


	Autumn Term			Spring Term			Summer Term		
Area of PE	Basketball	Volleyball		Rugby	Tennis		OAA	Cricket	
	Swimming			Dance	Gymnastics		Athletics		
Lesson 1 – Multi-Skills/ Fundamental Skills	<ul style="list-style-type: none">Find space in a gameClose down defenders to gain possessionIntercept passes to set up attacking positionsPerform different passesKnow basketball positionsPlay to basketball rulesLead a team and communicate strategies to limit an opponent's spaceApply these skills in a game situationPlay games in a competition	<ul style="list-style-type: none">Accurately send the volleyball over the net to a desired areaServe in different waysHit a return successfullyKnow the different positions and where to stand to make it more difficult for an opponentPerform different hitsKnow how to score in VolleyballApply these skills in a gamePlay games in a competition	<ul style="list-style-type: none">Find space in a gameClose down defenders to gain possessionIntercept passes to set up attacking positionsPerform a variety of rugby passesPlay to tag rugby rulesApply these skills in a game situationPlay games within a competition	<ul style="list-style-type: none">Accurately send the ball over the net to a desired areaServe in different waysHit a backhand and forehand shot successfullyHit a return successfullyKnow the different positions and where to stand to make it more difficult for an opponentPerform different shotsKnow how to score in TennisApply these skills in a gamePlay games in a competition	<ul style="list-style-type: none">Use a compass, clues and a map to follow a route across several pointsPlan a route and a series of clues for other people to followApply skills within a competition	<ul style="list-style-type: none">Accurately, and with pace, throw and hit the ball to a desired areaDecide where to hit the ball to make it more difficult for opponentsLead a team and communicate strategies to limit an opponent's spaceBowl accurately and pitch it in an area to cause most problems to an opponentApply these skills within a gamePlay games in a competition			
Lesson 2 – PE - Skills	Swimming <ul style="list-style-type: none">Push and glide and swim 25m backstrokePush and glide and swim 25m front crawlPush and glide and swim 25m breaststrokePerform a movement sequence of 1-minute durationPerform a sitting dive or divePerform a 'shout and signal' rescue		Dance <ul style="list-style-type: none">Give feedback to improve a performanceProduce a synchronised performance to musicPerform to others confidently, using a variety of sequencesPerform to different genres of music and beats	Gymnastics <ul style="list-style-type: none">Complete consecutive rolls using the correct techniqueAdapt shapes in pairs/ groups, using equipmentWork with a partner to create, repeat and improve a sequence with 5 phasesCreate own routine	Athletics <ul style="list-style-type: none">Show correct technique with arm and body to throw a foam javelin at an increased distanceRun and jump over several large hurdlesPerform a running long jump and triple jumpEffectively hand over and receive a baton from behind				
Key Vocabulary	Basketball dribble, double dribble, possession, intercept, attack, defence, dodge	Volleyball serve, return, smash, spike, volley, dig, teamwork, communication	Rugby attack, defence, penalty, intercept, try, forward pass, belts, tags	Tennis serve, return, ace, love, volley, doubles, singles, rally, forehand, backhand	OAA compass, North, South, East, West, 'thumb' the map, clues, direction	Cricket strategy, tactics, teamwork, communication, underarm, overarm, pitch, backstop			
	Swimming backstroke, front crawl, breaststroke, movement sequence, sitting dive, dive, shout and signal, rescue, sculling, rotation, floating, strokes, tread water		Dance performance, synchronised, sequences, perform, genres, feedback	Gymnastics consecutive, technique, sequence, routine, balance, coordination	Athletics hurdles, javelin, technique, long jump, triple jump, relay, baton, communication, long distance, short distance				
Personal Challenges			Weekly mile times and personal challenges to complete during PE lessons and at playtimes / lunchtimes						
Level 1 Competitions			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.						
Level 2&3 Competitions			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)						
Leadership Skills	Explain how a team was successful	Coach a team to improve	As captain, make effective decisions	Umpire or referee a class sport competition	Meet and greet opposing teams and officials	Lead at a School Sport Partnership event	Individually, lead physical activities at play times	Complete leadership training	Present PE sport information in an assembly