


	Autumn Term		Spring Term			Summer Term			
Area of PE	Netball	Football	Hockey	Golf	Badminton	Rounders and Baseball			
	Swimming		Dance	Gymnastics	Athletics				
<b>Lesson 1 – Multi-Skills/ Fundamental Skills</b>	<ul style="list-style-type: none"> <li>Find space in a game</li> <li>Close down defenders to gain possession</li> <li>Intercept passes to set up attacking positions</li> <li>Perform different passes</li> <li>Know netball positions</li> <li>Know the rules of High5</li> <li>Lead a team and communicate strategies to limit an opponent's space</li> <li>Apply these skills in a game situation</li> <li>Play games in a competition</li> </ul>	<ul style="list-style-type: none"> <li>Find space in a game</li> <li>Close down defenders to gain possession</li> <li>Intercept passes to set up attacking positions</li> <li>Perform a variety of football passes</li> <li>Play to the rules of football</li> <li>Know football positions</li> <li>Lead a team and communicate strategies to limit an opponent's space</li> <li>Apply these skills in a game situation</li> <li>Play games in a competition</li> </ul>	<ul style="list-style-type: none"> <li>Find space in a game</li> <li>Close down defenders to gain possession</li> <li>Intercept passes to set up attacking positions</li> <li>Perform a variety of hockey passes</li> <li>Play to the rules of 'quicksticks' hockey</li> <li>Know hockey positions</li> <li>Apply these skills in a game situation</li> <li>Play games within a competition</li> </ul>	<ul style="list-style-type: none"> <li>Accurately send the ball to a desired area</li> <li>Use a chipper to send the ball</li> <li>Use a putter to send the ball</li> <li>Hit the ball with differing pace and power</li> <li>Know which club to use and when</li> <li>Make decisions based on how far the ball needs to go</li> <li>Make decisions based on the direction the ball needs to go</li> <li>To compete individually</li> </ul>	<ul style="list-style-type: none"> <li>Accurately send the shuttlecock over the net to a desired area</li> <li>Hit a forehand and backhand return successfully</li> <li>Know the different positions and where to stand to make it more difficult for an opponent</li> <li>Serve in different ways</li> <li>Perform different shots</li> <li>Know how to score in Badminton</li> <li>Apply these skills in a game</li> <li>Play games in a competition</li> </ul>	<ul style="list-style-type: none"> <li>Accurately, and with pace, throw and hit the ball to a desired area</li> <li>Decide where to hit the ball to make it more difficult for opponents</li> <li>Lead a team and communicate strategies to limit an opponent's space</li> <li>Bowl accurately and pitch it in an area to cause most problems to an opponent</li> <li>Apply these skills within a game</li> <li>Play games in a competition</li> </ul>			
<b>Lesson 2 – PE - Skills</b>	<b>Swimming</b> <ul style="list-style-type: none"> <li>Push and glide and swim 25m backstroke</li> <li>Push and glide and swim 25m front crawl</li> <li>Push and glide and swim 25m breaststroke</li> <li>Perform a movement sequence of 1-minute duration</li> <li>Perform a sitting dive or dive</li> <li>Perform a 'shout and signal' rescue</li> </ul>		<b>Dance</b> <ul style="list-style-type: none"> <li>Give feedback to improve a performance</li> <li>Produce a synchronised performance to music</li> <li>Perform to others confidently, using a variety of sequences</li> <li>Perform to different genres of music and beats</li> </ul>	<b>Gymnastics</b> <ul style="list-style-type: none"> <li>Complete consecutive rolls using the correct technique</li> <li>Adapt shapes in pairs/ groups, using equipment</li> <li>Work with a partner to create, repeat and improve a sequence with 5 phases</li> <li>Create own routine</li> </ul>	<b>Athletics</b> <ul style="list-style-type: none"> <li>Show correct technique with arm and body to throw a foam javelin at an increased distance</li> <li>Run and jump over several large hurdles</li> <li>Perform a running long jump and triple jump</li> <li>Effectively hand over and receive a baton from behind</li> </ul>				
<b>Key Vocabulary</b>	<b>Netball</b> GS, GA, C, GD, GK obstruction, contact, footwork, replay	<b>Football</b> attack, defence, goal keeper, midfield, corner, penalty, free kick, handball, intercept	<b>Hockey</b> attack, defence, penalty, intercept, centre pass, goal-line, free pass	<b>Golf</b> putting, chipping, long game, course, putter, chipper, club, distance, height, control	<b>Badminton</b> shuttlecock, serve, backhand, forehand, smash, return, singles, doubles	<b>Rounders/Baseball</b> strategy, tactics, teamwork, communication, underarm, overarm, pitch, backstop			
	<b>Swimming</b> backstroke, front crawl, breaststroke, movement sequence, sitting dive, dive, shout and signal, rescue, sculling, rotation, floating, strokes, tread water		<b>Dance</b> performance, synchronised, sequences, perform, genres, feedback	<b>Gymnastics</b> consecutive, technique, sequence, routine, balance, coordination	<b>Athletics</b> hurdles, javelin, technique, long jump, triple jump, relay, baton, communication, long distance, short distance				
<b>Personal Challenges</b>								<b>Weekly mile times and personal challenges to complete during PE lessons and at playtimes / lunchtimes</b>	
<b>Level 1 Competitions</b>	<b>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.</b>								
<b>Level 2&amp;3 Competitions</b>	<b>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 qualifiers and could lead to Level 3 competitions (County competitions)</b>								
<b>Leadership Skills</b>	<b>Explain how a team was successful</b>	<b>Coach a team to improve</b>	<b>As captain, make effective decisions</b>	<b>Umpire or referee a class sport competition</b>	<b>Meet and greet opposing teams and officials</b>	<b>Lead at a School Sport Partnership event</b>	<b>Individually, lead physical activities at play times</b>	<b>Complete leadership training</b>	<b>Present PE sport information in an assembly</b>