

St Nicks PE Plan 2022-2023

PE	Reception	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
Term 1	<u>Topic 1</u> Awareness Movement Patterns Locomotion Skill Behavioural Instruction <u>Me, Myself & I</u> <u>Planning</u> <u>Topic 2</u> Spatial Awareness Travelling Range of Movements <u>Movement Development</u> <u>Planning</u>	<u>Topic 1</u> Team Games Technique Drop Ins Identify Skill <u>Netball Planning</u> <u>Topic 2</u> Focusing on aerobic, static movements, and endurance activities <u>Fitness</u>	<u>Topic 1</u> Catching Throwing Striking <u>Volleyball</u> <u>Planning</u> <u>Topic 2</u> Explore different ways to send and receive the ball Tactical awareness <u>Basketball planning</u>	<u>Topic 1</u> Invasion Games Technique Drop Ins Identify Skill Defend/Attack Principles <u>Hockey Planning</u> <u>Topic 2</u> Dance Technique Drop Ins Identify Skill <u>Street Dance Planning</u>	<u>Topic 1</u> <u>Fitness</u> Focusing on aerobic, static movements, and endurance activities <u>Topic 2</u> Catching Throwing Striking <u>Cricket Planning</u>	<u>Topic 1</u> Invasion Games Field Games Technique Drop Ins Identify Skill <u>Football Planning</u> <u>Topic 2</u> Swimming	<u>Topic 1</u> Invasion Games Technique Drop Ins Identify Skill <u>Handball Planning</u> <u>Topic 2</u> Focusing on aerobic, static movements, and endurance activities <u>Fitness</u>
Term 2	<u>Topic 1</u> Music Co-ordination, Balance Control Rhythm <u>Dance Planning</u> <u>Topic 2</u> Throwing and Catching Play in groups <u>Ball Skills Planning</u>	<u>Topic 1</u> Catch/Avoid/ Evade Technical Drop Ins Identify Skill <u>Tag Rugby Planning</u> <u>Topic 2</u> Combine different ways of travelling exploring a range of movements and shapes Agility, balance, co-ordination <u>Gymnastics planning</u>	<u>Topic 1</u> Invasion Games Technique Sessions Identify Skill Defend & Attack Principles <u>Football Planning</u> <u>Topic 2</u> Combine different ways of travelling exploring a range of movements and shapes Agility, balance, co-ordination <u>Gymnastics planning</u>	<u>Topic 1</u> Catch/Avoid/ Evade Technical Drop Ins Identify Skill <u>Tag Rugby Planning</u> <u>Topic 2</u> Focusing on aerobic, static movements, and endurance activities <u>Fitness</u>	<u>Topic 1</u> Technique Sessions Identify Skill <u>Basketball Planning</u> <u>Topic 2</u> Perform a range of actions, agilities and clarity of movement Create Gymnastic sequences Develop flexibility, strength, control, technique and balance <u>Gymnastics Planning</u>	<u>Topic 1</u> Netball Key Skills Tactics Technique <u>Netball Planning</u> <u>Topic 2</u> Swimming	<u>Topic 1</u> Develop creating own Gymnastic sequences Develop flexibility, strength, control, technique and balance <u>Gymnastics Planning</u> <u>Topic 2</u> Send and receive the ball Tactics Positioning <u>Football Planning</u>

Term 3	<u>Topic 1</u> Awareness Movement Patterns Locomotion Skill Behavioural Instruction <u>Fun and Games planning</u> <u>Topic 2</u> Play in groups Take turns with others Run skilfully and negotiate space <u>Working with others planning</u>	<u>Topic 1</u> Music Rhythm Technique Drop In Identify Skill <u>Animals in the Jungle Planning Dance</u> <u>Topic 2</u> Send and receive the ball Dribble the ball at speed Spatial Awareness Ball control <u>Football Planning</u>	<u>Topic 1</u> Dance Technique Drop Ins Identify Skill <u>Street Dance Planning</u> <u>Topic 2</u> Team Games Technique Drop Ins Identify Skill <u>Netball Planning</u>	<u>Topic 1</u> Perform a range of actions, agilities and clarity of movement Create Gymnastic sequences Develop flexibility, strength, control, technique and balance <u>Gymnastics Planning</u> <u>Topic 2</u> Pass, shoot and receive the ball Apply basic attacking and defending principles <u>Basketball Planning</u>	<u>Topic 1</u> Dance Technique Drop Ins Identify Skill <u>Street Dance Planning- The club cant handle me</u> <u>Topic 2</u> Send and receive the ball Tactics Positioning <u>Football Planning</u>	<u>Topic 1</u> <u>Fitness</u> Focusing on aerobic, static movements, and endurance activities <u>Topic 2</u> Key Skills Tactics Technique <u>Basketball planning</u>	<u>Topic 1</u> Invasion Games Technique Drop Ins Identify Skill Defend/Attack Principles <u>Hockey Planning</u> <u>Topic 2</u> Swimming
Term 4	<u>Topic 1</u> Manipulation Focus 1.Catching 2.Aiming <u>Throwing and Catching Planning</u> <u>Topic 2</u> Explore and copy basic rhythms Use bodies to respond to music/stories/ topics <u>Fitness</u> Focusing on aerobic, static movements, and endurance activities	<u>Topic 1</u> Team Games Technique Drop Ins Identify Skill <u>Handball planning</u> <u>Topic 2</u> Sending and receiving (throwing and rolling) Throwing and catching Basic tactics <u>Volleyball planning</u>	<u>Topic 1</u> Team Games Technique Drop Ins Identify Skill <u>Hocky Planning</u> <u>Topic 2</u> <u>Fitness</u> Focusing on aerobic, static movements, and endurance activities	<u>Topic 1</u> Striking & Fielding Technical Sessions <u>Cricket Planning</u> <u>Topic 2</u> Swimming	<u>Topic 1</u> Striking & Fielding Technical Sessions <u>Tri Golf Planning</u> <u>Topic 2</u> Send and receive the ball Tactics Positioning <u>Handball Planning</u>	<u>Topic 1</u> Outdoor & Adventurous Activities <u>Orienteering Planning</u> <u>Topic 2</u> Explore, Improvise and combine movement ideas inspired by a stimulus <u>Olympic Dance Planning</u>	<u>Topic 1</u> Outdoor & Adventurous Activities <u>Orienteering Planning</u> <u>Topic 2</u> Key Skills Tactics Technique <u>Basketball planning</u>

Term 5	<u>Topic 1</u> Manipulation Focus - Gym - Rolling - Movement Patterns Movement Development Planning <u>Topic 2</u> Show understanding of the need for safety when tackling new challenges Adjust speed and direction to avoid obstacles <u>Fun and Games Planning</u>	<u>Topic 1</u> Manipulation Focus Ball Skills Technical Session <u>Tennis planning</u> <u>Topic 2</u> Outdoor Adventurous activities <u>Orienteering planning</u>	<u>Topic 1</u> Catch/Avoid Evade <u>Tag Rugby Planning</u> <u>Topic 2</u> Net and Wall <u>Badminton Planning</u>	<u>Topic 1</u> Net & Wall <u>Badminton Planning</u> <u>Topic 2</u> Be able to use a range of tactics Pass the ball using different techniques Decision making <u>Netball Planning</u>	<u>Topic 1</u> Outdoor Adventurous Activities Orienteering Planning <u>Topic 2</u> Swimming	<u>Topic 1</u> Striking & Fielding Technical Session Identify Skill <u>Rounders Planning</u> <u>Topic 2</u> Invasion Games Technique Drop Ins Identify Skill Defend/Attack Principles <u>Hockey Planning</u>	<u>Topic 1</u> Striking & Fielding Cricket Technical Sessions Identify Skill <u>Cricket Planning</u> <u>Topic 2</u> Develop creating own Gymnastic sequences Develop flexibility, strength, control, technique and balance <u>Gymnastics Planning</u>
Term 6	<u>Topic 1</u> Manipulation Focus - Ball Skills - Sports Day Practice <u>Ball Skills Planning</u> <u>Topic 2</u> Play in groups Take turns with others Run skilfully and negotiate space <u>Working with others planning</u>	<u>Topic 1</u> Athletics- Running, Jumping and Throwing technique <u>Athletics planning</u> <u>Topic 2</u> Catching Throwing Striking <u>Cricket Planning</u>	<u>Topic 1</u> Athletics- Running, Jumping and Throwing technique <u>Athletics planning</u> <u>Topic 2</u> Catching Throwing Striking <u>Rounders Planning</u>	<u>Topic 1</u> Athletics- Running, Jumping and Throwing technique <u>Athletics planning</u> <u>Topic 2</u> Catching Throwing Striking <u>Tennis Planning</u>	<u>Topic 1</u> Athletics- Running, Jumping and Throwing technique <u>Athletics planning</u> <u>Topic 2</u> Swimming	<u>Topic 1</u> Athletics- Running, Jumping and Throwing technique <u>Athletics planning</u> <u>Topic 2</u> Develop creating own Gymnastic sequences Develop flexibility, strength, control, technique and balance <u>Gymnastics Planning</u>	<u>Topic 1</u> Athletics- Running, Jumping and Throwing technique <u>Athletics planning</u> <u>Topic 2</u> Invasion Games Technique Drop Ins Identify Skill Defend/Attack Principles <u>Rounders</u>