



P.E curriculum - Cycle B - Offenham C.E First School

Autumn		Spring	Summer
Avon Class	<p>Body Management (YR U1)</p> <p><u>Curriculum Objectives</u></p> <ul style="list-style-type: none"> To develop balance, flexibility and body management To gain confidence in a variety of gross motor skills To work with others <p><u>Key Vocabulary</u></p> <p>Climb, step, alternate, one foot, balance, stretch, crawl, jump, roll</p> <p>Gymnastics (Y1 U2)</p> <p><u>Curriculum Objectives</u></p> <ul style="list-style-type: none"> To master basic movements and develop agility, balance and coordination (ABCs) To extend performance in movement patterns and sequences Apply basic strength to a range of gymnastics actions <p><u>Key Vocabulary</u></p> <p>Balance, body tension, carry, control, extension, fast, hang, high, movement, muscles, pattern, sequence, shape, slow, speed, strength</p>	<p>Dance (Y1 Unit 1)</p> <p><u>Curriculum Objectives</u></p> <ul style="list-style-type: none"> To extend coordination, flexibility and balance To perform short, simple movement patterns Watch others and say what they liked about the performance <p><u>Key Vocabulary</u></p> <p>Beat, curl, dance, high, low, music, rhythm, stretch, swing, theme, story, static</p> <p>Manipulation and Coordination (YR U1)</p> <p><u>Curriculum Objectives</u></p> <ul style="list-style-type: none"> Develop speed and agility in travel and movement Coordinate body parts such as hand-eye foot-eye over a variety of activities and in different ways <p><u>Key Vocabulary</u></p> <p>Agility, alternate, anticipate, apparatus, balance, freeze, prepare, slide, slither, stretch, weight, moving softly, power</p>	<p>Speed, Agility, Travel (YR U1)</p> <p><u>Curriculum Objectives</u></p> <ul style="list-style-type: none"> Develop speed and agility in travel and movement Travel with some control and coordination <p><u>Key Vocabulary</u></p> <p>Alternate, balance, touch, reach, anticipate, freeze, agility, music</p> <p>Send and receive (Y1 U1)</p> <p><u>Curriculum Objectives</u></p> <ul style="list-style-type: none"> Extend coordination for hitting Participate in simple sending and receiving games <p><u>Key Vocabulary</u></p> <p>Send, collect, throw strike, catch, batter, hitter, fore-hand, backhand</p>



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Malvern Class	<p><u>Gymnastics (Y2 - U1)</u></p> <p><u>Curriculum Objectives</u></p> <ul style="list-style-type: none"> Become increasingly confident and competent in fundamental ABC in relation to gymnastic activity Develop and perform simple sequences <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 - U2)</u></p> <p><u>Curriculum Objectives</u></p> <ul style="list-style-type: none"> Extend coordination, flexibility and balance Perform short, simple movement patterns Watch others and say what they liked about a performance <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>Hit, catch, run (Y1- U2)</u></p> <p><u>Curriculum Objectives</u></p> <ul style="list-style-type: none"> Extend agility and coordination through throwing catching and receiving Participate in simple hit, catch and run games Score points through sending balls and running <p><u>Key Vocabulary</u></p> <p>Batter, bowl, catch, collect, feed, field, hit, hitter, pickup retrieve, roll, stop, strike, throw</p> <p><u>Run, jump and throw (Y2 - U1)</u></p> <p><u>Curriculum Objectives</u></p> <ul style="list-style-type: none"> Build competence in a range of athletic type activities including: running, jumping and throwing Compete as an individual and part of team games <p><u>Key Vocabulary</u></p> <p>Lunges, strength, power, repetition, accuracy, burn, stamina, fitness, persevere, tally, develop, lap, cooperate, compete</p>	<p><u>Send and Return Y1 U2</u></p> <p><u>Curriculum Objectives</u></p> <ul style="list-style-type: none"> Extend coordination to send and return balls Participate in simple sending and receiving games Score points through sending balls using hitting skills to correct areas <p><u>Key Vocabulary</u></p> <p>Backhand, bowl, collect, feed, forehand, hit, pick up, roll, serve, stop, strike, throw, opposition, umpire</p> <p><u>Attack, defend, shoot (Y2 - U1)</u></p> <p><u>Curriculum Objectives</u></p> <ul style="list-style-type: none"> Apply agility, balance and coordination to a range of ball skills Participate in increasingly challenging games situations Participate in team games development simple tactics for attacking and defending <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 (Y4 - U1)</u></p> <p><u>Curriculum Objectives</u></p> <ul style="list-style-type: none"> Perform routines to audiences Perform using a range of movement patterns and set phrases Work collaboratively in groups Practise and perform a variety of different formations in dance <p><u>Key Vocabulary</u></p> <p>Emotions, facial expressions, improvisation, rehearse, director, choreographer, formation, freeze frames</p> <p><u>Hockey (Y3)</u></p> <p><u>Curriculum Objectives</u></p> <ul style="list-style-type: none"> To Take part in out door and adventurous activity challenges both individually and within a team <p><u>Key Vocabulary</u></p> <p>Maps, diagrams, scale, symbols, orienteering, controls, challenges, problem solving, lead, follow, plan, trust</p>	<p><u>Gymnastics (Y3 U1)</u></p> <p><u>Curriculum Objectives</u></p> <ul style="list-style-type: none"> Perform with control and confidence a range of basic actions Develop a broader range of new actions Work individually to improve a sequence Identify similarities and differences in sequences Show increasing flexibility in shapes and balances <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>Handball Y4</u></p> <p><u>Curriculum Objectives</u></p> <ul style="list-style-type: none"> Play competitive games developing stamina and endurance Practise and use running, sprinting and dynamic balance in game Work collaboratively to use basic tactics for defending and attacking <p><u>Key Vocabulary</u></p> <p>Control, use space, tactics, compete, collaborate, teamwork, score, footwork, foul, free throw, 3 steps, double</p>	<p><u>Tag Rugby Y3</u></p> <p><u>Curriculum Objectives</u></p> <ul style="list-style-type: none"> Play in competitive games developing basic tactics Master basic movements including change of speed, throwing and catching Work collaboratively to use basic tactics for attack <p><u>Key Vocabulary</u></p> <p>Space, pass, accurately, mark, dodge, footwork, possession, tactics, zones, intercept, side step, send, tag, release, safe, passing back, feint</p> <p><u>Cricket Y4</u></p> <p><u>Curriculum Objectives</u></p> <ul style="list-style-type: none"> Play in competitive games developing stamina and endurance Practice and use running, sprinting and dynamic balance in games Work collaboratively to use basic tactics and strategies for batting and fielding <p><u>Key Vocabulary</u></p> <p>Batting, fielding, bowling, bat, wicket, stumps, ball, crease, boundary, run, batsman, bowler, wicketkeeper, field, innings, strike, cross, four, six, single, over, balls, pull, shot, forward</p>



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Severn class	<p><u>Tag rugby (Y4)</u></p> <p><u>Curriculum Objectives</u></p> <ul style="list-style-type: none"> Developing stamina and speed in competitive games Practice and use running and dynamic balance in games Work as a team to use basic defending and attacking tactics in games <p><u>Key Vocabulary</u></p> <p>Passing, running, backwards, tag, straight, space, teamwork, try-area, defend, attack, compete, evade, pace, pickup, step.</p> <p><u>OAA Y4</u></p> <p><u>Curriculum Objectives</u></p> <ul style="list-style-type: none"> Take part in outdoor and adventurous activity challenges developing strength and flexibility <p><u>Key Vocabulary</u></p> <p>Maps, diagrams, scale, symbols, orienteering, compass, challenges, problem-solving, lead, follow, plan, trust, solve, cardinal points</p>	<p><u>Gymnastics (Y4 U2)</u></p> <p><u>Curriculum Objectives</u></p> <ul style="list-style-type: none"> Develop strength and stamina through sustained periods of vigorous activity Practise and implement runs, leaps, jumps and locomotion in more complex sequences Work collaboratively to perform with a partner <p><u>Key Vocabulary</u></p> <p>Fluency, contrasting, combinations, sustained, explosive, compositional, stamina</p> <p><u>Dance (Y5 Unit 1)</u></p> <p><u>Curriculum Objectives</u></p> <ul style="list-style-type: none"> Perform routines to audiences Perform a variety of dance styles Work collaboratively in groups <p><u>Key Vocabulary</u></p> <p>Levels, mood, feeling, emotions, facial expressions, improvisation, rehearse, director, choreographer, slide, formation, locomotion, bangra, wall, patterns, steps, dance style, pivot step</p>	<p><u>Handball Y5</u></p> <p><u>Curriculum Objectives</u></p> <ul style="list-style-type: none"> Play competitive games developing strength and technique Able to recognise where improvements could be made in their work Select and combine more complex skills in game situations <p><u>Key Vocabulary</u></p> <p>Control, tactics, compete, teamwork, score, shoot, foul, free pass, block, screen, double fault, offensive foul, free throw</p> <p><u>Cricket Y5</u></p> <p><u>Curriculum Objectives</u></p> <ul style="list-style-type: none"> Play in competitive games developing power, flexibility and cardiovascular endurance Able to recognise where improvements could be made in their work Select and combine more complex skills in game situations <p><u>Key Vocabulary</u></p> <p>Batting, fielding, bowling, bat, wicket, stumps, ball, crease, boundary, run, batsman, bowler, wicketkeeper, field, innings, strike, cross, four, six, single, over, balls, pull, shot, forward</p>