



# P.E curriculum - Cycle A - Offenham C.E First School

	Autumn	Spring	Summer
Avon	<u>Body Management (R - U2)</u>	<u>Dance (R - U2)</u>	<u>Cooperate and solve problems (R - U2)</u>
Class	<u>Curriculum Objectives</u>	<u>Curriculum Objectives</u>	<u>Curriculum Objectives</u>
	<ul style="list-style-type: none"> <li>◆ YR: revise and refine the fundamental movement skills</li> <li>◆ Use their core muscle strength to achieve good posture</li> <li>• Y1: Master basic movements as well as agility and coordination and apply these to a range of different activities</li> </ul>	<ul style="list-style-type: none"> <li>◆ YR: Develop overall body strength, coordination, balance and agility</li> <li>• Y1: To accurately replicate basic dance movements and enjoy participating in a broad range of activities</li> <li>• Count and move to beats of 8</li> <li>• Work as an individual, partner and part of a group</li> <li>• Copy and repeat movement patterns</li> </ul>	<ul style="list-style-type: none"> <li>◆ ELG Negotiate space and obstacles safely with consideration for themselves and others</li> <li>◆ ELG Move energetically</li> <li>◆ ELG Demonstrate strength, balance and coordination when playing</li> <li>• Y1: Preparing for cooperative physical activities</li> <li>• Develop cooperation and solve problem skills</li> <li>• Participate in team games</li> </ul>
	<u>Key Vocabulary</u>	<u>Key Vocabulary</u>	<u>Key Vocabulary</u>
	Balance, body tension, carry, control, extension, fast, hang, high, jump, like, link, low, movement, muscles, music, pattern, relaxation, roll, sequence, shape, slow, speed, strength, timing, travel	Africa, beat, curl, dance, elephant, fast, feet, flow, giraffe, high, join, link, low, monkey, music, rhythm, slow, step, stretch, teamwork, turn, twist	Step, alternate, balance, stop, reach, hold, crawl, roll, weight, apparatus, pause, anticipate, prepare, anticipate, freeze, switch, agility, grip, through, around
	<u>Gymnastics (Y1 - U2)</u>	<u>Hit, catch and run (Y1 - U1)</u>	<u>Attack, defend and shoot (Y1 - U2)</u>
	<u>Curriculum Objectives</u>	<u>Curriculum Objectives</u>	<u>Curriculum Objectives</u>
	<ul style="list-style-type: none"> <li>◆ YR: progress towards a more fluent style of moving,</li> <li>◆ Confidently and safely use a range of large and small apparatus</li> <li>• Y1: Mastering basic movements such as jumps, balance and rolls</li> <li>• To perform simple movement patterns and sequences</li> </ul>	<ul style="list-style-type: none"> <li>◆ YR: Further develop and refine a range of ball skills</li> <li>◆ Develop confidence competence and provision—ball</li> <li>• Y1: Extend agility and coordination through throwing catching and retrieving</li> <li>• Participate in simple hit catch and run games</li> <li>• Score points through sending balls and running</li> </ul>	<ul style="list-style-type: none"> <li>◆ YR: Further develop and refine a range of ball skills</li> <li>◆ Develop confidence competence and provision—ball</li> <li>◆ ELG Demonstrate strength, balance and coordination when playing</li> <li>◆ Y1: become increasingly competent and confident with fundamental movement skills</li> <li>◆ Develop simple tactics in game situations</li> </ul>
	<u>Key Vocabulary</u>	<u>Key Vocabulary</u>	<u>Key Vocabulary</u>
	Jump, roll, balance, travel, control, speed, link, slow, fast, high, low, shape, sequence, pattern, movement, music, timing, pathway, direction	Batter, bowl, catch, collect, feed, field, hit, hitter, pic up, retrieve, roll, stop, strike, throw	Attack, catch, compete, cooperate, defend, fluency, heart rate, outwit, over-arm, physical activity, pitch, play against,



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<b>Malvern Class</b>	<p><u>Hit, catch and run (Y1 - U1)</u></p> <p><u>Curriculum Objectives</u></p> <ul style="list-style-type: none"> <li>Extend agility and coordination through throwing catching and receiving</li> <li>Participate in simple hit, catch and run games</li> <li>Score points through sending balls and running</li> </ul> <p><u>Key Vocabulary</u></p> <p>Batter, bowl, catch, collect, feed, field, hit, hitter, pickup retrieve, roll, stop, strike, throw</p> <p><u>Gymnastics (Y2 - U2)</u></p> <p><u>Curriculum Objectives</u></p> <ul style="list-style-type: none"> <li>Become increasingly confident and competent in fundamental ABC in relation to gymnastic activity</li> <li>Develop and perform simple sequences</li> </ul> <p><u>Key Vocabulary</u></p> <p>Balance, body tension, carry, control, extension, fast, hang, eye, jump, like, link, low, movement, muscles, movement, pattern, relaxation, rock, roll, sequence, shape, slow, speed, spin, strength, travel, turn</p>	<p><u>Dance (Y1 - U1)</u></p> <p><u>Curriculum Objectives</u></p> <ul style="list-style-type: none"> <li>Extend coordination, flexibility and balance</li> <li>Perform short, simple movement patterns</li> <li>Watch others and say what they liked about a performance</li> </ul> <p><u>Key Vocabulary</u></p> <p>Beat, curl, dance, fast, feet, high, low, music, rhythm, step, stretch, string, turn, twist, mood, feeling, theme, story, static, friendship, start, middle, end</p> <p><u>Run, jump and throw (Y2 - U2)</u></p> <p><u>Curriculum Objectives</u></p> <ul style="list-style-type: none"> <li>Build competence in a range of athletic type activities including: running, jumping and throwing</li> <li>Compete as an individual and part of team games</li> </ul> <p><u>Key Vocabulary</u></p> <p>Lunges, strength, power, repetition, accuracy, burn, stamina, fitness, persevere, tally, develop, lap, cooperate, compete</p>	<p><u>OAA (Y1)</u></p> <p><u>Curriculum Objectives</u></p> <ul style="list-style-type: none"> <li>Work as an individual to solve problems</li> <li>Use thinking skills to follow multi step instructions</li> </ul> <p><u>Key Vocabulary</u></p> <p>Sequence, problems, instructions, perform, symbol, pyramid, core strength, coordination, combination, stacking, down stack, shape, map, repeat, pattern</p> <p><u>Attack, defend and shoot (Y2 - U2)</u></p> <p><u>Curriculum Objectives</u></p> <ul style="list-style-type: none"> <li>Apply agility, balance and coordination to a range of ball skills</li> <li>Participate in increasingly challenging games situations</li> <li>Participate in team games development simple tactics for attacking and defending</li> </ul> <p><u>Key Vocabulary</u></p> <p>Send, receive, defend, attack, compete, play against, cooperate, fluency, physical activity, heart rate, pitch, outwit, kick, rebound, aim, speed, direction, scoring, controlling, following, tactics, opponent</p>



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Cots-wold class	<p><u>Dance (Y3 - U2)</u></p> <p><u>Curriculum Objectives</u></p> <ul style="list-style-type: none"> <li>Develop and perform simple routines</li> <li>Perform to an audience</li> <li>Build stylistic qualities of dance through repetition and applying movement of own body</li> <li>Build basic creative choreography skills in travelling, dynamics and partner work</li> </ul> <p><u>Key Vocabulary</u></p> <p>Do se do, hop step ball change, dynamics, partner work, floor patterns, shape, angular, energetic, strong, mirroring, linear</p> <p><u>Football Year 4</u></p> <p><u>Curriculum Objectives</u></p> <ul style="list-style-type: none"> <li>Play in a competitive games developing stamina and endurance</li> <li>Practise and use running, sprinting and dynamic balance in games</li> <li>Work collaboratively to use basic tactics for defending and attacking</li> </ul> <p><u>Key Vocabulary</u></p> <p>Control, use space, defend, attack, dribble, pass, tactics, compete, collaborate, teamwork, score, shoot, intercept, foot, inside of the foot, touch possession</p>	<p><u>Gymnastics (Y3 - U2)</u></p> <p><u>Curriculum Objectives</u></p> <ul style="list-style-type: none"> <li>Perform with control and confidence a range of basic actions</li> <li>Develop a broader range of new actions</li> <li>Work individually to improve a sequence</li> <li>Identify similarities and differences in sequences</li> <li>Show increasing flexibility in shapes and balances</li> </ul> <p><u>Key Vocabulary</u></p> <p>Fluency, contrasting, unison, low, combinations, full turn, half-turn, sustained, explosive, power, control, group, similar, different, bounce, box splits, dynamic, static</p> <p><u>Basketball Year 4</u></p> <p><u>Curriculum Objectives</u></p> <ul style="list-style-type: none"> <li>Play competitive games developing stamina and endurance</li> <li>Practise and use running, sprinting and dynamic balance in game</li> <li>Work collaboratively to use basic tactics for defending and attacking</li> </ul> <p><u>Key Vocabulary</u></p> <p>Control, shoot, bounce target, assist, jump ball, attack, defend, shoot, offensive</p>	<p><u>Netball Year 4</u></p> <p><u>Curriculum Objectives</u></p> <ul style="list-style-type: none"> <li>Play in competitive games developing stamina and endurance</li> <li>Practise and use running, sprinting and dynamic balance in games</li> <li>Work collaboratively to use basic tactics for defending and attacking</li> </ul> <p><u>Key Vocabulary</u></p> <p>Control, use space, defend, attack, chest pass, tactics, teamwork, footwork, goal shooter GS, goal attack GA, centre C, goal defence GD, goal keeper GK</p> <p><u>Athletics Year 3</u></p> <p><u>Curriculum Objectives</u></p> <ul style="list-style-type: none"> <li>Compete against self and others developing simple technique</li> <li>Master basic movements including running, jumping and throwing</li> <li>Work collaboratively and individually to improve self and others</li> <li>Jump for height and distance with control and balance</li> </ul> <p><u>Key Vocabulary</u></p> <p>Agility, power, track, force, curve, accelerate, hurdles, foam javelins, vortex howler, approach</p>

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Severn class	<p><u>Dance (Y4 - Unit 1)</u></p> <p><u>Curriculum Objectives</u></p> <ul style="list-style-type: none"> <li>Perform routines to audiences</li> <li>Perform using a range of movement patterns and set phrases</li> <li>Work collaboratively in groups</li> <li>Practise and perform a variety of different formations in dance</li> </ul> <p><u>Key Vocabulary</u></p> <p>Emotions, facial expressions, improvisation, rehearse, director, choreographer, formation, freeze frames</p> <p><u>Tag Rugby Year 5</u></p> <p><u>Curriculum Objectives</u></p> <ul style="list-style-type: none"> <li>Able to recognise where improvements could be made in their work</li> <li>Develop, select and combine more complex skills in competitive environments</li> <li>Play in games developing strength and technique</li> <li>To be able to select and implement appropriate skills in a game situation</li> </ul> <p><u>Key Vocabulary</u></p> <p>Try-area, retain, contest, possession, pressure, support, pop pass, turn over, lose pass, forward pass</p>	<p><u>Gymnastics (Y4 - U1)</u></p> <p><u>Curriculum Objectives</u></p> <ul style="list-style-type: none"> <li>Develop strength and stamina through sustained periods of vigorous activity</li> <li>Practise and implement runs, leaps, jumps and locomotion in more complex sequences</li> <li>Work collaboratively to perform with a partner</li> </ul> <p><u>Key Vocabulary</u></p> <p>Fluency, contrasting, combinations, sustained, explosive, compositional, stamina</p> <p><u>Football Year 5</u></p> <p><u>Curriculum Objectives</u></p> <ul style="list-style-type: none"> <li>Play in competitive games developing strength and technique</li> <li>Able to recognise where improvements could be made in their work</li> <li>Select and combine more complex skills in game situations</li> <li>Relate a greater number of defensive and attacking tactics to game play</li> </ul> <p><u>Key Vocabulary</u></p> <p>Mark, collaborate, interchange, regain, positions, consistent, fair play, possession, goal side</p>	<p><u>Netball Year 5</u></p> <p><u>Curriculum Objectives</u></p> <ul style="list-style-type: none"> <li>To be able to use specific netball skills in games for example confidently pivoting, dodging, bounce pass and previously learned skills</li> <li>Play in competitive games developing strength and technique</li> <li>Able to recognise where improvements could be made in their work</li> <li>Select and combine more complex skills in game situations</li> </ul> <p><u>Key Vocabulary</u></p> <p>Chest pass, collaborate, compete, score, foul, free pass, pivot</p> <p><u>Athletics Year 4</u></p> <p><u>Curriculum Objectives</u></p> <ul style="list-style-type: none"> <li>Compete against self and others developing simple technique</li> <li>Master basic movements including running, jumping and throwing</li> <li>Work collaboratively and individually to improve self and others</li> <li>Using a variety of: equipment, ways of measuring and timing, comparing the effectiveness different styles of runs, jumps and throws.</li> </ul> <p><u>Key Vocabulary</u></p> <p>Track, agility, power, accelerate, sling, exchange, accuracy, distance, vortex howler</p>