



ALDER COPPICE PRIMARY SCHOOL

Physical Education

Football – dribble under pressure, pass accurately, first touch control, drag back, defending tactics, rules

Hockey – Dribble to beat defenders, push pass, receive with control, using space, block and jab tackle, rules to officiate/play

Cricket – accurate throwing, close, deep and wicketkeeping catching, bat with direction, bowling underarm and overarm, drive techniques, variety of fielding techniques (long barrier) roles, rules

Athletics

Volleyball – Ready position, fast catch volley, dig, serving (and rules), scoring systems, rules to play/officiate

Netball – move towards goal, create space in attack, losing defenders, defending/intercepting ball side, shooting positions, rules to officiate

Athletics

Speed for different distances

Relay changeovers

Jump with power and control

Triple jump technique

Officiate and record

Competitive Games YEAR 5

Tag Rugby - evade defenders, attacking principles, basic passing, offside rule, draw a defence to pass, defend as a unit, rules
Cricket - Overarm throw, underarm bowl, catch, batting grip and technique, overarm bowl, roles, rules

OAA
Trust
Communication
Safety
Problem Solving
Navigational Skills

Dance
Random structure
choreography
Pose-link-transition

Gymnastics

Evaluate

Children will evaluate/improve their performances through using knowledge of technique/ rules and personal bests within activities across the curriculum

Netball - Pass, catch, shoot, footwork, move, defend, rules

Basketball – dribbling, protect dribble, chest and bounce pass, jump shot, pivot, set shot, rules

OAA
Swimming (25m)
Water Safety
Entry/Exit
Tread water

Dance
Count in time to music
Create actions
Dynamics and space
Basic choreography

Gymnastics
Partner balances
Rotating jumps
Straddle roll

Evaluate

Children will evaluate/improve their performances through using knowledge of technique/ rules and personal bests within activities across the curriculum

Athletics

Sprinting Technique

Relay Routine

Athletics

Moving over obstacles

Pull Throw

Jump - Height and distance

Officiating

Football – Control dribbling, pass and move, control with different body parts, inside/outside hooks, jockeying, rules

Tennis- Ready position, racket control, rally, forehand, backhand, score and play

Competitive Games YEAR 3

Rounders – throw and catch under pressure, bowling action/role, batting technique, fielding techniques, short barrier, rules

OAA

Dance

Create actions
Facial Expressions
Dynamics and Speed
Unison and Mirror

Gymnastics

Matching and contrasting shapes
Transitions from balances
Routines with equipment

Evaluate

Travel in actions and levels
Perform different rolls
sequences on apparatus
Jumping and landing

Fitness – test/record baselines, sprinting technique, body weight strength, ABC, stamina

Basics Movement & Team Games

YEAR 2

Dance

8 Count
Balance and Coordination
Levels, direction, speed
Copy and repeat

Travel in different ways and speeds

Simple balances

Shape jumps

Producing quality

Apparatus Safety

Primary

Control movement and change direction
Control/travel with ball with hands and feet

Basic throwing and catching techniques **YEAR 1**

Hop, Skip, Jump

Apply within events and games

Communication
Sending a ball/equipment in a variety of ways

Ready positions

Playing against opponents

Different throwing techniques

Fielding roles