

SPRING HILL PE CURRICULUM EYFS



AUTUMN 1

Introduction to PE: Unit 1

Lesson 1

To move safely and sensibly in a space with consideration of others

Lesson 2

To develop moving safely and stopping with control

Lesson 3

To use equipment safely and responsibly

Lesson 4

To use different actions whilst following a path

Lesson 5

To work cooperatively and play as a group

Lesson 6

To follow, copy and lead with a partner

Introduction to PE: Unit 2

Lesson 1

To move around safely in a space

Lesson 2

To follow instructions and stop safely

Lesson 3

To stop safely and develop control when using equipment

Lesson 4

To follow instructions and play safely as a group

Lesson 5

To follow a path and take turns

Lesson 6

To work cooperatively with a partner

SPRING 1

Dance Unit 1

Lesson 1

To explore different body parts and how they move

Lesson 2

To explore different body parts, how they move and remember repeat actions

Lesson 3

To express and communicate ideas through movement exploring directions and levels

Lesson 4

To create movements and adapt and perform simple dance movements

Lesson 5

To copy and repeat actions showing confidence and imagination

Lesson 6

To move with control and coordination linking, copying and repeating actions

Gymnastic Unit 1

Lesson 1

To copy and create shapes with your body

Lesson 2

To be able to create shapes whilst on apparatus

Lesson 3

To develop balancing and taking weight on different body parts

Lesson 4

To develop jumping and landing safely

Lesson 5

To develop rocking and rolling

Lesson 6

To copy and create short sequences by linking actions together

SUMMER 1

Ball skills : Unit 1

Lesson 1

To develop rolling and tracking a ball

Lesson 2

To develop accuracy when throwing a target

Lesson 3

To develop dribbling with hands

Lesson 4

To develop throwing and catching with a partner

Lesson 5

To develop dribbling a ball with your feet

Lesson 6

To develop kicking a ball to a target

Games Unit 1

Lesson 1

To work safely and develop running and stopping

Lesson 2

To develop throwing and learn how to keep score

Lesson 3

To play games showing and understanding of the different roles within it

Lesson 4

To follow instructions and move safely when playing tagging games

Lesson 5

To work cooperatively and learn to take turns

Lesson 6

To work with others to play a team game

SPRING HILL PE CURRICULUM EYFS



AUTUMN 2

Ball skills : Unit 1

Lesson 1

To develop rolling a ball to a target

Lesson 2

To develop stopping a rolling ball

Lesson 3

To develop accuracy when throwing to a target

Lesson 4

To develop bouncing and catching a ball

Lesson 5

To develop dribbling a ball with your feet

Lesson 6

To develop kicking a ball

Fundamentals Unit 1

Lesson 1

To develop balancing whilst stationary and on the move

Lesson 2

To develop running and stopping

Lesson 3

To develop changing direction

Lesson 4

To develop jumping and landing

Lesson 5

To develop hopping and landing with control

Lesson 6

To explore different ways to travel

SPRING 2

Gymnastic Unit 2

Lesson 1

To create short sequences using shapes, balances and travelling actions

Lesson 2

To develop balances and safely using apparatus

Lesson 3

To develop jumping and landing safely from a height

Lesson 4

To develop rocking and rolling

Lesson 5

To explore travelling around, over and through apparatus

Lesson 6

To create sequences using apparatus

Dance Unit 1

Lesson 1

To copy, repeat and explore actions in response to a theme

Lesson 2

To explore and remember actions considering level, shape and direction

Lesson 3

To explore movement using a prop with control and coordination

Lesson 4

To move with control and coordination, expressing ideas through movement

Lesson 5

To remember and repeat actions moving in time with music

Lesson 6

To explore actions in response to a theme and begin to use counts

SUMMER 2

Fundamentals Unit 2

Lesson 1

To develop balancing

Lesson 2

To develop running and stopping

Lesson 3

To develop changing direction

Lesson 4

To develop jumping

Lesson 5

To develop hopping

Lesson 6

To explore different ways to travel using equipment

Games Unit 2

Lesson 1

To aim when throwing and practices keeping score

Lesson 2

To follow instructions and move safely when playing tagging games

Lesson 3

To learn to play against a partner

Lesson 4

To develop coordination and play by the rules

Lesson 5

To explore striking a ball and keeping score

Lesson 6

To work cooperatively as a team

SPRING HILL PE CURRICULUM YEAR 1



AUTUMN 1

Fundamentals Unit 1

Lesson 1

To explore balance, stability and landing safely

Lesson 2

To explore how the body moves differently when at different speeds running at

Lesson 3

To explore changing direction and dodging

Lesson 4

To explore jumping, hopping and skipping actions

Lesson 5

To explore coordination and combination jumps

Lesson 6

To explore combination, jumping and skipping in an individual rope

Ball skills : Unit 1

Lesson 1

To develop dribbling a ball with your hands

Lesson 2

To explore accuracy when rolling a ball

Lesson 3

To explore throwing with accuracy at a target

Lesson 4

To develop bouncing and catching a ball

Lesson 5

To explore dribbling a ball with your feet

Lesson 6

To explore tracking a ball that is coming towards me

SPRING 1

Dance

Lesson 1

To use counts of 8 to move in time and make dance interesting

Lesson 2

To explore pathways in dance

Lesson 3

To create my own dance using actions, pathways and counts

Lesson 4

To explore speeds and actions in our pirates inspired dance

Lesson 5

To use expression and create actions that relate to a story

Lesson 6

To create my own actions for an animal

Target Games

Lesson 1

To develop underarm throwing towards a target

Lesson 2

To develop accuracy in throwing

Lesson 3

To develop underarm and overarm throw at a target

Lesson 4

To develop throwing for accuracy and distance using underarm and overarm

Lesson 5

To select the correct throw for the target

Lesson 6

To develop throwing for accuracy and distance

SUMMER 1

Striking and fielding games

Lesson 1

To develop underarm throwing and catching

Lesson 2

To develop overarm throwing

Lesson 3

To develop hitting a ball

Lesson 4

To develop collecting a ball

Lesson 5

To learn how to get a batter out

Lesson 6

To play games and learn how to score points

Net and Wall games

Lesson 1

To defend space using the ready position

Lesson 2

To play against an opponent and keep score

Lesson 3

To explore hitting with a racket

Lesson 4

To develop racket and ball skills

Lesson 5

To develop sending a ball using a racket

Lesson 6

To develop hitting over a net

SPRING HILL PE CURRICULUM YEAR 1



AUTUMN 2

Sending and Receiving

Lesson 1

To develop rolling and throwing a ball towards target

Lesson 2

To develop receiving a rolling ball and tracking skills

Lesson 3

To be able to send and receive a ball with your feet

Lesson 4

To develop throwing and catching over a short distance

Lesson 5

To develop throwing and catching over a longer distance

Lesson 6

To apply sending and receiving skills to small games

Gymnastic Unit 2

Lesson 1

To explore travelling movements

Lesson 2

To develop and combine travelling movements

Lesson 3

To develop quality when performing and linking shapes

Lesson 4

To develop stability and control when performing balances

Lesson 5

To develop stability and control when performing shape jumps

Lesson 6

To develop rolls and use them in a sequence

SPRING 2

Athletics

Lesson 1

To move at different speeds over varying distances

Lesson 2

To develop balance

Lesson 3

To develop changing direction quickly

Lesson 4

To explore hopping, jumping and leaping for distance

Lesson 5

To develop throwing for distance

Lesson 6

To develop throwing for accuracy

Invasion games

Lesson 1

To understand the roles of defenders and attackers

Lesson 2

To understand who to pass to and why

Lesson 3

To move towards goal with the ball

Lesson 4

To support a teammate when playing in attack

Lesson 5

To move into space showing an awareness of defenders

Lesson 6

To stay with a player when defending

SUMMER 2

Swimming beginners

Lesson 1

To develop confidence when entering and moving in the water

Lesson 2

To safely enter and exit the pool and develop confidence in water

Lesson 3

To develop confidence when travelling in the water and begin to develop floating

Lesson 4

To develop confidence to submerge in the water

Lesson 5

To develop confidence when submerging

Lesson 6

To develop floating on front and back

Team building

Lesson 1

To cooperate with a partner to complete challenges

Lesson 2

To explore and develop working as a team

Lesson 3

To develop talking, listening and sharing skills

Lesson 4

To use speaking and listening skills to lead a partner

Lesson 5

To plan with a partner and small groups to complete challenges

Lesson 6

To use talking, listening and sharing skills to complete challenges

SPRING HILL PE CURRICULUM YEAR

2



AUTUMN 1

Ball Skills

Lesson 1

To develop rolling a ball to hit a target

Lesson 2

To develop stopping rolling a ball

Lesson 3

To develop dribbling a ball with your feet

Lesson 4

To develop kicking a ball

Lesson 5

To develop throwing and catching

Lesson 6

To develop dribbling a ball with your hands

Fundamentals

Lesson 1

To explore how the body moves when running at different speeds

Lesson 2

To develop changing direction and dodging

Lesson 3

To develop balance, stability and landing safely

Lesson 4

To explore and develop jumping, hopping and skipping actions

Lesson 5

To develop coordination and combining jumps

Lesson 6

To develop combination jumping and skipping in an individual rope

SPRING 1

Dance

Lesson 1

To remember repeat and link actions to tell the story of my dance

Lesson 2

To use counts of 8 to stay in time with the music

Lesson 3

To explore pathways and levels

Lesson 4

To create a short dance phrase with a partner showing different speeds

Lesson 5

To copy, repeat and create movement patterns in response to a theme

Lesson 6

To create and perform in unison, mirroring and matching with a partner

Target games

Lesson 1

To consider how much power to apply when aiming at a target

Lesson 2

To understand how to score using underarm and overarm throwing

Lesson 3

To develop striking a target

Lesson 4

To develop hitting a moving target

Lesson 5

To select and apply the appropriate skill to the target game

Lesson 6

To show an improvement in my personal best

SUMMER 1

Striking and Fielding Games

Lesson 1

To track a rolling ball and collect it

Lesson 2

To develop underarm throwing and catching to field as ball

Lesson 3

To develop overarm throwing to limit a batters score

Lesson 4

To develop hitting for distance to score more points

Lesson 5

To be able to get a batter out

Lesson 6

To understand the rules of the game and use these to play fairly

Net and Wall games

Lesson 1

To use the ready position to defend space on court

Lesson 2

To develop returning a ball with hands

Lesson 3

To play against a partner

Lesson 4

To develop racket skills and use them to return a ball

Lesson 5

To develop returning a ball with a racket

Lesson 6

To play against an opponent using a racket

SPRING HILL PE CURRICULUM YEAR

2



AUTUMN 2

Sending and Receiving

Lesson 1

To roll a ball towards a target

Lesson 2

To track and receive a rolling ball

Lesson 3

To send and receive a ball with your feet

Lesson 4

To develop catching skills

Lesson 5

To develop throwing and catching skills

Lesson 6

To send and receive a ball using racket

Gymnastics

Lesson 1

To perform gymnastics shapes with control and link them together

Lesson 2

To use shapes to create balances

Lesson 3

To develop travelling actions and balances using apparatus

Lesson 4

To develop different shapes, take off and landing when performing jumps

Lesson 5

To develop rolling and sequence building

Lesson 6

To create a sequence using apparatus

SPRING 2

Athletics

Lesson 1

To develop the sprinting action

Lesson 2

To develop jumping for distance

Lesson 3

To develop jumping for height

Lesson 4

To develop throwing for distance

Lesson 5

To develop throwing for accuracy

Lesson 6

To select and apply knowledge and technique in an athletics carousel

Invasion games

Lesson 1

To understand what being in possession means and support a teammate to score this

Lesson 2

To understand that scoring goals is an attacking skill and explore ways to do this

Lesson 3

To understand that stopping goals is a defending skill and explore ways to do this

Lesson 4

To explore how to gain possession

Lesson 5

To mark an opponent and understand that this is a defending skill

Lesson 6

To apply simple tactics for attacking and defending

SUMMER 2

Swimming

Lesson 1

To develop kicking action on the front

Lesson 2

To develop kicking action and develop breathing

Lesson 3

To develop arm action of pulling

Lesson 4

To develop arm action of pulling and begin to glide on front

Lesson 5

To develop kicking action and gliding on backs

Lesson 6

To develop consistency and confidence in a range of skills

Team Building

Lesson 1

To follow instructions and follow others

Lesson 2

To cooperate and communicate in small groups to solve challenges

Lesson 3

To create a plan with a group to solve the challenges

Lesson 4

To communicate effectively and build trust

Lesson 5

To use teamwork skills to work as a group to solve problems

Lesson 6

To work with a group to copy and create a basic map

SPRING HILL PE CURRICULUM YEAR

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AUTUMN 1

Netball

Lesson 1

To understand the role of an attacker when in possession

Lesson 2

To develop movement skills to lose a defender

Lesson 3

To understand that scoring goals is an attacking skill and learn how to do this

Lesson 4

To understand the role of a defender

Lesson 5

To remember that intercepting is a defending skill and explore ways to do this

Lesson 6

To apply skills and knowledge to play games using netball rules

Football

Lesson 1

To understand the role of an attacker when in possession

Lesson 2

To develop movement skills to lose a defender and move into space

Lesson 3

To understand that scoring goals is an attacking skill and learn how to do this

Lesson 4

To understand the role of a defender

Lesson 5

To apply tactics to small sided games

Lesson 6

To apply skills and knowledge to play games using football rules

SPRING 1

Handball

Lesson 1

To understand the role of an attacker when in possession

Lesson 2

To develop movement skills to lose a defender

Lesson 3

To develop decision making in attack

Lesson 4

To understand the role of a defender

Lesson 5

To apply tactics to small sided games

Lesson 6

To apply skills rules and tactics to play games

Fundamentals

Lesson 1

To develop balance and apply it to other fundamental movement skills

Lesson 2

To understand how the body moves differently at different speeds

Lesson 3

To develop technique when changing speed

Lesson 4

To develop agility using change of speed and direction

Lesson 5

To develop technique and control when jumping, hopping and landing

Lesson 6

To apply fundamental skills to a variety of games

SUMMER 1

Cricket

Lesson 1

To learn how to score points in a striking and fielding game

Lesson 2

To develop batting to score points

Lesson 3

To develop fielding skills to limit the batters score

Lesson 4

To understand the role of a bowler

Lesson 5

To develop my understanding of tactics and begin to use them

Lesson 6

To apply skills and knowledge to play games using cricket rules

Tennis

Lesson 1

To develop racket and ball control

Lesson 2

To explore rallying using a forehand

Lesson 3

To explore returning the ball using a forehand

Lesson 4

To explore returning the ball using a backhand

Lesson 5

To learn how to score and use simple rules

Lesson 6

To work co-operatively with others to begin to manage a game



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AUTUMN 2

Basketball

Lesson 1

To understand the role of an attacker when in possession

Lesson 2

To learn how to maintain possession while dribbling

Lesson 3

To develop passing and moving to support my team

Lesson 4

To understand the role of a defender and explore ways to gain possession

Lesson 5

To understand that scoring goals is an attacking skill and learn how to do this

Lesson 6

To apply skills and knowledge to complete in a tournament

Gymnastics

Lesson 1

To be able to create interesting path and point balances on and off apparatus

Lesson 2

To develop stepping into shape jumps both on and off apparatus

Lesson 3

To develop the straight, barrel and forward roll

Lesson 4

To be able to transition smoothly in and out of a balance on apparatus

Lesson 5

To create a sequence on apparatus using matching and contracting shapes

Lesson 6

To create a partner sequence using the skills I have learnt

SPRING 2

Athletics

Lesson 1

To develop the sprinting technique and improve on your personal best

Lesson 2

To develop changeover technique in relay events

Lesson 3

To develop jumping technique in a range of approaches and take-off positions

Lesson 4

To develop throwing for distance and accuracy

Lesson 5

To develop throwing for distance in a pull throw

Lesson 6

To develop officiating and performing skills

Ball Skills

Lesson 1

To develop dribbling skills with hand and feet

Lesson 2

To develop tracking and catching skills

Lesson 3

To develop tracking and throwing skills

Lesson 4

To develop tracking and kicking skills

Lesson 5

To track a ball that is not sent directly to me

Lesson 6

To apply sending and receiving skills in games

SUMMER 2

Swimming-

Lesson 1

To develop an understanding of buoyancy and balance in the water

Lesson 2

To develop independent movement and submerging

Lesson 3

To develop gliding and crawl walks

Lesson 4

To develop front crawl breathing

Lesson 5

To develop gliding and backstroke

Lesson 6

To develop rotation, sculling and treading water

Dance-

Lesson 1

To create action in response to a stimulus and move in unison with a partner

Lesson 2

To select and link appropriate actions and dynamics to show our dance ideas

Lesson 3

To use choregraphing ideas to develop a dance

Lesson 4

To use line formations, canons and unison to make our line dancing interesting

Lesson 5

To understand and use formations

Lesson 6

To structure a dance to represent a theme

SPRING HILL PE CURRICULUM YEAR



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AUTUMN 1

Netball

Lesson 1

To develop passing and moving play within the footwork rule

Lesson 2

To use a variety of passes to move towards a goal

Lesson 3

To develop movement skills to lose a defender

Lesson 4

To defend an opponent and try to win the ball

Lesson 5

To develop the shooting action

Lesson 6

To apply skills and knowledge to play games using netball rules

Football

Lesson 1

To develop the attacking skill of dribbling

Lesson 2

To develop changing direction and speed when dribbling

Lesson 3

To develop passing and begin to recognise when to use different skills

Lesson 4

To apply attacking skills to move towards goal

Lesson 5

To use defending skills to delay an opponent and gain possession

Lesson 6

To apply skills and knowledge to compete in a tournament

SPRING 1

Handball

Lesson 1

To develop passing and moving and playing within the rules of the game

Lesson 2

To develop movement skills to lose a defender

Lesson 3

To use pace effectively to create shooting opportunities

Lesson 4

To use defensive skills to intercept pass and gain possession

Lesson 5

To develop defending skills to delay an opponent and gain possession

Lesson 6

To apply skills and knowledge to compete in a tournament

Fundamentals

Lesson 1

To develop balance and understand the importance of this skill

Lesson 2

To develop technique for running at different speeds

Lesson 3

To develop agility using a change of speed and direction

Lesson 4

To develop technique and control when jumping, hopping and landing

Lesson 5

To develop skipping with a rope

Lesson 6

To apply fundamental skills to a variety of challenges

SUMMER 1

Cricket

Lesson 1

To develop overarm and underarm throwing and apply these to striking and fielding games

Lesson 2

To develop bowling technique and learn the rules of the skill within the game

Lesson 3

To develop batting skills and understand where to hit the ball

Lesson 4

To develop fielding techniques and apply them to game situations

Lesson 5

To play different roles in a game and begin to think tactically about each role

Lesson 6

To apply skills and knowledge to compete in a tournament

Tennis

Lesson 1

To develop racket and ball control

Lesson 2

To develop returning the ball using forehand and understand when to use it

Lesson 3

To develop backhand and understand when to use it

Lesson 4

To keep a continuous rally going showing increased technique

Lesson 5

To use and apply rules and simple tactics

Lesson 6

To understand and use rules to manage a game

SPRING HILL PE CURRICULUM YEAR

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AUTUMN 2

Basketball

Lesson 1

To develop attacking skills to move towards a goal

Lesson 2

To develop passing and moving and play within the rules of the game

Lesson 3

To develop movement skills to lose a defender and move into a space

Lesson 4

To develop defending skills to delay an attacker and gain possession

Lesson 5

To create space effectively to create shooting opportunities

Lesson 6

To apply skills and knowledge to play games using basketball skills

Gymnastics

Lesson 1

To develop individual and partner balances on and off apparatus

Lesson 2

To develop control in performing and landing rotation jumps

Lesson 3

To develop the straight, barrel, forward and straddle roll

Lesson 4

To link actions that flow in a partner sequence using the rolls I have learnt

Lesson 5

To create a partner sequence to include the skills I have learnt

Lesson 6

To create a partner sequence using the skills I have learnt and apparatus

SPRING 2

Athletics

Lesson 1

To develop stamina and an understanding of speed and pace in relation to distance

Lesson 2

To develop power and speed in the sprinting technique

Lesson 3

To develop technique when jumping for distance positions

Lesson 4

To develop power and technique when throwing for distance

Lesson 5

To develop a pull throw for distance and accuracy

Lesson 6

To develop officiating and performing skills

Ball Skills

Lesson 1

To develop tracking and collecting skills

Lesson 2

To develop accuracy and confidence when tracking a ball

Lesson 3

To develop dribbling skills with hand and feet

Lesson 4

To develop catching skills with one and two hands

Lesson 5

To explore and develop a variety of throwing techniques

Lesson 6

To use tracking and sending skills with feet

SUMMER 2

Swimming

Lesson 1

To develop surface dives, submersion and handstands

Lesson 2

To develop head above water breaststroke technique

Lesson 3

To develop head above water breaststroke technique

Lesson 4

To develop basic skills in water safety and floating

Lesson 5

To learn techniques for personal survival

Lesson 6

To develop water safety skills and an understanding of personal safety

Dance

Lesson 1

To create and copy actions in response to an idea and be able to adapt using changes of space

Lesson 2

To develop a dance using matching and mirroring

Lesson 3

To develop a carnival dance using formations, canons and unison

Lesson 4

To develop a dance phrase and perform as part of a class performance

Lesson 5

To use action, dynamics, space and relationships to represent a state of matter

Lesson 6

To learn and perform a partner dance in 1960s style

SPRING HILL PE CURRICULUM YEAR

5



AUTUMN 1

Netball

Lesson 1

To explore different passes and apply them to different situations

Lesson 2

To develop movement skills to lose a defender in different situations

Lesson 3

To communicate with my team, move into a space and take the ball towards a goal

Lesson 4

To defend an opponent and know when to try and intercept

Lesson 5

To develop the shooting action under pressure

Lesson 6

To use and apply skills, tactics, and principles to a game situation

Football

Lesson 1

To develop ways to move the ball and apply them to different situations

Lesson 2

To send and receive under pressure

Lesson 3

To communicate with my team, move into a space and take the ball towards goal

Lesson 4

To use defensive techniques to win possession

Lesson 5

To apply defending tactics as a team

Lesson 6

To use and apply skills, tactics, and principles to a game situation

SPRING 1

Tag Rugby

Lesson 1

To apply throwing and catching skills to a game

Lesson 2

To understand when to pass and when to run with the ball

Lesson 3

To use a backwards pass effectively when attacking

Lesson 4

To work as a team to stop the opposition from scoring, applying the offside rule

Lesson 5

To use a dodge to create space and beat a defender

Lesson 6

To apply rules and skills to take part in competitive games

Badminton

Lesson 1

To use the serve with consideration of attacking principles

Lesson 2

To explore an underarm return with consideration of attacking principles

Lesson 3

To explore an underarm return with consideration of attacking principles

Lesson 4

To explore the overhead forehand with consideration of attacking principles

Lesson 5

To select and apply skills and tactics to play competitively

Lesson 6

To apply rules and tactics to play in a tournament

SUMMER 1

Cricket

Lesson 1

To develop throwing and catching skills and apply them relevantly to the situation

Lesson 2

To develop bowling accuracy and perform the skill within the rules of the game

Lesson 3

To develop batting skills, identify when I am successful and what I need to do to improve

Lesson 4

To develop fielding techniques and begin to use some of these under pressure

Lesson 5

To understand the need for tactics and identify when to use them

Lesson 6

To apply skills and knowledge to compete in a tournament, using tactics identified in the unit

Tennis

Lesson 1

To return the ball using a forehand groundstroke under pressure

Lesson 2

To return the ball using a backhand groundstroke under pressure

Lesson 3

To use a variety of shots to keep a continuous rally going

Lesson 4

To develop the underarm serve and understand the rules of serving

Lesson 5

To develop the volley and understand when to use it

Lesson 6

To apply rules, skills and principles to play against an opponent

SPRING HILL PE CURRICULUM YEAR

5



AUTUMN 2

Basketball

Lesson 1

To develop ways to move the ball and apply them to different situations

Lesson 2

To develop movement skills to lose a defender in different situations

Lesson 3

To communicate with my team, move into a space and take the ball towards a goal

Lesson 4

To defend an opponent and know when to try and intercept

Lesson 5

To develop shooting and explore when to pass, dribble or score

Lesson 6

To use and apply skills, principles and tactics to a game situation

Gymnastics

Lesson 1

To perform symmetrical and asymmetrical balances on apparatus

Lesson 2

To develop straight, forwards and straddle and backward roll into a sequence

Lesson 3

To explore different methods of traveling. linking actions in both canon and synchronisation

Lesson 4

To perform progressions of inverted movements

Lesson 5

To explore matching and mirroring using actions both on floor and apparatus

Lesson 6

To create a group sequence using apparatus

SPRING 2

Athletics

Lesson 1

To understand pace and apply different speeds over varying distances

Lesson 2

To develop fluency and coordination when running for speed

Lesson 3

To develop technique in relay changeovers

Lesson 4

To build momentum and power in triple jump

Lesson 5

To develop throwing with force for longer distances

Lesson 6

To develop throwing with greater control and technique

Handball

Lesson 1

To send and receive under pressure

Lesson 2

To select skills to move towards a goal, away from defenders and create space

Lesson 3

To combine attacking skills to create shooting opportunities

Lesson 4

To use defensive skills to gain possession

Lesson 5

To defend as a team, denying space and gaining possession

Lesson 6

To apply rules, tactics, skills and principles to play in a tournament

SUMMER 2

Swimming

Lesson 1

To develop gliding, front crawl and backstroke

Lesson 2

To develop rotation, sculling and treading water

Lesson 3

To develop the front crawl stroke and breathing technique

Lesson 4

To develop the backstroke technique for arms and legs

Lesson 5

To develop breaststroke technique

Lesson 6

To develop breaststroke technique

Dance

Lesson 1

To create a dance using a random structure and perform the actions using quality and control

Lesson 2

To understand how changing dynamics change the appearance of the performance

Lesson 3

To copy and repeat the movements of rock and roll to music

Lesson 4

To work collaboratively with a group to choreograph a dance in the style of rock and roll

Lesson 5

To use structure to choreograph a dance performance

Lesson 6

To select and combine dance tools to choreograph and perform a Chinese dance

SPRING HILL PE CURRICULUM YEAR



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AUTUMN 1

Netball

Lesson 1

To develop passing and moving to maintain possession

Lesson 2

To use a variety of attacking skills to lose a defender

Lesson 3

To move into and create pace to support a teammate

Lesson 4

To use defending skills to gain possession

Lesson 5

To develop accuracy in the shooting action under pressure

Lesson 6

To use and apply skills, tactics, and principles to a game situation

Football

Lesson 1

To maintain possession when dribbling

Lesson 2

To dribble with control under pressure

Lesson 3

To select the appropriate skill, choosing when to pass and when to dribble

Lesson 4

To move into and create space to support a teammate

Lesson 5

To use the appropriate defensive technique for this situation

Lesson 6

To apply, rules skills and principles to play in a tournament

SPRING 1

Tag Rugby

Lesson 1

To select the appropriate skill, choosing when to run and when to pass

Lesson 2

To move into a space to support a teammate by abiding by the rules

Lesson 3

To use defending skills to gain possession

Lesson 4

To work as a defending unit to prevent attackers from scoring

Lesson 5

To use a variety of attacking skills to beat a defender

Lesson 6

To apply rules, skills and tactics learnt to play in a tag rugby tournament

Badminton

Lesson 1

To return the shuttlecocks using an underarm clear

Lesson 2

To return the shuttlecocks using an overhead clear

Lesson 3

To use a variety of shots to keep a continuous rally going

Lesson 4

To develop the serve and understand the rules of serving

Lesson 5

To employ tactics and to play against an opponent and with a partner

Lesson 6

To apply, rules skills and principles to play against an opponent

SUMMER 1

Cricket

Lesson 1

To develop throwing and catching under pressure and apply these to a striking and fielding game

Lesson 2

To develop bowling under pressure whilst abiding by the rules of the game

Lesson 3

To strike a bowled ball with increasing consistency

Lesson 4

To develop fielding techniques and select the appropriate action for the situation

Lesson 5

To understand and apply tactics in a game

Lesson 6

To apply skills and knowledge to compete in a tournament

Tennis

Lesson 1

To develop placement of the ball using a forehand

Lesson 2

To develop placement of the ball using a backhand groundstroke

Lesson 3

To develop the volley and understand when to use it

Lesson 4

To employ tactics when playing with a partner

Lesson 5

To develop accuracy and consistency using the underarm serve

Lesson 6

To apply rules, skills and principles to play against an opponent

SPRING HILL PE CURRICULUM YEAR



6

AUTUMN 2

Basketball

Lesson 1

To dribble with control under pressure

Lesson 2

To move into and create space to support a teammate

Lesson 3

To choose when to pass and when to dribble

Lesson 4

To use the appropriate defensive technique for the situation

Lesson 5

To develop shooting techniques and make decisions about when to pass, dribble or shoot

Lesson 6

To apply principles, rules and tactics to a tournament

Gymnastics

Lesson 1

To develop rolling into sequence work and on apparatus

Lesson 2

To develop counter balance and counter tension

Lesson 3

To develop jumps and explore the effect of height

Lesson 4

To develop inverted movements with control

Lesson 5

To use flight from hands to travel over apparatus

Lesson 6

To create a contrasting group sequence using formations and apparatus

SPRING 2

Athletics

Lesson 1

To develop my own and others sprinting techniques

Lesson 2

To identify a suitable pace for the event

Lesson 3

To develop power, control and technique in the triple jump

Lesson 4

To develop power, control and technique when throwing for distance

Lesson 5

To develop throwing with force and accuracy for longer distances

Lesson 6

To work collaboratively in a team to develop the officiating skills of measuring, timing and recording

Handball

Lesson 1

To use a variety of passes to maintain possession under pressure

Lesson 2

To select the appropriate skill to create space, moving towards goal and away from defenders

Lesson 3

To select and apply the appropriate skill to score goals

Lesson 4

To use defending skills to prevent an opponent from scoring

Lesson 5

To use the appropriate defensive technique for the situation

Lesson 6

To apply rules, skills and principles to play in a tournament

SUMMER 2

Swimming

Lesson 1

To develop breaststroke and breathing techniques

Lesson 2

To develop basic skills of water safety and floating

Lesson 3

To develop the dolphin kick

Lesson 4

To learn techniques for personal survival

Lesson 5

To develop water safety skills and an understanding of personal survival

Lesson 6

To identify fastest strokes and personal bests

Dance

Lesson 1

To copy and repeat a dance phrase showing confidence in movements

Lesson 2

To demonstrate a sense of rhythm and energy when performing bhangra style motifs

Lesson 3

To select, order, structure and perform movements in bhangra style showing various group formations

Lesson 4

To develop a dance phrase using actions, dynamics, space and relationships

Lesson 5

To copy and repeat a phrase of movement in 1970's style

Lesson 6

To use feedback to develop and refine a 1970's dance

