PE Scheme of Work Whole School Overview

Foundation Stage	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Games	Using bean-	bags	Using a sized	medium ball	Hoops and quoits	Using a small ball and bat
Gymnastics	Travelling		Body Shape	Travelling & Taking weight on body parts	Travelling & Taking weight on body parts	
Dance	<u>Unit 1</u> Stars, Rabbits, Follow my Feet,	<u>Unit 1</u> Hickory Dickory Dock, Autumn Leaves	<u>Unit 2</u> Icicles and water, Mr Jelly and Mr Strong,	<u>Unit 2</u> Wriggling William, Angry Elephant,	<u>Unit 3</u> Blowing Bubbles, Dinosaurs, The Shaking Puppet	<u>Unit 4</u> The scarf, Painting a picture, The Hungry Caterpillar

The following units of work enhance or support delivery of the Foundation Stage Curriculum.

Year 1 Scheme of work

Year 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Games	Using a large ball	Throwing and catching	Aiming games (link with Aut 2)	Skipping Bat and ball skills	Skipping Bat and ball skills	Develop partner work
Gymnastics	Travelling	Stretching and curling	Travelling taking weight on different parts	Flight	Rocking and rolling	Linking movements together
Dance	Unit 1 Streamers, Conkers, Playing with a Ball	Unit 2 March, March, March Jack and the Beanstalk	Unit 3 Fog and Sunshine, Washing Day,	Unit 3 Handa's Surprise	Unit 4 The Rainbow Fish	Unit 4 We're going on a Bear Hunt

Dance

Focus: - Pathways, directions, spatial dimensions and sequence composition.
Refer to Dance QCA unit1 (particularly the core tasks) to enhance the units listed. See Language of dance sheet and N.C. P.O.S. For lesson format.

Gymnastics

Focus:-Smooth/controlled movements, Pathways/speeds/levels, Use of space and Sequence development. Refer to Gymnastics QCA unit1(particularly the core tasks) to enhance the units listed.
See Teacher manual for guidance in teaching a specific skill.
Stored in the Library

Games

Focus:-Using skill development in the context of basic and small scale games
Refer to Games QCA UNIT 1 (particularly the core tasks) & Top Play cards to enhance the units of work listed. Lesson format should follow N. C. P.O.S

Year 2 Scheme of work

Year 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Games	Throwing catching	and inventing individual games	Making games with a partner	Dribbling, kicking and hitting	Group inventing	games and rules
Gymnastics	Points and patches	Wide narrow curled	Parts high and parts low	Pathways	Spinning, turning and twisting	Linking movements Together
Dance	<u>Unit 1</u> The Cat, Balloons, Reach for the Stars	<u>Unit 2</u> Friends, Bubbles, Shadows	<u>Unit 3</u> Words and Word Messages	<u>Unit 3</u> Three Little Pigs	<u>Unit 4</u> Copy Cat, Pat-1-Cake Polka, Jumping Joan, Elsden Circle ,	<u>Unit 4</u> Anything Goes, Galopede, Circassian Circle

Dance

Focus: - Contrasts in speed/force/levels/directions, Interpretation of percussion rhythms, Complex dance sequences and groupwork.

Refer to Dance QCA unit2 (particularly the core tasks) to enhance the units of work listed

See Language of dance sheet and N.C. P.O.S. For lesson formats

Gymnastics

Focus:-Quality/diversity of movements, Sequence development involving linking movements and evaluation skills to enhance Gymnastic movements

Refer to Gymnastics-QCA UNIT 2 (particularly the core tasks) to enhance units of work listed.

Lesson format should follow N. C. P.O.S

See Teacher manual for guidance in teaching a specific skill.

Stored in the Library.

Games

Focus:-Using skill development in the context of small team & group games

Refer to Games QCA UNIT 2 (particularly the core tasks) & Top Play cards to enhance the units of work listed. Lesson format should follow N. C. P.O.S

Year 3 Scheme of work

Year 3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Games	Passing and receiving	Net/court games	Creative games	Striking and fielding	Striking and fielding	Athletics
Gymnastics	Stretching and	Curling 2	Symmetry and	Assemetry	Pathways 2	Traveling with change of face and direction
Dance	Unit 1 Who am I, The Language of dance	Unit 2 The Explorers, Hornpipe	Unit 3 The Eagle and the Fish	Country Dance / Tudor dance	Unit 4 Mechanical Progress	Unit 4 The Human Engine

Dance

Focus: - Consolidation of body actions/ pathways/speed variation
Spatial awareness. The units of work listed can be enhanced with the Dance QCA unit 3 (particularly the core tasks) and provide a good basis to allow opportunity for:-

1. Movement to percussion rhythms.
2. Development of starting/ stopping positions.
3. Optimum use of space with control and safety.
4. Exploration of pathways, speeds, levels and directions.
5. Creative response to stimuli.
6. Learning/adapting traditional dances.
7. Communication of ideas/ feelings and thoughts

See Language of dance sheet and N.C. P.O.S. for lesson formats.

Gymnastics

Refer to Gymnastics QCA UNIT 3 (particularly the core tasks) to enhance the units of work listed and use the N.C. P.O.S for lesson formats.
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Games

Refer to Games-QCA UNIT1 Invasion Games, Striking & Fielding, Net Games (particularly the core tasks) and Tops cards to enhance the units of work listed above.

Year 4 Scheme of work

Year 4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Games	Invasion games	Net/wall games	Problem solving and inventing games	Striking and fielding	Striking and fielding	Athletics
Gymnastics	Balance		Receiving body	Weight	Balance/change of face and direction	Rolling
Dance	Unit 1 The shoes are made for walking, Giraffes can't dance, Incognito	Unit 2 Electricity Rock & roll	, Record and Remember	Country Dance / Tudor dance	Unit 3 Snooker Championships Unit 4 Wimbledon	Unit 4 Musical Statues Olympics- fan fare for the common people

Dance

Focus: - Dances from other times & cultures, clarity of body shape and movement patterns in the style of sporting events, gesture & stylisation and partner work.

The units of work listed provide opportunities for children to:
Develop the composition of, or adapt traditional dances.
Move their bodies in space.
Develop dance phrases which communicate character and narrative.
Develop of partner/small group work
Develop a more critical approach to the evaluation of their own and each other's performance.

Refer to Dance QCA unit4(particularly the core tasks) to enhance the units of work listed
See Language of dance sheet and N.C. P.O.S. for lesson formats

Gymnastics

Refer to Gymnastics -QCA UNIT 4 (particularly the core tasks) to enhance the units of work listed.
Lessons follow the NC Pos format
See Teacher manual for guidance in teaching a specific skill.
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Games

Refer to QCA UNIT 2 Invasion Games, UNIT 1 Striking & Fielding &UNIT 1 Net/ wall (particularly the core tasks) & Tops Cards to enhance the units of work listed.

Year 5 Scheme of work

Year 5	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Games	Invasion games (implement and kicking)	Net court games	Invasion and target (ball handling)	Striking and fielding	Striking and fielding	Athletics
Gymnastics	Flight		Matching and Mirroring		Bridges	Turning and spinning
Dance	<u>Unit 1</u> Rubbish, Country Dance / Tudor dance POS: 4a & 6b	<u>Unit 2</u> What a card!, Word power POS:1b& 6b	<u>Unit 3</u> City Life POS:3a & 6a	<u>Unit 3</u> Hello! POS:2a &6b	<u>Unit 4</u> Volcanoes POS:1a & 6a	<u>Unit 4</u> Punch and Wrestle POS:1b & 6a

Swimming activities& water safety are taught within the Year 5 PE Curriculum

Dance

Focus: - Adaption /refinement of traditional dances, communication of moods and feelings through the exploration of cross curricula and contemporary themes
Refer to QCA Dance Unit 5 (particularly the core tasks) to enhance the units of work listed. The units of work allow opportunities for:-
Exploring ideas and improvising movements
Development of complex dance phrases

Pairs	- Meeting & Parting
	- Matching & Mirroring
	- Leading &Following
	- Showing & copying
	- Showing & contrasting
Group positions	-Travelling together
	-Contracting/expanding
	-Changing shape

See Language of dance sheet and N.C. P.O.S. For lesson formats

Gymnastics

Refer to Gymnastics QCA UNIT 5 (particularly the core tasks) to enhance the units of work listed.
Lesson format- Follows the NC POS.
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Games

Refer to QCA UNIT 3 Invasion Games, UNIT 2 Striking & Fielding, UNIT 2 Net/ wall (particularly the core tasks) & Tops Cards to enhance the units of work listed.
Lesson format- Follows the NC POS.

Year Six- Scheme of work

Year 6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Games	Invasion (implement and kicking) (hockey and soccer)	**Invasion games (ball handling netball/ basketball/** rugby)	Net / wall games (volleyball and tennis)	Striking and fielding	Striking and fielding	Athletics QCA UNIT 0AA
Gymnastics	Counter balance	and counter tension	**Holes and**	**barriers**	**Functional use of arms**	**Synchronisation and canon**
Dance	<u>Unit 1</u> World of sport, Mix and Match	<u>Unit 2</u> Theseus and the Minotaur, Cat's cradle	<u>Unit 3</u> The Rainforest	<u>Unit 3</u> Hunting in unknown Territory	<u>Unit 4</u> Flight from Danger	Country Dance / Tudor Dance

Dance

Focus: - Working within a large group and structure and composition of dance.
Refer to the Dance QCA unit6, particularly the core tasks to supplement the units of work above.
The units listed above provide a good basis to allow opportunity for:-

1. Adaption & Refinement of partner/group work.
2. Exploration of contrasting levels, dynamics and directions within a group.

See Language of dance sheet and N.C. P.O.S. For lesson formats

Gymnastics

Refer to the Gymnastics QCA unit6, particularly the core tasks to supplement the units of work above. Lessons follow the N.C POS format.
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Games

Refer to the Invasion Games QCA unit4, Striking & Fielding Unit 2 & Net Wall unit 2 particularly the core tasks & Top Sport cards, to supplement the units of work above.