

### **Aycliffe Drive PE – A whole school approach**

Pupils are offered the opportunity to attend extracurricular clubs, with no cost, these clubs are promoted to those that are least active outside of school first (results gathered in parent survey). The clubs offer opportunities to practice in a team, to create friendships and develop social skills, as well as chances to represent our school, and its values, when competing against other schools. The children that are involved are celebrated in assemblies and set an example to the rest of the school of how to maintain the schools' standards and the benefits of taking part in a team. The clubs vary over the year and are influenced by pupil suggestions from a pupil voice survey. This allows us to offer a variety of sports for children to take part in and allows children to try new sports, that they wouldn't otherwise have the chance to try. This is also true for our lunchtime activities, that are lead by a team of year 5 sports leaders, and assisted by MSA's. Both the year 5's and the MSA's received training on how to have effected and active lunchtimes for all pupils to engage with. These lunchtime activities are also guided by pupil suggestions and where possible allow the children to suggest to the leaders what they would like to do, allowing the sessions to be more engaging and varied.

Pupils in EYFS and KS1 regularly use the forest school in their lessons, allowing for more active learning and opportunities to develop motor skills, coordination and promotes self-esteem, creativity, confidence, and independence. See forest school planning for more detail. This is continued into LKS2 and KS2 with active bursts throughout the day. This is an opportunity for pupils to be active between lessons and other transition periods throughout the day. This can be a chance to be extremely active for a short burst or an opportunity to be mindful. It is discussed with pupils, so they understand the benefits of doing the activities as well gaining the benefits of them (students have been shown to improve memory, behaviour and physical and mental well-being in children who engage in active bursts throughout the school day -Erwin et al., 2011, Erwin et al., 2017). Both the forest school and active bursts allow all children to be active and engage in healthy lifestyle habits throughout the day.

### **Aycliffe Drive PE – Curriculum**

To make the curriculum more suitable for our school's needs of having one and half form entry, our curriculum has a two-year cycle from Years three to six. This allows many different sports, activities, and skills to be covered over two years. The EYFS curriculum and keys stage one curriculum is skill based and sets the children up to apply these skills, in sporting opportunities, later in the school. The sports and activities continue through the year groups to allow a development of not only the skills involved and needed, but the understanding of a particular sport or activity, to allow refine their skills and expose children to the many sports they may not get opportunity to take part in outside of school.

The curriculum is helped using Complete PE planning resources, which has allowed teachers to become more confident in delivering PE lessons (shown in staff survey) and helped the PE lessons to develop skills effectively throughout the children time at the school. It has also helped with teachers' abilities to assess pupils PE achievements and where they may need support. The resources have also provided opportunities for pupils who are not taking part in a particular lesson to develop their skills in other ways and helped them to learn when they're not physically able to do the PE lesson.

### **Aycliffe Drive PE – Active at home**

It is important that children are active at home as well as at school. The extracurricular clubs have helped many children to increase their activity and gain the benefits of having an active lifestyle, as well as gaining the benefits of taking part in sport. Our extracurricular activity survey has shown us that many children do not always get opportunities to be active outside of school, which is why we have implemented the use of the burst app for KS1. This has helped us promote activity and healthy lifestyle changes at home. It is free for the parents to set up and inclusive for all pupils. This provides activities for the pupils to do with and without their parents and allows us to see what activities that are doing. This will help to achieve the 30 minutes of activity. We also have a good link with Game On who promote their holiday and after school sports club at our school and have created some excellent relationships with our pupils. In assemblies we celebrate and promote the activities and sports children do outside of school and any awards or achievements they get from clubs they have taken part in to help raise the profile of sport and its benefits.

**Aycliffe Primary School**  
**KS1 PE Curriculum**

**Physical Development**

**2 x weekly PE lessons using Complete PE Scheme.**

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Pupils have opportunities to develop gross motor skills on the playground. Lunchtimes are set up to have sports leaders who lead three different areas for activities. One where there are games that use a variety of ball skills, locomotion skills and a promotion of sporting values (teamwork, respect and fair play). One area is set up to encourage activity that is less competitive but still highly active involving the use of core PE skills.

Use of playground apparatus to allow children to develop core strength, muscles and move with control and coordination. Children will understand how to keep themselves healthy through exercise healthy eating and personal hygiene. See science planning for more detail on healthy eating, hygiene and lifestyle.

**CYCLE A**

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p style="text-align: center;"><b>Health and Wellbeing</b></p> <p>Understand what agility means and explore ways of being more 'agile' when moving.</p> <p>Explore ways of being balanced and to understand why we need to be balanced when playing sport.</p> <p style="text-align: center;"><b>Running (locomotion)</b></p> <p>Exploring running.</p> <p>Apply running into a game, explore running at different speeds</p> <p>Running for speed: Acceleration, explore running in a team</p> <p>Consolidate running, apply running into a game</p>	<p style="text-align: center;"><b>Heroes (Dance)</b></p> <p>Create a range of controlled movements.</p> <p>extend their sequence whilst performing as their character.</p> <p>respond to a rhythm performing a range of controlled movements</p> <p style="text-align: center;"><b>Hands 1 (Ball Skills)</b></p> <p>Introduce sending (bouncing) with control.</p> <p>Introduce aiming with accuracy.</p> <p>Introduce power and speed when sending a ball.</p> <p>Introduce/develop stopping, combining sending skills.</p> <p>Combine sending and receiving skills.</p>	<p style="text-align: center;"><b>Feet 1 (Ball Skills)</b></p> <p>Develop moving the ball using the feet. Apply dribbling into games.</p> <p>Consolidate dribbling.</p> <p>Explore kicking (passing).</p> <p>Apply kicking (passing) to score a point.</p> <p style="text-align: center;"><b>Wide Narrow Curled (Gymnastics)</b></p> <p>Introduction to wide, narrow, and curled.</p> <p>Exploring the difference between wide, narrow, and curled.</p> <p>Transitioning between wide, narrow, and curled movements.</p> <p>Linking two movements together.</p>	<p style="text-align: center;"><b>The Zoo (dance)</b></p> <p>Exploring expression</p> <p>Developing our movements, adding movements together</p> <p>Responding to a rhythm:</p> <p>Introducing partner work</p> <p>Creating an animal sequence</p> <p>Exploring relationships within our motifs</p> <p style="text-align: center;"><b>Hands 2 (Ball Skills)</b></p> <p>Introduce throwing with accuracy.</p> <p>Apply throwing with accuracy in a team.</p> <p>Introduce stopping a ball</p> <p>Develop sending (rolling) skills to score a point.</p> <p>Consolidate sending and stopping to win a game.</p>	<p style="text-align: center;"><b>Jumping (locomotion)</b></p> <p>Recap jumping from EYFS Develop jumping</p> <p>Explore how jumping affects our bodies.</p> <p>Explore skipping</p> <p>Apply skipping and jumping into a game</p> <p style="text-align: center;"><b>Rackets, Bats and Balls</b></p> <p>Explore using a racket and a ball together.</p> <p>Develop their ability to keep a ball controlled using a racket and to apply this understanding.</p> <p>Develop their ability to keep a ball controlled using a racket.</p>	<p style="text-align: center;"><b>Games for Understanding (attack and defence)</b></p> <p>Understand the basic principles of attack.</p> <p>Learn what 'attacking' means and why we attack during a game.</p> <p>Learn what 'defending' means and why we defend during a game.</p> <p style="text-align: center;"><b>Team Building</b></p> <p>Introducing teamwork.</p> <p>Develop teamwork.</p> <p>Building trust and developing communication.</p> <p>Cooperation and communication.</p> <p>Explore simple strategies.</p> <p>Problem solving: Consolidate teamwork</p>

**CYCLE B**

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p style="text-align: center;"><b>Health and wellbeing</b></p> <p>Consolidate our understanding of agility and when this is applied during sport.</p> <p>Develop ways of balancing on apparatus.</p>	<p style="text-align: center;"><b>Mr Candy's Sweet Factory (Dance)</b></p> <p>Respond to the stimulus using a range of different, controlled movements showing expression.</p> <p>Develop our character work, adding movements, expression and emotion to create a motif.</p> <p style="text-align: center;"><b>Hands (ball skills)</b></p>	<p style="text-align: center;"><b>Feet (ball skills)</b></p> <p>Develop dribbling using our feet in order to keep control and possession of the ball.</p> <p>Combine dribbling, passing and receiving using our feet in order to keep possession of the ball.</p>	<p style="text-align: center;"><b>Hands (ball skills)</b></p> <p>Develop pupils' execution of an underarm throw and to extend their understanding of why we need to be accurate when we throw.</p>	<p style="text-align: center;"><b>Rackets, Bats and Balls</b></p> <p>Develop pushing (dribbling) a ball with a racket: Introducing control.</p> <p>Explore hitting and develop pushing a ball (with a racket) towards a target.</p> <p>Explore hitting a ball (with a racket) with accuracy and power.</p>	<p style="text-align: center;"><b>Team Building</b></p> <p>Understand why it is important to include everyone when working as a team and how it feels to be left out.</p> <p>Develop their communication skills, enabling them to create</p>

<p>Understand why we need to have good feet eye coordination when playing sport.</p> <p><b>Dodging (locomotion)</b> Develop pupils' dodging technique applying this into games. Learn the roles of attacking and defending and start to understand when we attack and when we defend.</p>	<p>develop dribbling in order to keep control and possession of the ball. <b>Combine dribbling, passing and receiving in order to keep possession of the ball.</b></p>	<p><b>Linking (gymnastics)</b> Apply 'champion gymnastics' to develop the different movements that pupils can link together on apparatus. Explore different ways pupils can perform the sequence. Jump, Roll, Balance.</p>	<p>Experience a competition against other pupils, developing their ability to collaborate.</p> <p><b>Explorers (dance)</b> Control and co-ordinate their bodies to perform movements that represent an explorer preparing for an expedition. Develop our character work, adding movements, expression and emotion to our motif.</p>	<p><b>Jumping (locomotion)</b> Apply pupils' knowledge of how to jump and how to jump in combination, into their own ideas for linking jumps. Explore jumping using different combinations, jumping for distance and speeds.</p>	<p>simple strategies to complete a challenge. <b>Games for Understanding</b> Create and understand simple attacking principles, applying them as a team into a game. Develop their understanding of what 'defending' means and when and why we defend as a team during a game.</p>
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Year 3 Cycle A PE curriculum					
<p>Pupils are offered the opportunity to attend extracurricular clubs, with no cost, these clubs are promoted to those that are least active outside of school (results gathered in parent survey) first and offer opportunity to practice in a team, to create friendships and develop social skills, as well as chances to represent our school, and its values, when competing against other schools.</p> <p>Pupils have opportunities to develop gross motor skills on the playground. Lunchtimes are set up to have sports leaders who lead three different areas for activities. One where there are games that use a variety of ball skills, locomotion skills and a promotion of sporting values (teamwork, respect and fair play). One area is set up to encourage activity that is less competitive but still highly active involving the use of core PE skills.</p> <p>Use of playground apparatus to allow children to develop core strength, muscles and move with control and coordination. Children will understand how to keep themselves healthy through exercise healthy eating and personal hygiene. See science planning for more detail on healthy eating, hygiene and lifestyle.</p>					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b>Athletics</b> Explore running for speed. Explore acceleration.</p>	<p><b>Symmetry and Asymmetry</b> Introduction to symmetry. Introduction to asymmetry.</p>	<p><b>Witches and Wizards (dance)</b> Responding to stimuli.</p>	<p><b>Tag Rugby</b> Introduce moving with the ball, passing, and receiving. Introduce tagging.</p>	<p><b>Basketball</b> Introduce dribbling.</p>	<p><b>Cricket</b> Understand the concept of batting and fielding. Introduce throwing overarm. Introduce throwing underarm.</p>

<p>Introduce /develop relay: Running for speed in a team. Throwing: Accuracy vs distance. Standing Long Jump.</p> <p><b>Tennis</b> Introduction tennis. Outwitting an opponent. Creating space to win a point. Consolidate how to win a game introduce rackets. Introduce the forehand.</p>	<p>Application of learning onto apparatus. Sequence formation. Sequence completion</p> <p><b>Tactics and Communication (Y3)</b> Creating and applying simple tactics. Developing leadership. Develop communication as a team. Create defending and attacking tactics as a team.</p>	<p>Developing characters and extending the story. Creating motifs with a partner in character. Developing characterisation.</p> <p><b>Quidditch</b> Introduce throwing with accuracy. Develop passing and receiving. Combine passing and moving to keep possession. Introduce shooting</p>	<p>Create space when attacking. Develop passing and moving. Combine passing/moving to create attacking opportunities</p> <p><b>Health and Wellbeing</b> Exploring relaxation techniques. Applying relaxation techniques and using them effectively. Performing balanced meditative poses. Using props to help us balance in our meditative poses.</p>	<p>Introduce passing and receiving. Combine dribbling and passing to create space. Develop passing, receiving, and dribbling. Introduce shooting.</p> <p><b>Hockey</b> Introduce dribbling. Introduce passing and receiving. Combine dribbling and passing to create space. Develop passing, receiving, and dribbling. Introduce shooting.</p>	<p>Introduce catching. Striking with intent</p> <p><b>Rounders</b> Introduce to rounders. Introduce overarm throwing. Apply overarm and underarm throwing. Introduce stopping the ball. Application of stopping the ball in a game.</p>
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**Year 3 cycle B PE Curriculum**

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<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Netball</b>	<b>Dodgeball</b> Developing changing direction.	<b>Wild Animals (dance)</b> Responding to stimuli.	<b>Tag Rugby</b>	<b>Basketball</b> Introduce dribbling.	<b>Cricket</b> Understand the concept of batting and fielding.

	<p>Introduce throwing with accuracy. Introduce catching. Develop moving, changing direction at speed</p> <p><b>Problem Solving (Y4).</b> Benches and mats challenge. Round the clock card challenge. The pen challenge. The river rope challenge. Caving challenges.</p>	<p>Developing character dance into a motif. Develop sequences with a partner in character that show relationships. Extending sequences with a partner in character.</p> <p><b>Quidditch</b> Introduce throwing with accuracy. Develop passing and receiving. Combine passing and moving to keep possession. Introduce shooting.</p>	<p>Introduce moving with the ball, passing, and receiving. Introduce tagging. Create space when attacking. Develop passing and moving. Combine passing/moving to create attacking opportunities</p> <p><b>Health and Wellbeing</b> Exploring relaxation techniques. Applying relaxation techniques and using them effectively. Performing balanced meditative poses. Using props to help us balance in our meditative poses.</p>	<p>Introduce passing and receiving. Combine dribbling and passing to create space. Develop passing, receiving, and dribbling. Introduce shooting.</p> <p><b>Hockey</b> Introduce dribbling. Introduce passing and receiving. Combine dribbling and passing to create space. Develop passing, receiving, and dribbling. Introduce shooting.</p>	<p>Introduce throwing overarm. Introduce throwing underarm. Introduce catching. Striking with intent</p> <p><b>Rounders</b> Introduce to rounders. Introduce overarm throwing. Apply overarm and underarm throwing. Introduce stopping the ball. Application of stopping the ball in a game.</p>
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**Year 4 cycle A PE Curriculum**

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Use of playground apparatus to allow children to develop core strength, muscles and move with control and coordination. Children will understand how to keep themselves healthy through exercise healthy eating and personal hygiene. See science planning for more detail on healthy eating, hygiene and lifestyle.

<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<p><b>Athletics</b> Explore running for speed. Explore acceleration.</p>	<p><b>Bridges</b> Introduction to symmetry.</p>	<p><b>World war 2.</b> Explore the behaviours of people in 1939.</p>	<p><b>Tag Rugby</b> Introduce moving with the ball, passing, and receiving. Introduce tagging.</p>	<p><b>Basketball</b> Introduce dribbling.</p>	<p><b>Cricket</b> Understand the concept of batting and fielding. Introduce throwing overarm. Introduce throwing underarm.</p>

<p>Introduce /develop relay: Running for speed in a team. Throwing: Accuracy vs distance. Standing Long Jump.</p> <p><b>Tennis</b> Introduction tennis. outwitting an opponent. Creating space to win a point. Consolidate how to win a game introduce rackets. Introduce the forehand.</p>	<p>Introduction to asymmetry. Application of learning onto apparatus. Sequence formation. Sequence completion</p> <p><b>Tactics and Communication (Y3)</b> Creating and applying simple tactics. Developing leadership. Develop communication as a team. Create defending and attacking tactics as a team.</p>	<p>Creating sequences in small groups that show character emotion. Creating movements that interconnect.</p> <p><b>Quidditch</b> Introduce throwing with accuracy. Develop passing and receiving. Combine passing and moving to keep possession. Introduce shooting</p>	<p>Create space when attacking. Develop passing and moving. Combine passing/moving to create attacking opportunities</p> <p><b>Health and Wellbeing</b> Exploring relaxation techniques. Applying relaxation techniques and using them effectively. Performing balanced meditative poses. Using props to help us balance in our meditative poses.</p>	<p>Introduce passing and receiving. Combine dribbling and passing to create space. Develop passing, receiving, and dribbling. Introduce shooting.</p> <p><b>Hockey</b> Introduce dribbling. Introduce passing and receiving. Combine dribbling and passing to create space. Develop passing, receiving, and dribbling. Introduce shooting.</p>	<p>Introduce catching. Striking with intent</p> <p><b>Rounders</b> Introduce to rounders. Introduce overarm throwing. Apply overarm and underarm throwing. Introduce stopping the ball. Application of stopping the ball in a game.</p>
<p><b>Year 4 cycle B PE curriculum</b></p>					
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<p><b>Autumn 1</b></p>	<p><b>Autumn 2</b></p>	<p><b>Spring 1</b></p>	<p><b>Spring 2</b></p>	<p><b>Summer 1</b></p>	<p><b>Summer 2</b></p>

<p><b>Netball</b></p>	<p><b>Dodgeball</b> Developing changing direction. Introduce throwing with accuracy. Introduce catching. Develop moving, changing direction at speed</p> <p><b>Problem Solving</b> Benches and mats challenge. Round the clock card challenge. The pen challenges. The river rope challenge. Caving challenges.</p>	<p><b>Space</b> Extending sequences with a partner in character. Developing sequences with a partner in character that show relationships and interlinking dance moves. Sequences, relationships, choreography, and performance.</p> <p><b>Quidditch</b> Introduce throwing with accuracy. Develop passing and receiving. Combine passing and moving to keep possession. Introduce shooting</p>	<p><b>Tag Rugby</b> Introduce moving with the ball, passing, and receiving. Introduce tagging. Create space when attacking. Develop passing and moving. Combine passing/moving to create attacking opportunities</p> <p><b>Health and Wellbeing</b> Exploring relaxation techniques. Applying relaxation techniques and using them effectively. Performing balanced meditative poses. Using props to help us balance in our meditative poses.</p>	<p><b>Basketball</b> Introduce dribbling. Introduce passing and receiving. Combine dribbling and passing to create space. Develop passing, receiving, and dribbling. Introduce shooting.</p> <p><b>Hockey</b> Introduce dribbling. Introduce passing and receiving. Combine dribbling and passing to create space. Develop passing, receiving, and dribbling. Introduce shooting.</p>	<p><b>Cricket</b> Understand the concept of batting and fielding. Introduce throwing overarm. Introduce throwing underarm. Introduce catching. Striking with intent</p> <p><b>Rounders</b> Introduce to rounders. Introduce overarm throwing. Apply overarm and underarm throwing. Introduce stopping the ball. Application of stopping the ball in a game.</p>
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**Year 5 Cycle A PE Curriculum**

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Use of playground apparatus to allow children to develop core strength, muscles and move with control and coordination. Children will understand how to keep themselves healthy through exercise healthy eating and personal hygiene. See science planning for more detail on healthy eating, hygiene and lifestyle.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b>Athletics</b> Finishing a race. Evaluating our performance. Sprinting: My personal best. Relay changeovers. Shot Put. Introducing the Hurdles.</p> <p><b>Tennis</b> Introduce/develop the volley. Controlling the game from the serve. Doubles, understanding and applying tactics to win a point.</p>	<p><b>Counterbalance and Counter Tension</b> Introduction to Counterbalance. Application of Counterbalance learning onto apparatus. Sequence formation. Counter Tension. Sequence completion</p> <p><b>Orienteering.</b> Face orienteering. Cone orienteering. Point and return. Point to point. Timed course. Orienteering competition.</p>	<p><b>The circus</b> Develop character movements linked to prejudices. Create movements that represent different characters and performers in a circus. Extending our performance incorporating props and apparatus linked to the variety of performers</p> <p><b>Quidditch</b> Refine the role of the Chaser. Refine the role of the Beater. Refine shooting. Refine the role of the Keeper. Introduce the Snitch and the Seekers.</p>	<p><b>Tag Rugby</b> Refine passing and moving to create attacking opportunities. Explore different passes that can be used to outwit defenders. Define defending as a team. Create and apply defending tactics. Develop officiating.</p> <p><b>Health Related Exercise</b> Explore and understand cardio fitness. Explore and understand flexibility fitness. Explore and understand strength fitness.</p>	<p><b>Basketball</b> Refine passing and receiving. Apply passing, footwork and shooting into mini games, introduce officiating. Introduce defending. Explore the function of other passing styles.</p> <p><b>Hockey</b> Develop defending, blocking, and tackling. Refine dribbling/passing to create attacking opportunities. Refine attacking skills, passing dribbling and shooting. Refine defending skills developing transition from defence to attack.</p>	<p><b>Cricket</b> Refine batting, batting, and bowling tactics. Refine fielding stopping, catching, and throwing. Combine bowling and fielding creating and applying tactics. Introduce umpiring and scoring.</p> <p><b>Rounders.</b> Introduce to rounders. Introduce overarm throwing. Apply overarm and underarm throwing. Introduce stopping the ball. Application of stopping the ball in a game.</p>

**Year 5 Cycle B PE Curriculum**

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Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
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<p><b>Athletics</b> Finishing a race. Evaluating our performance. Sprinting: My personal best. Relay changeovers. Shot Put. Introducing the Hurdles.</p>	<p><b>Dodgeball</b> Introduce blocking. Consolidate catching. Understand where we throw and why we need to throw with accuracy and power. Explore basic attacking and defending tactics.</p>	<p><b>Greeks.</b> Exploring the Greeks using compositional principles. Extending sequences with a partner using compositional principles. Creating movement using improvisation where movement is reactive.</p>	<p><b>Tag Rugby</b> Refine passing and moving to create attacking opportunities. Explore different passes that can be used to outwit defenders. Define defending as a team. Create and apply defending tactics. Develop officiating.</p>	<p><b>Basketball</b> Refine passing and receiving. Apply passing, footwork and shooting into mini games, introduce officiating. Introduce defending. Explore the function of other passing styles.</p>	<p><b>Cricket</b> Refine batting, batting, and bowling tactics. Refine fielding stopping, catching, and throwing. Combine bowling and fielding creating and applying tactics. Introduce umpiring and scoring.</p>
<p><b>Tennis</b> Introduce/develop the volley. Controlling the game from the serve. Doubles, understanding and applying tactics to win a point.</p>	<p><b>Leadership (y6)</b> Understanding what makes an effective leader. Communicating as a leader. Introducing the STEP principle: Space, Task, Equipment and People</p>	<p><b>Quidditch</b> Refine the role of the Chaser. Refine the role of the Beater. Refine shooting. Refine the role of the Keeper. Introduce the Snitch and the Seekers.</p>	<p><b>Health Related Exercise.</b> Explore and understand cardio fitness. Explore and understand flexibility fitness. Explore and understand strength fitness.</p>	<p><b>Hockey</b> Develop defending, blocking, and tackling. Refine dribbling/passing to create attacking opportunities. Refine attacking skills, passing dribbling and shooting. Refine defending skills developing transition from defence to attack.</p>	<p><b>Rounders.</b> Introduce to rounders. Introduce overarm throwing. Apply overarm and underarm throwing. Introduce stopping the ball. Application of stopping the ball in a game.</p>

**Year 6 Cycle A PE Curriculum**

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Use of playground apparatus to allow children to develop core strength, muscles and move with control and coordination. Children will understand how to keep themselves healthy through exercise healthy eating and personal hygiene. See science planning for more detail on healthy eating, hygiene and lifestyle.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b>Athletics</b> Running for speed competition Running for distance competition Throwing competition Jumping competition</p> <p><b>Tennis</b> Game application. Game application, mixed ability doubles, round robin games.</p>	<p><b>Matching and Mirroring</b> Introduction to matching/mirroring. Application of matching/mirroring learning onto apparatus. Sequence development.</p> <p><b>Orienteering (Y5)</b> Face orienteering. Cone orienteering. Point and return. Point to point. Timed course. Orienteering competition.</p>	<p><b>Titanic</b> Creating rhythmic patterns using our body. Extend choreography through controlled movements, character emotion and expression. Explore the relationships between characters applying character emotion and expression.</p> <p><b>Quidditch</b> Consolidate attacking. Consolidate defending. Application of 'powers' into game play to challenge tactical thinking.</p>	<p><b>Tag Rugby</b> Consolidate passing and moving. Consolidate defending. Create, understand, and apply attacking/defending tactics in game situations. Consolidate attacking and defending in mini games.</p> <p><b>Health Related Exercise</b> Develop a secure understanding of cardio fitness. Develop a secure understanding of flexibility fitness. Develop a secure understanding of strength fitness.</p>	<p><b>Basketball</b> Consolidate keeping possession and officiating. Consolidate defending. Create, understand, and apply attacking tactics in game situations. Create, understand, and apply defending tactics in game situations.</p> <p><b>Hockey</b> Consolidate keeping possession, develop officiating. Consolidate defending. Create, understand, and apply attacking/defending tactics in game situations.</p>	<p><b>Cricket</b> Consolidate batting, fielding, and bowling. Create, understand, and apply attacking and defensive tactics in game.</p> <p><b>Rounders</b> Introduction to full rounders. Consolidate fielding tactics. Refine our understanding of what happens if the batter misses or hits the ball backwards. Batting considerations</p>
<p><b>Year 6 Cycle B PE Curriculum</b></p>					

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Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b>Athletics</b> Running for speed competition Running for distance competition Throwing competition Jumping competition</p> <p><b>Tennis</b> Game application. Game application, mixed ability doubles, round robin games.</p>	<p><b>Dodgeball</b> Consolidate/understanding attacking and defending tactics. Transition between attack and defence. Applying the rules: Officiating games. Managing tactics and officiate games.</p> <p><b>Leadership (y6)</b> Understanding what makes an effective leader. Communicating as a leader. Introducing the STEP principle: Space , Task, Equipment and People</p>	<p><b>Carnival</b> Performing with technical control and rhythm in a group. Creating rhythmic patterns using the body. Experiencing dance from a different culture. Chorographical elements including still imagery.</p> <p><b>Quidditch</b> Consolidate attacking. Consolidate defending. Application of 'powers' into game play to challenge tactical thinking.</p>	<p><b>Tag Rugby</b> Consolidate passing and moving. Consolidate defending. Create, understand, and apply attacking/defending tactics in game situations. Consolidate attacking and defending in mini games.</p> <p><b>Health Related Exercise</b> Develop a secure understanding of cardio fitness. Develop a secure understanding of flexibility fitness. Develop a secure understanding of strength fitness.</p>	<p><b>Basketball</b> Consolidate keeping possession and officiating. Consolidate defending. Create, understand, and apply attacking tactics in game situations. Create, understand, and apply defending tactics in game situations.</p> <p><b>Hockey</b> Consolidate keeping possession, develop officiating. Consolidate defending. Create, understand, and apply attacking/defending tactics in game situations.</p>	<p><b>Cricket</b> Consolidate batting, fielding, and bowling. Create, understand, and apply attacking and defensive tactics in game.</p> <p><b>Rounders</b> Introduction to full rounders. Consolidate fielding tactics. Refine our understanding of what happens if the batter misses or hits the ball backwards. Batting considerations</p>