

Milby Primary School



PE – whole school coverage overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Gymnastics (Unit 1) PE Hub Objectives overview To develop confidence in fundamental movements To experience jumping, sliding, rolling, moving over, under and on apparatus To develop coordination and gross motor skills Skills Adapt instructions to physical actions. Develop take-off and landing position for jumps. Transferring and moving small equipment. Moving through and under apparatus. Copying and repeating actions.	Dance (Unit 1) PE Hub Objectives overview Recognise that actions can be reproduced in time to music; beat patterns and different speeds Perform a wide variety of dance actions both similar and contrasting Copy, repeat, and perform simple movement patterns Skills Link colours to feelings. Explore animal movements and levels. Replicate actions in larger groups. Sequence work. Explore leader or follower work.	Body Management (Unit 1) PE Hub Objectives Overview Explore balance and managing own body, including manipulating small objects Able to stretch, reach, extend in a variety of ways and positions Able to control body and perform specific movements on command Skills Travel over apparatus. Twist, turn, roll. Coordinate and control limbs. Run and jump in time to music. Agility, balance, coordination obstacle course. Perform basic actions with others.	Gymnastics (Unit 2) PE Hub Objectives overview To develop confidence in fundamental movements To learn and refine a variety of shapes, jumps, balances and rolls To link simple balance, jump and travel actions Skills Refines shapes and jumps to improve coordination. Experiment with egg & log roll. Recognise pathways and direction. Points and patches to develop body tension. Link basic movements and use start and finish position.	Dance (Unit 2) PE Hub Objectives overview Count and move to beats of 8. Copy and repeat movement patterns. Work as an individual, in partners, and as a group. Skills Learning and repeating actions through circle dance. Perform to the count of 8. Copy and repeat 4 actions. Perform an African dance motif.	Body Management (Unit 2) PE Hub Objectives Overview Explore a variety of rolling, sliding and slithering. Jump using a variety of landing and take offs. Moving on and off low apparatus. Participate in a variety of small group cooperative activities. Skills Balance over obstacles. Works with others to go through hoops. Reach and stretch to retrieve objects. Run and jump to music. Twist, turn, control and coordinate limbs.

	Speed, Agility, Travel (Unit 1) PE Hub Objectives overview Travel with some control and coordination Change direction at speed through both choice and instructions Stop, start, pause, prepare for and anticipate movement in a variety of situations, Skills Demo agility in variety of games. Recognise and follow instructions. Experiment with starting and stopping positions. Perform fast and slow movements. Show control to stop and perform actions.	Manipulation and Coordination (Unit 1) PE Hub Objectives Overview Send and receive a objects with different body parts. Work with others to control objects in space. Coordinate body parts such as hand-eye, foot-eye over a variety of activities and in different ways. Skills Coordinate limbs to carry out defined movements and actions. Replicate bilateral movements. Make contact with ball with legs and feet. Practice hop, step, jump sequences.	Cooperate & Solve (Unit) 1 PE Hub Objectives Overview Organise and match various items, images, colours and symbols Work with a partner to listen, share ideas, question and choose Move confidently and cooperatively in space. Skills Work as an individual and part of a group to match. Keep heart rate high. Travel and follow travel trails as and individual. Work cooperatively to form shapes.	Speed, Agility, Travel (Unit 2) PE Hub Objectives Overview Agility-based activities moving and controlling objects Recognise different actions such as: moving softly, quietly, quickly, powerfully Relate body movements to music and percussion Skills Play games, take turns. Move by inching, crawling & jumping. Jump for speed and distance. Recognise cues in lyrics to change actions. Use strength to maintain a body shape.	Manipulation and Control (Unit 2) PE Hub Objectives overview Coordinate similar objects in a variety of ways Differentiate ways to manoeuvre objects Skip in isolation and with rope Skills Move small objects using dominant and non-dominant hand. Push, hit, dribble. Use a baton to steer objects. Roll, spin, rotate, throw and catch hoops.	Cooperate and Solve Problems (Unit 1) PE Hub Objectives Overview Organise and match various items, images, colours and symbols Work with a partner to listen, share ideas, question and choose Move confidently and cooperatively in space Skills Work as an individual and part of a group to match. Keep heart rate high. Travel and follow travel trails as and individual. Work cooperatively to form shapes.
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Year 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Gymnastics (Unit 1) PE Hub Objectives Overview Identify and use simple gymnastics actions and shapes. Apply basic strength to a range of gymnastics actions. Begin to carry simple apparatus such as mats and benches. To recognise 'like' actions and link them. Skills Carry equipment safely. Perform magic chair landing. Explore body tension. Linking movements. Rock, spin, turn. Move on, off and over.	Dance (Unit 1) PE Hub Objectives Overview Respond to a range of stimuli and types of music. Explore space, direction, levels and speeds. Experiment creating actions and performing movements with different body parts. Skills Exploring storytelling through dance. Use a theme to create a dance. Develop actions to express friendship. Dance with start middle and end. Perform with feeling. Perform actions to nursery rhymes. March in time. Move and turn as a group. Perform simple cannon and in rounds.	OOA PE Hub Objectives Overview Use thinking skills to follow multi step instructions. Solve more challenging problems as an individual. Comprehend that one thing can represent another. Take part in activities with increasing challenge to build confidence. Skills Follow simple instructions. Recognise, remember, and match some symbols. Perform physically challenging actions. Follow a movement pattern with others. Take part in competitive races and work with a partner. Undertake simple speed stack arrangements.	Gymnastics (Unit 2) PE Hub Objectives Overview To perform a variety of basic gymnastics actions showing control. To introduce turn, twist, spin, rock and roll and link these into movement patterns. To perform longer movement phrases and link with confidence. Skills Carry equipment safely. Perform magic chair landing. Explore body tension. Linking movements. Rock, spin, turn. Move on, off and over.	Dance (Unit 2) PE Hub) Objectives Overview Able to build simple movement patterns from given actions. Compose and link actions to make simple movement phrases. Respond appropriately to supporting concepts such as canon and levels. Skills Exploring storytelling through dance. Use a theme to create a dance. Develop actions to express friendship. Dance with start middle and end. Perform with feeling. Perform actions to nursery rhymes. March in time. Move and turn as a group. Perform simple cannon and in rounds.	Attack, Defend, Shoot (Unit 2) PE Hub Objectives Overview To recognise rules and apply them in competitive and cooperative games. Use and apply simple strategies for invasion games. Preparing for, and explaining the reasons why we enjoy exercise. Skills Send to targets. Catch and intercept. Bounce ball to self. Defend a target. Attack and defend as a pair. Communicate with partner. Compete in a basic tournament 2v2.

	Attack, Defend, Shoot (Unit 1) PE Hub Objectives Overview To practice basic movements including running, jumping, throwing and catching. To begin to engage in competitive activities. To experience opportunities to improve agility, balance and coordination. Skills Send to targets. Catch and intercept. Bounce ball to self. Defend a target. Attack and defend as a pair. Communicate with partner. Compete in a basic tournament 2v2.	Hit, Catch, Run (Unit 1) PE Hub Objective Overview Able to hit objects with hand or bat. Track and retrieve a rolling ball. Throw and catch a variety of balls and objects. Skills Use a range of throwing and rolling skills. Return a ball to a base/zone. Work with others to stop players scoring runs. Self-feed and hit a ball. Run between bases to score points.	Run Jump Throw (Unit 1) PE Hub Objectives Overview Pupils will begin to link running and jumping. To learn and refine a range of running which includes varying pathways and speeds. Develop throwing techniques to send objects over long distances. Skills Starting and stopping at speed. Show power in run, use arms. Take off on two feet. Use leading arm to throw. Compete in relay teams. Perform agile movements.	Send and Return (Unit 1) PE Hub Objectives Overview Able to send an object with increased confidence using hand or bat. Move towards a moving ball to return it. Sending and returning a variety of balls/objects such as balloons and beachballs. Track, intercept and stop a variety of objects such as balls and beanbags. Select and apply skills to beat the opposition. Skills Sliding and receiving a ball/beanbag. Explore different ways of sending a ball. Moving towards and returning balls. Scoring points against opposition. Attempt to hit a ball. Basic rally with slow moving objects (balloon). Feeding the ball over a net. Track balls. Develop core strength to send objects from a sitting, kneeling, and standing position.	Run Jump Throw (Unit 2) PE Hub Objectives Overview Increase stamina and core strength needed to undertake athletics activities. Take part in a broad range of opportunities to extend strength, balance, agility and coordination. Cooperate with others to carry out more complex tasks. Skills Work for sustained periods of time. Negotiate obstacles. Jumping and bounding. Run from different starting positions.	Hit, Catch, Run (Unit 2) PE Hub Objectives Overview Develop sending and receiving skills to benefit fielding as a team. Distinguish between the roles of batters and fielders. Introduce the concept of simple tactics. Skills Use a range of throwing and rolling skills. Return a ball to a base/zone. Work with others to stop players scoring runs. Self-feed and hit a ball. Run between bases to score points.
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Year 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Gymnastics (Unit 1) PE Hub Objectives Overview Describe and explain how performers can transition and link gymnastic elements. Perform with control and consistency basic actions at different speeds and on different levels. Challenge themselves to develop strength and flexibility. Create and perform a simple sequence that is judged using simple gymnastic scoring. Skills Use start & finish shapes. Power in jumping. Levels and speed. Back & front support. Rhythm in performing. Body management in a range of actions.	Dance (Unit 1) PE Hub Objectives Overview Describe and explain how performers can transition and link shapes and balances. Perform basic actions with control and consistency at different speeds and on different levels. Challenge themselves to move imaginatively responding to music. Work as part of a group to create and perform short movement sequences to music. Skills Dance in solo and duet. Explore creative footwork. Discuss how a dance can develop. Respond to visual stimulus. Comment on contrasting actions. Use the theme of a clockface to develop a dance. Perform 'freestyle' moves. Perform a motif to music. Explore movement pathways.	OOA PE Hub Objectives Overview Use searching skills to find given items from clues and pictures. Work as a pair to navigate space. Use and explore unusual equipment to develop coordination, problem-solving and motor skills. Skills Use equipment in unconventional ways. Build on speed stack skills. Compose a small group movement pattern. Participate in blindfold activities. Introduce the principle of map keys and use in a simple way.	Gymnastics (Unit 2) PE Hub Objectives Overview Develop body management through a range of floor exercises. Use core strength to link recognised gymnastics elements, e.g., back support and half twist. Attempt to use rhythm while performing a sequence. Skills Use start & finish shapes. Power in jumping. Levels and speed. Back & front support. Rhythm in performing. Body management in a range of actions.	Dance (Unit 2) PE Hub Objectives Overview Perform using more sophisticated formations as well as an individual. Explore relationships through different dance formations. Explain the importance of emotion and feeling in dance. Use the stimuli to copy, repeat and create dance actions and motifs. Skills Dance in solo and duet. Explore creative footwork. Discuss how a dance can develop. Respond to visual stimulus. Comment on contrasting actions. Use the theme of a clockface to develop a dance. Perform 'freestyle' moves. Perform a motif to music. Explore movement pathways.	Attack Defend Shoot (Unit 2) PE Hub Objectives Overview To select and apply a small range of simple tactics. Recognise good quality in self and others. To work with others to build basic attacking play. Skills Kick with inside of foot and stop ball with feet. Control a ball. Bounce the ball to send it. Bounce a ball to begin to dribble. Throw/send a variety of equipment. Pass and move. Intercepting in a game. Play goalkeeper.

	Attack Defend Shoot (Unit 1) PE Hub Objectives Overview Can send a ball using feet and can receive a ball using feet. Refine ways to control bodies and a range of equipment. Recall and link combinations of skills, e.g. dribbling and passing. Skills Kick with inside of foot and stop ball with feet. Control a ball. Bounce the ball to send it. Bounce a ball to begin to dribble. Throw/send a variety of equipment. Pass and move. Intercepting in a game. Play goalkeeper.	Hit, Catch, Run (Unit 1) PE Hub Objective Overview To develop hitting skills with a variety of bats. Practice feeding/bowling skills. Hit and run to score points in games. Work on a variety of ways to score runs in the different hit, catch, run games. Attempt to work as a team to field. Begin to play the role of wicketkeeper or backstop. Skills Hit with bats (some still hitting with hands). Use kicking to send a ball and score points. Use underarm bowling. Play as part of a team. Run to 'safety'. Outwit bowler and hit to space. Move in line to stop ball.	Run Jump Throw (Unit 1) PE Hub Objectives Overview Develop power, agility, coordination and balance over a variety of activities. Can throw and handle a variety of objects including quoits, beanbags, balls, hoops. Can negotiate obstacles showing increased control of body and limbs. Skills Aware of others when running in space. Create more power with legs and apply to agility test. Select best throw for conditioned games. Perform some static and dynamic balances. Explore their emotions around different challenges. Attempt more accuracy in throws. Perform under pressure. Explore breathing techniques.	Send and Return (Unit 1) PE Hub Objectives Overview Be able to track the path of a ball over a net and move towards it Begin to hit and return a ball using hands and racquets with some consistency Play modified net/wall games throwing, catching and sending over a net Be able to make it difficult for their opponent to score a point. Begin to choose specific tactics appropriate to the situation. Skills Identify dominant and non-dominant side. Use basic serving rules in a game. Able to self-feed a ball to a partner using a racquet. Develop agility in isolated challenges. Develop the ready position to receive a ball. Play a variety of roles in a simple game. Throw into space to make it difficult for opponent to return. Play out a point from a serve.	Run Jump Throw (Unit 2) PE Hub Objectives Overview Improve running and jumping movements, work for sustained periods of time. Reflect on activities and make connections between a healthy active lifestyle. Experience and improve on jumping for distance and height. Skills Aware of others when running in space. Create more power with legs and apply to agility test. Select best throw for conditioned games. Perform some static and dynamic balances. Explore their emotions around different challenges. Attempt more accuracy in throws. Perform under pressure. Explore breathing techniques.	Hit, Catch, Run (Unit 2) PE Hub Objective Overview Work on a variety of ways to score runs in the different hit, catch, run games. Attempt to work as a team to field. Begin to play the role of wicketkeeper or backstop. Skills Hit with bats (some still hitting with hands). Use kicking to send a ball and score points. Use underarm bowling. Play as part of a team. Run to 'safety'. Outwit bowler and hit to space. Move in line to stop ball.
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Year 3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Gymnastics (Unit 1) PE Hub Objectives Overview Modify actions independently using different pathways, directions and shapes. Consolidate and improve the quality of movements and gymnastics actions. Relate strength and flexibility to the actions and movements they are performing.	Dance (Unit 1) PE Hub Objectives Overview Practise different sections of a dance aiming to put together a performance. Perform using facial expressions. Perform with a prop. Building stylistic qualities of Barn Dance through repetition and applying movement to own bodies. Building basic creative choreography skills in travelling, dynamics and partner work in the specific style of Barn Dance.	Badminton PE Hub Objectives Overview Learn rules to badminton. Serve to begin a game. Explore forehand hitting. Play with some understanding of modified court boundaries.	Gymnastics (Unit 2) PE Hub Objectives Overview To use basic compositional ideas to improve sequence work. Identify similarities and differences in sequences. Develop body management over a range of floor exercises. Attempt to bring explosive moves into floor work through jumps and leaps. Show increasing flexibility in shapes and balances.	Cricket PE Hub Objectives Overview To be able to adhere to some of the basic rules of cricket of striking and fielding games. To develop a range of skills to use in isolation and a competitive context. To use basic skills with more consistency including striking a bowled ball. Work cooperatively with others to complete fielding tasks.	Tennis PE Hub Objectives Overview Learn rules to tennis. Serve to begin a game. Explore forehand hitting. Play with some understanding of modified court boundaries.
	Skills Contrasting shapes, body control when rolling. Partner unison. Patterns. Fluency in movement. Half lever. Bouncing, smooth transitions and extension.	Skills Perform a jazz square. Perform 2 contrasting characters. Communicate ideas as part of a group. Use a prop in a 4-action dance phrase. Discuss examples of professional work. Create own floor patterns. Demonstrate stylistic elements of barn dance. Apply feedback to improve own performance.	Skills Use hard and soft hits. Hit using direction. Return a shuttle. Play using forehand shots, playing to boundaries. Rally with a partner. Send and return over a net. Serve using the forehand	Skills Contrasting shapes, body control when rolling. Partner unison. Patterns. Fluency in movement. Half lever. Bouncing , smooth transitions and extension.	Skills Accuracy and consistency. Use the long barrier to collect a rolling ball / collect and return a moving ball. Cricket – Forward drive into space. Foot placement to hit the ball effectively. Use overarm throw to send ball longer distances. Explore role of wicket keeper.	Skills Correct position to return balls. Consistently send forehand to targets. Introduce backhand. Work cooperatively to score points in simple doubles play.

Tag Rugby PE Hub	Netball PE Hub	OAA PE Hub	Hockey PE Hub	Athletics PE Hub	Football PE Hub
Objectives Overview To perform some basic invasion games skills, throwing, catching, kicking and dribbling. To build attacking/offensive play. Able to show basic control skills including sending and receiving the ball. To send the ball with some accuracy to maintain possession and build attacking play. Able to implement basic rules of modified games e.g. basketball. Show basic skills to maintain possession. Use space efficiently to build an attack. Link skills to perform as a team.	Objectives Overview To perform some basic invasion games skills, throwing, catching and shooting. To build attacking/offensive play. Able to show basic control skills including sending and receiving the ball. To send the ball with some accuracy to maintain possession and build attacking play. Able to implement basic rules of modified games e.g. basketball. Show basic skills to maintain possession. Use space efficiently to build an attack. Link skills to perform as a team.	Objectives Overview Work with others to solve problems. Describe their work and use different strategies to solve problems. Lead others and be led Differentiate between when a task is competitive and when it is collaborative.	Objectives Overview To perform some basic invasion games skills, throwing, catching, kicking and dribbling. To build attacking/offensive play. Able to show basic control skills including sending and receiving the ball. To send the ball with some accuracy to maintain possession and build attacking play. Able to implement basic rules of modified games e.g. basketball. Develop motor skills to handle sticks with ease and improve agility. Show basic skills to maintain possession. Use space efficiently to build an attack. Link skills to perform as a team.	Objectives Overview Control movements and body actions in response to specific instructions. Demonstrate agility and speed. Jump for height and distance with control and balance. Throw with speed and power and apply appropriate force.	Objectives Overview To perform some basic invasion games skills, throwing, catching, kicking and dribbling. To build attacking/offensive play. Able to show basic control skills including sending and receiving the ball. To send the ball with some accuracy to maintain possession and build attacking play. Able to implement basic rules of modified games e.g. basketball. Show basic skills to maintain possession. Use space efficiently to build an attack. Link skills to perform as a team.
Skills Dribbling, passing in pairs. Defensive positioning. Building an attack. Finding space to receive the ball. Shot, pass, dribble theory. Tag Rugby – Ball handling. Running past defenders. Evading taggers and tag protocol.	Skills Dribbling, passing in pairs. Defensive positioning. Building an attack. Finding space to receive the ball. Shot, pass, dribble theory. Netball – Chest, shoulder and bounce pass. Dodging to get free	Skills Use non-verbal communication effectively. Develop further simple map reading skill. Respond to and resolve problems as a team. Participate in trust activities. Plan on route map	Skills Dribbling, passing in pairs. Defensive positioning. Building an attack. Finding space to receive the ball. Shot, pass, dribble theory. Hockey – Using flat side of stick. Close control, preparing to tackle.	Skills Combination jumps. Recognising and performing different paced runs. Approaching hurdles. Pull action when throwing. Recording scores accurately.	Skills Dribbling, passing in pairs. Defensive positioning. Building an attack. Finding space to receive the ball. Shot, pass, dribble theory. Football – Using inside and outside of foot, trapping.

Year 4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Gymnastics (Unit 1) PE Hub Objectives Overview To become increasingly competent and confident to perform skills more consistently. Able to perform in time with a partner and group. Independently use compositional ideas in sequences such as changes in height, speed and direction. Skills Cartwheel progressions. Using STEP. Judging. Changes in speed.	Dance (Unit 1) PE Hub Objectives Overview Work to include freeze frames in routines. Practise and perform a variety of different formations in dance. Develop a dance to perform as a group with a set starting position. Developing choreography and devising skills in relation to a theme. Skills Perform a slide and roll. Replicate a set phrase. Work collaboratively to sequence movements. Create a 5-action routine. Use formations to tell a story. Perform without prompts. Use devices to manipulate movements. Perform contact work as a group. Identify strengths in their performance.	OAA PE Hub Objectives Overview Work well in a team or group within defined and understood roles. Plan and refine strategies to solve problems. Identify the relevance of and use maps, compass and symbols. Identify what they do well and suggest what they could do to improve. Skills Recognise compass points. Use a compass. Follow a course. Work cooperatively with a partner to follow a map and solve problems. Recognise a range of standard map symbols. Evaluate their own success.	Gymnastics (Unit 2) PE Hub Objectives Overview Develop an increased range of body actions and shapes to include in a sequence. Define muscles groups needed to support the core of their body. Refine taking weight on small and large body parts, for example, hand and shoulder. Skills Shoulder roll. Shoulder stand. Showing flow. Fitness through tabattas.	Athletics PE Hub Objectives Overview Using running, jumping and throwing stations, children investigate in small groups different ways of performing these activities. Using a variety of equipment, ways of measuring and timing, comparing the effectiveness of different styles of runs, jumps and throws. Skills Aiming at targets. Accelerating over short distances. Taking off from run with one foot to increase distance. Sling action when throwing. Perform baton exchanges.	Football PE Hub Objectives Overview Show increases confidence and perform with more consistency a selection of basic skills such as dribbling, throwing and shooting Explore basic marking. Passing over longer distance. Moving towards the ball to receive the pass. Pass and move with the ball as a team to build attacks. Apply a small range of tactics in a competitive situation. Demonstrate increased speed and endurance during game play. Evaluating skills, tactics and teamwork to aid improvement. Skills Dribbling in different directions, defensive tackling, front of player and goal side marking Hockey PE Hub

Tag Rugby PE Hub	Netball PE Hub	Badminton PE Hub	Hockey PE Hub	Cricket PE Hub	Tennis PE Hub
Objectives Overview Show increases confidence and perform with more consistency a selection of basic skills such as dribbling, throwing and kicking Develop a wider range of ball handling skills Explore basic marking. Passing over longer distance. Moving towards the ball to receive the pass. Pass and move with the ball as a team to build attacks. Apply a small range of tactics in a competitive situation. Demonstrate increased speed and endurance during game play Evaluating skills, tactics and teamplay to aid improvement. Skills Picking up and running with ball, correct ball carrying position, keeping possession.	Objectives Overview Show increases confidence and perform with more consistency a selection of basic skills such as dribbling, throwing and shooting Develop a wider range of ball handling skills Use footwork rules in a game situation and explore basic marking. Passing over longer distance. Moving towards the ball to receive the pass. Pass and move with the ball as a team to build attacks. Apply a small range of tactics in a competitive situation. Demonstrate increased speed and endurance during game play. Evaluating skills, tactics and team play to aid improvement Skills Protecting the ball, basic shooting, playing within 3rds, 1to1 marking, footwork rules	Objectives Overview Explore and use different shots with both the forehand and backhand. Demonstrate different net skills. Practise some trick shots in isolation. Work to return the serve. Demonstrate different court positions in gameplay. Skills Underarm forehand shot. Overhead/clearance shot. Introducing backhand. Practice racquet handling skills with trick shots. Explain different scoring scenarios. Developing singles play.	Objectives Overview Show increases confidence and perform with more consistency a selection of basic skills such as dribbling, throwing and shooting Develop a wider range of ball handling skills Use footwork rules in a game situation and explore basic marking. Passing over longer distance. Moving towards the ball to receive the pass. Pass and move with the ball as a team to build attacks. Apply a small range of tactics. Demonstrate increased speed and endurance during game play. Evaluating skills, tactics and team play to aid improvement. Skills Push pass, slap pass, straight dribble, stopping and turning with the ball.	Objectives Overview To develop the range of striking and fielding skills they can apply in a competitive context Choose and use a range of simple tactics in isolation and in a game context Consolidate existing skills and apply with consistency. Strike to ball with intent, use decision making attempt direction. Skills Anticipate when to run to score singles. Bowl overarm from a stationary position. Attempt a pull shot in a game. Intercept the ball with one hand.	Objectives Overview Explore and use different shots with both the forehand and backhand. Demonstrate different net/wall skills. Practise some trick shots in isolation. Work to return the serve. Demonstrate different court positions in gameplay. Skills Correct position to return balls. Consistently send forehand to targets. Introduce backhand. Work cooperatively to score points in simple doubles play.

	Swimming - beginners Hinckley Leisure Centre Swim short distances unaided between 5 & 20 metres using one consistent stroke. Propel themselves over longer distances with the assistance of swimming aids. Move with more confidence in the water including submerging themselves fully. Enter and exit the water independently. Skills Pulling and pushing. Stabilising – feet upright off the ground. Submerging. Prone float. Supine float. Leg action on back. Push, glide, turn. Doggy paddle. Transition from glide to stroke.	Swimming - intermediate Hinckley Leisure Centre Swim over greater distances, between 10 & 20 meters with confidence in shallow water. Begin to use basic swimming techniques including correct arm and leg action. Explore and use basic breathing patterns. Enter and exit the water in a variety of ways. Skills Jump in from side of pool and submerge. Sink and roll. Front crawl legs. Surface dive. Linking 3 different types of floating technique. Breaststroke legs. Somersault in water. Sculling face in water. Kicking while submerged.	Swimming - beginners Hinckley Leisure Centre Swim short distances unaided between 5 & 20 metres using one consistent stroke. Propel themselves over longer distances with the assistance of swimming aids. Move with more confidence in the water including submerging themselves fully. Enter and exit the water independently. Skills Pulling and pushing. Stabilising – feet upright off the ground. Submerging. Prone float. Supine float. Leg action on back. Push, glide, turn. Doggy paddle. Transition from glide to stroke.	Swimming - intermediate Hinckley Leisure Centre Swim over greater distances, between 10 & 20 meters with confidence in shallow water. Begin to use basic swimming techniques including correct arm and leg action. Explore and use basic breathing patterns. Enter and exit the water in a variety of ways. Skills Jump in from side of pool and submerge. Sink and roll. Front crawl legs. Surface dive. Linking 3 different types of floating technique. Breaststroke legs. Somersault in water. Sculling face in water. Kicking while submerged.	Swimming - intermediate Hinckley Leisure Centre Swim over greater distances, between 10 & 20 meters with confidence in shallow water. Begin to use basic swimming techniques including correct arm and leg action. Explore and use basic breathing patterns. Enter and exit the water in a variety of ways. Skills Jump in from side of pool and submerge. Sink and roll. Front crawl legs. Surface dive. Linking 3 different types of floating technique. Breaststroke legs. Somersault in water. Sculling face in water. Kicking while submerged	Swimming - intermediate Hinckley Leisure Centre Swim over greater distances, between 10 & 20 meters with confidence in shallow water. Begin to use basic swimming techniques including correct arm and leg action. Explore and use basic breathing patterns. Enter and exit the water in a variety of ways. Skills Jump in from side of pool and submerge. Sink and roll. Front crawl legs. Surface dive. Linking 3 different types of floating technique. Breaststroke legs. Somersault in water. Sculling face in water. Kicking while submerged
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Year 5	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Gymnastics (Unit 1) PE Hub Objectives Overview Complex sequences and adapt performances. Take the lead in a group when preparing a sequence. Develop symmetry individually, as a pair and in a small group. Compare performances and judge strengths and areas for improvement. Skills Symmetry & asymmetry. Perform counterbalances. Round off progressions. Linking cartwheels & roundoffs. Performing pathways. Devising warm-ups.	Dance (Unit 1) PE Hub Objectives Overview Perform different styles of dance fluently and clearly. Refine & improve dances adapting them to include the use of space rhythm & expression. Worked collaboratively in groups to compose simple dances. Recognise and comment on dances suggesting ideas for improvement. Skills Copy and perform a specific dance action to communicate a theme. Communicate the idea of a hero. Copy and execute a high energy jump sequence.	Badminton PE Hub Objectives Overview Use different types of serves in-game and new shots learnt in games. Play with others to score and defend points in competitive games. Move confidently around the playing area using footwork techniques. Develop further ways of playing with others cooperatively and in competition. Introduce Volley shots and Overhead shots. Skills Moving opposition around court. Perform forehand long and short serves. Use close control. Develop reaction time.	Gymnastics (Unit 2) PE Hub Objectives Overview Select a component for improvement. For example - timing or flow. Take responsibility for own warm-up including remembering and repeating a variety of stretches. Perform more complex actions, shapes and balances with consistency. Use information given by others to improve performance. Skills Symmetry & asymmetry. Perform counterbalances. Round off progressions. Linking cartwheels & roundoffs. Performing pathways. Devising warm-ups.	Rounders PE Hub Objectives Overview Link together a range of skills and use in combination. Collaborate with a team to choose, use and adapt rules in games. Recognise how some aspects of fitness apply to striking and fielding e.g., power, flexibility, and cardiovascular endurance. Develop retrieving and returning the ball. Skills Throw for accuracy over short distances. Recognise where to play. Rounders – Body position to catch a ball to stump players out. Apply backwards hit rule, attempt to catch a backward hit. Distinguish between deep and close fielding.	Handball PE Hub Objectives Overview Use strength, agility and coordination when defending. Increase power and strength of passes, moving the ball accurately in a variety of situations. Select and apply a range of tactics and techniques and play with consistency. To play effectively in a variety of positions and formations on the pitch. Relate a greater number of attacking and defensive tactics to gameplay. Become more skilful when performing movements at speed. Select and apply appropriate skill in a game situation. Play effectively as a team in defence taking individual responsibility for your role. Skills Jump shot, closing angles, pivoting to pass, set plays.

	Tag Rugby PE Hub Objectives Overview Use strength, agility and coordination when defending. Increase power and strength of passes, moving the ball accurately in a variety of situations. Select and apply a range of tactics and techniques and play with consistency. To play effectively in a variety of positions and formations on the pitch. Relate a greater number of attacking and defensive tactics to gameplay Become more skilful when performing movements at speed. Select and apply appropriate skill in a game situation. Play effectively as a team in defence taking individual responsibility for your role. Skills Tagging opposition, when to run and when to pass into space, deny space to opposition, pop pass, magic diamond formation, 3step and pass technique.	Netball PE Hub Objectives Overview Use strength, agility and coordination when defending. Increase power and strength of passes, moving the ball accurately in a variety of situations. Select and apply a range of tactics and techniques and play with consistency. To play effectively in a variety of positions and formations on the pitch. Relate a greater number of attacking and defensive tactics to gameplay Become more skilful when performing movements at speed. Select and apply appropriate skill in a game situation. Play effectively as a team in defence taking individual responsibility for your role. Skills Netball – Effective bounce pass in game, use a greater variety of dodging skills, pivot and pass, 2 handed shooting.	OAA PE Hub Objectives Overview Explore ways of communicating in a range of challenging activities. Navigate and solve problems from memory. Develop and use trust to complete the task and perform under pressure Skills Use memory and recall skills. Work at maximum physical capacity e.g., when running. Use control cards. Perform under pressure. Perform safely and with control. Classify and interpret simple morse code.	Hockey PE Hub Objectives Overview Use strength, agility and coordination when defending. Increase power and strength of passes, moving the ball accurately in a variety of situations. Select and apply a range of tactics and techniques and play with consistency. To play effectively in a variety of positions and formations on the pitch. Relate a greater number of attacking and defensive tactics to gameplay Become more skilful when performing movements at speed. Select and apply appropriate skill in a game situation. Play effectively as a team in defence taking individual responsibility for your role. Skills Block tackle, passing in the D, sweep shot, dragging the ball..	Athletics PE Hub Objectives Overview Sustain pace over short and longer distances such as running 100m and running for 2 minutes. Able to run as part of a relay team working at their maximum speed. Perform a range of jumps and throws demonstrating increasing power and accuracy. Skills Prepare to run an individual leg. Develop further the principles of pace. Steeplechase and jump for distance. Push action when throwing. Baton exchange within restricted area.	Tennis PE Hub Objectives Overview Explore and use different shots with both the forehand and backhand. Demonstrate different net/wall skills. Practise some trick shots in isolation. Work to return the serve. Demonstrate different court positions in gameplay. Skills Correct position to return balls. Consistently send forehand to targets. Introduce backhand. Work cooperatively to score points in simple doubles play.
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Year 6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Gymnastics (Unit 1) PE Hub Objectives Overview Lead group warm-up showing understanding of the need for strength and flexibility. Demonstrate accuracy, consistency, and clarity of movement. Work independently and in small groups to make up own sequences. Arrange own apparatus to enhance work and vary compositional ideas. Experience flight on and off of high apparatus. Skills Prepare for vaulting. Dismounting from height. Flight in unison & cannon. Use music. Create group patterns. Entrance and relationships to one another. Use stimuli such as ribbons and hoops.	Dance (Unit 1) PE Hub Objectives Overview Work collaboratively to include more complex compositional ideas Develop motifs and incorporate into selfcomposed dances as individuals, pairs & groups Talk about different styles of dance with understanding, using appropriate language & terminology Skills Explore space in a deeper way in relation to dance. Identify appropriate dynamics and group formations for the Hakka. Perform some basic street dance skills. Compose a street dance performance. Create a phrase of gestures that communicate a theme. Developing group devices and greater use of teamwork.	Badminton PE Hub Objectives Overview Develop a wider range of shots. Begin to select and apply more sophisticated tactics such as net play, and offensive and defensive positioning. Play with fluency with a partner in doubles/partner scenarios. Develop backhand shots. Begin to use full scoring systems Continue developing doubles play and tactics to improve. Skills Drop and smash shot. Drop shot and recover. Use quick reactions for confident net play. Offensive court positioning. Defensive formations for doubles.	Gymnastics (Unit 2) PE Hub Objectives Overview Perform increasingly complex sequences. Combine own ideas with others to build sequences. Compose and practise actions and relate to music. Show a desire to improve across a broad range of gymnastics actions. Skills Prepare for vaulting. Dismounting from height. Flight in unison & cannon. Use music. Create group patterns. Entrance and relationships to one another. Use stimuli such as ribbons and hoops.	Rounders PE Hub Objectives Overview Apply with consistency standard rules in a variety of different styles of games. Attempt a small range of shots in isolation and in competitive scenarios. Use a range of tactics for attacking and defending in the role of bowler, batter and fielder. Demonstrate urgency when acquiring runs/rounders. Track and catch high balls. Work in pairs to field a long ball. Skills Rounders – Play using standard rounders pitch layout. Bowling fast ball. Play tactically to avoid overtaking teammates.	Handball PE Hub Objectives Overview Apply aspects of fitness to the game such as power, strength, agility and coordination. Choose and implement a wider range of strategies to play defensively and offensively. Grasp more technical aspects of the game. Observe, recognise and analyse good individual and team performances. Suggest, plan and lead simple drills for given skills. Combine and perform more complex skills at speed in games. Use set plays in game situation and explain when and why they are used. Switch effectively as a team between defence and attack. Skill Screening, organisation around the D, dribbling with precision in game, utilising space.

	Tag Rugby PE Hub Objectives Overview Apply aspects of fitness to the game such as power, strength, agility and coordination. Choose and implement a wider range of strategies to play defensively and offensively. Grasp more technical aspects of the game. Observe, recognise and analyse good individual and team performances. Suggest, plan and lead simple drills for given skills. Combine and perform more complex skills at speed in games. Use set plays in game situation and explain when and why they are used. Switch effectively as a team between defence and attack. Skills Set play for attacking, take the distance not the time, spaces not faces.	Netball PE Hub Objectives Overview Apply aspects of fitness to the game such as power, strength, agility and coordination. Choose and implement a wider range of strategies to play defensively and offensively. Grasp more technical aspects of the game. Observe, recognise and analyse good individual and team performances. Suggest, plan and lead simple drills for given skills. Combine and perform more complex skills at speed in games. Use set plays in game situation and explain when and why they are used. Switch effectively as a team between defence and attack. Skills Double bounce rule, marking to pass or shoot, organisation around the D, rebounds as attacker and defender, knocking the ball away.	OAA PE Hub Objectives Overview Use information given by others to complete tasks and work collaboratively. Undertake more complex tasks. Take responsibility for a role in a task. Use knowledge of PE and physical activities to suggest design ideas & amendments to games. Skills Follow and orient a map. Identify objects in a scavenger hunt. Perform complex group pyramid balances. Tie a reef knot. Design your own game using, refining, and adapting group ideas.	Hockey PE Hub Objectives Overview Apply aspects of fitness to the game such as power, strength, agility and coordination. Choose and implement a wider range of strategies to play defensively and offensively. Grasp more technical aspects of the game. Observe, recognise and analyse good individual and team performances. Suggest, plan and lead simple drills for given skills. Combine and perform more complex skills at speed in games. Use set plays in game situation and explain when and why they are used. Switch effectively as a team between defence and attack. Skills Shooting from close range, long corners, goal side marking, self-pass rule, channelling the opposition..	Athletics PE Hub Objectives Overview Become confident and expert in a range of techniques and recognise their success. Apply strength and flexibility to a broad range of throwing, running and jumping activities. Work in collaboration and demonstrate improvement when working with self and others. Accurately and confidently judge across a variety of activities. Skills Sprint start techniques. Run up for long jump. Recording data for different types of throws. Use STEP principles. Work collaboratively to judge and record. Take part in specific modified events using laws/rules for each event.	Tennis PE Hub Objectives Overview Develop a wider range of shots. Begin to select and apply more sophisticated tactics such as net play, and offensive and defensive positioning. Play with fluency with a partner in doubles/partner scenarios. Develop backhand shots. Begin to use full scoring systems Continue developing doubles play and tactics to improve. Skills Drop and smash shot. Drop shot and recover. Use quick reactions for confident net play. Offensive court positioning. Defensive formations for doubles.
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