



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.	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.	Throwing and Catching (field games) To learn skills for striking and fielding. Practice basic striking, sending skills and receiving skills.	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



	different objects and to target the receiver's hand when throwing. To use over and under arm throws. Understand	basic balances and movements, combine them into a routine. Safely learn how to adapt different balances onto benches and apparatus	Explore different levels and speeds of movement, with good body shape and position. Core Strength To develop and improve core strength and agility.	from year 1. Maintain balance when changing direction and explore different ways of twisting and turning. To use skills learned in a game situation.	balance and accuracy. To perform skipping moves with co-ordination and balance.	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.
YEAR 3	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. BASKETBALL	Gymnastics To identify and practice different body shapes. Develop symmetrical and asymmetrical balances and to perform different balances with a partner.	Cool Core Strength Be able to link agility and core strength activities together in the correct way. Be able to perform core strength moves with accuracy.	Striking and Fielding Games 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. Consolidate catching a ball. TENNIS	Ball Skills To perform a range of actions, maintaining control of the ball. Perform a range of catching and gathering skills with control. NETBALL	Athletics To practice throwing with accuracy for longer distances and to use legs as well as arms when throwing. Know how to perform a controlled long jump, using arms as well as legs for take- off and landing safely under control and balanced.
YEAR 4	Swimming To become water confident. Be able to enter and leave the pool. Swim confidently, competently, and proficiently over a distance of 25metres.	Swimming To become water confident. Be able to enter and leave the pool. Swim confidently, competently, and proficiently over a distance of 25metres	Swimming To become water confident. Be able to enter and leave the pool. Swim confidently, competently, and proficiently over a distance of 25metres Swimming Life-saving skills	Swimming To become water confident. Be able to enter and leave the pool. Swim confidently, competently, and proficiently over a distance of 25metres	Swimming To become water confident. Be able to enter and leave the pool. Swim confidently, competently, and proficiently over a distance of 25metres	Swimming To become water confident. Be able to enter and leave the pool. Swim confidently, competently, and proficiently over a distance of 25metres

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			Learn basic swimming life-saving skills and pool rescue, with first aid practice. (Swimmers)			
	<p>Invasion Games To improve accuracy of passing. Learn how to receive a ball. Dribble with control. Learn how to support other players in a team and communicate with team members. FOOTBALL</p>	<p>Gymnastics To identify and practice different body shapes. To practice symmetrical and asymmetrical balances. Start to link moves to maintain the fluency of a sequence.</p>	<p>Gymfit Circuits To understand the basics of a fitness circuit. Learn the value of fitness and being healthy. Learn to evaluate own and others' performances.</p>	<p>Striking and Fielding Practice under and overarm throws. To be able to field a ball in different ways. Practice the correct technique for batting. CRICKET</p>	<p>Nets Become familiar with balls and tennis rackets. Accurately serve underarm. Learn to build a rally, focusing on accurate strokes. TENNIS</p>	<p>Athletics Learn how to modify stride length for different running distances. Demonstrate good running technique when jumping over hurdles.</p>
YEAR 5	<p>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. NETBALL</p>	<p>Gymnastics. Perform new gymnastic moves with control and accuracy. Learn how to work co-operatively with a partner. To work with a partner in unison to perform various balances.</p>	<p>Gymfit Circuits. Perform a fitness circuit that aims to improve strength and stamina. To understand the relevance of each activity.</p>	<p>Striking & Fielding. Hold the bat correctly and know how to place the ball when striking it. Know how to return the ball accurately to a team member. ROUNDERS, CRICKET</p>	<p>Nets. To develop the techniques for volleys. Identify and apply techniques for hitting a tennis ball. tennis</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 the importance of formations and positions in a game. To be able to identify which pass to make</p>	<p>Gymnastics. Learning to perform different counter balances and counter tension balances. To perform different sequences using</p>	<p>Gymfit Circuits. To develop a personal programme that is suitable for themselves.</p>	<p>Striking & Fielding To demonstrate good agility and balance in order to throw accurately. To learn how to play backstop and</p>	<p>Nets. Learn how to serve in order to start the game. To understand how to use different shots to beat an opponent in a game.</p>	<p>Athletics. To run efficiently for speed. To demonstrate good arm and leg technique. Practice throwing for distance.</p>

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	when in a game situation and why. FOOTBALL, BASKETBALL, HOCKEY, TAG RUGBY, NETBALL.	counter tension and balance.		wicketkeeper positions in a game. ROUNDERS, CRICKET	TENNIS	
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