



Broadmayne First School PE Scheme of Work

K = knowledge

Skills

Knowledge around the effect of exercise on the body and mind and the importance of an active lifestyle, should underpin all sessions.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	<b>Multi-skills</b> -negotiate space -following instructions -running, hopping, skipping -throwing, catching, rolling, kicking	<b>Multi-skills</b> -negotiate space -following instructions -running, hopping, skipping -throwing, catching, rolling, kicking	<b>Gymnastics</b> -negotiate space -following instructions - start and stop on command -body shapes	<b>Gymnastics</b> -over, under, through -balance, body control, jump and land safely	<b>Bat and ball skills</b> -dominant hand -hit / dribble a ball with a bat	<b>Swimming</b> K - lean forward when walking through water -water confidence -water safety -move in the water
	<b>Movement / Dance</b> -space -travel - copy simple moves	<b>Movement / Dance</b> -space -travel - copy simple moves	<b>Dance'</b> -space - copy simple moves -imitate motifs that link to stories -respond with their bodies to different types of music	<b>Dance</b> -space - copy simple moves -imitate motifs that link to stories -respond with their bodies to different types of music	<b>Athletics</b> -running -throwing -jumping	<b>Football</b> -kicking a ball -kicking a ball at a target

<b>Year 1</b>	<p><b>Multi-skills</b>            K - hands ready to receive a ball            K- run with weight forward            -running, hopping, skipping            -cooperate with a partner / small group            - throwing and catching(under arm)            -rolling            - kicking</p>	<p><b>Gymnastics</b>            K-movement as opposed to stillness            -travel, directions            -balance, small and large parts            Small apparatus</p>	<p><b>Gymnastics</b>            K- curved back, position of hands to roll            K- bent knees and use of arms to jump and land safely            -rocking to roll            -jumping, leaping, hopping            Small apparatus</p>	<p><b>Dance</b>            K-listen and feel the beat of the music            -explore and respond imaginatively            -speed, levels, directions            -copy movements            -compose and link movements            -Space and weather stimulus</p>	<p><b>Bat and ball:</b>  <b>Tennis</b>            K - hold racket correctly            -cooperate with a partner            -bounce ball on a racket            -bounce ball with racket            -roll ball along the ground with racquet            -attempt to hit the ball</p>	<p><b>Swimming</b>            K- holding aid correctly            K- Body shape, long like a pencil            K- straight legs and flexible ankles            -water confidence            -swim with an aid on front and back            -push and glide            -submerging</p>
	<p><b>Invasion / defence:</b>  <b>Early football skills</b>            K - how to kick a ball, which part of the foot for a pass / shoot            -dribbling            -passing and stopping the ball with the feet            - tackling 1v1            -shooting and goal keeping 1v1</p>	<p><b>Multi-skills</b>            K - hands ready to receive a ball            K- run with weight forward            -running, hopping, skipping            -cooperate with a partner / small group            - throwing and catching(under arm)            -rolling            - kicking            - 1 v 1 small cooperative games</p>	<p><b>Invasion / defence:</b>  <b>Early tag- rugby skills</b>            -K - how to hold and pass a rugby ball            -invasion of space (tags)            -find space (tags)            -throwing and catching</p>	<p><b>Invasion / defence:</b>  <b>Early hockey skills</b>            -K - how to hold a hockey stick            -dribble the ball            -stop the ball</p>	<p><b>Kwik cricket</b>            -K - hold bat correctly            -throwing and catching            -throwing at a target            - hitting a ball from a tee</p>	

<b>Year 2</b>	<p><b>Multi-skills</b>            K - hands ready to receive a ball            K- run with weight forward, on balls of feet            -running, hopping, skipping            -cooperate with a partner / small group            - throwing and catching(under arm)            -rolling            -kicking</p>	<p><b>Gymnastics</b>            K-movement as opposed to stillness            -travel, levels, speed            -balance moving from one balance to another            -create routines            Small and large apparatus</p>	<p><b>Gymnastics</b>            K- curved back, position of hands to roll            K- bent knees and use of arms to jump and land safely            -rolling,            -jumping 1 to 1, 2 to 1, 1 to 2, 2 to 2            -create routines            Small and large apparatus</p>	<p><b>Dance</b>            K-listen and feel the beat of the music            -explore, remember and repeat a range of actions with some coordination and control.            - changes of rhythm, speed, level and direction            - to compose and perform short dances that express and communicate moods, ideas and feelings.            -dances from other countries and cultures.            Trad. dances - Nepal</p>	<p><b>Bat and ball: tennis</b>            -K - hold racket correctly            -forehand            -bounce the ball with the racket            -hit the ball over a line            - hit a fed ball</p>	<p><b>Swimming</b>            K - the position of arms and legs for front crawl and backstroke            -arms for breaststroke            -water confidence            -swim with an aid on front and back            -push and glide            -submerging to retrieve an object</p>
	<p><b>Invasion / defence: Early football skills</b>            K - how to kick a ball, which part of the foot for a pass / shoot            -passing and dribbling the ball with the feet            - tackling 1v1            -shooting and goal keeping 1 v 1, 2 v 1, 2 v 2</p>	<p><b>Multi-skills</b>            K - underarm and chest pass. Foot position and angle of arm            -running, hopping, skipping            -cooperate with a partner / small group            - throwing and catching(under arm and chest pass)            -rolling            - kicking            -1 v 1 invasion and defence small games</p>	<p><b>Invasion / defence: Early tag- rugby skills</b>            -K - how to throw, catch and pass a rugby ball            -K - passing backwards            -finding space (tags)            -invading and defending space(tags)</p>	<p><b>Invasion / defence: Early hockey skills</b>            -K- how to hold the hockey stick            -k - head over the ball            -dribbling the ball            -stopping the ball            -passing 1v1            -shooting 1v1</p>	<p><b>Kwik cricket</b>            -K - hold bat correctly            -throwing and catching            -throwing at a target            - hitting a ball from a tee            -work in a group of 3            bowler, batter, fielder</p>	



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<p><b>Year 3</b></p>	<p><b>Basketball / netball</b>          K- chest pass for close pass and overarm for longer pass. Positioning of arms and feet.          -chest pass          -overarm throw          -catching          -bounce pass          -find space          -marking an opponent and begin to understand role          - 1 v 1 , 2 v 1 2 v 2          -small invasion and defence games          -lead others in a simple game</p>	<p><b>Gymnastics: travel and balance</b>          K-lift hips to transfer weight to hands when moving over apparatus          K-body tension          -own ideas for movements in response to a task          -increased balance and control          -partner work and evaluation          -routine with clear start and finish          -adapt sequences to suit different types of equipment.</p>	<p><b>Gymnastics: roll and jump</b>          K-forward roll          K-jumping          -own ideas for movements in response to a task          -increased balance and control          -partner work and evaluation          -routine with clear start and finish          -adapt sequences to suit different types of equipment.          -jump and land safely from a spring board</p>	<p><b>Dance</b>          K - counting helps to keep the group in time with each other          K-unison and canon add variety to a dance phrase          -create dance phrases with partner / small group that communicate ideas          -use unison and canon          -use counts to keep time          -remember, repeat, and perform          -explore dance phrases from other cultures or history          - discuss the expressive qualities</p>	<p><b>Kwik Cricket / rounders</b>          K -in cricket - to place bat in front of the wicket not feet          K - the role of a batter, bowler and fielder          K-cricket and rounders: to make a run after hitting the ball          -underarm bowling to a target / opponent          -hit a ball from a tee progressing to hitting a bowled ball          -play a game involving hitting the ball and running to a point</p>	<p><b>Swimming</b>          K-simple breathing technique          K-simple water safety          K- simple buoyancy          -push and glide from pool floor          -tuck float          -scull head first          -front crawl          -backstroke          -breastroke          -turn from front to back and vice versa          variety of swimming          -simple breathing technique for front crawl          -swim a width unaided</p>
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<p><b>Tennis / badminton</b> K- hold racket correctly K- weight forward onto toes -forehand -backhand -send balls over a net or line to a partner. - attempt to return a ball to a partner. -move quickly around the court</p>	<p><b>Football</b> K- opponents, attacking and defending K-finding space -Move the ball towards a goal with increasing control. -dribble, pass, shoot -role as an attacker and as a defender. -find space -marking an opponent and begin to understand role - 1 v1 , 2 v 1 2 v 2 -small invasion and defence games -lead others in a simple game -finding space</p>	<p><b>Hockey</b> K- opponents, attacking and defending -K- revise how to hold the hockey stick, head over the ball K-finding space -dribbling and stopping the ball -Move the ball towards a goal with increasing control. -dribble, pass, shoot -role as an attacker and as a defender. -find space -marking an opponent and begin to understand role - 1 v1 , 2 v 1 2 v 2 -small invasion and defence games -lead others in a simple game -finding space</p>	<p><b>Tag-rugby</b> K - passing backwards K-finding space -throw and catch accurately -invading and defending space (tags)</p> <p><b>Tri-golf</b> K- correct way to hold a golf club K- correct foot position K- how to swing 'tick tock method' -hitting to a varying distances -taking a swing from a tee -chip shots and putting from different starting points</p>	<p><b>Athletics</b> K-not to slow near a finishing line -K-relay activity, remembering when to run and what to do -run at fast, medium and slow speeds. -jumping for distance and height. -relay activity. -throwing a variety of objects, changing action for accuracy and distance.</p>	
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Year 4	<p><b>Basketball / netball</b>            K- chest pass for close pass and overarm for longer pass. Positioning of arms and feet.            K-simple tactics            -chest pass            -overarm throw            -catching            -bounce pass            -shooting            -intercept a moving ball            -marking an opponent and defend 1 v 1 to win the ball            - work as a team to keep possession and score            -create and lead others in a simple game</p>	<p><b>Gymnastics: travel and balance</b>            K-lift hips to transfer weight to hands            K-use of partner for balance and counter balances            -own ideas for movements in response to a task            -increased balance and control            -partner work and evaluation            -adapt sequences to suit different types of equipment.</p>	<p><b>Gymnastics: roll and jump</b>            K-forward roll            K-jumping            K-understand how body tension can improve the control and quality of their movements.            -own ideas for movements in response to a task            -increased balance and control            -partner work and evaluation            -plan and perform sequences with a partner that include a change of level and shape.            -adapt sequences to suit different types of equipment.            -jump and land safely from a spring board</p>	<p><b>Dance</b>            K - formation, unison and canon add variety to a dance phrase            K- mood and emotion can be expressed through dance            -use motifs and movement patterns to structure dance phrases on their own, with a partner and in a group.            -use formation, canon and unison            -Refine, repeat and remember dance phrases.            -Use dynamic and expressive qualities in relation to an idea.            -Perform dances clearly and fluently.            -Describe, interpret and evaluate dance, using appropriate language</p>	<p><b>Kwik Cricket / rounders</b>            K -in cricket - to place bat in front of the wicket not feet            K - the role of a batter, bowler and fielder            K-cricket and rounders: to make a run after hitting the ball            -cricket - overarm bowl using the 'windmill' analogy            - hitting a bowled ball            -play a simplified cricket / rounders game involving hitting the ball and running to a wicket / post</p>	<p><b>Swimming</b>            K-an action for getting help            K-simple water safety            K-simple rhythmical breathing technique            -Tread water for 30 seconds            -perform a handstand and hold for a minimum of 3 seconds            -front crawl            -backstroke            -breastroke            -simple rhythmical breathing technique for front crawl            -swim a length unaided</p>
	<p><b>Tennis / badminton</b>            K- weight forward onto toes            -forehand            -backhand            -send balls over a net or line to a partner.            - attempt to return a ball to a partner.            -move quickly around</p>	<p><b>Football</b>            K- revise opponents, attacking and defending            K-simple tactics            K-finding space            -Move the ball towards a goal with increasing control.            -dribble, pass, shoot            -role as an attacker</p>	<p><b>Hockey</b>            K- revise opponents, attacking and defending            K-simple tactics            K-finding space            -Move the ball towards a goal with increasing control.            -dribble, pass, shoot            -role as an attacker</p>	<p><b>Tag-rugby</b>            K - passing backwards            K-finding space            -throw and catch accurately            -invading and defending space (tags)            -intercept a moving ball</p>	<p><b>Athletics</b>            K- pace for long distance running            K-leg, arm and body position for throwing            K- how to execute a long jump into the sand pit            -sprinting            -running over distance            - throwing underarm and</p>	



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	<p>the court -aim to play a rally with a partner, working cooperatively at first and then as an opponent.</p>	<p>and as a defender. -finding space -intercept a moving ball -marking an opponent and defend 1 v 1 to win the ball - work as a team to keep possession and score -create and lead others in a simple game</p>	<p>and as a defender. -finding space -intercept a moving ball -marking an opponent and defend 1 v 1 to win the ball - work as a team to keep possession and score -create and lead others in a simple game</p>		<p>overarm -throw at a target with some power and accuracy -long jump -high jump -relay -Record distances, numbers and times.(Maths link) -Develop leadership skills and encourage and support younger children during competitive athletic activities . (Eg sports day)</p>	
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