



**P.E. Plan and Sequence of Learning**



<b>Outcomes</b>		<b>Y1</b>	<b>Y2</b>	<b>Y3</b>	<b>Y4</b>	<b>Y5</b>	<b>Y6</b>
<b>Autumn 1</b>							
<b>Invasion Games</b>	<b>Control &amp; Competence</b>	Begin to control and manipulate a ball within a restricted area.	Shield a ball to retain possession against an opponent.	Use a variety of ways to retain possession of the ball whilst passing an opponent.	Working both individually and within a team to identify and implement ways to get past an opponent, moving towards a goal.	Identify and apply strategies to enable your team to defend and attack against an opponent.	Plan, apply and review strategies within a team to improve performance within a game situation.
	<b>Compete &amp; Cooperate</b>	Begin to understand the roles of attackers and defenders	Show specific skills that apply to attacking and defending in different game environments	Apply the roles of attackers and defenders within small sided games	Demonstrate competitiveness and teamwork to complete objectives	Develop team roles and abide by them within the game environment	Plan and adapt team roles and strategies to compete against another teams tactics
	<b>Evaluate &amp; Appreciate</b>	Define the difference between attackers and defenders	Define certain skills and terminology for attacking and defending	Begin to understand what attacking and defending skills are appropriate at different times within a game	Begin to understand how to improve and change tactics to complete an objective	Demonstrate evaluation of own performance and how it affects the team	Demonstrate collaboration with teammates to adapt tactics to compete and complete objectives
<b>Autumn 2</b>							
<b>Gymnastics</b>	<b>Control &amp; Competence</b>	Show control and coordination when travelling and balancing on different body parts.	Travel with accuracy and agility from a standing position in a range of activities (jumping, hopping, running, etc).	Show control and accuracy when jumping or balancing.	Demonstrate strength and flexibility in movements.	Control take off and landing technique within a fluid sequence whilst applying learned skills.	Show consistent coordination, speed, stamina and strength within a range of movements. within a show.

	Compete & Cooperate	Begin to show confidence whilst moving in different ways	Start showing competence whilst moving in a variety of ways	Begin to show control when jumping and balancing in game situations	Demonstrate good control with balances/jumping/landing to compete in games	Show fluid movement in game situations to start completing challenges as part of a team	Demonstrate coordination with all balances, good control and fluid movement on your own and as part of a team in order to complete objectives
	Evaluate & Appreciate	Understand the differences in body parts that help you complete movements	Understand the differences between balances and how to do them	Differentiate between jumping and landings and how to conduct them in game situations	Understand how strength is important and how flexibility is used to perform movements. Use these to your advantage in game situations	Reflect on movements and start to challenge yourself to move in a variety of ways	Evaluate movements and come up with creative new balances, fluid movements as part of a team to complete objectives
<b>Spring 1</b>							
<b>Dance</b>	Control & Competence	To demonstrate rhythm and control by performing two or more simple dance moves.	Start to develop rhythm and control by performing two or more dance moves	Refine movements to create a basic dance sequence to match a purpose.	Use controlled movements to create a developed dance sequence to match a purpose.	Use controlled movements to create a developed dance sequence within a group to match a purpose.	Use controlled movements to create a developed dance sequence within a group, refining performance to present within a show.
	Compete & Cooperate	Participate and cooperate with others	Participate and cooperate with others and demonstrate understanding of different movements	Identify movements to match a theme, and come up with new ideas to progress sequence	Develop movements to match a theme and start to show structure and creativity	Work well with others and structure a sequence of movements that is creative and show a shared purpose	Demonstrate controlled movements whilst working as a group and be able to show creativity and developing a sequence to match a specific theme

	Evaluate & Appreciate	Understand different movements can fit into a sequence and match music	Understand how different movements can portray a story or theme	Start to develop ideas to progress a sequence, and understand what fits and doesn't fit within a theme	Develop ideas that are creative and work together to come up with new sequences	Be able to have a rationale for a certain sequence and why it fits in with a theme	Be able to reflect on a sequence and come up with new ways to improve and develop a sequence with others
<b>Spring 2</b>							
<b>O&amp;A</b>	Control & Competence	Willingness to communicate as part of a team.	Working as a team whilst showing an awareness of safety and are able to follow a basic map.	Work collaboratively to move from one place to another using a map and can identify risks.	Work in a team to use a map and solve problems with greater confidence and can identify risks whilst advising others.	Can orientate themselves to solve problems by locating particular places and can adapt actions to changing conditions.	Confidently orientate themselves and others to solve intellectual & physical problems in unfamiliar environments.
	Compete & Cooperate	Show willingness to learn and communicate with others	Show an understanding towards safety and safety of others	Come up with plans to complete objectives as part of a team	Identify problems, risks and as working as part of a team compete to complete objectives	As a team, identify problems and solutions, and discuss, plan and conduct a strategy	As a team, identify problems and solutions, and discuss, plan and conduct multiple tactics to complete objectives
	Evaluate & Appreciate	Show ability to think about others in your team and how you contribute	Show understanding of safety and reflect on performance	Be able to work in a team to reflect on your own performance and how it affected the team performance	Contemplate other approaches to a problem and start to use creativity	Contemplate other approaches to a problem and start to use creativity as part of a team to complete objectives	Identify, analyse and find solutions to problems as part of a team. Can reflect on own performance
<b>Summer 1</b>							
<b>Striking &amp; Fielding</b>	Control & Competence	Move or stop to throw, catch or collect a ball.	Move or stop to throw, catch or collect a ball with increased accuracy in small groups.	Develop fielding skills within a team.	Develop control of fielding skills as part of a team, utilising appropriate techniques to achieve a set objective.	Develop control of striking and fielding within a game situation.	Show controlled accuracy within striking and fielding games and apply attacking and defending skills confidently.

	<b>Compete &amp; Cooperate</b>	Be able to deal with a competitive element or cooperate with others	Find success in working with others to develop throwing and catching skills	Be able to come up with creative ways to show success with throwing and catching in specific games	Be competitive whilst showing competence with throwing and catching skills. Display some level of accuracy	In competitive games, show skillset, creativity and accuracy to complete objectives	Apply skills and creativity in the right areas in competitive games, can identify and use teams strengths
	<b>Evaluate &amp; Appreciate</b>	Be able to understand the different techniques of manipulating an object	Show more consistency with throwing and catching techniques in the right areas	Begin to show an understanding of team performance, what went well, what didn't go well etc	After reflecting, apply changes in tactics to complete an objective	After reflecting, apply changes in tactics and understand how they will affect an outcome	Evaluate performance and rationalise new tactics as a team to complete objectives and overcome challenges

**Summer 2**

<b>Athletics</b>	<b>Control &amp; Competence</b>	Run and jump with some control.	Run and jump at a variety of speeds with increased control.	Show control and accuracy within running, throwing and jumping movements.	Show control, accuracy and coordination within running, throwing and jumping movements at different speeds.	Combine a range of running, jumping and throwing techniques.	Combine a range of running, jumping and throwing techniques with increased control.
	<b>Compete &amp; Cooperate</b>	Enjoy the element of competition but wanting to improve you own ability	Begin to want to compete with others and compare results	In competition, understand what skills are needed to achieve a goal	In competition, understand what skills are needed and how to apply them to achieve a goal	Apply correct techniques in competition working on your own or as part of a team	Demonstrate good control and skills in highly competitive games on your own or as part of a team
	<b>Evaluate &amp; Appreciate</b>	Begin to understand the differences in different skills and techniques	Be able to compare similarities between different skills and techniques	Be able to tell the difference between correct technique and the wrong technique	After performance, apply the correct technique to areas of weakness	After performance, apply the correct technique to areas of weakness across a range of skills	Evaluate your own and teams performance and be able to break down skills and techniques to teach others