

P.E. Satellite View

Year	Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer Two
Reception	Team games To improve basic movement, throwing, rolling and passing. To move in different ways, along different pathways, changing direction & stopping. To move with a ball. To begin to understand tactics and teamwork. To increase special awareness. To use a variety of equipment. To play a variety of individual and team sports. To develop practical skills in order to participate, compete and lead a healthy lifestyle.	Dance To work with a partner. To move in different ways. To make different shapes with my body. To make different shapes with others. To dance in different formations. To move with my partner to express an idea. To move in my own space. To make a shape and hold it. To make a shape with a partner. To make a shape with a group. To make a shape and move about in it. To mirror my partner's movements with my body. To make a shape with others and move in that shape.	Gymnastics To create and perform a fluent partner or group gymnastic routine with elements of mirroring, unison and canon. To hold shapes that are strong, fluent and expressive. To perform various gymnastic jumps and land with balance and control. To perform various sideways rolls with fluidity. To demonstrate cooperative working when performing a partner balance. To jump and land safely off a springboard performing various shapes in the air. To demonstrate mirroring, unison and canon.	Ball skills To keep control of a ball. To move into spaces with my eyes up. To change direction. To change speeds. To recognise when and where to move. To move past a defender. To move in a game situation. To pass with accuracy. To use the appropriate weight of pass. To pass to a team mate. To recognise when and where to pass. To pass in a game situation. To recognise when and where to turn. To use a turn in a game situation. To shoot with accuracy. To be an effective team member.	Athletics To develop practical skills in order to participate, compete and lead a healthy lifestyle. To develop and improve athletic technique in a variety of track and field events. To understand the importance and value of teamwork, sportsmanship and competition. Multi-sports (external provider)	Consolidation of skills and interventions where needed. Multi-sports (external provider)

			To perform a mini sequence safely on the large apparatus. To perform mini gymnastic sequences linking elements smoothly. To perform a safe, smooth version of the forward roll To demonstrate and complete various prop challenges To begin to create your final gymnastic sequence. To perform the cartwheel safely To complete a fluent gymnastic sequence with a partner. To vary the dynamics in a sequence.	To recognise defence and attack.		
Year One	Multi-Skills To improve basic movement, throwing, rolling and passing. To move in different ways, along different pathways, changing direction & stopping. To begin to understand tactics and teamwork To increase special awareness.	Multi-skills To improve basic movement, throwing, rolling and passing. To move in different ways, along different pathways, changing direction & stopping. To begin to understand tactics and teamwork To increase special awareness.	Ball skills To keep control of a ball. To move into spaces with my eyes up. To change direction. To change speeds. To recognise when and where to move. To move past a defender. To move in a game situation.	Dance To work with a partner. To move in different ways. To make different shapes with my body. To make different shapes with others. To dance in different formations.	Outdoor athletics To develop practical skills in order to participate, compete and lead a healthy lifestyle. To develop and improve athletic technique in a variety of track and field events. To understand the importance and value	Cricket To develop a variety of cricket skills in order to compete, enjoy and achieve. To bowl a ball underarm. To strike a ball with a cricket bat. To develop catching and batting skills To be an effective team member

	To use a variety of equipment. To play a variety of individual and team sports To develop practical skills in order to participate, compete and lead a healthy lifestyle.	To use a variety of equipment. To play a variety of individual and team sports To develop practical skills in order to participate, compete and lead a healthy lifestyle.	To pass with accuracy. To use the appropriate weight of pass. To pass to a team mate. To recognise when and where to pass. To pass in a game situation. To recognise when and where to turn. To use a turn in a game situation. To shoot with accuracy. To be an effective team member. To recognise defence and attack.	To move with my partner to express an idea. To move in my own space. To make a shape and hold it. To make a shape with a partner. To make a shape with a group. To make a shape and move about in it. To mirror my partner's movements with my body. To make a shape with others and move in that shape. Gymnastics To create and perform a fluent partner or group gymnastic routine with elements of mirroring, unison and canon. To hold shapes that are strong, fluent and expressive. To perform various gymnastic jumps and land with balance and control.	of teamwork, sportsmanship and competition. Multi-sports (external provider)	To catch from various distances To develop batting control To score runs in cricket. To develop handling skills To develop bowling accuracy. To strike a ball accurately. To be an effective fielder and team member. To use the block shot. Multi-sports (external provider)
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				To perform various sideways rolls with fluidity. To demonstrate cooperative working when performing a partner balance. To jump and land safely off a springboard performing various shapes in the air. To demonstrate mirroring, unison and canon. To perform a mini sequence safely on the large apparatus. To perform mini gymnastic sequences linking elements smoothly. To perform a safe, smooth version of the forward roll To demonstrate and complete various prop challenges To begin to create your final gymnastic sequence. To perform the cartwheel safely		
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				To complete a fluent gymnastic sequence with a partner. To vary the dynamics in a sequence.		
Year Two	Multi-Skills To improve basic movement, throwing, rolling and passing. To move in different ways, along different pathways, changing direction & stopping. To begin to understand tactics and teamwork To increase special awareness. To use a variety of equipment. To play a variety of individual and team sports To develop practical skills in order to participate, compete and lead a healthy lifestyle.	Gymnastics To create and perform a fluent partner or group gymnastic routine with elements of mirroring, unison and canon. To hold shapes that are strong, fluent and expressive. To perform various gymnastic jumps and land with balance and control. To perform various sideways rolls with fluidity. To demonstrate cooperative working when performing a partner balance. To jump and land safely off a springboard performing various shapes in the air.	Indoor athletics To develop and improve athletic technique in a variety of indoor events. To understand the importance and value of teamwork, sportsmanship and competition. To throw accurately. To use an effective standing long jump technique. To use the correct triple jump technique. To compete in the hi stepper event. To perform the speed bounce with balance and body control. To sprint with balance and body control. To pass a baton smoothly in a relay race.	Tag rugby To know tag rugby rules. To use skills learnt to become an effective team member whilst enjoying and achieving. To begin to understand tag rugby rules. To improve handling skills. To use fakes and dodges in order to get past a defender. To use quick footwork to score a try. To perform an accurate rugby pass when tagged. To stay on side in tag rugby activities. To continue to pass with accuracy and stay on side. To use tactics to achieve success.	Tennis To develop tennis skills, movement and shots. To play fairly and competitively. To use forehand, long and short shots. To serve underarm, keep a rally going.	Athletics To develop practical skills in order to participate, compete and lead a healthy lifestyle. To develop and improve athletic technique in a variety of track and field events. To understand the importance and value of teamwork, sportsmanship and competition.

		To demonstrate mirroring, unison and canon. To perform a mini sequence safely on the large apparatus. To perform mini gymnastic sequences linking elements smoothly. To perform a safe, smooth version of the forward roll To demonstrate and complete various prop challenges To begin to create your final gymnastic sequence. To perform the cartwheel safely To complete a fluent gymnastic sequence with a partner. To vary the dynamics in a sequence. Dance To work with a partner. To move in different ways. To make different shapes with my body.	To gain a competitive time in the obstacle relay. To identify personal areas for development. To develop personal best scores.	To demonstrate numerous tag rugby skills. To be an effective team member. To be an effective team member and demonstrate understanding of tag rugby rules. Cricket (external provider)		
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		To make different shapes with others. To dance in different formations. To move with my partner to express an idea. To move in my own space. To make a shape and hold it. To make a shape with a partner. To make a shape with a group. To make a shape and move about in it. To mirror my partner's movements with my body. To make a shape with others and move in that shape.				
Year Three	Tag Rugby	Hockey	Gymnastics	Tennis	Athletics	Cricket
	To know tag rugby rules. To use skills learnt to become an effective team member whilst enjoying and achieving. To begin to understand tag rugby rules.	To develop hockey skills and be an effective team member. To enjoy and achieve whilst competing against others. To change direction when dribbling. To know how to tackle safely.	To create and perform a fluent partner or group gymnastic routine with elements of mirroring, unison and canon. To hold shapes that are strong, fluent and expressive.	To develop tennis skills, movement and shots. To play fairly and competitively. To use forehand, long and short shots. To serve underarm, keep a rally going.	To develop practical skills in order to participate, compete and lead a healthy lifestyle. To develop and improve athletic technique in a variety of track and field events.	To develop a variety of cricket skills in order to compete, enjoy and achieve. To bowl a ball underarm. To strike a ball with a cricket bat. To develop catching and batting skills

	To improve handling skills. To use fakes and dodges in order to get past a defender. To use quick footwork to score a try. To perform an accurate rugby pass when tagged. To stay on side in tag rugby activities. To continue to pass with accuracy and stay on side. To use tactics to achieve success. To demonstrate numerous tag rugby skills. To be an effective team member. To be an effective team member and demonstrate understanding of tag rugby rules.	To pass accurately. To turn and dribble with the ball. To move into space to receive a pass. To dribble at speed with control. To develop passing from a range of distances. To develop dribbling at speed. To dribble past a player. To shoot accurately. To tackle fairly and safely. To play a hockey game safely, following the rules.	To perform various gymnastic jumps and land with balance and control. To perform various sideways rolls with fluidity. To demonstrate cooperative working when performing a partner balance. To jump and land safely off a springboard performing various shapes in the air. To demonstrate mirroring, unison and canon. To perform a mini sequence safely on the large apparatus. To perform mini gymnastic sequences linking elements smoothly. To perform a safe, smooth version of the forward roll To demonstrate and complete various prop challenges To begin to create your final gymnastic sequence.		To understand the importance and value of teamwork, sportsmanship and competition.	To be an effective team member To catch from various distances To develop batting control To score runs in cricket. To develop handling skills To develop bowling accuracy. To strike a ball accurately. To be an effective fielder and team member. To use the block shot. Rounders To learn the correct techniques for batting and bowling in rounders. To use the correct techniques for throwing and catching when fielding in rounders. To know the roles and responsibilities of the backstop and base fielders in rounders. To field effectively in these positions and
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			To perform the cartwheel safely To complete a fluent gymnastic sequence with a partner. To vary the dynamics in a sequence. Basketball (external provider)			demonstrate good skill and technique. To know the roles and responsibilities of the deep fielders in rounders. To field effectively in these positions and demonstrate good skill and technique. To be able to 'read' the game and apply tactics to outwit opponents. To know and apply the rules of rounders during a game. To use a range of throwing, catching, fielding and batting strategies.
Year Four	Netball To throw accurately. To pass to a partner who is not being marked. To perform the chest, bounce and shoulder pass. To pivot and then pass. To pass with speed and accuracy. To move into space to receive a pass. To use simple tactics to defeat opponents.	Hockey To develop hockey skills and be an effective team member. To enjoy and achieve whilst competing against others. To change direction when dribbling. To know how to tackle safely. To pass accurately. To turn and dribble with the ball.	Gymnastics To create and perform a fluent partner or group gymnastic routine with elements of mirroring, unison and canon. To hold shapes that are strong, fluent and expressive. To perform various gymnastic jumps and land with balance and control.	Handball To know the rules of handball. To pass accurately. To move into space to receive a pass. To catch a variety of balls. To catch on the move. To know when and where to pass. To choose the most appropriate pass at speed.	Athletics To develop practical skills in order to participate, compete and lead a healthy lifestyle. To develop and improve athletic technique in a variety of track and field events. To understand the importance and value of teamwork, sportsmanship and competition.	Cricket To develop a variety of cricket skills in order to compete, enjoy and achieve. To bowl a ball underarm. To strike a ball with a cricket bat. To develop catching and batting skills To be an effective team member To catch from various distances

	To move into positions to attack and defend. To recognise different netball positions. To play various netball positions effectively. To be an effective teammate. To play sport for enjoyment and a healthy lifestyle. To describe what happens to the body when we warm up / cool down. To copy dynamic stretches. To know the benefits of a healthy lifestyle and how sport and exercise can support this.	To move into space to receive a pass. To dribble at speed with control. To develop passing from a range of distances. To develop dribbling at speed. To dribble past a player. To shoot accurately. To tackle fairly and safely. To play a hockey game safely, following the rules. Rugby (external provider)	To perform various sideways rolls with fluidity. To demonstrate cooperative working when performing a partner balance. To jump and land safely off a springboard performing various shapes in the air. To demonstrate mirroring, unison and canon. To perform a mini sequence safely on the large apparatus. To perform mini gymnastic sequences linking elements smoothly. To perform a safe, smooth version of the forward roll To demonstrate and complete various prop challenges To begin to create your final gymnastic sequence. To perform the cartwheel safely	To pass softly when required. To perform a long pass when required. To show where I want a pass. To shoot with accuracy. To follow the rules in a handball match. To demonstrate teamwork. To recognise when I need to defend or attack. To demonstrate goalkeeping skills. To pass quickly and keep the ball moving. To use fakes and steps to fool opponents. To act as a respectful team member and player. To lead others where appropriate. To discuss and apply tactics to defeat opponents.	To develop batting control To score runs in cricket. To develop handling skills To develop bowling accuracy. To strike a ball accurately. To be an effective fielder and team member. To use the block shot. Rounders To learn the correct techniques for batting and bowling in rounders. To use the correct techniques for throwing and catching when fielding in rounders. To know the roles and responsibilities of the backstop and base fielders in rounders. To field effectively in these positions and demonstrate good skill and technique. To know the roles and responsibilities of
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			To complete a fluent gymnastic sequence with a partner. To vary the dynamics in a sequence.			the deep fielders in rounders. To field effectively in these positions and demonstrate good skill and technique. To be able to 'read' the game and apply tactics to outwit opponents. To know and apply the rules of rounders during a game. To use a range of throwing, catching, fielding and batting strategies.
Year Five	Handball To know the rules of handball. To pass accurately. To move into space to receive a pass. To catch a variety of balls. To catch on the move. To know when and where to pass. To choose the most appropriate pass at speed. To pass softly when required. To perform a long pass when required.	Handball To know the rules of handball. To pass accurately. To move into space to receive a pass. To catch a variety of balls. To catch on the move. To know when and where to pass. To choose the most appropriate pass at speed. To pass softly when required. To perform a long pass when required.	Circus skills Indoor athletics To develop and improve athletic technique in a variety of indoor events. To understand the importance and value of teamwork, sportsmanship and competition. To throw accurately. To use an effective standing long jump technique. To use the correct triple jump technique.	Circus skills Indoor athletics To develop and improve athletic technique in a variety of indoor events. To understand the importance and value of teamwork, sportsmanship and competition. To throw accurately. To use an effective standing long jump technique. To use the correct triple jump technique.	Athletics To develop practical skills in order to participate, compete and lead a healthy lifestyle. To develop and improve athletic technique in a variety of track and field events. To understand the importance and value of teamwork, sportsmanship and competition.	Athletics To develop practical skills in order to participate, compete and lead a healthy lifestyle. To develop and improve athletic technique in a variety of track and field events. To understand the importance and value of teamwork, sportsmanship and competition.

To show where I want a pass. To shoot with accuracy. To follow the rules in a handball match. To demonstrate teamwork. To recognise when I need to defend or attack. To demonstrate goalkeeping skills. To pass quickly and keep the ball moving. To use fakes and steps to fool opponents. To act as a respectful team member and player. To lead others where appropriate. To discuss and apply tactics to defeat opponents. Swimming To swim competently, confidently and proficiently over a distance of at least 25 metres. To use a range of strokes effectively [for example, front	To show where I want a pass. To shoot with accuracy. To follow the rules in a handball match. To demonstrate teamwork. To recognise when I need to defend or attack. To demonstrate goalkeeping skills. To pass quickly and keep the ball moving. To use fakes and steps to fool opponents. To act as a respectful team member and player. To lead others where appropriate. To discuss and apply tactics to defeat opponents. Swimming To swim competently, confidently and proficiently over a distance of at least 25 metres. To use a range of strokes effectively [for example, front	To compete in the hi stepper event. To perform the speed bounce with balance and body control. To sprint with balance and body control. To pass a baton smoothly in a relay race. To gain a competitive time in the obstacle relay. To identify personal areas for development. To develop personal best scores. Swimming To swim competently, confidently and proficiently over a distance of at least 25 metres. To use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]. To perform safe self-rescue in different water-based situations.	To compete in the hi stepper event. To perform the speed bounce with balance and body control. To sprint with balance and body control. To pass a baton smoothly in a relay race. To gain a competitive time in the obstacle relay. To identify personal areas for development. To develop personal best scores. Swimming To swim competently, confidently and proficiently over a distance of at least 25 metres. To use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]. To perform safe self-rescue in different water-based situations.	Rounders To learn the correct techniques for batting and bowling in rounders. To use the correct techniques for throwing and catching when fielding in rounders. To know the roles and responsibilities of the backstop and base fielders in rounders. To field effectively in these positions and demonstrate good skill and technique. To know the roles and responsibilities of the deep fielders in rounders. To field effectively in these positions and demonstrate good skill and technique. To be able to 'read' the game and apply tactics to outwit opponents. To know and apply the rules of rounders during a game. To use a range of throwing, catching,	Rounders To learn the correct techniques for batting and bowling in rounders. To use the correct techniques for throwing and catching when fielding in rounders. To know the roles and responsibilities of the backstop and base fielders in rounders. To field effectively in these positions and demonstrate good skill and technique. To know the roles and responsibilities of the deep fielders in rounders. To field effectively in these positions and demonstrate good skill and technique. To be able to 'read' the game and apply tactics to outwit opponents. To know and apply the rules of rounders during a game. To use a range of throwing, catching,
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	crawl, backstroke and breaststroke]. To perform safe self-rescue in different water-based situations.	crawl, backstroke and breaststroke]. To perform safe self-rescue in different water-based situations.			fielding and batting strategies. Swimming To swim competently, confidently and proficiently over a distance of at least 25 metres. To use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]. To perform safe self-rescue in different water-based situations.	fielding and batting strategies. Swimming To swim competently, confidently and proficiently over a distance of at least 25 metres. To use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]. To perform safe self-rescue in different water-based situations.
Year Six	Netball To throw accurately. To pass to a partner who is not being marked. To perform the chest, bounce and shoulder pass. To pivot and then pass. To pass with speed and accuracy. To move into space to receive a pass. To use simple tactics to defeat opponents.	Indoor athletics To develop and improve athletic technique in a variety of indoor events. To understand the importance and value of teamwork, sportsmanship and competition. To throw accurately. To use an effective standing long jump technique. To use the correct triple jump technique.	Gymnastics To create and perform a fluent partner or group gymnastic routine with elements of mirroring, unison and canon. To hold shapes that are strong, fluent and expressive. To perform various gymnastic jumps and land with balance and control. To perform various sideways rolls with fluidity.	Volleyball To develop individual and team volleyball skills. To be an effective team member. To enjoy and achieve. To develop the serve and dig shot in volleyball. To continue to develop the serve and dig shot. To develop the set shot. To develop serving accuracy.	Athletics To develop practical skills in order to participate, compete and lead a healthy lifestyle. To develop and improve athletic technique in a variety of track and field events. To understand the importance and value of teamwork, sportsmanship and competition.	Cricket To develop a variety of cricket skills in order to compete, enjoy and achieve. To bowl a ball underarm. To strike a ball with a cricket bat. To develop catching and batting skills To be an effective team member To catch from various distances To develop batting control

	To move into positions to attack and defend. To recognise different netball positions. To play various netball positions effectively. To be an effective teammate. To play sport for enjoyment and a healthy lifestyle. To describe what happens to the body when we warm up / cool down. To copy dynamic stretches. To know the benefits of a healthy lifestyle and how sport and exercise can support this. Rugby (external provider)	To compete in the hi stepper event. To perform the speed bounce with balance and body control. To sprint with balance and body control. To pass a baton smoothly in a relay race. To gain a competitive time in the obstacle relay. To identify personal areas for development. To develop personal best scores.	To demonstrate cooperative working when performing a partner balance. To jump and land safely off a springboard performing various shapes in the air. To demonstrate mirroring, unison and canon. To perform a mini sequence safely on the large apparatus. To perform mini gymnastic sequences linking elements smoothly. To perform a safe, smooth version of the forward roll To demonstrate and complete various prop challenges To begin to create your final gymnastic sequence. To perform the cartwheel safely To complete a fluent gymnastic sequence with a partner. To vary the dynamics in a sequence.	To return a shot using the dig or set shot.	To score runs in cricket. To develop handling skills To develop bowling accuracy. To strike a ball accurately. To be an effective fielder and team member. To use the block shot. Rounders To learn the correct techniques for batting and bowling in rounders. To use the correct techniques for throwing and catching when fielding in rounders. To know the roles and responsibilities of the backstop and base fielders in rounders. To field effectively in these positions and demonstrate good skill and technique. To know the roles and responsibilities of the deep fielders in rounders.
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			OOA residential			To field effectively in these positions and demonstrate good skill and technique. To be able to 'read' the game and apply tactics to outwit opponents. To know and apply the rules of rounders during a game. To use a range of throwing, catching, fielding and batting strategies.
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