Circuits To identify techniques to improve their balancing. Develop their balance, agility and co-ordination.	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 & co-ordination)	Throwing & Catching (field games) To learn skills for striking and fielding games. Control a ball using hands, understand the correct technique for catching and to practice throwing a ball underarm. Learn how to hold a racket/bat correctly and to hit a	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.



<p>YEAR 2</p>	<p>Ball Skills To use hand-eye co-ordination to control a ball. Learn how to catch different objects and to target the receiver's hand when throwing. To use over and under arm throws. Understand</p>	<p>Gymnastics To learn simple gymnastic actions with control. To perform basic balances and movements, combine them into a routine. Safely learn how to adapt different balances onto benches and apparatus</p>	<p>Gymfit Circuits To learn and practices a range of skills through a series of circuits. To learn basic movements as well as developing balance, agility and co-ordination</p>	<p>Multi-Skills To understand the concepts of bases and to master ABC learnt from year 1. Maintain balance when changing direction and explore different ways of twisting and turning. To use skills learned in a game situation.</p>	<p>ball using different bats Throwing & Catching To learn skills for playing striking and fielding games. Know how to throw a ball underarm with accuracy. Learn to receive and return a ball with good technique. To learn how to position the body to strike a ball and practice striking a small ball with a bat.</p>	<p>Active Athletics To run with agility and confidence. A change of speed and direction when running , while maintaining balance. To learn the best jumping techniques for distance. To throw different objects in a variety of ways, both safely and for distance.</p>
<p>YEAR 3</p>	<p>Swimming To become water confident. Be able to enter and leave the pool. Swim confidently, competently, and proficiently over a distance of 25metres.</p>	<p>Swimming To become water confident. Be able to enter and leave the pool. Swim confidently, competently, and proficiently over a distance of 25metres.</p>	<p>Swimming To become water confident. Be able to enter and leave the pool. Swim confidently, competently, and proficiently over a distance of 25metres.</p>	<p>Swimming To become water confident. Be able to enter and leave the pool. Swim confidently, competently, and proficiently over a distance of 25metres.</p>	<p>Swimming To become water confident. Be able to enter and leave the pool. Swim confidently, competently, and proficiently over a distance of 25metres.</p>	<p>Swimming To become water confident. Be able to enter and leave the pool. Swim confidently, competently, and proficiently over a distance of 25metres.</p>
<p>YEAR 4</p>	<p>Invasion Games. To keep possession of a ball. Know how to dribble, change direction and maintain control. To use ABC – agility, balance & co-ordination. Develop different passing skills.</p>	<p>Gymnastics. To identify and practice different body shapes. Develop symmetrical and asymmetrical balances and to perform different balances with a partner. Irish Dancing. To identify and practice</p>	<p>Gymfit Circuits. To understand that a circuit can be sport specific. Perform a simple ball skill circuit with understanding and accuracy.</p>	<p>Striking & Fielding. To develop and practice different ways of throwing and to know when each is appropriate. (over/underarm)To improve the hand eye co-ordination skills to strike a moving and a stationary ball.</p>	<p>Nimble Nets. To become familiar with balls and tennis rackets. To learn how to hold a racket and improve hand-eye co-ordination by sending and receiving a ball with a racket. To accurately serve underarm.</p>	<p>Athletics. To learn about different running paces for different distances. To understand the importance of arm work/action for running. To practice throwing with accuracy for longer distances.</p>



		the actions and movements of Irish Dancing. To create a dance routine that reflects the style they are learning and apply the key components of Irish Dancing.		Consolidate catching a ball.		
YEAR 5	<p>Invasion Games. To demonstrate basic passing and receiving skills, footwork and hand/eye co-ordination. Develop skills in different passes, chest pass, bounce pass and overhead pass.</p>	<p>Gymnastics. To identify and practice body shapes and balances. Perform gymnastic moves with control and accuracy, developing different sequence work.</p>	<p>Gymfit Circuits. To understand why fitness is good for health and well-being. Perform a fitness circuit to improve strength and stamina and to develop consistency in technique.</p>	<p>Striking & Fielding. To develop skills in batting and fielding. Learn to use different fielding techniques, catching and throwing. Holding the bat and striking the ball accurately.</p>	<p>Nimble Nets. To identify and apply different techniques for hitting a tennis ball. Know the correct skill and technique for forehand, backhand and volley. Learn a basic serve to start a game.</p>	<p>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.</p>
YEAR 6	<p>Invasion Games To understand basic rules of different team games. Using ball-handling skills and to apply rules and skills learnt to a game</p>	<p>Gymnastics. To identify and practise gymnastic shapes and balances, using counter-balance and counter-tension body shapes. Show progression of floor work onto the apparatus.</p>	<p>Gymfit Circuits. To plan a personal programme that is suitable for each child, using the skills and knowledge learnt from previous lessons.</p>	<p>Striking & Fielding To throw and catch under pressure, using fielding skills to stop the ball effectively. Learn correct technique and batting control</p>	<p>Nimble Nets. To demonstrate and use the correct grip of the racket and how to get into the ready position to return a shot. Using good hand/eye co-ordination to be able to contact the ball/shuttlecock with the face of the racket. Develop the children's skills and ability to serve in a game.</p>	<p>Athletics. Learn different running styles and speed, demonstrating good arm and leg technique. To practice throwing with power and accuracy using different equipment.</p>