

## Fritwell Primary School Physical Education LTP 2019/20



**Threshold concept:** Develop practical skills in order to participate, compete and lead a healthy lifestyles. This concept involves learning a range of physical movements and sporting techniques.

Our PE curriculum is based on a skills based approach, leading to them developing those skills within specific sports and activities.

Minnows and Tiddlers						
	Term 1 All Around Me	Term 2 Robots	Term 3 Wonderful World	Term 4 Transport	Term 5 Mini - Beasts	Term 6 Heroes
Lesson 1	<b>Locomotion</b> Walking 1 <ul style="list-style-type: none"> <li>Explore walking</li> <li>Develop walking</li> <li>Explore walking in different pathways</li> <li>Sustain walking</li> <li>Explore marching</li> <li>Apply walking into a game</li> </ul>	<b>Ball Skills</b> Hands 1 <ul style="list-style-type: none"> <li>Explore pushing</li> <li>Explore rolling</li> <li>Explore bouncing</li> <li>Explore bouncing into space</li> <li>Combine pushing and rolling</li> <li>Combine rolling, pushing and bouncing</li> </ul>	<b>Locomotion</b> Jumping <ul style="list-style-type: none"> <li>Explore jumping</li> <li>Develop jumping</li> <li>Apply jumping into a game</li> <li>Jumping for distance</li> <li>Explore jumping high</li> <li>Explore hopping</li> </ul>	<b>Gymnastics</b> High, Low, Over and Under <ul style="list-style-type: none"> <li>Introduction to high</li> <li>Introduction to low</li> <li>Introduction to the apparatus</li> <li>High and low on apparatus</li> <li>High, low, over and under</li> <li>High, low, over and under extended</li> </ul>	<b>Ball Skills</b> Hands 2 <ul style="list-style-type: none"> <li>Explore throwing</li> <li>Explore throwing (underarm)</li> <li>Explore throwing (overarm)</li> <li>Explore rolling</li> <li>Explore stopping a ball (small ball)</li> <li>Explore catching</li> </ul>	<b>Locomotion</b> Running 1 (Y1) <ul style="list-style-type: none"> <li>Explore running</li> <li>Apply running into a game</li> <li>Explore running at different speeds</li> <li>Running for speed: Acceleration</li> <li>Explore running in a team</li> <li>Consolidate running: Apply running into a competitive game</li> </ul>
Lesson 2	<b>Dance</b> Ourselves <ul style="list-style-type: none"> <li>Moving in sequence</li> <li>Responding in movement to words and music</li> <li>Moving with props and contrasting tempos</li> <li>Creating their own movements</li> <li>Exploring opposites and creating simple movement sequences</li> <li>Working with a partner exploring character movements</li> </ul>	<b>Gymnastics</b> Moving <ul style="list-style-type: none"> <li>Explore moving and making shapes using different body parts</li> <li>Explore moving in different directions</li> <li>Explore big and small ways of moving and making shapes</li> <li>Moving in pairs</li> <li>Creating shapes in pairs</li> <li>Zonal work</li> </ul>	<b>Ball Skills</b> Feet 1 <ul style="list-style-type: none"> <li>Explore moving with a ball using our feet</li> <li>Develop moving with a ball using our feet</li> <li>Develop dribbling</li> <li>Understand dribbling</li> <li>Develop dribbling against an opponent</li> <li>Dribbling competitions</li> </ul>	<b>Dance</b> Nursery Rhymes <ul style="list-style-type: none"> <li>Humpty Dumpty: Moving in sequence</li> <li>Jack and Jill: Creating our own movements</li> <li>Hickory, dickory, dock: Creating simple movement sequences</li> <li>Three little pigs: Responding in movement to words and music</li> <li>The big bad wolf: Exploring contrasting tempos</li> <li>Little Miss Muffet: Working with a partner exploring character movements</li> </ul>	<b>Games for understanding</b> Attack v Defence <ul style="list-style-type: none"> <li>Taking Turns</li> <li>Keeping the Score</li> <li>Understanding rules: Playing by the rules</li> <li>Avoiding a defender</li> <li>Preventing an attacker from scoring</li> <li>Applying attacking and defending into a game</li> </ul>	<b>Ball Skills</b> Feet 1(Y1) <ul style="list-style-type: none"> <li>Recap moving with a ball using our feet</li> <li>Develop moving the ball using the feet</li> <li>Apply dribbling into games</li> <li>Consolidate dribbling</li> <li>Explore kicking (passing)</li> <li>Apply kicking (passing) to score a point</li> </ul>

## Sticklebacks - Year 1/2

	Term 1 Fire and Ice	Term 2 Fire and Ice	Term 3 No Place Like Home	Term 4 No Place Like Home	Term 5 The Secret Garden	Term 6 The Secret Garden
Lesson 1	<b>Locomotion</b> <b>Jumping</b> <ul style="list-style-type: none"> <li>Recap jumping</li> <li>Developing jumping</li> <li>Circuits: Explore how jumping affects our bodies</li> <li>Explore skipping</li> <li>Apply skipping and jumping into a game</li> </ul>	<b>Gymnastics</b> <b>Body Parts (Y1)</b> <ul style="list-style-type: none"> <li>Introduction to 'big' body parts</li> <li>Introduction to 'small' body parts</li> <li>Combining big and small with wide, narrow and curled</li> <li>Transition between wide narrow and curled using big and small body parts</li> <li>Adding (linking) movements together</li> <li>Creative ways of adding (linking) movements together</li> </ul>	<b>Dance</b> <b>The Zoo (Y1)</b> <ul style="list-style-type: none"> <li>Creating movements as 'big' animals: Exploring expression</li> <li>Developing our movements as 'small' animals: Adding movements together</li> <li>Responding to a rhythm: Introducing partner work</li> <li>Creating an animal sequence: Motifs</li> <li>Big cats and the zookeeper: Exploring relationships within our motifs</li> <li>Relationships and performance</li> </ul>	<b>Ball Skills</b> <b>Hands 2 (Y1)</b> <ul style="list-style-type: none"> <li>Introduce throwing with accuracy (beanbags)</li> <li>Apply throwing with accuracy in a team (beanbags)</li> <li>Extend throwing with accuracy</li> <li>Introduce stopping a ball (small ball)</li> <li>Develop sending (rolling) skills to score a point</li> <li>Consolidation of sending (rolling) and stopping skills to win a game</li> </ul>	<b>Ball Skills</b> <b>Feet 1 (Y2)</b> <ul style="list-style-type: none"> <li>Develop dribbling: Keeping possession</li> <li>Develop passing and receiving: Keeping possession</li> <li>Combine dribbling, passing and receiving, keeping possession</li> <li>Develop dribbling to score a point</li> <li>Combine dribbling, passing and receiving to score a point</li> <li>Apply dribbling, passing and receiving as a team to score a point</li> </ul>	<b>Locomotion</b> <b>Jumping 1 (Y2)</b> <ul style="list-style-type: none"> <li>Consolidate jumping</li> <li>Apply jumping into a game</li> <li>Linking jumping</li> <li>Explore jumping combinations</li> <li>Develop jumping combinations</li> </ul>
Lesson 2	<b>Ball Skills</b> <b>Hands 1</b> <ul style="list-style-type: none"> <li>Develop bouncing: Introduce sending with control</li> <li>Introduce aiming with accuracy</li> <li>Introduce power and speed when sending a ball</li> <li>Introduce stopping a ball</li> <li>Develop stopping, combining sending skills</li> <li>Combine sending and receiving skills</li> </ul>	<b>Games for Understanding</b> <b>Attack v Defence</b> <ul style="list-style-type: none"> <li>Understanding the principles of attack</li> <li>Applying attacking principles into a game</li> <li>Understand the principles of defence</li> <li>Applying defending principles into a game</li> <li>Consolidate attacking</li> <li>Consolidate defending</li> </ul>	<b>Locomotion</b> <b>Dodging (Y2)</b> <ul style="list-style-type: none"> <li>Explore dodging</li> <li>Develop dodging</li> <li>Apply dodging: Explore attacking and defending</li> <li>Apply dodging in teams</li> <li>Consolidate dodging</li> </ul>	<b>Gymnastics</b> <b>Wide, Narrow, Curled (Y1)</b> <ul style="list-style-type: none"> <li>Introduction to 'Wide'</li> <li>Introduction to 'Narrow'</li> <li>Introduction to 'Curled'</li> <li>Exploring the difference between wide, narrow and curled</li> <li>Transitioning between wide, narrow and curled movements</li> <li>Linking two movements together</li> </ul>	<b>Dance</b> <b>Growing (Y1)</b> <ul style="list-style-type: none"> <li>Growing: Responding to rhythm</li> <li>Developing the growing plant 'dance'</li> <li>Introduction to motifs</li> <li>Creating motifs</li> <li>Creating movement sequences</li> <li>Relationships and performance</li> </ul>	<b>Ball Skills</b> <b>Hands 2 (Y2)</b> <ul style="list-style-type: none"> <li>Develop pupils application and understanding of underarm throwing</li> <li>Consolidate pupils application and understanding of underarm throwing</li> <li>Applying the underarm throw to win a game</li> <li>Applying the underarm throw to beat an opponent</li> <li>Introduce overarm throwing: Applying overarm throwing to win a game</li> </ul>

	Seahorses – Y2/ 3					
	Term 1 The Stone Age	Term 2 The Stone Age	Term 3 Australia	Term 4 Australia	Term 5 Extinction	Term 6 Extinction
Lesson 1	<b>Games - Invasion</b> <b>Football</b> <ul style="list-style-type: none"> <li>Introduce dribbling keeping control</li> <li>Develop dribbling keeping control</li> <li>Introduce passing and receiving</li> <li>Combine dribbling and passing to create space</li> <li>Develop passing, receiving and dribbling</li> </ul>	<b>Swimming (Y3)</b> <ul style="list-style-type: none"> <li>Swim between 25 and 50 metres unaided.</li> <li>Use more than one stroke and coordinate breathing as appropriate for the stroke being used.</li> <li>Coordinate leg and arm movements.</li> <li>Swim at the surface and below the water.</li> </ul>	Swimming (Y3)	Swimming (Y3)	<b>Athletics</b> <b>Running</b> <ul style="list-style-type: none"> <li>Explore running for speed</li> <li>Develop running for speed</li> <li>Introduction relay; running for speed in a team</li> <li>Develop relay running for speed in a team</li> <li>Explore running for distance</li> <li>Understand and apply tactics when running for distance</li> </ul>	<b>Games - Striking and Fielding</b> <b>Cricket</b> <ul style="list-style-type: none"> <li>Understand the concept of batting and fielding</li> <li>Introduce throwing overarm</li> <li>Introduce throwing underarm</li> <li>Introduce catching</li> <li>Striking with intent</li> </ul>
		<b>Ball Skills (Y2)</b> <b>Hands 1 (Y2)</b> <ul style="list-style-type: none"> <li>Develop pupils application and understanding of underarm throwing</li> <li>Consolidate pupils application and understanding of underarm throwing</li> <li>Applying the underarm throw to win a game</li> <li>Applying the underarm throw to beat an opponent</li> <li>Introduce overarm throwing: Applying overarm throwing to win a game</li> </ul>	<b>Locomotion</b> <b>Dodging (Y2)</b> <ul style="list-style-type: none"> <li>Explore dodging</li> <li>Develop dodging</li> <li>Apply dodging: Explore attacking and defending</li> <li>Apply dodging in teams</li> <li>Consolidate dodging</li> </ul>	<b>Ball Skills (Y2)</b> <b>Feet 1(Y2)</b> <ul style="list-style-type: none"> <li>Develop dribbling: Keeping possession</li> <li>Develop passing and receiving: Keeping possession</li> <li>Combine dribbling, passing and receiving, keeping possession</li> <li>Develop dribbling to score a point</li> <li>Combine dribbling, passing and receiving to score a point</li> <li>Apply dribbling, passing and receiving as a team to score a point</li> </ul>		

Lesson 2	<p><b>Dance (Y3)</b> Wild Animals</p> <ul style="list-style-type: none"> <li>• Responding to stimuli</li> <li>• Developing character dance into a motif</li> <li>• Extending sequences with a partner in character</li> <li>• Developing sequences with a partner in character that show relationships</li> <li>• Extending dance skills in choreography</li> </ul>	<p><b>Athletics</b> Running</p> <ul style="list-style-type: none"> <li>• Explore running for speed</li> <li>• Develop running for speed</li> <li>• Introduction relay; running for speed in a team</li> <li>• Develop relay running for speed in a team</li> <li>• Explore running for distance</li> <li>• Understand and apply tactics when running for distance</li> </ul>	<p><b>Gymnastics</b> Symmetry and Asymmetry</p> <ul style="list-style-type: none"> <li>• Introduction to symmetry</li> <li>• Introduction to asymmetry</li> <li>• Application of learning onto apparatus</li> <li>• Sequence formation</li> <li>• Sequence completion</li> </ul>	<p><b>Dance (Y2)</b> Explorers</p> <ul style="list-style-type: none"> <li>• Preparing for an expedition: Responding to stimuli</li> <li>• Developing our motif with expression and emotion</li> <li>• Applying choreography in our motifs</li> <li>• Applying choreography in our motifs</li> <li>• Extending our motifs <ul style="list-style-type: none"> <li>• Sequences, relationships and performance</li> </ul> </li> </ul>	<p><b>Games - Net and Wall</b> Tennis</p> <ul style="list-style-type: none"> <li>• Introduction tennis; outwitting an opponent</li> <li>• Creating space to win a point</li> <li>• Consolidate how to win a game introduce rackets</li> <li>• Introduce the forehand</li> </ul>	<p><b>Athletics</b> Throwing and Jumping</p> <ul style="list-style-type: none"> <li>• Jumping for distance; standing long jump</li> <li>• Jumping for distance; standing triple jump</li> <li>• Throwing accuracy vs distance</li> <li>• Throwing for distance; javelin</li> <li>• Throwing for distance; shot put</li> <li>• Throwing for distance; discus</li> </ul>
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Stingrays - Year 4/6						
	Term 1 Evolve	Term 2 Evolve	Term 3 Alpha and Omega	Term 4 Alpha and Omega	Term 5 Diversity	Term 6 Diversity
Lesson 1	<b>Games - Invasion</b> <b>Tag Rugby (Y3)</b> <ul style="list-style-type: none"> <li>Introduce moving with the ball, passing and receiving</li> <li>Introduce tagging</li> <li>Create space when attacking</li> <li>Develop passing and moving</li> <li>Combine passing and moving to create attacking opportunities</li> </ul>	<b>Swimming</b> <ul style="list-style-type: none"> <li>Swim between 25 and 50 metres unaided.</li> <li>Use more than one stroke and coordinate breathing as appropriate for the stroke being used.</li> <li>Coordinate leg and arm movements.</li> <li>Swim at the surface and below the water</li> </ul>	<b>Swimming</b> <ul style="list-style-type: none"> <li>Swim between 25 and 50 metres unaided.</li> <li>Use more than one stroke and coordinate breathing as appropriate for the stroke being used.</li> <li>Coordinate leg and arm movements.</li> <li>Swim at the surface and below the water</li> </ul>	<b>Swimming</b> <ul style="list-style-type: none"> <li>Swim between 25 and 50 metres unaided.</li> <li>Use more than one stroke and coordinate breathing as appropriate for the stroke being used.</li> <li>Coordinate leg and arm movements.</li> <li>Swim at the surface and below the water</li> </ul>	<b>Athletics</b> <b>Throwing and Jumping (Y4)</b> <ul style="list-style-type: none"> <li>Jumping for distance; standing long jump</li> <li>Jumping for distance; standing triple jump</li> <li>Throwing accuracy vs distance</li> <li>Throwing for distance; javelin</li> <li>Throwing for distance; shot put</li> <li>Throwing for distance; discus</li> </ul>	<b>Games - Net and Wall</b> <b>Tennis (Y4)</b> <ul style="list-style-type: none"> <li>Developing the forehand</li> <li>Creating space to win a point using a racket</li> <li>Introduce the backhand</li> <li>Applying the forehand and backhand in game situations</li> <li>Applying the forehand and backhand creating space to win a point</li> </ul>
Lesson 2	<b>Gymnastics</b> <b>Bridging (Y4)</b> <ul style="list-style-type: none"> <li>Introduction to bridges</li> <li>Application of bridge learning onto apparatus</li> <li>Develop sequences with bridges</li> <li>Sequence formation</li> <li>Sequence completion</li> </ul>	<b>Athletics</b> <b>Running (Y4)</b> <ul style="list-style-type: none"> <li>Explore running for speed</li> <li>Develop running for speed</li> <li>Introduction relay; running for speed in a team</li> <li>Develop relay running for speed in a team</li> <li>Explore running for distance</li> <li>Understand and apply tactics when running for distance</li> <li></li> </ul>	<b>Dance</b> <b>Space (Y4)</b> <ul style="list-style-type: none"> <li>Responding to stimuli working together</li> <li>Extending sequences with a partner in character</li> <li>Developing character dance</li> <li>Developing sequences with a partner in character that show relationships and interlinking dance moves</li> <li>Sequences, relationships, choreography and performance</li> </ul>	<b>OAA</b> <b>Orienteering</b> <ul style="list-style-type: none"> <li>Face orienteering</li> <li>Cone orienteering</li> <li>Point and return</li> <li>Point to point</li> <li>Timed course</li> <li>Orienteering competition:</li> </ul>	<b>Games - Striking and Fielding</b> <b>Cricket (Y4)</b> <ul style="list-style-type: none"> <li>Develop an understanding of batting and fielding</li> <li>Introduce bowling underarm</li> <li>Develop stopping and returning the ball</li> <li>Develop retrieving and returning the ball</li> <li>Striking the ball at different angles and speeds</li> </ul>	<b>Games - Invasion</b> <b>Netball (Y3)</b> <ul style="list-style-type: none"> <li>Introduce passing and receiving</li> <li>Introduce passing and creating space</li> <li>Develop passing and moving</li> <li>Combine passing and moving</li> <li>Combine passing and shooting</li> <li>Develop passing and shooting</li> </ul>

Sharks - Year 5/6						
	Term 1 Evolve	Term 2 Evolve	Term 3 Alpha and Omega	Term 4 Alpha and Omega	Term 5 Diversity	Term 6 Diversity
Lesson 1	<b>Games - Invasion</b> Tag Rugby (Y5) <ul style="list-style-type: none"> <li>Refine passing and moving to create attacking opportunities</li> <li>Explore different passes that can be used to outwit defenders</li> <li>Refine defending as a team</li> <li>Create and apply defending as a team</li> <li>Create and apply defending tactics. Develop officiating</li> </ul>	<b>Athletics</b> Running (Y5) <ul style="list-style-type: none"> <li>Explore running for speed</li> <li>Develop running for speed</li> <li>Introduction relay; running for speed in a team</li> <li>Develop relay running for speed in a team</li> <li>Explore running for distance</li> <li>Understand and apply tactics when running for distance</li> </ul>	<b>Games - Invasion</b> Netball (Y5) <ul style="list-style-type: none"> <li>Refine passing and receiving</li> <li>Apply passing, footwork and shooting into mini games, introduce officiating</li> <li>Introduce defending</li> <li>Introduction to High Five Netball, consolidating learning</li> <li>Explore the function of other passing styles</li> </ul>	<b>Athletics</b> Throwing and Jumping (Y5) <ul style="list-style-type: none"> <li>Jumping for distance; standing long jump</li> <li>Jumping for distance; standing triple jump</li> <li>Throwing accuracy vs distance</li> <li>Throwing for distance; javelin</li> <li>Throwing for distance; shot put</li> <li>Throwing for distance; discus</li> </ul>	<b>Games - Striking and Fielding</b> Cricket (Y5) <ul style="list-style-type: none"> <li>Refine batting, understand and develop batting tactics</li> <li>Refine bowling, understand and develop bowling tactics</li> <li>Refine fielding stooping, catching and throwing</li> <li>Combine bowling and fielding creating and applying tactics</li> <li>Introduce umpiring and scoring</li> </ul>	<b>Athletics</b> Competitions (Y6) <ul style="list-style-type: none"> <li>Level 1 Running</li> <li>Level 1 Throwing</li> <li>Level 1 Jumping</li> <li>Mini Olympics</li> </ul>
Lesson 2	<b>Swimming</b> <ul style="list-style-type: none"> <li>Swim between 25 and 50 metres unaided.</li> <li>Use more than one stroke and coordinate breathing as appropriate for the stroke being used.</li> <li>Coordinate leg and arm movements.</li> <li>Swim at the surface and below the water</li> </ul>	<b>Dance</b> Carnival (Y6) <ul style="list-style-type: none"> <li>Performing with technical control and rhythm in a group</li> <li>Creating rhythmic patterns using the body</li> <li>Experiencing dance from a different culture</li> <li>Chorographical elements including still imagery</li> </ul>	<b>Health Related Exercise (Y5)</b> Dodging (Y2) <ul style="list-style-type: none"> <li>Initial Fitness Assessment</li> <li>Cardio Fitness 1</li> <li>Flexibility</li> <li>Strength</li> <li>Cardio Fitness 2</li> <li>Fitness Assessment</li> </ul>	<b>Gymnastics</b> Counter Balance and Counter Tension <ul style="list-style-type: none"> <li>Introduction to counter balance</li> <li>Application of counter balance learning onto apparatus</li> <li>Sequence formation</li> <li>Counter Tension</li> <li>Sequence completion</li> </ul>	<b>OAA</b> <b>Communication and Tactics</b> <ul style="list-style-type: none"> <li>Creating and applying simple tactics</li> <li>Developing leadership</li> <li>Developing communication as a team</li> <li>Communicating as a team</li> <li>Communicating to collaborate effectively as a team</li> <li>Communicating to create defending and attacking tactics as a team</li> </ul>	<b>Games - Net and Wall Tennis (Y5)</b> <ul style="list-style-type: none"> <li>Introduce the volley</li> <li>Develop the volley</li> <li>Controlling the game from the serve</li> <li>Doubles; understanding a applying tactics to win a pint</li> </ul>