A logo for a school

Description automatically generatedA logo for a school

Description automatically generatedPE Term Summer 3.1

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| EYFS | Year 1/2 | Year 3 | Year 4 | Year 5 | Year 6 |
| **Fundamentals**  **Intent:** To allow children to explore their fundamental movement skills with simple rules and minimal use of equipment. To develop their fundamental movement skills in isolation and in simple combinations.  **Sequence of lessons:**   1. Can I develop balancing? 2. Can I develop running and stopping? 3. Can I develop changing direction? 4. Can I develop jumping. 5. Can I develop hopping? 6. Can I explore different ways to travel using equipment? | **Athletics**  **Intent:** For children tomaster basic movements including running, jumping, throwing and catching, as well as  developing balance, agility and co-ordination, and begin to apply these in a range of  activities.  **Sequence of lessons:**   1. Can I develop the sprinting action? 2. Can I develop jumping for distance? 3. Can I develop jumping for height? 4. Can I develop throwing for distance? 5. Can I develop throwing for accuracy? 6. Can I select and apply knowledge and technique in an athletics carousel? | **Athletics**  **Intent:** For children to use running, jumping and throwing in isolation and in combination. Develop flexibility, strength, technique, control and balance.  **Sequence of lessons:**   1. Can I develop the sprinting technique and improve on my personal best? 2. Can I develop changeover technique in relay events? 3. Can I develop jumping technique in a range of approaches and take off positions? 4. Can I develop throwing for distance and accuracy? 5. Can I develop throwing for distance in a pull throw. 6. Can I develop officiating and performing skills? | **Athletics**  **Intent:** For children to use running, jumping and throwing in isolation and in combination. Develop flexibility, strength, technique, control and balance.  **Sequence of lessons:**   1. Can I develop stamina and an understanding of speed and pace in relation to distance? 2. Can I develop power and speed in the sprinting technique? 3. Can I develop technique when jumping for distance? 4. Can I develop power and technique when throwing for distance? 5. Can I develop a pull throw for distance and accuracy? 6. Can I develop officiating and performing skills? | **Athletics**  **Intent:** For children to use running, jumping and throwing in isolation and in combination. Develop flexibility, strength, technique, control and balance.  **Sequence of lessons:**   1. Can I understand pace and apply different speeds over varying distances? 2. Can I develop fluency and co-ordination when running for speed? 3. Can I develop technique in relay changeovers? 4. Can I build momentum and power in the triple jump? 5. Can I develop throwing with force for longer distances? 6. Can I develop throwing with greater control and technique? | **Athletics**  **Intent: F**or children to use running, jumping and throwing in isolation and in combination. Develop flexibility, strength, technique, control and balance.  Compare their performances with previous ones and demonstrate improvement to achieve their personal best.  **Sequence of lessons:**   1. Can I develop my own and others sprinting technique? 2. Can I identify a suitable pace for the event? 3. Can I develop power, control and technique for the triple jump? 4. Can I develop power, control and technique when throwing for distance? 5. Can I develop throwing with force and accuracy for longer distances? 6. Can I work collaboratively in a team to develop the officiating skills of measuring, timing and recording? |
| **Key Vocabulary:**  Balance, bend, crawl, fast, hop, safely, slide, slow, stop, jump, land, rules, run | **Key Vocabulary:**  Aim, distance, far, fast, height, jog, jump, landing, overarm, sprint, take off, target, throw | **Key Vocabulary**  Accuracy, baton, control, event, further, personal best, power, relay, speed, strength, technique | **Key Vocabulary:**  Accuracy, distance, heave, launch, measure, official, officiate, pace, power, record, speed, stamina, stride, technique, transfer of weight | **Key Vocabulary:**  Approach, changeover, consistent, dominant, drive, event, field, force, javelin, momentum, shot put, stamina, stride, technique, track | **Key Vocabulary:**  Discus, drive, event, explosive, fling, grip, maximum, meet, officiate, pace, pattern, phrase. power, release, rhythm, stance, strategy |
| **Impact:**  Children can change direction, balance successfully and move different body parts at the same time. They will be faster and be able to move for longer. | **Impact:**  Children will be able to change direction quickly, balance successfully and move different body parts at the same time. They will be faster, move for longer and be stronger. | **Impact:**  Pupils will be able to balance, use coordination and technique when running at different  speeds, stopping with  control. Link running, hopping and jumping using different take offs and  landing. Jump for distance and height with an awareness of  technique. Throw a variety of objects, changing action for accuracy and distance. Demonstrate  balance when  performing other  fundamental skills. Show balance when  changing direction in  combination with other skills. Can co-ordinate  their bodies with  increased consistency in a variety of activities | **Impact:**  Pupils can demonstrate how and when to speed up and  slow down when running. Link hopping and jumping actions with some control. Jump for distance and  height showing balance and control. Throw with some accuracy and power towards a target area. Demonstrate good balance when performing other fundamental skills. Show balance when  changing direction at  speed in combination  with other skills. Begin to co-ordinate their body at speed in response to a task. | **Impact:**  Pupils will be able to run at the appropriate speed over longer distances or for longer periods of time. Show control at take-off and landing in  more complex jumping activities. Perform a range of more complex jumps showing some  technique. Show accuracy and power when throwing for distance. Demonstrate good balance and control when performing  other fundamental  skills. Demonstrate  improved body posture and speed when  changing direction. Can co-ordinate a range of body parts at  increased speed. | **Impact:**  Pupils can demonstrate a controlled running technique using the appropriate speed over longer distances or for  longer periods of time. Link running, jumping and hopping actions with greater control and co-ordination. Perform jumps for height and distance using good technique. Show accuracy and good technique when throwing for distance. Show fluency and control when travelling, landing, stopping and changing direction. Change direction  with a fluent action and can transition smoothly between  varying speeds. Can co-ordinate a range of body parts with a fluent action at a speed  appropriate to the challenge. |