













Tennis & Fundamental Movement Skills

Autumn - PE	Vocabulary	 Objectives	 Quotes & Video Resources 	
Dance	KS1	Link Level Unison Mirroring Stimulus	<p>Copy and explore basic movements and body shapes and begin to link their ideas. Begin to change the speed, level and size of their actions. Use simple choreographic devices such as unison and mirroring. Create movements in response to a stimulus. Choose movements to communicate a mood feeling or idea. Move in time with a piece of music. Begin to reflect on and discuss their own movements as well as their peers.</p>  	<p><i>"I may not be there yet, but I am closer than I was yesterday."</i> -Misty Copeland</p> <p>English Barn Dance</p> <p>Lion King Musical</p>
	LKS2	Stimulus Sequence Improvise Rhythm Expression Confidence Dynamics Canon	<p>Improvise independently and with a partner to create a simple sequence. Investigate ways of moving in response to a stimulus to convey a clear idea. Perform with some rhythm, expression and spatial awareness. Perform learnt skills and techniques with control and confidence. Vary dynamics of their actions fluently within a sequence. Use simple dance vocabulary to compare and improve work. Build on learnt choreographic devices and include Canon.</p>    	<p><i>"I may not be there yet, but I am closer than I was yesterday."</i> -Misty Copeland</p> <p>Haka</p> <p>River Dance</p> <p>Bhangra</p> <p>Troika</p> 
	UKS2	Stimulus Rhythm Expression Transition Fluent Compose Dance Style	<p>Compose independent and collaborative dances that reflect the chosen dance style. Use transitions to link moves and actions together smoothly. Ensure all actions fit the rhythm of the music. Move appropriately and with required style in relation to a stimulus. Demonstrate strong controlled movements showing an awareness of their use of space. Perform confidently applying skills and techniques to create a fluent and controlled sequence. Use dramatic expression in dance movements and motifs. Use more complex dance vocabulary to compare and improve work.</p>  	<p><i>"I may not be there yet, but I am closer than I was yesterday."</i> -Misty Copeland</p> <p>The Evolution of Dance</p> <p>Diversity Performance</p> <p>Diversity BLM Performance</p>

Gymnastics

Invasion Games & Fundamentals Movement Skills

Summer - PE

Vocabulary

Participation

Objectives



Quotes & Video Resources



Pace

Distance

Over Arm

Under Arm

Accuracy

KS1

Vary the speed and direction of their running
 Begin to select the most suitable pace and speed for distance.
 Apply basic running techniques to a variety of situations i.e. Curved/ straight lines and obstacle course.
 Perform different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot.
 Investigate the best jumps and identify the most appropriate to cover different distances.
 Throw over and under arm.
 Throw different equipment accurately towards a target.
 Investigate ways to alter their throwing technique to achieve greater distance.



"The sky has no limits, neither should you."

-Usain Bolt

[Olympic Games Highlights](#)

Athletics

Sprinting
 Baton
 Momentum
 Technique



LKS2

Begin to develop a sprinting technique using arms and legs.
 Understand the importance of adjusting running pace to suit the distance.
 Perform a relay focusing on the baton change over.
 Develop an effective take off for standing long jump.
 Combine a hop step and a jump to perform triple jump.
 Investigate ways of increasing distance when performing various jumps.
 Perform a push throw with control to increase distance.
 Perform a pull throw with control to increase distance.
 Show control and accuracy when performing an overarm throw.

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[2016 Paralympics](#)

[2012 Paralympics](#)



Relay

Stride

Competitive

Personal Best



UKS2

Refine the skills of an effective sprinting technique including a sprint start and a competitive finish.
 Combine running with jumping fluently over hurdles using a consistent stride pattern.
 Work as a team to competitively complete a relay.
 Select the most appropriate pace for different distances.
 Investigate ways of jumping effectively and competitively to improve their personal bests.
 Develop techniques for the standing long jump landing safely with control.
 Develop techniques for the 'Triple Jump' landing safely with control.
 Continue to develop techniques to throw for increased distance improving their personal best. (Push throw and Pull throw)
 Perform a fling throw with control to increase distance.

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[Usain Bolt World Records](#)

Striking & Fielding/ Fundamental Movement Skills



GYMNASTICS
Skill Specific Progression



	Rolls	Jumps	Balances
KS1	<p>Log Roll Curled Side Roll (Egg Roll) Teddy Bear Roll</p>	<p>Straight Jump Tuck Jump Star Jump</p>	<p>Standing Balances Kneeling Balances Balances on Apparatus Balances with a Partner</p>
LKS2	<p>Forward Roll Backward Roll</p>	<p>Straddle Jump Straight Jump Half Turn Split Leap Tiptoe, Step, Jump, Hop</p>	<p>1,2,3 and 4 Point Balances Balances on Apparatus Collaborative Balances</p>
UKS2	<p>Standing Forward Roll Pike and Straddle Forward Roll Backward Roll</p>	<p>Pike Jump Straight Jump Full Turn Split Leap (Half Turn) Tiptoe, Step, Jump, Hop</p>	<p>1,2,3 and 4 Point Balances Balances on Apparatus Collaborative Balances Pike, Tuck, Star, Straight and Straddle Shapes</p>