



**PE Scheme of Work 2022-23**

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer1	Summer 2
<b>E Y F S</b>	<p><b>Body Management and BEAM</b></p> <p>Children will be taught to:</p> <p>Can use hands and feet to negotiate obstacles.</p> <p>Develop balance, flexibility and body management.</p> <p>Can stretch, reach, extend in a variety of ways and positions.</p> <p>Explore rolling, sliding and slithering.</p> <p>Jump using a variety of take offs and landings, moving on</p>	<p><b>Speed, agility, travel</b></p> <p>Children will be taught to:</p> <p>Participate in a variety of small group cooperative activities</p> <p>Travel with control and coordination.</p> <p>Change direction at speed in games and session drills.</p> <p>Perform actions that demonstrate changes of speed.</p> <p>Relate movements to music and percussion beats.</p>	<p><b>Gymnastics</b></p> <p>Children will be taught to:</p> <p>Develop confidence in fundamental movements.</p> <p>To experience moving over, under or on apparatus.</p> <p>To develop co-ordination and gross motor skills.</p> <p>To link simple balance, jump and travel actions together.</p> <p>To learn a refine a variety of shapes, jumps, rolls and balances.</p>	<p><b>Gymnastics OR Dance</b></p> <p>Children will be taught to:</p> <p>Perform basic movements including walking, running, rolling, crawling, jumping and taking weight on hands.</p> <p>Follow simple instructions.</p> <p>Replicate basic demonstrations and copy/repeat simple movements and shapes with their body.</p> <p>Respond to hearing music.</p>	<p><b>Problem solving &amp; team games</b></p> <p>Children will be taught to:</p> <p>Work with a partner to listen, share ideas, question and choose.</p> <p>Move confidently and cooperatively in space, travelling in a range of ways.</p> <p>Manoeuvre different objects in different ways to complete tasks.</p> <p>Follow game rules and instructions.</p> <p><b>Speed, agility, travel</b></p>	<p><b>Athletics Link</b></p> <p>Children will be taught to:</p> <p>Participate in sports day and physical activities that are included within this event.</p> <p>Can start and stop at speed in a variety of races.</p> <p>Can handle and throw a variety of objects with accuracy and/or distance.</p> <p>Move on their feet in a variety of ways including, jumping, skipping, hopping,</p>



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	<p>and off low apparatus using hands and feet in a variety of combinations</p> <p>Gain confidence in a variety of gross motor skills.</p> <p>Work with others and participate in a variety of small group activities.</p>	<p><b>Body Management and BEAM</b></p> <p><b>Children will be taught to:</b></p> <p>Explore balance and managing own body including manipulating small objects.</p> <p>Able to stretch, reach, extend in a variety of ways and positions.</p> <p>Able to control body and perform specific movements on command</p>	<p><b>Dance</b></p> <p><b>Children will be taught to:</b></p> <p>Recognise that actions can be reproduced in time to music; beat patterns and different speeds.</p> <p>Perform a wide variety of dance actions both similar and contrasting</p> <p>Copy and perform simple movement patterns.</p>	<p>Perform basic movements including crawling, jumping, rolling and taking weight on hands.</p> <p>Able to follow instructions.</p> <p>Replicate basic demonstrations and copy and repeat simple movements and shapes.</p> <p><b>Manipulation &amp; co-ordination</b></p> <p><b>Children will be taught to:</b></p> <p>Send and receive a variety of objects with different body parts</p> <p>Work with others to control objects in space.</p>	<p><b>Children will be taught to:</b></p> <p>Stop, start, pause, prepare for and anticipate movement in a variety of situations.</p> <p>Participate in a variety of agility-based activities moving and controlling objects</p> <p>Recognise the difference between actions such as: moving softly, quietly, quickly, powerfully, etc.</p>	<p>running and walking.</p> <p><b>Multi skills</b></p> <p><b>Children will be taught to:</b></p> <p>Further improve any of the PE skills they've learnt this year</p> <p>Demonstrate increasing control over a variety of objects.</p> <p>Demonstrate good control and co-ordination in large and small movement.</p> <p>Develop fundamental movement skills of balance, coordination, speed and agility.</p>
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				<p>Coordinate body parts such as hand-eye, foot-eye over a variety of activities and in different ways.</p> <p>Work in collaboration with others to score points.</p> <p>Kick, roll, throw, or slide an object towards a target to score points.</p> <p>Engage in competitive activities and races.</p>		<p>Work as a team in competitive games</p>
<p><b>Y</b></p> <p><b>E</b></p>	<p><b>Invasion Games (attack, defend, shoot)</b></p> <p><b>Children will be taught to:</b></p> <p>Engage in competitive activities.</p>	<p><b>Net and Wall Games (Send and Return)</b></p> <p><b>Children will be taught to:</b></p> <p>Send an object with increased confidence using a hand or bat</p>	<p><b>Gymnastics</b></p> <p><b>Children will be taught to:</b></p> <p>Perform routines in unison.</p> <p>Link actions and remember/perform simple sequences</p>	<p><b>Gymnastics</b></p> <p><b>Children will be taught to:</b></p> <p>Identify and use simple gymnastic actions and shapes</p> <p>Move on, off and over objects with confidence</p>	<p><b>Net and Wall Games (send &amp; Return)</b></p> <p><b>Children will be taught to:</b></p> <p>Play modified net/wall games using throwing and catching skills. Demonstrate some basic sending skills.</p>	<p><b>Multi Skills</b></p> <p><b>Children will be taught to:</b></p> <p>Apply fitness elements and skills learned to a variety of activities.</p> <p>Develop their fundamental</p>



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<p style="text-align: center; font-size: 2em; font-weight: bold;">A R  1</p>	<p>Roll or slide a beanbag or ball with accuracy.</p> <p>Recognise rules and apply them in competitive and cooperative games.</p> <p>Work in collaboration with others to score points.</p> <p>Bounce a medium sized ball to self and attempt to bounce to others</p> <p>Attempt to intercept and catch a thrown ball/object</p> <p>Use and apply simple strategies for invasion games</p> <p>To recognise rules and apply them in</p>	<p>Move towards a moving ball to return</p> <p>Select and apply skills to win points in competitive games.</p> <p>Identify space to be able to send a ball.</p> <p>Develop their hand eye coordination skills.</p> <p><b>Striking &amp; Fielding (Hit, Catch, Run)</b></p> <p><b>Children will be taught to:</b></p> <p>Hit objects with their hands or a bat.</p> <p>Track and retrieve a rolling ball.</p>	<p>Make their body tense, relaxed, stretched and curled in a variety of moves performed accurately.</p> <p>Handle apparatus safely.</p> <p><b>Dance</b></p> <p><b>Children will be taught to:</b></p> <p>With help, compose a basic movement phrase.</p> <p>Confident to explore space with their dances and movements.</p> <p>Remember and repeat simple movement patterns</p> <p>Use different parts of the body and</p>	<p>Develop balance and co-ordination when understanding a variety of jumps, balances, shapes and rolls.</p> <p><b>(Hit, Catch, Run)</b></p> <p><b>Children will be taught to:</b></p> <p>Develop sending and receiving skills to benefit fielding as a team</p> <p>Distinguish between the roles of batters and fielders.</p> <p>Introduce the concept of simple tactics in game situations.</p>	<p>Send an object with increased confidence using a hand or bat</p> <p>Decide on and play with a dominant hand</p> <p>Chase, stop and control balls on the move.</p> <p>Select and apply skills learnt to win points in games</p> <p><b>Athletics (Run, Jump, Throw)</b></p> <p><b>Children will be taught to:</b></p> <p>Begin linking running with jumping.</p> <p>learn and refine a range of running which includes varying pathways and speeds.</p>	<p>movement skills of balance, coordination, agility and power.</p> <p>Take part in competitive team games.</p> <p><b>Athletics (Run, Jump, Throw)</b></p> <p><b>Children will be taught to:</b></p> <p>Increase stamina and core strength needed to undertake athletics activities</p> <p>Take part in a broad range of opportunities to extend strength, balance, agility and coordination.</p>
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	<p>competitive and cooperative games.</p> <p>Can send and receive a ball using feet</p> <p>Can start to combine skills such as dribbling with passing.</p>	<p>Throw and catch a variety of balls and objects.</p> <p>Participate in team games.</p> <p>Perform fielding techniques with increased control and coordination</p> <p>Run between bases or learn new ways to score points in team games.</p>	<p>combine leg with arm actions.</p> <p>Perform basic body actions along with music.</p> <p>Work with a partner and dance in unison.</p> <p>Move with control.</p> <p>Recognise that dances can have themes and stories</p>		<p>Develop throwing techniques to send objects over long distances.</p> <p>Copy and repeat basic movements for extended periods of time to develop stamina.</p> <p>Demonstrate the awareness for the need to improve and attempt to improve.</p> <p>Participate as a team in running relays.</p>	<p>Cooperate with others to carry out more complex physical activities.</p>
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<b>Y E A R</b>	<p><b>Invasion Games (Attack, Defend, Shoot)</b></p> <p><b>Children will be taught to:</b></p> <p>Work with a partner and in small groups to develop skills.</p> <p>Can send and receive a ball using feet as well as hands.</p> <p>Link combinations of skills e.g. dribbling and passing.</p> <p>Apply catching and throwing skills to games.</p>	<p><b>Striking &amp; Fielding (Hit, Catch, Run)</b></p> <p><b>Children will be taught to:</b></p> <p>Develop hitting skills with a variety of bats.</p> <p>Practice bowling/feeding the ball to other players.</p> <p>Work in small groups to field accurately.</p> <p>Attempt to play the roll of wicket keeper or backstop</p>	<p><b>Dance</b></p> <p><b>Children will be taught to:</b></p> <p>Perform movements with expression</p> <p>Attempt to work as part of a group to perform a dance</p> <p>Move with imagination and respond to the music.</p> <p>Explore and use basic choreography including; levels, speed changes and cannon.</p>	<p><b>Gymnastics</b></p> <p><b>Children will be taught to:</b></p> <p>Show contrasts in gymnastics shapes and actions.</p> <p>Can perform a variety of shapes, jumps, rolls and balances with accuracy and good techniques.</p> <p>Attempt to use rhythm whilst performing a sequence.</p> <p>Use core strength to link gymnastics elements.</p>	<p><b>Net and Wall Games (Send and Return)</b></p> <p><b>Children will be taught to:</b></p> <p>Use a small range of basic racquet skills.</p> <p>Play within boundaries.</p> <p>Play continuous competitive games using; throwing and catching or some simple hitting.</p> <p>Move with confidence and agility.</p> <p>Provide feedback to their peers.</p>	<p><b>PRODUCTION PRACTICE</b></p> <p>OR</p> <p><b>Multi Skills</b></p> <p><b>Where children will be taught to:</b></p> <p>Apply fitness elements and skills learned this year to a variety of activities.</p> <p>Develop their fundamental movement skills of balance, coordination, agility and power.</p>



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<p><b>2</b></p>	<p>Show awareness of teammates and opponents in games.</p> <p>Begin to look for space to pass or run into in order to receive.</p> <p>To recognise rules and apply them in competitive and cooperative games.</p> <p>Select and apply simple tactics to win games.</p> <p>Combine skills such as dribbling and shooting.</p>	<p>Make attempts to catch balls that have been hit by a bat.</p> <p><b>Net and Wall Games (Send and Return)</b></p> <p><b>Children will be taught to:</b></p> <p>Be able to track the path of a ball over a bench, line or net.</p> <p>Be able to hit a ball with hand or racquet with some consistency.</p> <p>Play modified net/wall games using throwing and catching skills. Demonstrate some basic sending skills.</p>	<p>Perform with control and balance, demonstrating good co-ordination.</p> <p>Select movements that show a clear understanding of the them/story/idea of the dance.</p> <p>Use different parts of the body in isolation and combination.</p> <p>Can find the beat of the song and use counts of 8 effectively within a simple sequence of movements.</p> <p><b>Gymnastics</b></p> <p><b>Children will be taught to:</b></p>	<p><b>(Hit, Catch, Run)</b></p> <p><b>Children will be taught to:</b></p> <p>Hit and run to score points in game situations.</p> <p>Work in a variety of ways to score runs in different hit, catch, run games.</p> <p>Continue to learn the skills needed to be successful in this topic from Unit 1.</p>	<p><b>Athletics (Run, Jump, throw)</b></p> <p><b>Children will be taught to:</b></p> <p>Develop power, agility, coordination and balance over a variety of activities.</p> <p>Can negotiate obstacles showing increased control of body and limbs.</p> <p>Throw and handle a variety of objects including quoits, beanbags, balls, hoops.</p>	<p>Take part in competitive team games.</p> <p><b>Athletics (Run, Jump, Throw)</b></p> <p><b>Children will be taught to:</b></p> <p>Improve running and jumping movements, work for sustained periods of time.</p> <p>Reflect on activities and make connections between a healthy active lifestyle.</p> <p>Experience and improve on jumping for distance and height.</p>
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		Start games using basic serving skills	<p>Create, remember and repeat simple sequences.</p> <p>Comment on aspects of own and others performances.</p> <p>Perform with control and consistency basic actions at different speeds and on different levels.</p>			
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