

# PE Learning Journey 2020-21

## Reception

### PE AUTUMN

'Dance' 1

#### Key Learning this half term:

- Use a range of different ways to **travel**.
- Explore and develop understanding of **travelling steps, levels, shapes** and **directions**.
- Practise different **jumps** and **turns** using **coordination skills**.
- Use **rhythm** and **speed** in **dance**.



### PE SPRING

'Throwing & Catching' 1

#### Key Learning this half term:

- Develop basic **throwing** and **catching techniques**.
- Work **co-operatively** in a **pair** or in **small groups**.
- Apply a variety of **throwing** and **catching techniques** in **team games**.
- Work **co-operatively** in a **pair** or in **small groups**.



### PE SUMMER

'Athletics Based Movement' 1

#### Key Learning this half term:

- Develop basic **athletic knowledge** and **abilities**.
- Practise **running, jumping**.
- Watch and copy good examples to **develop techniques**.
- Demonstrate the ability to work in a **team**.



### PE AUTUMN

'Tag Games' 2

#### Key Learning this half term:

- **Moving** in a **dynamic** way.
- Being **aware** of **movements** of others. **shapes** and **directions**.
- **Developing** different **themed tag games**.
- Keeping **balance** while **moving** and changing **directions**.



### PE SPRING

'Coordination Games' 2

#### Key Learning this half term:

- Develop **balance, agility, coordination**.
- **Travel** in different ways.
- Apply **running, jumping, throwing, and catching skills**.
- Develop special **awareness** and **tactics** for **attacking** and **defending**.



### PE SUMMER

'Gymnastics' 2

#### Key Learning this half term:

- Develop understanding of **rhythmic gymnastics**.
- Apply knowledge of **shape, travelling** and **sequence** to move **rhythmically**.
- Introduce the use of **ribbons** to **performances**.
- Demonstrate the ability to work as a **team** in **pairs** or **small groups**





# PE Learning Journey 2020-21

## Year 1

### PE AUTUMN

'Dance' 1

#### Key Learning this half term:

- Learn to perform basic **dance actions**.
- Understand **mood** and **feeling** in **dance**.
- **Co-ordinate** dance in a pair or **small group**.
- Demonstrate good **teamwork** and **positive attitude**.



### PE SPRING

'Throwing & Catching' 1

#### Key Learning this half term:

- Develop **throwing** and **catching accuracy**.
- Apply a variety of **throwing** and **catching** techniques in **team games**.
- Demonstrate good **teamwork** and **positive attitude**.
- Learn to **throw** and **catch** at different **heights**.



### PE SUMMER

'Athletics Based Movement' 1

#### Key Learning this half term:

- Develop **athletic knowledge** and **abilities**.
- Practise **running**, **jumping** and **throwing**.
- Watch and copy good examples to **develop techniques**.
- Demonstrate the ability to work in a **team**.

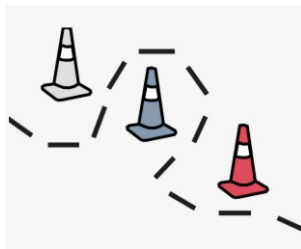


### PE AUTUMN

'Co-ordination Games' 2

#### Key Learning this half term:

- Change direction **quickly** and **efficiently**.
- Understand the need for **agility** in sport.
- Demonstrate agility using an **object** for example with a **ball** or a **cone**.
- Perform **running motions** while **travelling** through equipment.



### PE SPRING

'Gymnastics' 2

#### Key Learning this half term:

- Develop **co-ordination**, **balance**, **control**.
- Move **confidently** in different ways and directions.
- Make **shapes** with our **bodies**.
- Work in a **group** or with a **partner** successfully.



### PE SUMMER

'Tag Games' 2

#### Key Learning this half term:

- Further develop **co-ordination skills**.
- Practise **dribbling**, **hand eye co-ordination** and **kicking** skills.
- Apply skills to **kick a ball** and to **hit a ball** using a **racket** with **control**.
- Demonstrate skills through a variety of **competitive games**.





# PE Learning Journey 2020-21

## Year 2

### PE AUTUMN

'Invasion Games' 1

#### Key Learning this half term:

- Apply **co-ordination** in **competitive games**.
- Develop advanced understanding of **balance**.
- Show knowledge of **agility** in a variety of **sports**.
- Recognise **space** in games and learn how to use it effectively.



### PE SPRING

'Throwing and Catching' 1

#### Key Learning this half term:

- Practise different **types of throwing** using a variety of **equipment** to improve **accuracy**.
- Develop the accuracy of **catching skill** through **hand and eye co-ordination** activities.
- Apply **throwing and catching** skills to play **team games**.
- Demonstrate the ability to participate with **good teamwork** and **positive attitude**.



### PE SUMMER

'Athletics' 1

#### Key Learning this half term:

- Apply and develop knowledge of **running, jumping and throwing** to **develop athletic ability**.
- Watch and copy good examples to **develop understanding of techniques**.
- Apply **techniques** to improve **speed** and **strength**.
- Demonstrate the ability to work in a **team**.
- Practise **running** at different **speeds**.



### PE AUTUMN

'Gymnastics' 2

#### Key Learning this half term:

- Show different **shapes of jumping**.
- Experiment with **balancing** on different **body parts**.
- Attempt simple **rolls** eg. **log roll** and **dish roll**.
- Explore linking **jumps** and **balances** for **performances**.



### PE SPRING

'Co-ordination' 2

#### Key Learning this half term:

- Enhance basic **movement skills** including **running, jumping, throwing and catching**.
- Develop skill such as **balance, agility** and **hand-eye co-ordination**.
- Apply **movement skills**, and special **awareness** to **small team games**.
- Learn simple **tactics** for **attacking and defending an opponent**.
- **Participate** in all activities with **good sportsmanship** and **teamwork skills**.

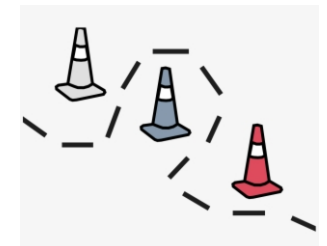


### PE SUMMER

'Ball Game Skills' 2

#### Key Learning this half term:

- Strengthen and **develop co-ordination skills**.
- Apply Knowledge of **dribbling, hand eye co-ordination** and **kicking** skills.
- **Kick a ball** and **hit a ball** using a **racket** with increased **strength** and **control**.
- Apply skills through a variety of **competitive games**.
- Demonstrate the ability to work well towards our own





# PE Learning Journey 2020-21

## Year 3

### PE AUTUMN

'Athletics' 1

#### Key Learning this half term:

- Learn the correct **techniques** needed to successfully **sprint**.
- Explore different **techniques** to aid **accurate athletic throws**.
- Demonstrate **two foot jumps** for **distance**.
- Demonstrate the ability to work well towards **personal targets** as well as in a **pair/team**.



### PE SPRING

'Dance' 1

#### Key Learning this half term:

- **Enhance** individual and group **dance** skills.
- Create and perform short **performances**.
- Communicate different **moods** and **feelings**.
- Take **inspiration** from different **times** and **cultures**.



### PE SUMMER

'Volleyball' 1

#### Key Learning this half term:

- Enhance existing **throwing** and **catching** skills.
- Learn the **rules** and **terminology** required to successfully play **volleyball**.
- Participate in small **team games**.
- Demonstrate **catching** and **throwing** the ball over a net.



### PE AUTUMN

'Football' 2

#### Key Learning this half term:

- **Dribble** with different parts of the foot.
- Pass the ball and move to create **combinations**.
- Understand the importance of checking a **space** before **moving**.
- Explore ways of **creating power** when **shooting**.



### PE SPRING

'Gymnastics' 2

#### Key Learning this half term:

- Apply **co-ordination**, **balance** and **control**.
- Safely apply **skills** to variety of **apparatus**.
- Create a **sequence** of **movements** which include **apparatus**.
- Successfully work as a **group** and **individually**.



### PE SUMMER

'Tennis' 2

#### Key Learning this half term:

- Apply **balance** and **coordination**.
- Develop the use of a variety of **tennis shots**.
- Use **consistent actions** and **movements**.
- Display **good sportsmanship** with an **opponent**.





# PE Learning Journey 2020-21

## Year 4

### PE AUTUMN

'Athletics' 1

#### Key Learning this half term:

- Demonstrate a basic understanding of **long distance running**.
- Apply knowledge of **pace** to a longer run.
- Apply **strength** and **aim** to successfully **throw** for **increased distances**.
- **Run** over **longer distances**.

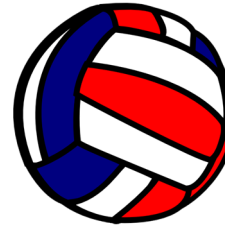


### PE SPRING

'Volleyball' 1

#### Key Learning this half term:

- Use the **set shot** in a competitive game.
- Understand the **3/3 formation**.
- Demonstrate the **pop serve**.
- Demonstrate good **team work** and **positive attitude**.



### PE SUMMER

'Dance' 1

#### Key Learning this half term:

- Perform different types of **turn** using **hand apparatus**.
- Perform basic **rhythmic gymnastics movements** using a **hoop**.
- Demonstrate **rolling** while using **hand apparatus**.
- Demonstrate a range of **movements** with a **partner**, in **time to music**.



### PE AUTUMN

'Gymnastics' 2

#### Key Learning this half term:

- Apply **balance**, **control** and **coordination**.
- **Safely** apply **gymnastic skills** to **apparatus** with **confidence**.
- Attempt more **advanced gymnastic skills** and **analyse** and **develop** existing skills.
- Perform **forwards rolls** from standing to standing.



### PE SPRING

'Tennis' 2

#### Key Learning this half term:

- Develop **racket control**.
- Apply **forehand shots** and **backhand shots**.
- Apply skills in a **competitive** situation.
- Apply **positive attitude** and **good team spirit**.

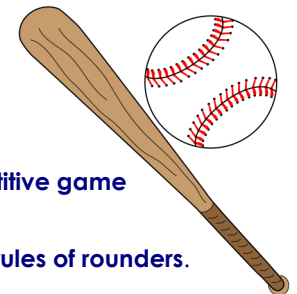


### PE SUMMER

'Rounders' 2

#### Key Learning this half term:

- Understand how to **return a ball** efficiently.
- Demonstrate the correct **technique** to **bat the ball** in **rounders**.
- Demonstrate the correct **technique** to **bowl the ball**.
- Apply skills to play a **competitive game** of **rounders**.
- Develop knowledge of the **rules of rounders**.





# PE Learning Journey 2020-21

## Year 5

### PE AUTUMN

'Football' 1

#### Key Learning this half term:

- Demonstrate effective **dribbling** with a ball.
- Use different parts of foot and show **control**.
- Demonstrate **passes** and move to create **combinations**.
- Understand why it is important to check a **space** before moving.
- Participate with strong **team work** and good sportsmanship.



### PE SPRING

'Dance' 1

#### Key Learning this half term:

- Learn **history** and **influence** of different **dance styles**.
- **Enhance technique** of core dance **movements**.
- **Improvise** dance to **music**.
- Perform **group** and **individual** dance **routines**
- Demonstrate good **form**, use of **levels** and **dynamics**.



### PE SUMMER

'Athletics' 1

#### Key Learning this half term:

- Understand the combinations of **muscles** and **movements** involved in good **sprinting technique**.
- Demonstrate how to **safely pass** a **baton** to a **team member**.
- Understand the **changes/effect** that **athletic activities** have on the **body**.



### PE AUTUMN

'Football' 2

#### Key Learning this half term:

- Demonstrate **control** and **agility** when **dribbling** with a **ball**.
- Demonstrate the ability to **control** a **ball pass** with **accuracy**.
- Incorporate **speed**, **accuracy** and **agility** to develop **football skills**.
- Demonstrate **good sportsmanship** throughout.



### PE SPRING

'Tennis' 2

#### Key Learning this half term:

- Develop **existing skills** to **increase agility**, **balance** and **co-ordination**.
- Apply **technical knowledge** to **enhance** and **perform** a **variety of shots** including, the **backhand drive**, **forehand drive** and '**volleying**'.
- Understand the **point system** and **rules of tennis**.
- Participate in **matches** and understand ways to **outwit** an **opponent** in a competitive **game**.
- Demonstrate good **sportsmanship** skills.



### PE SUMMER

'Rounders' 2

#### Key Learning this half term:

- Understand the importance of **hand-eye coordination** in **rounders**.
- Apply **different types** of **throw** and **catch**.
- **Bowl** and **throw** with increased **speed** and **accuracy**.
- Develop **consistency** in **movement** and **action** when **batting**.
- Understanding how to **field** and how to **score points**.





# PE Learning Journey 2020-21

## Year 6

### PE AUTUMN

'Football' 1

#### Key Learning this half term:

- Demonstrate ability to **dribble** at different **speeds**.
- Accurately **pass ball under pressure**.
- Understand different **roles of players** on the pitch.
- Demonstrate good **sportsmanship**.

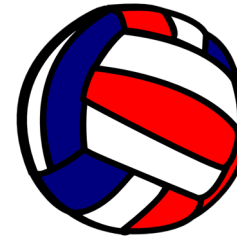


### PE SPRING

'Volleyball' 1

#### Key Learning this half term:

- Demonstrate **dig, spike** and **block shot**.
- Enhance understanding of **rules** and **formations**.
- Demonstrate good **team work** and **positive attitude** in a **competitive match** against peers.



### PE SUMMER

'Dance' 1

#### Key Learning this half term:

- Tell a **story** through **choreography**.
- Apply **dynamics** to **reflect** different **characters**.
- **Self/peer assess performances** using **dance vocabulary**.
- **Manipulate** and develop **choreography** based on **constructive feedback**.



### PE AUTUMN

'Gymnastics' 2

#### Key Learning this half term:

- Practice **advance climbing** and **jumping techniques**.
- Show **strong body tension**.
- **Climb wall bars** and **ropes** efficiently to the **full height**.
- Attempt **progression** to **vault** and **straddle vault**.
- Apply **advanced floor** and **apparatus skills** into a **sequence**.



### PE SPRING

'Athletics' 2

#### Key Learning this half term:

- Demonstrate the correct **sprinting start** and **technique**.
- Demonstrate the **long jump** using the **Mexican wave technique**.
- **Demonstrate stamina** by **running continuously** for a longer **duration**.



### PE SUMMER

'Tennis' 2

#### Key Learning this half term:

- Show **precision** and **control** by correctly **weighting** the **forehand shot** to a partner.
- Understand when to use the **backhand slice**.
- Perform a range of different **shots**.
- Apply **strategies** to **outwit** an **opponent**.
- Understand the **rules** and **point system** and play in **Tennis** matches.

