



Subject: Physical Education

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
NURSERY	Basic movement and spatial awareness. Sending and receiving skills (rolling)	Running skills using space successfully. Changing speed and direction. Learn the basic skill to catch a large ball.	To be able to climb onto and off different equipment using alternate feet and balanced.	Passing a large ball using their feet, working individually or with a partner.	Observes the effects of different activities on their bodies. Aiming and throwing skills.	Consolidating and recapping the skills and abilities learnt throughout the year.
RECEPTION	Experiments with different ways of moving and balancing.	Can climb on and jump off different apparatus, appropriately, safely and balanced.	Can show good spatial awareness when moving around, changing speed and directions to avoid obstacles and other children.	Shows increasing control with a ball when pushing, patting, throwing, catching or kicking it.	Focusing on movement (running & jumping) skills. Aiming and throwing skills.	Consolidating and recapping the skills and abilities learnt throughout the year.
YEAR 1	Ball Skills. To improve basic sending & receiving techniques, developing balance, agility and co-ordination.	Gymnastics. Explore movement actions with control and link them together. Develop basic skills travelling on benches, along, over, around, onto and off a bench.	African Dance. To understand beats in the music and develop gestures and ways of travelling. Can perform a dance in time to music and with fluency. Core Strength To identify techniques to improve core strength and agility.	Multi-Skills. Improve their throwing and aiming skills using a variety of balls and equipment. Travel in different ways and directions showing clear transitions between movements. Practice ABC (agility, balance & co-ordination)	Skipping Learn how to hop, same foot to same foot, jump two feet to two feet and be able to do these activities on the move. Develop the 'step hop' technique for a good skip without a rope. Skip with good balance and technique and explore different ways of skipping	Active Athletics. Learn to use varying speeds when running. How to travel in different ways, changing speeds from fast to slow. Explore different methods of throwing and how to throw safely. To know how to jump and land safely from two feet.
YEAR 2	Ball Skills To use hand-eye co-ordination to control a ball. Learn how to catch	Gymnastics To learn simple gymnastic actions with control. To perform	African Dance To work to music, creating movements that show rhythm and control.	Multi-Skills To understand the concepts of bases and to master ABC learnt	Skipping To explore different ways of jumping/hopping with	Active Athletics To run with agility and confidence. A change of speed and direction

Princess Frederica CE
 College Road, London, NW10 5TP
 Phone: 0208 969 7756



VA Primary School
 Head Teacher – Mr A Richards
 Email: admin@princessfrederica.brent.sch.uk

	proficiently over a distance of 25metres.	proficiently over a distance of 25metres	proficiently over a distance of 25metres Swimming Life-saving skills Learn basic swimming life-saving skills and pool rescue, with first aid practice. (Swimmers)	proficiently over a distance of 25metres	proficiently over a distance of 25metres	proficiently over a distance of 25metres
YEAR 5	Invasion Games. To demonstrate accurate passing and receiving skills, footwork and hand/eye co-ordination. Develop skills in different passes, chest pass, bounce pass and overhead pass.	Gymnastics.	Gymnfit Circuits.	Striking & Fielding.	OAA	Athletics. To throw with accuracy and power, javelin. To learn the basic skills and correct technique when jumping for distance. Develop the ability and skills to run at speed and for distance.
YEAR 6	Invasion Games	Gymnastics.	Gymnfit Circuits.	Striking & Fielding	OAA	Athletics.