

Fritchley CofE (Aided) Primary and Nursery School PE Plan Cycle B

Key Stage 1

Half Term	National Curriculum Target	Physical Education Focus	Sports to Link To
1	Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.	Apply fundamentals of movement through a variety of activities sometimes in a competitive element against themselves and others	Athletics
2	Master Throwing and Catching. Participate in team games and develop simple tactics for attacking and defending.	Teamwork, understanding simple rules, moving with control, sending and receiving, competition.	Invasion Games (Handball)
3	Lead healthy, active lives. Physically active for sustained periods of time.	Develop agility, balance, coordination. Begin to understand how exercise affects the body	Fitness (Dodgeball)
4	Develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.	Body Control [rolling, jumping, landing, travelling, balancing]	Gymnastics
5	Develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.	Striking an object, Striking an object with another object. Cooperatively sending and receiving.	Net/Wall (Tennis)
6	They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.	Participate in team games cooperatively whilst being active for sustained periods of time.	OAA

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Key Stage 2 Y3/4

Half Term	National Curriculum Target	Physical Education Focus	Sports to Link To
1	Develop flexibility, strength, technique, control and balance. compare their performances with previous ones and demonstrate improvement to achieve their personal best	Apply a variety of fundamentals of movement both in isolation and combination. Using a variety of activities sometimes in a competitive element against themselves and others	Athletics
2	Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.	Play competitive games, modified where appropriate. Encouraging communicating, collaborating and competing.	Invasion Games (Handball)
3	Lead healthy, active lives. Physically active for sustained periods of time.	Develop an understanding of how to improve in different physical activities and sports. How physical activity affects the body and how we can improve some aspects of this. Use throwing and catching in isolation and combination	Fitness (Dodgeball)
4	Develop flexibility, strength, technique, control and balance.	Apply and develop a broader range of skills, [rolls, balances, jumps, travel, body shapes] learning how to use them in different ways and to link them to make actions and sequences of movement.	Gymnastics
5	Apply and develop a broader range of skills. Enjoy communicating, collaborating, and competing with each other. Play competitive games, modified where appropriate.	Applying striking skills in combination with understanding of rules and fundamental ways of moving. To work collaboratively and competitively with others.	Net/Wall (Tennis)
6	Take part in outdoor and adventurous activity challenges both individually and within a team	Teamwork, Enjoy communicating, collaborating, and competing with each other. Develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.	OAA

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Key Stage 2 Y5/6			
Half Term	National Curriculum Target	Physical Education Focus	Sports to Link To
1	Develop flexibility, strength, technique, control and balance. use running, jumping, throwing and catching in isolation and in combination.	Apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Athletics
2	Enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports.	Play competitive games, modified where appropriate. Encouraging communicating, collaborating and competing and apply basic principles suitable for attacking and defending.	Invasion Games (Basketball)
3	Lead healthy, active lives. Physically active for sustained periods of time.	Develop an understanding of how to improve in different physical activities and sports. How physical activity affects the body and how we can improve some aspects of this. compare their performances with previous ones and demonstrate improvement to achieve their personal best. Use throwing and catching in isolation and combination.	Fitness (Dodgeball)
4	Develop flexibility, strength, technique, control and balance.	Apply and develop a broader range of skills, [rolls, balances, jumps, travel, body shapes] learning how to use them in different ways and to link them to make actions and sequences of movement. Develop an understanding how to evaluate and recognise their own success.	Gymnastics
5	Apply and develop a broader range of skills. Enjoy communicating, collaborating, and competing with each other. Play competitive games, modified where appropriate.	Applying striking skills in combination with understanding of rules and fundamental ways of moving. To work collaboratively and competitively with others.	Net/Wall (Tennis)
6	Take part in outdoor and adventurous activity challenges both individually and within a team	Teamwork, Enjoy communicating, collaborating, and competing with each other. Develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.	OAA