

## St. Hugh's Catholic Primary School PE Subject Plan

	Year 1		Year 2		Year 3		Year 4		Year 5		Year 6	
<b>Autumn 1</b>	<b>Fundamental Skills movement skills 1</b> Run, pick up, carry and control	<b>Dance Animals</b> Create shapes, perform movement patterns	<b>Dance Minibeasts</b> Move safely, communicate effectively, perform sequences	<b>Games Target – Throwing, catching, kicking skills</b>	<b>Gymnastics</b> Receiving body weight – create points and patches – perform rolls	<b>Games Invasion Football</b>	<b>Athletics</b> Sprinting, hurdles, jumping, throwing catching	<b>Dance Egyptians</b> Performance, cooperation, evaluation techniques	<b>Swimming</b>	<b>Gymnastics</b> Partner work – under and over	<b>Swimming</b>	<b>Games Tennis</b> Link skills to perform actions and sequence of movement
<b>Autumn 2</b>	<b>Fundamental Skills movement skills 2</b> Hop, travel, jump, dodge, evade and attack	<b>Yoga</b> Breathing, bending and stretching	<b>Games Invasion</b> throwing, catching, passing and interception skills	<b>Yoga</b> Breathing, bending and stretching	<b>Gymnastics</b> Symmetry and asymmetry (partners)	<b>Health Related Fitness</b> Demonstrate core strength, refine techniques, improve personal best	<b>Gymnastics Arches and bridges</b> Formation and sequencing skills	<b>Athletics</b> Sprinting, hurdles, jumping, throwing catching	<b>Swimming</b>	<b>Athletics</b> Running, throwing, improving techniques	<b>Swimming</b>	<b>Gymnastics</b> Counter balance and counter tension
<b>Spring 1</b>	<b>Gymnastics</b> Balancing and spinning on points and patches	<b>Games Invasion skills</b> Evade, attack, defend.	<b>Gymnastics Pathways:</b> Straight, zip zag and curving. Jump, turn and sequence	<b>Athletics</b> Balance, agility, throwing, jumping skills	<b>Swimming</b>	<b>Dance WW2</b> Agility, balance and coordination skills	<b>Swimming</b>	<b>Games Tennis</b> Serving, striking and tactical skills	<b>Athletics</b> Running, throwing, improving techniques	<b>Games Dodgeball</b> Throwing, catching, dodging and defending skills	<b>Gymnastics Flight</b> Take off and landing on one and two feet, mount and dismount, levels of flight	<b>Dance British Values</b> Agility, balance, co-ordination, precision
<b>Spring 2</b>	<b>Gymnastics Pathways – small and long</b>	<b>Games Net and Wall</b> Send, strike and receiving skills	<b>Gymnastics</b> Spinning, turning and twisting	<b>Athletics</b> Run, jump, throw – improve technique	<b>Swimming</b>	<b>Athletics</b> Sprints, hurdles, jumping skills	<b>Swimming</b>	<b>Dance Around the World</b> Agility, balance, coordination and precision skills	<b>Gymnastics</b> Matching, mirroring and contrast	<b>Athletics</b> Running, throwing, improving techniques	<b>Athletics</b> Running, throwing, improving techniques	<b>Gymnastics</b> Group sequencing
<b>Summer 1</b>	<b>Athletics</b> Balance, agility, throwing, jumping skills	<b>Dance Under the Sea</b> Perform a sequence of movements	<b>Dance The great Fire of London</b> Demonstrate agility, balance and coordination	<b>Games Net and wall</b> Sending, receiving and striking skills	<b>Dance Romans</b> Travelling, sequencing and evaluating skills	<b>Games Invasion</b> Handball, sending, catching, defending and receiving skills	<b>Yoga</b>	<b>Athletics</b> Sprint, hurdle, jump, throw, take part in competitive activities	<b>Swimming</b>	<b>Dance The Haka</b> Demonstrate agility, balance and coordination	<b>Swimming</b>	<b>Games Rounders</b> Throwing, catching, fielding, communicating and improving technique
<b>Summer 2</b>	<b>Gymnastics</b> Wide, narrow and curled rolling and balancing	<b>Games Striking and fielding</b> Batting, bowling and catching skills	<b>Gymnastics</b> Stretching, curling and arching.	<b>Games Striking, catching, bowling, defending</b>	<b>Games Rounders</b> Throwing, catching, fielding, communication skills	<b>Gymnastics Linking movements together</b> Turns, spins and balancing skills	<b>OAA</b> Teamwork, determination and resilience skills	<b>Games Netball</b> Dodge, sideways positions, overlap and underlap, defend	<b>Swimming</b>	<b>OAA</b> Instructions, navigation and communication skills	<b>Swimming</b>	<b>OAA</b> Team building and problem solving  <b>Games</b>