

PE PLAN 2018/2019

	RECEPTION	YEAR 1	YEAR 1	YEAR 2	YEAR 2
<p><b>AUTUMN TERM 1</b></p> <p><b>6 weeks</b></p>	<p>Initial focus on hall safety and space</p> <p>Introduce Sticky Kids Bear Hunt</p> <p>Getting changed into PE kit</p> <p>Ways of moving around the hall eg shuffling, slithering and crawling. On the floor first and then transfer to benches</p> <p>Begin work on throwing, and catching a beanbag.</p>	<p><b><u>GYM</u></b></p> <p>BRITISH GYMNASTICS PROFICIENCY AWARD SCHEME LEVEL 8</p> <ul style="list-style-type: none"> <li>• Gym shapes</li> <li>• Transfer weight</li> <li>• Front support</li> <li>• Back support</li> <li>• Roll backwards and forwards in a tuck</li> <li>• Match and mirror</li> <li>• Walk on tiptoes on bench</li> <li>• Patterns</li> <li>• Controlled jump and landing</li> </ul>	<p><b><u>MULTISKILLS</u></b></p> <p>Throwing beanbags to partner, target, underarm technique</p> <p>Bounce and catch ball to self</p> <p>Dribble the ball using hands</p> <p>Team games requiring co-operation</p> <p><b>INTRA COMPETITION ON THROWING TO TARGET</b></p> <p><b>INTRA COMPETITION ON BALANCE</b></p>	<p><b><u>GYM</u></b></p> <ul style="list-style-type: none"> <li>• Pencil roll</li> <li>• Dish, arch, egg rolls</li> <li>• Teddy bear roll</li> <li>• Rock and roll in tuck, pike and straddle</li> <li>• Controlled jump and landing</li> <li>• Front and back support</li> <li>• Balances</li> <li>• Sequences using the above skills</li> <li>• Counter- balances</li> </ul>	<p><b><u>MULTISKILLS</u></b></p> <p>BALL SKILLS</p> <p>Throwing to target, partner, for distance</p> <p>Use different size balls</p> <p>Team games requiring co-operation</p> <p><b>INTRA COMPETITION ON THROWING TO TARGET</b></p> <p><b>INTRA COMPETITION ON BALANCE</b></p>

<p><b>AUTUMN 2</b></p> <p><b>7 weeks 3 days</b></p> <p><b>Christmas production rehearsals will affect this part of the planning and need to take account of the stage being up restricting hall space.</b></p>	<p><b><u>APPARATUS</u></b></p> <p>Begin to introduce the apparatus equipment WALL BARS INTRODUCED AS ALL CLASSES WERE READY TO USE THEM,</p> <p><b><u>Circuit work</u></b> Reinforce the idea of moving between activities as last half term. Include activities involving a ball, running, jumping and throwing.</p> <p><b>ASSESSMENTS CARRIED OUT</b></p>	<p><b>GYM WORK ON APPARATUS</b></p> <p><b>INTRA COMPETITION TEAMWORK CHALLENGE. HOW MANY POINTS SCORED IN 2 MINUTES USING THE CATCHWALL.</b></p>	<p><b>Target tracker assessments</b></p> <ol style="list-style-type: none"> <li>1. Hold a balance whilst walking in a straight line</li> <li>2. Hop on the spot using same foot</li> <li>3. Jump for height</li> <li>4. Jump for distance</li> <li>5. Throw a small ball underarm using correct technique</li> <li>6. Zigzag through markers 2m apart</li> <li>7. Catch a beanbag</li> </ol>	<p><b>GYM WORK ON APPARATUS</b></p> <p><b>INTRA COMPETITION TEAMWORK CHALLENGE. HOW MANY POINTS SCORED IN 2 MINUTES USING THE CATCHWALL.</b></p>	<p><b>Target tracker assessments</b></p> <ol style="list-style-type: none"> <li>1. Throw a small ball overarm</li> <li>2. Catch a small ball</li> <li>3. Hop along a straight line</li> <li>4. Zigzag through tightly spaced markers</li> <li>5. Jump for height and distance controlling the landing</li> </ol>
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<p><b>SPRING 1</b></p> <p><b>6 weeks</b></p>	<p><b><u>BALL SKILLS</u></b>  catching on the bounce  bounce to partner  roll to partner</p> <p><b><u>DANCE</u></b>  STICKY KIDS</p> <p><b><u>APPARATUS</u></b>  Developing apparatus skills, confidence, balance, shape, simple jump and landing on feet.</p>	<p><b><u>MULTISKILLS</u></b>  BALL SKILLS - CHANGE BALL SIZE, THROWING, CATCHING, STOPPING, FOOTWORK TO CHANGE DIRECTION  ROLLING BALL AND HOOP</p> <ol style="list-style-type: none"> <li>1. SENDING SKILLS-throwing</li> <li>2. SENDING SKILLS-aiming</li> <li>3. RECEIVING SKILLS-catching</li> <li>4. RECEIVING SKILLS-controlling</li> <li>5. SENDING AND RECEIVING-on the move</li> <li>6. AIMING GAMES</li> </ol> <p><b>INTRA COMPETITION ON THROWING FOR DISTANCE</b></p>	<p><b><u>DANCE</u></b>  Country dance</p> <p>HOOLICAN  ROUNABOUT  DURHAM REEL</p> <p>Link 2 or more actions to make sequence and perform with control and co-ordination  Remember and repeat dance movements</p>	<p><b><u>GYM</u></b>  PARTNER WORK - BALANCE, MIRROR, COUNTERBALANCE revisited  DIFFERENT LEVELS WORK  SEQUENCES  CONTRASTS IN BODY SHAPES  APPARATUS</p> <ol style="list-style-type: none"> <li>1. MATCH</li> <li>2. MIRROR</li> <li>3. CONTRAST</li> <li>4. LEVELS</li> <li>5. SEQUENCE WORK</li> <li>6. APPARATUS</li> </ol> <p><b>INTRA COMPETITION ON THROWING FOR DISTANCE</b></p>	<p><b><u>MULTISKILLS</u></b>  SENDING AND RECEIVING GAMES</p> <ol style="list-style-type: none"> <li>1.SENDING SKILLS - throwing</li> <li>2.SENDING SKILLS - aiming</li> <li>3, 4 AND 5.SENDING AND RECEIVING -on the move</li> <li>6 AIMING GAMES</li> </ol> <p><b>Make own game up in small groups</b></p>
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<p><b>SPRING 2</b></p> <p><b>6 weeks</b></p>	<p><b><u>BALL SKILLS</u></b>  catching on the bounce  bounce to partner  roll to partner</p> <p><b><u>DANCE</u></b>  STICKY KIDS</p> <p><b><u>APPARATUS</u></b>  Developing apparatus skills, confidence, balance, shape, simple jump and landing on feet.</p> <p><b><u>ASSESSMENTS</u></b></p>	<p><b><u>MULTISKILLS</u></b>  INFANT AGILITY ACTIVITIES</p> <ol style="list-style-type: none"> <li>1. balancer</li> <li>2. jumper</li> <li>3. bouncer</li> <li>4. launcher</li> <li>5. runner</li> <li>6. striker</li> <li>7. pitcher</li> <li>8. catcher</li> <li>9. bowler</li> <li>10. stepper</li> <li>11. thrower</li> <li>12. skipper</li> </ol> <p>SKILLS COVERED INCLUDE :  CONCENTRATION, CONTROL, STABILITY, AGILITY, RHYTHM, TIMING, HAND EYE COORDINATION, SENDING SKILLS, SPEED, DIRECTIONAL CHANGE</p> <p>BASED ON SPORTSHALL INFANT AGILITY PROGRAMME.</p> <p><b>INTRA COMPETITION ON SPEED BOUNCE</b></p>	<p><b><u>GAMES</u></b>  SENDING AND RECEIVING WITH BAT AND BALL</p> <ol style="list-style-type: none"> <li>1. Roll and push ball with bat, in different directions and weave thro' slaloms.</li> <li>2. Balance ball on bat with control whilst moving.</li> <li>3. Hit ball up and down with control.</li> <li>4. Hit ball to a partner along ground and in air.</li> <li>5. Strike a ball rolled/thrown by partner.</li> </ol>	<p><b><u>MULTISKILLS</u></b>  INFANT AGILITY ACTIVITIES</p> <ol style="list-style-type: none"> <li>1. balancer</li> <li>2. jumper</li> <li>3. bouncer</li> <li>4. launcher</li> <li>5. runner</li> <li>6. striker</li> <li>7. pitcher</li> <li>8. catcher</li> <li>9. bowler</li> <li>10. stepper</li> <li>11. thrower</li> <li>12. skipper</li> </ol> <p>PROGRAMME.  Year 2 children will be expected to show more control than Year 1 children and to reflect on their own performance and encouraged to suggest ways of improving.</p>	<p><b><u>GAMES</u></b>  INVASION GAMES  <b>Gateway</b>  <b>Treasure Chest</b>  <b>1-2-3-4</b>  <b>Fives</b>  <b>Zone passing</b></p> <p><b>PLAYING CHILDRENS' OWN GAMES PLUS BENCHBALL</b></p> <p>Develop some tactics for games played and decide on best position during game to make it difficult for the other team. Follow rules in a game and choose appropriate tactics to cause problems for opposition  Keep possession of ball with body/equipment</p> <p><b>INTRA COMPETITION ON SPEED BOUNCE</b></p>
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	RECEPTION	YEAR 1		YEAR 2	
<p><b>SUMMER 1</b></p> <p><b>5 weeks 3 days</b></p>	<p><b><u>MULTISKILLS</u></b>            Throwing and catching circuits :            Use javelins, beanbag to different style targets, launchers and beanbags to encourage hand/eye co-ordination, balls of different sizes to suit different abilities</p> <p><b><u>APPARATUS</u></b>            Developing apparatus skills, confidence, balance, shape, simple jump and landing on feet.</p>	<p><b><u>HOCKEY</u></b>            Learning to control a ball with equipment, keeping ball close to stick, passing and blocking with a partner            Hit ball with a bat and move and stop            Move to catch or collect and make a game difficult for other team by deciding where to stand            Use rolling/hitting/kicking skills in a game</p> <p><b>Football Rounders</b> Develop some tactics for games played and decide on best position during game            Throw and catch ball with accuracy            Strike and field with control</p> <p><b>INTRA COMPETITION ON LAUNCHER CATCH - 5 BALLS</b></p>	<p><b><u>GYM</u></b>            DIFFERENT LEVELS            SEQUENCES            CONTRASTS IN BODY SHAPES            APPARATUS</p> <ol style="list-style-type: none"> <li>1. MATCH</li> <li>2. MIRROR</li> <li>3. CONTRAST</li> <li>4. LEVELS</li> <li>5. SEQUENCE WORK</li> <li>6. APPARATUS</li> </ol> <p>Show contrasts in shape eg. Wide /narrow and can control movements</p>	<p><b><u>DANCE</u></b>            MAYPOLE DANCING            This is in preparation for display at the Summer Festival</p> <p>Link 2 or more actions to make sequence and perform with control and co-ordination            Remember and repeat dance movements            Refine movements in a dance and make them clear and fluent            Know that dance can express a variety of things</p> <p>2 weeks will be left and we will recap on gymnastic work with groups preparing and performing their routines</p> <p><b>INTRA COMPETITION ON LAUNCHER CATCH - 5 BALLS</b></p>	<p><b><u>HOCKEY</u></b>            Learning to control a ball with equipment, keeping ball close to stick, passing and blocking within a group.            As Year1, but also to develop more game situations in Year 2            Hit ball with a bat and move and stop            Use rolling/hitting/kicking skills in a game            Use term opponent/team-mate</p> <p><b>Rounders and Diamond Cricket</b>            Develop some tactics for games played and decide on best position during game            Throw and catch ball with accuracy            Strike and field with control</p>

	RECEPTION	YEAR 1	YEAR 1	YEAR 2	YEAR 2
<p><b>SUMMER 2</b></p> <p><b>7 weeks</b></p>	<p><b><u>MULITSKILLS</u></b>          Throwing and catching circuits :          Use javelins, beanbag to different style targets, launchers and beanbags to encourage hand/eye co-ordination, balls of different sizes to suit different abilities</p> <p><b><u>APPARATUS</u></b>          Developing apparatus skills, confidence, balance, shape, simple jump and landing on feet.</p>	<p><b><u>TEAM GAMES</u></b>          Rounders          Diamond Cricket          Football "rounders"  <b>There will be lots of practice throwing and catching a small ball as warm up.</b>          Hit ball with a bat and move and stop          Develop some tactics for games played and decide on best position during game</p> <p>Year 1 are very much developing their skills for next year, when they will be more aware of game play. However it is important they learn to be part of a team and all that that entails as far as sportsmanship and fair play is concerned.</p>	<p><b><u>ATHLETIC</u></b>  <b>SPORTS DAY EVENTS</b>          Sprint          Javelin/ Animal beanbag throw          Water bucket race          Relay          Beanbag relay          Sack race          Hoop target game          Egg and Spoon race          Baton relay          Space hopper race          Hockey hit          Hurdles          Dress up game</p>	<p><b><u>TEAM GAMES</u></b>          Rounders          Diamond Cricket          Benchball          Football "rounders"</p> <p>Throw and catch ball with accuracy          Strike and field with control</p> <p>This is the final look at game situations bringing together all the skills the children have learnt over the last 2 years. Some children are naturally able to see the game play and others will be encouraged to take part and play as a team, with sportsmanship, encouragement and inclusion.</p>	<p><b><u>ATHLETICS</u></b>  <b>SPORTS DAY EVENTS</b>          Sprint          Javelin/ Animal beanbag throw          Water bucket race          Relay          Beanbag relay          Sack race          Hoop target game          Egg and Spoon race          Baton relay          Space hopper race          Hockey hit          Hurdles          Dress up game</p>