



Dance is followed by gymnastics as children can apply their rhythmic knowledge and sequencing knowledge to a gymnastics context.

Football and dodgeball have been chosen as these are the games we feel are physically demanding. We have health and fitness at the heart of our curriculum and have chosen games that will give children opportunities to be as physically active as possible.

Communication and tactics was chosen for the first unit of PE for year 3 as the children are in a new year group so this is a great opportunity for them to develop communication and problem solving in a PE context. Yoga was chosen for year 3 and 4 to promote mindfulness. Running was chosen as a unit in year 4 so that children can learn the fundamentals of running and then apply it in the year 5 and 6 unit of cross country. The cross country unit is progressive as the courses in year 6 are more physically demanding than the year 5 courses.

| | Autumn 1 | | Autumn 2 | | Spring 1 | |
|--------|----------|------------------------------------|------------|-------------------------------|------------|--------------------------------|
| Year 3 | Dance | Communication and Tactics and Yoga | Gymnastics | Football | Benchball | Dodgeball and Problem Solving. |
| Year 4 | Dance | Running and Yoga | Gymnastics | Football | Handball | Dodgeball and Problem Solving. |
| Year 5 | Dance | HRF and Cross Country | Gymnastics | Dodgeball and Problem Solving | Netball | Football |
| Year 6 | Dance | HRF and Cross Country | Gymnastics | Dodgeball and Problem Solving | Basketball | Football |

Problem solving has been added to this unit to get children ready for the OAA unit which will be delivered in Spring 2.

These games have been specifically chosen and sequenced in this way as they are progressive in terms of skills and tactics. The skills the children learn are transferred and developed as they progress through each year group.



OAA will be delivered in Spring 2 as a whole school. We will be having a new OAA course constructed and want to celebrate this. This unit follows the other OAA units of problem solving and communication of tactics. After this OAA unit, children will have completed all aspects of OAA.

Athletics has been placed here to ensure each child learns the fundamentals of athletics before applying these skills to a competitive scenario. Children will compete in a competitive sports day where skills learnt will need to be applied for success.

| | Spring 2 | | Summer 1 | | Summer 2 | |
|--------|----------|--|-----------|--|------------------------|-------------|
| Year 3 | OAA | Kin Ball and Teachers' Choice | Athletics | 4 Square, Kick Rounders and Capture the Flag | Sports Day Preparation | Try a Sport |
| Year 4 | OAA | 4 Square, Kick Rounders and Capture the Flag | Athletics | Kin Ball and Teachers' Choice | Sports Day Preparation | Try a Sport |
| Year 5 | OAA | Danish Longball and Free Choice | Athletics | Spikeball, 4 Square and Rounders | Sports Day Preparation | Try a Sport |
| Year 6 | OAA | Spikeball, 4 Square and Rounders | Athletics | Danish Longball and Free Choice | Sports Day Preparation | Try a Sport |

These sports have been chosen to broaden the variety of sporting activities children experience. These games will cover striking and fielding and net and wall games. These games will be progressive as year 5 and 6 will complete rounders and danish longball, which will require the skills from kick rounders being transferred. Also spikeball is a game that will require the skills learnt in 4 square and Kinball.

Try a Sport is the last unit of PE to give teachers the opportunity to address misconceptions and complete sports and activities that require the skills children need to develop.