

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