

PE Overview 2018 – 2019

Proposed BFS support

YR 5&6 AC to teach
Class Teacher to teach

TOURNAMENTS

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Ourselves – Dance unit 4 - To move with confidence and imagination - Use gesture to express feelings - Use imagination in dance	All about us – Bear Hunts - To move with confidence and imagination - To develop movement vocabulary - Explore dynamics of strong movements	Throwing and catching - Hand-eye coordination - Comment on own and others' movement - Gross motor skill work	Gymnastics - Explore movement/levels - Travelling using space and levels. - Body work - rolls	ABCS Skill work - Agility – quick start, changing direction with control and pace - Balance – Over, across and under equipment - Coordination- whole body movement - Spatial awareness	Sports day practise - Sprint technique - Team games and cooperation. - Obstacle incorporating ABCS skills.
Year 1	Outdoor – Multi-skills -To combine a number of co-ordination drills using upper and lower body movements. - To time a run to intercept the path of a ball. Indoor- Boot camp RS - To understand how to prepare our body for exercise. - To practice AB skills in small circuits.	Outdoor – Mighty Movers RS - To explore running in a variety of different speeds and directions.. - Understand why our heart beats faster. - Moving in different ways, i.e. jumping skipping, hopping etc. Indoor – Dance Winter Wonderland - Choose an animal linked to winter. - Watch videos on movements of chosen animal / re-create to music Sequence piece based on a secret animal winter wonderland. MULTI-SKILLS TOURNAMENT 6/11/18	Outdoor – Brilliant ball skills RS - To develop anticipation and reaction. Catching a bean bag or ball sometimes on a bounce. - Develop accuracy of pass and strength of pass. Indoor – Cool core RS - Learn how to support body weight. - Increase the speed and confidence of travelling across apparatus. -To use core to maintain balance and fluidity.	Outdoor – Uni-Hoc - Passing using push and hit, - Shooting using the corners to widen angle. - Dribbling in and out of cones and opponents. Indoor – Gymfit Circuits - Circuit training aimed to improve pupils core strength and balance. - 5 minutes on each station then move onto next. -Incorporate healthy living and how my body feels.	Outdoor – Tri-Golf - Basic hitting skills with putter and iron - Vary power dependant on length of hole - Team building skills. Indoor –Fitness Frenzy RS - demonstrate sound technique when travelling. - Simple biomechanics introduce when running especially the use of arms.	Outdoor – Sports day practise - Sprint technique - Team games and cooperation. - Obstacle incorporating ABCS skills.
Year 2	Outdoor – Multi-skills - To explore static balances - To understand concepts of bases. - ABCS skill development Indoor – Boot camp - To understand how to prepare the body for exercise - To understand what fitness means	Outdoor – Multi skills RS - Learn about stable bases and lose bases. - Co-ordination skills using upper and lower body. - Practise and work on ball handling skills. Indoor – Routine work - Gymnastic shape and routine work from book (See Kelly)	Outdoor – Brilliant ball skills RS - Move using a ball with hand a feet. - To catch a variety of different objects. - To catch a ball with variety of different heights. Indoor – Gymfit Circuits - Circuit training aimed to improve pupils core strength and balance. - 5 minutes on each station then move onto next. -Incorporate healthy living and how my body feels. KS1 GYM COMPETITION 5/2/19	Outdoor – Football - Passing – using instep and varying the distance. - Shooting using instep and aces. - Movement and evading Indoor –Cool core strength RS - Learn how to maintain a good bridge using core strength. - Improve plank techniques - Transfer weight from one foot to the other. MULTI-SKILLS TOURNAMENT 3/4/19	Outdoor – Active athletics RS - Run with change of speed. Jump with balance and fluidity using arms. - Understand how to throw safely with accuracy. Indoor –Dance Ancient Egypt - Introduce cannon and unison as a group and as partners. - Explore traditional Egyptian dancing linked to the Pharaohs and gods. -Link to worship and levels.	Outdoor – Sports day practise - Sprint technique - Team games and cooperation. - Obstacle incorporating ABCS skills. MULTI-SKILLS TOURNAMENT 11/6/19
Year 3	Outdoor: Tag-Rugby - Handling, grip length of pass - Movement to evade and go forward - Team-work Indoor- OAA/Bootcamp -Develop agility and co-ordination skills -Perform simple patterns of movement EAGLES SWIMMING	Outdoor – Uni-hoc - Introduce how to hold the stick and basic rules of the game. - Dribbling stance and technique. - Passing to and through cones to improve accuracy. Indoor – Dance – Ancient Greece - Build up a picture using characters from history lessons -Explore long extended movements using exaggerated poses HAWKS SWIMMING	Outdoor – Football - Passing to beat an opponent using instep - Shooting with instep for accuracy and laces for power. - Small sided games to encourage pupils to use the space and not 'bunch' Indoor – Indoor – Gymnastics Pathways - Movement over under and around apparatus - Create short sequence involving balance, travel and jump. Improvement in body tension	Outdoor – Kwik Cricket - Basic bowling towards stumps focussing on line and length - Batting position and simple stroke play. - Fielding throwing to the bowler and backing up Indoor –Teamwork/OAA - Selection of teamwork activities that encourage pupils to talk and work as a team - OAA using cards and maps around school grounds. MULTI-SKILLS TOURNAMENT 8/3/18	Outdoor – Tennis - Hand-eye coordination when using forehand - Grip and movement of racket - Net play – strokes to use and pace of ball. Indoor – Gymfit Circuits - Circuit training aimed to improve pupils core strength and balance. - 5 minutes on each station then move onto next. -Incorporate healthy living and how my body feels. MULTI-SKILLS TOURNAMENT 8/5/19	Outdoor – Sports day practise - Sprint technique - Team games and cooperation. - Obstacle incorporating ABCS skills.
Year 4	Outdoor Tag-Rugby - Tactics- Movement from dead ball - Positional awareness - Defence – movement from tag Indoor- OAA/Bootcamp -Develop agility and co-ordination skills -Perform simple patterns of movement TAG-RUGBY OAA TOURNAMENT 17/10/18	Outdoor – Athletics – - Prep for sportshall tournament adapted for outside - Throwing technique and biomechanics - Running focussing on turning using turning board Indoor – Indoor – Gymnastics - Routine work - Gymnastic shape and routine work from book (See Kelly) SPORTS HALL ATHLETICS 29/11/18	Outdoor – Football - Gameplay – positional awareness - Keeping possessions - Recap shooting and passing - Small games 5-a-side Indoor – Gymfit Circuits - Circuit training aimed to improve pupils core strength and balance. - 5 minutes on each station then move onto next. -Incorporate healthy living and how my body feels. KS2 GYM COMPETITION 5/2/19	Outdoor – Tennis - Forehand backhand stroke play - Serve and areas to aim for - Attacking play towards the net. Indoor- Mighty movers boxercise - boxercise to movement and explore core strength - to learn footwork patterns using coordination. - To improve personal fitness and maintain level.	Outdoor – Uni-hoc - Dribble technique to beat opponent. Introduce Indian dribbling. (co-ordination). - Shooting by placement and power. - Match play – Tactical positioning. Indoor – Dance – Roman Coliseum -Peer and group work building scene from coliseum - Gladiator images for inspiration - Create and display motifs using cannon as a group. FALCONS SWIMMING	Outdoor – Sports day practise - Sprint technique - Team games and cooperation. - Obstacle incorporating ABCS skills KESTRELS SWIMMING TENNIS TOURNAMENT 17/6/19

					QUAD KIDS TOURNAMENT 1/5/19	
Year 5	<p>Outdoor: Tag-Rugby</p> <ul style="list-style-type: none"> - Ball handling and gaining ground - Tactics in game situation - Positional awareness and strengths <p>Outdoor: Netball</p> <ul style="list-style-type: none"> - Catching and passing - Positional tactics - Shooting under pressure. <p>TAG RUGBY 15/10/18 NETBALL 13/9/18-18/10/18 (6 WEEKS EVERY THURSDAY)</p>	<p>Indoor: Badminton</p> <ul style="list-style-type: none"> - Chasse steps/ movement - Stroke for defensive and offensive play, also serving near/ far - Pair tactics for net play. <p>Outdoor: Football (possibly Luton Town to take)</p> <ul style="list-style-type: none"> - Set-piece work – Free kick and corner movement - Tactics for counter attacking / defending attacking <p>DODGEBALL 1/11/18 TBC</p>	<p>Indoor: Gym - Sequences</p> <ul style="list-style-type: none"> - Explore rolling – teddy, forwards, backwards - Points of contact for balance / body tension - Create routine using apparatus <p>Outdoor: Basketball</p> <ul style="list-style-type: none"> - Shooting – ‘hand in cookie jar’ movement. - Lay-ups – movement and change of pace. - Recap gameplay, positions and passing. <p>BEECH SWIMMING</p>	<p>Indoor: Dance Kings and Queens</p> <ul style="list-style-type: none"> - Cross link movement of gym sequence to movement in dance. - Create a story using dance focussing on facial expression. - Pair work linked to group work <p>Outdoor: Rounders</p> <ul style="list-style-type: none"> - Rules – How to play - Hand-eye coordination when striking the ball and positioning. - Tactics – when to run and take a tactical hit. <p>WILLOWS SWIMMING</p> <p>FOOTBALL TOURNAMENT 14/3/19 GIRLS FOOTBALL 26/3/19 NETBALL 18/3/19</p>	<p>Outdoor: Athletics (Field) & OAA</p> <ul style="list-style-type: none"> - Biomechanics of shot, turbo javelin. Link to maths angles and science levers. - OAA how to read a map and find tokens around field. - Introduce compass work. <p>Outdoor: Tennis</p> <ul style="list-style-type: none"> - Recap forehand and backhand. - Introduce volley and attacking net play. - Introduce serve – tactics of serve volley game. <p>ROUNDERS LEAGUE GIRLS 25/4/19-23/5/19</p>	<p>Outdoor : Athletics (Track)</p> <ul style="list-style-type: none"> - Biomechanics of perfect running technique. - Introduce proper starting position/tactical running. - Long distance running / pacing - Relay. – handover technique and tactical leg running. <p>Outdoor: Kwik Cricket</p> <ul style="list-style-type: none"> - Introduce aggressive stroke play – advancing down wicket. - Backing up and tactical team play. - Bowling to deceive or play batsman. <p>GIRLS DISTRICT ROUNDERS 4/7/19</p>
Year 6	<p>Outdoor: Tag-rugby</p> <ul style="list-style-type: none"> - Tactical positioning and approach to offensive & defensive play - Counter attack approach to offensive play <p>Outdoor: Netball</p> <ul style="list-style-type: none"> - Build up play leading to shooting - Tactical awareness - Defensive marking (zonal) <p>TAG RUGBY 15/10/18 NETBALL 13/9/18-18/10/18 (6 WEEKS EVERY THURSDAY) FOOTBALL 11/9/18-16/10/18 (6 WEEKS EVERY TUESDAY)</p>	<p>Indoor: Athletics</p> <ul style="list-style-type: none"> - Fitness training focussing on different assessment, bleep, sit and reach & standing jump. - Indoor javelin and ball push technique. - Running using turn boards. <p>Outdoor: Football</p> <ul style="list-style-type: none"> - Emphasis of match play, - corners and throw ins. - Introduce off-side rule and how to exploit this. - Man-marking vs zonal marking – evaluate strengths and weaknesses of both. <p>DODGEBALL 1/11/18 TBC B TEAM FOOTBALL 30/10/18 SPORTSHALL ATHLETICS 6/12/18</p>	<p>Indoor: Dance Industrial Revolution</p> <ul style="list-style-type: none"> - Pupils to mind map as a group of how to create dance. - Pupils decide themselves how to progress – Teacher to assist if needed. - Focus element of cannon, unison and include motifs. <p>Outdoor: Basketball</p> <ul style="list-style-type: none"> - Positional recap and their roles. - Defending shooting and how to counter attack with pace. - Zonal making - Varied passes to evade opponents. <p>BADMINTON 8/1/19</p>	<p>Indoor: Gym</p> <ul style="list-style-type: none"> - Pupils create a sequence to music. - Elements to include is peer and singular balance that lead into roles. - Body tension and aesthetic appearance to be discussed, improved and performed. <p>Outdoor: Kwik Cricket</p> <ul style="list-style-type: none"> - Match play – bowling to set up field and bowl to match this field - Batting to place shots tactically in order to increase runs scored. - Cooperation of running between the stumps. <p>GIRLS FUTSAL 26/2/19-2/4/19 NETBALL 15/3/19</p>	<p>Outdoor : Athletics (Track)</p> <ul style="list-style-type: none"> - Running technique built on – Pupils film and in groups discuss how to improve based on biomechanical knowledge. - Long distance running – how to pace yourself whilst using a running partner. Pupils to time themselves. <p>Outdoor: Rounders</p> <ul style="list-style-type: none"> - Match play – Tactical positioning of shot in order to increase RBI's. - Bowler to look at how they are bowling in order to aid team. - Teams to decide on own strength and weaknesses in order to succeed. <p>MULTI-SPORTS CRICKET/TAG-RUGBY 20/5/19 ROUNDERS LEAGUE GIRLS 25/4/19-23/5/19</p>	<p>Outdoor: Athletics (Field) & OAA</p> <ul style="list-style-type: none"> - Biomechanical analysis of javelin and shot. Pupils to film and analyse. - Pupils to devise their own OAA activity using basic school map. Prep time needed prior. To include compass/directional work. <p>Outdoor: Tennis</p> <ul style="list-style-type: none"> - Match play – Analyse base-line and serve and volley game. - Which is most effective and why? Is your game either or a hybrid of both? <p>QUADKIDS ATHLETICS 10/6/19 TENNIS COMPETITION 10/6/19 MIXED ROUNDERS 4/6/19 GIRLS DISTRICT ROUNDERS 1/7/19</p>

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