

	Autumn Term		Spring Term		Summer Term		
Area of PE	Multi-Skills and Routines	Running and Dance	Jumping and Gymnastics	Throwing and Dance	Sending and Receiving using the Body and Gymnastics	Sending and Receiving using Equipment and Athletics	
<b>Lesson 1 – Multi-Skills/ Fundamental Skills</b>	<b>Multi-Skills and Routines</b> ♦ Negotiate space and obstacles, with consideration for themselves and others ♦ Demonstrate strength, balance and coordination when playing ♦ Move energetically	<b>Running</b> ♦ Look forward to where they are going when running	<b>Jumping</b> ♦ Push through the balls of their feet to jump	<b>Throwing</b> ♦ Look at the target they are throwing to	<b>S&amp;R using the Body</b> ♦ Show connection between an object and the body part being used to send ♦ Show the receiving surface of the body part being used to receive	<b>S&amp;R using Equipment</b> ♦ Show connection between an object and the equipment being used to send ♦ Show the receiving surface of the object being used to receive	
<b>Lesson 2 - PE</b>		<b>Dance</b> ♦ Show creative interpretation for different themes and music	<b>Gymnastics</b> ♦ Hold a static balance ♦ Coordinate large movements using the whole body	<b>Dance</b> ♦ Show creative interpretation for different themes and music	<b>Gymnastics</b> ♦ Hold a static balance ♦ Coordinate large movements using the whole body	<b>Athletics</b> ♦ Recap of all running, jumping and throwing skills previously taught	
<b>Key Vocabulary</b>	<b>Multi-Skills and Routines</b> space, obstacles, strength, balance, coordination, energy	<b>Running</b> running, forwards, backwards, slow, fast, head up	<b>Jumping</b> jumping, how high, how far, balls of feet	<b>Throwing</b> throwing, target, object, timing, how far, how high	<b>S&amp;R using the Body</b> body parts, football, netball, basketball, volleyball, dodgeball, send, receive, object	<b>S&amp;R using Equipment</b> equipment, send, receive, object, hockey, tennis, badminton, cricket	
		<b>Dance</b> space, dance, creative, music, themes, shapes,	<b>Gymnastics</b> balance, strength, coordination, travel	<b>Dance</b> space, dance, creative, music, themes, shapes,	<b>Gymnastics</b> balance, strength, coordination, travel	<b>Athletics</b> run, jump, throw, slow, fast, how high, how far	
<b>Personal Challenges</b>	 Personal challenges to complete during PE lessons and at playtimes / lunchtimes						
<b>Level 1 Competitions</b>	Intra-school competition - A team competition is incorporated into the last week of each unit of work – children compete in their rainbow groups. This encourages the promotion of the School Games Values and creates leadership opportunities.						
<b>Level 2&amp;3 Competitions</b>	Local Inter-School Competition - Compete in inter-school competitions organised by CGS Outreach (Festival Fridays) and Newark School Spots Organiser. Some of these events are qualifies and could lead to Level 3 competitions (County competitions)						
<b>Leadership Skills</b>	Wear the correct PE kit to every session	Work for the whole lesson without giving up	Encourage my friends to do well	Captain my team in an activity	Help my teacher with the equipment	Show my class a part of the warm up activity	Show a friend how to do a new skill