

Year	Average Hours	AUTUMN TERM		SPRING TERM		SUMMER TERM	
Year 1	72	<u>Ball skills</u> (Invasion - running, spatial awareness, passing, agility) *Develop balance, agility and coordination and apply them in a range of activities*	<u>Ball skills</u> (Invasion - team work, communication, passing, attacking, defending) *Participate in team games, developing simple tactics for attacking and defending*	<u>Invasion</u> (Running with a ball, coordination, passing, dribbling) *Develop balance, agility and coordination and apply them in a range of activities*	<u>Striking/ Fielding</u> (Throwing, catching striking, team work) *Participate in team games, developing simple tactics for attacking and defending*	<u>Multi-skills</u> * Develop balance, agility and coordination and apply them in a range of activities*	<u>Multi sports (tennis, volleyball, badminton)</u> (Net/ wall - passing, striking, running, coordination, tactics) *Participate in team games, developing simple tactics for attacking and defending*
		<u>Gym</u> (Floor work - Balance, Agility, Co-ordination, Evaluation, Co-operation) *Develop balance, agility and coordination and apply them in a range of activities*	<u>Dance</u> (Play - Agility Co-ordination Poise Evaluating performance Co-operation) *Perform dances using simple movement patterns*	<u>Gym</u> (Apparatus - Balance, Agility, Co-ordination, Evaluation, Co-operation) *Develop balance, agility and coordination and apply them in a range of activities*	<u>Dance</u> (Sequencing - Agility Co-ordination Poise Evaluating performance Co-operation) *Perform dances using simple movement patterns*	<u>Athletics</u> (Running, jumping, throwing & catching) *Master basic movements including running, jumping, throwing and catching - apply these in a range of activities*	<u>Circuit training</u> (Fitness activities, circuits, skipping challenges etc) *Master basic movements including running, jumping, throwing and catching - apply these in a range of activities*
Year 2	72	<u>Net/ wall</u> (Footwork, special awareness, movement, attack, defend) *Participate in team games, developing simple tactics for attacking and defending*	<u>Invasion</u> (Passing, communication, special awareness) *Participate in team games, developing simple tactics for attacking and defending*	<u>Ball skills</u> (Invasion - throwing, catching, coordination, running with a ball) *Develop balance, agility and coordination and apply them in a range of activities*	<u>Net/wall</u> (Coordination, striking, returning a pass) *Develop balance, agility and coordination and apply them in a range of activities*	<u>Multi-skills</u> * Develop balance, agility and coordination and apply them in a range of activities*	<u>Multi sports (Striking/Fielding)</u> *Participate in team games, developing simple tactics for attacking and defending*
		<u>Dance</u> (Play - Flexibility, Control, Balance, Comparing performance, Strength, Poise, Technique, Stamina) *Perform dances using simple movement patterns*	<u>Gym</u> (Floor work - Flexibility, Control, Balance, Comparing performance, Strength, Poise, Technique, Stamina) *Develop balance, agility and coordination and apply them in a range of activities*	<u>Dance</u> (Sequencing - Flexibility, Control, Balance, Comparing performance, Strength, Poise, Technique, Stamina) *Perform dances using simple movement patterns*	<u>Gym</u> (Apparatus - Flexibility, Control, Balance, Comparing performance, Strength, Poise, Technique, Stamina) *Develop balance, agility and coordination and apply them in a range of activities*	<u>Athletics</u> (Running, jumping, throwing & catching) *Master basic movements including running, jumping, throwing and catching - apply these in a range of activities*	<u>Circuit training</u> (Fitness activities, circuits, skipping challenges etc) *Master basic movements including running, jumping, throwing and catching - apply these in a range of activities*
Year 3	72	<u>Gym</u> (Floor work - Rhythmic and floor work, Control, movement, performance, sequencing, comparing, evaluating) * Develop flexibility, strength, technique, control and balance*	<u>Dance</u> (Control, Sequence, presentation, combining, strength, evaluating) *Perform dances using a range of movement patterns*	<u>Gym</u> (Apparatus -Balance, movement with balance, evaluating) *Compare their performances with previous ones and demonstrate improvement to achieve their personal best*	<u>Dance</u> (Control, Sequence, presentation, combining, strength, evaluating) * Compare their performances with previous ones and demonstrate improvement to achieve their personal best*	<u>Athletics</u> (Track and field - running, jumping, throwing, catching) *Use running, jumping, throwing and catching in isolation and in combination*	<u>Outdoor Adventurous Activities</u> (Team challenges, orienteering, problem solving) *Take part in adventurous activities that challenge - working as a team or an individual*
		<u>Hockey</u> (Invasion - special awareness, footwork, dribbling, running) *Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending*	<u>Ball skills - range of games</u> (Invasion - attack, defend, throwing, catching) *Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending*	<u>Football</u> (Net/wall - running, passing, footwork, special awareness) *Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending*	<u>Dodgeball</u> (Invasion - passing, special awareness, throwing, defending) *Use running, jumping, throwing and catching in isolation and in combination*	<u>Tennis, volleyball, benchball</u> (Net/wall - coordination, hitting, movement, teamwork, jumping, throwing) *Use running, jumping, throwing and catching in isolation and in combination*	<u>Cricket</u> (Striking/fielding - striking, fielding, throwing, catching, special awareness, tactics) *Use running, jumping, throwing and catching in isolation and in combination*
Year 4	72	<u>Dance</u> (Flexibility, control, balance) *Perform dances using a range of movement patterns*	<u>Gym</u> (Floor work - Flexibility, control, balance, stamina, sequencing) *Develop flexibility, strength, technique, control and balance*	<u>Dance</u> (Technique, evaluation, improvement, strength, poise) *Compare their performances with previous ones and demonstrate improvement to achieve their personal best*	<u>Gym</u> (Apparatus - technique, control, evaluation, stamina) *Develop flexibility, strength, technique, control and balance*	<u>Athletics</u> (Track and field - running, jumping, throwing, catching) *Use running, jumping, throwing and catching in isolation and in combination*	<u>Outdoor Adventurous Activities</u> (Team challenges, orienteering, problem solving) *Take part in adventurous activities that challenge - working as a team or an individual*
		<u>Basketball</u> (Invasion - attack, defend, running, jumping) *Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending*	<u>Tennis, volleyball, bench-ball</u> (Net/wall - Throwing, passing, communication, special awareness) *Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending*	<u>Touch rugby</u> (Invasion - passing, throwing, catching, special awareness) *Use running, jumping, throwing and catching in isolation and in combination*	<u>Badminton</u> (Net/wall - Hitting, movement, running, throwing, footwork) *Use running, jumping, throwing and catching in isolation and in combination*	<u>Hockey</u> (Invasion - passing, shooting, match situations, tactics) *Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending*	<u>Rounders</u> (Striking/Fielding -Strike, field, throwing, catching, tactics, game situations, analyse) *Compare their performances with previous ones and demonstrate improvement to achieve their

							personal best*
Year 5 *In September the children in Y5 go to Robin Wood for outdoor learning.	72	<u>Gym</u> (Floor work - Flexibility, control, balance, stamina, sequencing) *Develop flexibility, strength, technique, control and balance*	<u>Circuit training</u> (Fitness activities) * Develop flexibility, strength, technique, control and balance*	<u>Gym</u> (Apparatus - technique, control, evaluation, stamina) *Compare their performances with previous ones and demonstrate improvement to achieve their personal best*	<u>Dance</u> (Technique, evaluation, comparing performance) *Compare their performances with previous ones and demonstrate improvement to achieve their personal best*	<u>Athletics</u> (Track and field - running, jumping, throwing, catching, comparing performance) *Use running, jumping, throwing and catching in isolation and in combination*	<u>Outdoor Adventurous Activities</u> (Team challenges, orienteering, problem solving) *Take part in adventurous activities that challenge - working as a team or an individual*
		<u>Hi five Netball</u> (Invasion - passing, throwing, catching, movement, competitive game situations, footwork) *Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending*	<u>Volleyball</u> (Net/wall - Throwing, catching, passing, modified game situations, movement into space, hitting into space) *Use running, jumping, throwing and catching in isolation and in combination*	<u>Football</u> (Invasion - movement into space, passing, shooting, dribbling, competitive game situations - small group and whole class) *Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending*	<u>Multi-sports e.g. Baseball, rounders, softball.</u> (Striking/Fielding - positioning of fielders, tactical awareness, striking, long throw, catching) *Use running, jumping, throwing and catching in isolation and in combination*	<u>Multi-skills - range of activities using top cards</u> (Invasion - use of space, keeping the ball, passing, dribbling) *Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending*	<u>Ball skills - range of games e.g. badminton, tennis, hand tennis.</u> (Net/wall - striking into space, aiming for a target, strike accuracy) *Use running, jumping, throwing and catching in isolation and in combination*
Year 6	72	<u>Hockey</u> (Invasion - Ball skills, competitive game situations) *Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending*	<u>Circuit training</u> (Fitness activities) * Develop flexibility, strength, technique, control and balance*	<u>Dance</u> (Technique, evaluation, comparing performance) *Compare their performances with previous ones and demonstrate improvement to achieve their personal best*	<u>Gym</u> (Floor work - Flexibility, control, balance, stamina, sequencing, poise, stamina) * Develop flexibility, strength, technique, control and balance*	<u>Athletics</u> (Track and field - running, jumping, throwing, catching, comparing performance) *Use running, jumping, throwing and catching in isolation and in combination*	<u>Outdoor Adventurous Activities</u> (Team challenges, orienteering, problem solving) *Take part in adventurous activities that challenge - working as a team or an individual*
		<u>Basketball</u> (Net/wall - Ball skills - dribbling, passing, shooting, competitive game situations) *Use running, jumping, throwing and catching in isolation and in combination*	<u>Hi Five Netball</u> (Invasion - passing, footwork, competitive game situations, positions, movement into space.) *Use running, jumping, throwing and catching in isolation and in combination*	<u>Multi-sports e.g. Cricket, longball, Kickball</u> (Striking/Fielding - striking into space, aiming for a target, strike accuracy) *Use running, jumping, throwing and catching in isolation and in combination*	<u>Tag-Rugby</u> (Invasion) *Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending*	<u>Tennis</u> (Net/wall - tactics, strike accuracy, competitive game situations, analysis of performance, scoring, rules) *Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending*	<u>Multi-skills - range of activities using top cards</u> (Invasion - use of space, passing, knowing when to pass, moving to space, choosing the correct pass to use)

The sports identified above are just suggestions, there are numerous games and activities that each skill can be developed through, that are not sport specific. Just because it says 'Rounders' doesn't mean you have to teach those skills through that particular sport.

There are some examples of planning for games on the shared area under "PE" → "2016-2017 planning" and there are also further examples in "PE QCA schemes of work".

The Val Sabin scheme is still there to use, but there are more and better ideas to use.