

St. Hugh's Catholic Primary School

PE Subject Plan

	Year 1		Year 2		Year 3		Year 4		Year 5		Year 6	
Autumn 1	<u>Fundamental Skills</u> Balance, travel, dodge, jump and co-ordination	<u>Dance Weather and Safari</u> explore travelling actions, movement skills and balancing	<u>Dance Secret Garden and Jack frost</u> pathways, levels, shapes, directions,	<u>Fundamental Skills</u> balancing, running, changing direction, jumping and hopping	<u>Gymnastics</u> Receiving body weight – create points and patches – perform rolls	<u>Fundamental Skills</u> explore body movements at different speeds and how to accelerate	<u>Dance Spy and Carnival</u> structure, space, balance, control	<u>Gymnastics</u> Travelling actions, pathways	<u>Swimming</u>	<u>Gymnastics</u> symmetrical and asymmetrical balances	<u>Swimming</u>	<u>Gymnastics</u> Group sequencing
Autumn 2	<u>Ball skills</u> Throwing, catching, rolling, hitting a target and dribbling	<u>Yoga</u> breathing, relaxation, balance, flexibility and strength	<u>Invasion Games</u> Throwing, catching, kicking, defending and attacking skills	<u>Yoga</u> Breathing, Balance, flexibility, stretching and strength	<u>Ball skills</u> tracking a ball, throwing, catching, dribbling	<u>Dance</u> sing canon, unison, formation	<u>Tag Rugby</u> passing, catching, dodging, tagging, scoring	<u>Dance</u> States of Matter and the Twist	<u>Swimming</u>	<u>Dance Chinese dragon and rock and roll</u> space, emotion, matching, mirroring, transitions	<u>Swimming</u>	<u>Netball</u> passing, catching, footwork, intercepting, shooting, dodging
Spring 1	<u>Team building</u> communication and problem-solving skills	<u>Target games</u> Underarm/over arm throwing, aim and hand eye co-ordination	<u>Gymnastics</u> Creating sequences using shapes, levels and directions.	<u>Athletics</u> Balance, agility, throwing, jumping skills	<u>Yoga</u> breathing, balance, flexibility, strength, coordination	<u>Football</u> dribbling, passing, ball control, tracking, turning, receiving	<u>Yoga</u> breathing, balance, flexibility, strength, coordination	<u>Athletics</u> Sprinting, hurdles, jumping, throwing catching	<u>Swimming</u>	<u>Handball</u> throwing and catching, dribbling, intercepting, shooting	<u>Swimming</u>	<u>Yoga</u> balance, strength, flexibility, coordination
Spring 2	<u>Gymnastics</u> travelling actions, shapes, balances, jumps and rolls	<u>Invasion Games</u> throwing and catching, kicking, dribbling and dodging	<u>Balls skills</u> rolling, kicking throwing, catching, bouncing and dribbling	<u>Target Games</u> Target – Throwing, catching, kicking skills	<u>Dance</u> pathways, direction, copying and performing actions, control	<u>Netball</u> passing, catching, footwork, intercepting, shooting	<u>Games Tennis</u> Serving, striking and tactical skills	<u>Dance Egyptians</u> Performance, cooperation, evaluation techniques	<u>Swimming</u>	<u>Athletics</u> Running, throwing, improving techniques	<u>Swimming</u>	<u>Athletics</u> pacing, sprinting, jumping Distance throwing
Summer 1	<u>Athletics</u> Explore different speeds, changing direction, jumping and throwing	<u>Dance Pirates and the lost toy</u> explore pathways and perform a sequence of movements	<u>Dance The circus and the rainforest</u> Travelling actions, speed, timing and preforming sequences	<u>Net and wall Games</u> throwing, catching, racket skills, ready position, hitting a ball	<u>Handball</u> ball control, throwing and catching, dribbling, shooting	<u>Athletics</u> sprinting, jumping for distance, push and pull throwing for distance	<u>Swimming</u>	<u>Games Netball</u> Dodge, sideways positions, overlap and underlap, defend	<u>Swimming</u>	<u>Games Dodgeball</u> Throwing, catching, dodging and defending skills	<u>Games Rounders</u> Throwing, catching and fielding	<u>OAA</u> Team building and problem solving
Summer 2	<u>Net and Wall Games</u> throwing, catching, hitting a ball, tracking a ball	<u>Striking and Fielding Games</u> throwing, catching, retrieving, tracking and striking skills	<u>Team building</u> planning, decision making, problem solving	<u>Striking and fielding Games</u> Striking, catching, bowling, defending skills	<u>Rounders</u> catching, tracking a ball, fielding and retrieving a ball, batting	<u>OAA</u> balance, running Social: communication, teamwork, trust, inclusion, listening	<u>Swimming</u>	<u>OAA</u> Instructions, navigation and communication skills	<u>Swimming</u>	<u>OAA</u> Instructions, navigation and communication skills	<u>Dance Stamp clap and 70's disco</u> formation, dynamics, character, emotion,	<u>Tag Rugby</u> throwing, catching, running, dodging, scoring