

KS1 PE at Yatton Federated Schools

Pupils should develop fundamental movement skills, become increasingly competent & confident and access a broad range of opportunities to extend their agility, balance and coordination, Individually and with others. 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.

TERM 1			
INSIDE	Dance	Dance in Education S of W: <ul style="list-style-type: none"> A trip around the world The Great Fire of London A Journey through the Rain Forest 	OUTSIDE Tag Rugby
		<ul style="list-style-type: none"> Ball handling (controlling the ball without partner) Ball skills (carrying the ball correctly) Try scoring (compete against partner) - Avoiding a tackle (space exploitation and using tag belts) Small sided games (rugby netball) Small sided games (including tags) 	
Links to the National Curriculum: Perform dances using simple movement patterns.		Links to the National Curriculum: Developing balance, agility and co-ordination, and begin to apply these in a range of activities. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	

TERM 2			
INSIDE	Real Gym	Unit 1 – Personal Personal Skills <ul style="list-style-type: none"> Listen carefully to instructions. If you're unsure about safety, ask your teacher. Keep trying when you find things hard. 	OUTSIDE Athletics/Circuits
		Station rotation ideas: <ul style="list-style-type: none"> - Cardio stations - Plyometric stations - Speed stations - Strength stations - A, B, C'S stations - Improving speed - - Improving agility - - Improving quickness - - Improving endurance - - Fitness awareness and testing - Field event exploration 	
Links to the National Curriculum: Developing balance, agility and co-ordination, and begin to apply these in a range of activities.		Links to the National Curriculum: Participate in team games, developing simple tactics for attacking and defending.	

TERM 3			
INSIDE	Real PE	- Unit 1- Personal –Lessons 1-6 Personal Skills <ul style="list-style-type: none"> Listen carefully to instructions. Keep your head up and stay within marked areas. Keep going when things are hard. 	OUTSIDE Competitive Games
		- Bench Ball <ul style="list-style-type: none"> - Cone bowling - Hockey relays - Beanbag hoop throwing - Gauntlet runs - French/indoor cricket - Rock, paper, scissors - Relay races - Multi-sports - Danish longball 	
Links to the National Curriculum: Mastering basic movements and beginning to apply these to a range of activities.		Links to the National Curriculum: Participating in team games and developing simple tactics for defending and attacking.	

TERM 4			
INSIDE	Dance	Dance in Education S of W: <ul style="list-style-type: none"> A trip around the world The Great Fire of London A Journey through the Rain Forest 	OUTSIDE Netball
		<ul style="list-style-type: none"> - Ball handling (throwing and catching) - Scoring (shooting) - Defending (against shooting) - Defending (in partners during play) Travelling with ball (moving the ball around the court) 	
Links to the National Curriculum: Perform dances using simple movement patterns.		Links to the National Curriculum: Developing balance, agility and co-ordination, and begin to apply these in a range of activities. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	

TERM 5			
INSIDE	Real Gym	Unit 2 – Social – Lessons 1-6 Social Skills <ul style="list-style-type: none"> Play safely and sensibly, sharing space and equipment. Use positive words and gestures when others do well. Listen to and support others when they need help 	OUTSIDE Cricket
		<ul style="list-style-type: none"> - Throwing to targets - Striking - Catching and throwing - Bowling (underarm) - Games including French Cricket, Lordes Cricket and Kwik Cricket 	
Links to the National Curriculum: Mastering basic movements and beginning to apply these to a range of activities.		Links to the National Curriculum: Take part in outdoor and adventurous activity challenges both individually and within a team.	

TERM 6			
INSIDE	Real PE	Unit 2 – Social – Lessons 1-6 Social Skill <ul style="list-style-type: none"> I can praise others. I can work sensibly with others, taking turns and sharing. I can work sensibly with others. 	OUTSIDE Athletics/Circuits
		Station rotation ideas: <ul style="list-style-type: none"> - Cardio stations - Plyometric stations - Speed stations - Strength stations - A, B, C'S stations - Improving speed - - Improving agility - - Improving quickness - - Improving endurance - - Fitness awareness and testing - Field event exploration 	
Links to the National Curriculum: Mastering basic movements and beginning to apply these to a range of activities.		Links to the National Curriculum: Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	

KS2 PE at Yatton Federated Schools

Pupils should develop fundamental movement skills, become increasingly competent & confident and access a broad range of opportunities to extend their agility, balance and coordination, Individually and with others. 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.

TERM 1			
INSIDE	Dance	Dance in Education S of W: - A History of Street & Break Dance - The World of Sport - A Journey through the Rain Forest - The Language of Dance	OUTSIDE Tag Rugby
		<ul style="list-style-type: none"> Ball handling (controlling the ball without partner) Ball skills (carrying the ball correctly) Try scoring (compete against partner) Avoiding a tackle (space exploitation and using tag belts) Small sided games (rugby netball) Small sided games (including tags) 	
Links to the National Curriculum: Perform dances using a range of movement patterns		Links to the National Curriculum: Play competitive games, modified where appropriate and apply basic principles for attacking and defending personal best.	

TERM 2			
INSIDE	Real Gym	Unit 1 - Social Social Skills - Use positive words and gestures/words when others do well. - Share your ideas with your partner/others in your group, using demonstrations if necessary. - Take responsibility for ensuring everyone is clear on what they are doing.	OUTSIDE Athletics/Circuits
		Station rotation ideas: - Cardio stations - Plyometric stations - Speed stations - Strength stations - A, B, C'S stations - Improving speed - Improving agility - Improving quickness - Improving endurance - Fitness awareness and testing - Field event exploration	
Links to the National Curriculum: Developing balance, agility and co-ordination, and begin to apply these in a range of activities.		Links to the National Curriculum: Mastering basic movements. Developing co-ordination, strength and control.	

TERM 3			
INSIDE	Real PE	Unit 1 – Social Social Skills - Give specific feedback on what others have done well. - Take responsibility for making sure everyone is clear on what they are doing. - Give a positive comment before any improvement feedback.	OUTSIDE Competitive Games
		- Bench Ball - Cone bowling - Hockey relays - Beanbag hoop throwing - Gauntlet runs - French/indoor cricket - Rock, paper, scissors - Relay races - Multi-sports - Danish longball -	
Links to the National Curriculum: Mastering basic movements and beginning to apply these to a range of activities.		Links to the National Curriculum: Participating in team games. Mastering basic movements. Developing co-ordination	

TERM 4			
INSIDE	Dance	Dance in Education S of W: - A History of Street & Break Dance - The World of Sport - A Journey through the Rain Forest - The Language of Dance	OUTSIDE Netball
		- Ball handling (throwing and catching) - Scoring (shooting) - Defending (against shooting) - Defending (in partners during play) - Travelling with ball (moving the ball around the court)	
Links to the National Curriculum: Perform dances using a range of movement patterns		Links to the National Curriculum: Participating in team games and developing simple tactics for defending and attacking.	

TERM 5			
INSIDE	Real Gym	Unit 2 – Personal Personal Skills - Think about whom, within the group, you can ask for help. - Find a challenge you can't quite do and then see if you can do it. - Try to view things you can't do as an opportunity to improve.	OUTSIDE Cricket
		- Throwing to targets - Striking - Catching and throwing - Bowling (underarm) - Games including French Cricket, Lordes - Cricket and Kwik Cricket	
Links to the National Curriculum: Developing balance, agility and co-ordination, and begin to apply these in a range of activities.		Links to the National Curriculum: Mastering basic movements. Developing co-ordination, strength and control	

TERM 6			
INSIDE	Real PE	Unit 2 – Personal Personal Skills - Think about whom, within the group, you can ask for help. - Only move on when you can do things consistently. - Try to view things you can't do as an opportunity to learn and improve.	OUTSIDE Athletics/Circuits
		Station rotation ideas: - Cardio stations - Plyometric stations - Speed stations - Strength stations - A, B, C'S stations - Improving speed - Improving agility - Improving quickness - Improving endurance - Fitness awareness and testing - Field event exploration	
Links to the National Curriculum: Mastering basic movements and beginning to apply these to a range of activities.		Links to the National Curriculum: Mastering basic movements. Developing co-ordination, strength and control	

Reception PE at Yatton Schools

Pupils should develop fundamental movement skills, become increasingly competent & confident and access a broad range of opportunities to extend their agility, balance and coordination, Individually and with others! EYFS will have one designated PE session which will follow the curriculum map and then keep relevant PE resources and skills cards for that term in the outside learning area for children to choose either free play or adult led play!

TERM 1					
INSIDE	Dance	Dance in Education S of W: - A big beast and mini-beasts - The World of Sport - The jungle dance - A trip around the world	Learning	Tag Rugby	<ul style="list-style-type: none"> Ball handling (controlling the ball without partner) Ball skills (carrying the ball correctly) Try scoring (compete against partner) - Avoiding a tackle (space exploitation and using tag belts) Small sided games (rugby netball) Small sided games (including tags)
	Links to the National Curriculum: To provide opportunities for young children to be active and interactive, and to develop their co-ordination, control and movement.			Links to the National Curriculum: To provide opportunities for young children to be active and interactive, and to develop their co-ordination, control and movement.	

TERM 2					
INSIDE	Real Gym	Unit 1 - Social Social Skills - Use positive words and gestures/words when others do well. - Share your ideas with your partner/others in your group, using demonstrations if necessary. - Take responsibility for ensuring everyone is clear on what they are doing.	Learning Bay	Athletics/Circuits	Station rotation ideas: Cardio stations Plyometric stations Speed stations Strength stations A, B, C'S stations Improving speed - Improving agility - Improving quickness - Improving endurance - Fitness awareness and testing - Field event exploration
	Links to the National Curriculum: : Perform sequences using a range of patterns to develop movement, control and co-ordination.			Links to the National Curriculum: To provide opportunities for young children to be active and interactive, and to develop their co-ordination, control and movement.	

TERM 3					
INSIDE	Real PE	- Unit 1 – Social Social Skills - Give specific feedback on what others have done well. - Take responsibility for making sure everyone is clear on what they are doing. - Give a positive comment before any improvement feedback.	Learning Bay	Competitive Games	- Bench Ball - Cone bowling - Hockey relays - Beanbag hoop throwing - Gauntlet runs - French/indoor cricket - Rock, paper, scissors - Relay races - Multi-sports - Danish longball
	Links to the National Curriculum: Mastering basic movements and beginning to apply these to a range of activities. To develop co-ordination. Control and movement.			Links to the National Curriculum: Participating in team games and developing simple tactics for defending and attacking.	

TERM 4					
INSIDE	Dance	Dance in Education S of W: - A big beast and mini-beasts - The World of Sport - The jungle dance - A trip around the world	Learning Bay	Netball	Station rotation ideas: - Fitness stations - Stamina stations - Speed stations - Strength stations - Agility stations
	Links to the National Curriculum: To provide opportunities for young children to be active and interactive, and to develop their co-ordination, control and movement			Links to the National Curriculum: Develop flexibility, strength technique, control and balance.	

TERM 5					
INSIDE	Real Gym	- Unit 2 –Personal Personal Skills - Think about whom, within the group, you can ask for help. - Find a challenge you can't quite do and then see if you can do it. - Try to view things you can't do as an opportunity to improve.	Learning Bay	Cricket	- Throwing to targets - Striking - Catching and throwing - Bowling (underarm) - Games including French Cricket, Lordes Cricket and Kwik Cricket
	Links to the National Curriculum: Perform sequences using a range of patterns to develop movement, control and co-ordination			Links to the National Curriculum: To develop co-ordination, movement and control. Alongside hand eye coordination and turn taking.	

TERM 6					
INSIDE	Real PE	Unit 2 – Personal Personal Skills - Think about whom, within the group, you can ask for help. - Only move on when you can do things consistently. - Try to view things you can't do as an opportunity to learn and improve..	Learning Bay	Athletics/Circuits	Station rotation ideas: - Cardio stations - Plyometric stations - Speed stations - Strength stations - A, B, C'S stations - Improving speed - - Improving agility - - Improving quickness - - Improving endurance - - Fitness awareness and testing - - - Field event exploration
	Links to the National Curriculum: Mastering basic movements and beginning to apply these to a range of activities. To develop co0ordination. Control and movement.			Links to national curriculum: To provide opportunities for young children to be active and interactive, and to develop their co-ordination, control and movement.	