

PE 2015- 2016	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	FUNS 1 Coordination-Floor movement patterns. Static Balance-One leg standing FUNS 2 Dynamic balance to agility. Static balance-Seated OAA	GYMNASTICS Perform basic gymnastic actions FUNS 3 Dynamic balance. Static balance-Small base	FUNS 4 Coordination-Ball skills. Counter balance in pairs. FUNS 5 Coordination with equipment. Agility -Reaction and Response	GYMNASTICS Link and repeat simple gymnastic actions FUNS 6 Agility-Ball chasing. Static Balance-Floor work	MULTI SKILLS Finding space. Show control and accuracy in throwing, rolling and kicking ATHLETICS LCP Throwing at targets. Running effectively. Jumping and landing with control	DANCE Science link 'Animal Allsorts' MULTI SKILLS LCP Moving fluently. Throwing and catching with control. Choose tactics to win games
Year 2	DANCE Science link Keeping fit and healthy FUNS 1 Coordination-Floor movement patterns. Static Balance-One leg standing OAA	GYMNASTICS Create sequence and perform actions with increased control FUNS 2 Dynamic balance to agility. Static balance-Seated	FUNS 3 Dynamic balance. Static balance-Small base FUNS 4 Coordination-Ball skills. Counter balance in pairs.	GYMNASTICS Adapt sequence to include apparatus or a partner FUNS 5 Coordination with equipment. Agility -Reaction and Response	FUNS 6 Agility-Ball chasing. Static Balance-Floor work ATHLETICS LCP Throwing at targets. Running effectively. Jumping and landing with control	MULTI SKILLS Moving fluently changing direction and speed. Throwing, catching, striking and kicking with control. MULTI SKILLS LCP Choose tactics and react to situations
Year 3	GYMNASTICS Perform forward roll, rug roll, shoulder roll within sequences REAL PE 1 Coordination-Floor movement patterns. Static Balance-One leg standing OAA	GAMES Use a range of skills to keep possession of the ball. Make progress towards a goal by finding space REAL PE 2 Dynamic balance to agility. Static balance-Seated REAL PE 3 Dynamic balance. Coordination-Ball skills	SWIMMING Swim 25-30m unaided. Improve stroke techniques REAL PE 4 Coordination with equipment. Counter balance in pairs.	SWIMMING Swim 25-30m unaided. Improve stroke techniques DANCE Inspire topic link 'Shake, Rock and Roll'	GYMNASTICS Perform sequences showing contrasts in speed, level and direction ATHLETICS LCP Throwing at targets. Running effectively. Jumping and landing safely with control	REAL PE 5 Agility -Reaction/Response. Static balance-Floor work REAL PE 6 Agility-Ball chasing. Static Balance-Small base
Year 4	GYMNASTICS Perform a range of rolls with control. Show movement phases within sequences REAL PE 1 Coordination-Floor movement patterns. Static Balance-One leg standing OAA	DANCE Inspire topic link-myths in the Dark Ages REAL PE 2 Dynamic balance to agility. Static balance-Seated	GAMES Travel with a ball using both feet. Show control when passing and receiving REAL PE 3 Dynamic balance. Coordination-Ball skills	GAMES LCP Keep possession of the ball and create space. Practise attacking and defending. Apply tactics when attacking to score REAL PE 4 Coordination with equipment. Counter balance in pairs.	ATHLETICS LCP Throwing for accuracy and for distance. Jumping with one foot take off. Compete in relays REAL PE 5 Agility -Reaction/Response. Static balance-Floor work	GYMNASTICS Perform sequence which combine speed, level, direction and shapes REAL PE 6 Agility-Ball chasing. Static Balance-Small base OAA
Year 5	SWIMMING Swim 25-30m /50-100m unaided. Improve stroke techniques REAL PE 1 Coordination - Ball skills. Agility - Reaction and response OAA	SWIMMING Swim 25-30m /50-100m unaided. Improve stroke techniques REAL PE 2 Static balance - Seated. Static balance - floor work	GYMNASTICS Perform rolls including backward roll. Create shapes that maintain quality when with partner or on apparatus. DANCE Inspire Topic Link 17th Century Dance	GAMES Learn different techniques for dribbling, turning with a ball, passing and receiving with control, shooting skills. Develop attacking and defending skills GAMES Develop racket skills, hitting ball accurately (Tennis Mad)	TOP UP SWIMMING Swim 25-30m unaided. Improve stroke techniques SPORTS LEADER TRAINING GYMNASTICS Increase length of sequences, with changes of speed, level, direction and shape.	OAA (Activities Week) ATHLETICS LCP Run at different speeds and over longer distances. Throw discus, shot and javelin. Refine long/triple jump techniques. Organise event
Year 6	GAMES Refine techniques for dribbling, turning with a ball, passing and receiving with control, shooting skills. Show tactical awareness (Football) REAL PE 3 Dynamic balance. Counter balance in pairs. OAA	GAMES Refine techniques for dribbling, turning with a ball, passing and receiving with control, shooting skills. Show tactical awareness (Hockey) REAL PE 4 Static balance - one leg standing. Dynamic balance to agility.	GYMNASTICS Perform rolls with different entrance and exit within sequences. REAL PE 5 Static balance - small base. Coordination - Floor movement patterns	GAMES Develop racket skills, hitting ball accurately. Keep rallies going with a partner. Learn how to volley (Tennis Mad) REAL PE 6 Agility - Ball chasing. Coordination with equipment	GAMES Bowling underarm and overarm at a target. Throwing and catching challenges. Practise fielding skills. Play small competitive games (Striking and Fielding) DANCE Inspire topic link 'A Chance to Shine'	GYMNASTICS Plan and perform longer sequences with precision, control and fluency ATHLETICS LCP Adapt running, jumping, throwing skills and techniques to different challenges.

St Catherine's PE and School Sport

Coloured sessions are lessons led by specialist sports teachers and supported by class teachers and teaching assistants.

Sessions in black are lessons led by class teachers and supported by teaching assistants. These lessons follow the 'Real PE/Funs' and LCP schemes of work which will focus on skill development and skill progression.

Gymnastics with Mo Gregory from 'Zero Gravity' (AUT 1, AUT 2, SPR 1, SPR 2, SUM 1, SUM 2)

Mondays 1pm - 2pm

2pm - 3pm

Swimming lessons are led by class teachers, teaching assistants and swimming coaches from Pheonix Leisure Centre.

Tuesdays 10.30pm - 12pm AUT 1, AUT 2 - Y5

SPR 1, SPR 2 - Y3

SUM 1 - Top up swimming lessons for Y5 and Y6 pupils who are unable to swim 25m

Games with Bobby or Ryan from Plymouth Argyle Community Sports (AUT 1, AUT 2, SPR 1, SPR 2, SUM 1, SUM 2)

Wednesdays 2.15pm - 3.15pm

After school club 3.15pm - 4.15pm

Dance with Mrs Mann

5 week block of lessons linked to 'Inspire' topics

Thursdays 1pm-2pm

Tennis with 'Tennis Mad' and 'Chance to Shine' cricket will take place SPR 1, SPR 2, SUM 1, SUM 2

OAA - Outdoor and Adventurous Activities