**Shelley pyramid Curriculum PE**

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| **Autumn 1** | **Autumn 2** | **Spring 1**  | **Spring 2** | **Summer 1** | **Summer 2** |
| Reception |  |  |  |  |  |
| **Multi Skills** Develop fundamental movement skills to run, jump and throw | **Gymnastics** Create shapes using different parts of the body.Performing balances using different body parts |  **Dance and cheerleading**Copy basic body actions and rhythms | **Invasion skills**Introducing the basic skills of throwing, catching, kicking, dribbling and finding space using a range of modified equipment. | **Multi skills –** **Striking and fielding**Develop the skills of throwing, bowling, catching and hitting using a range of modified equipment | **Multi-skills athletics**Developing a range of skills in preparation for sports day. |
| Year 1 |  |  |  |  |  |
| **Multi Skills**Developing fundamental movement skills to run, jump, throw | **Gymnastics** Performance balances making the body stretch and curled.Remember and repeat simple actions together. |  **Dance and Cheerleading**Copy remember and repeat actions | **Invasion skills**Developing the basic skills of throwing, catching, kicking, dribbling and finding space using a range of modified equipment and targets. | **Multi skills – Striking and fielding** Develop the skills of throwing, bowling, catching and hitting using a range of modified equipment and targets | **Multi-skills athletics**Developing a range of skills in preparation for sports day. |
| Year 2 |  |  |  |  |  |
| **Multi Skills**Develop the basic movement skills to run, jump, throw | **Gymnastics**Performance balances on different body parts using some control and balance.Copy, remember and repeat simple actions with some control and technique | **Dance and cheerleading**Copy, remember and repeat a series of actions | **Invasion skills**Developing the basic skills of throwing, catching, kicking, dribbling and finding space using a range of modified equipment and targets, using simple tactics. | **Multi skills – Striking and fielding** Develop the skills of Throwing, bowling, catching and hitting using modified equipment and using simple tactics  | **Multi-skills athletics**Developing a range of skills in preparation for sports day. |
| Year 3 |  |  |  |  |  |
| Introducing the basic skills and of Sports hall Athleticsfield and track events | **Gymnastics**Complete balances with travelling and sequencing simple routines with increasing control and technique. Chose actions that flow well into one another. | **Dance and****Cheerleading**Copy, remember an perform a dance phrase | **Invasion games**(football, basketball, tag rugby, netball, hockey)Developing passing and receiving using space and simple tactics as a team. | **Striking and fielding**Developing the basic skills and knowledge of rounders, cricket and tennis and applying simple tactics.  | **Athletics**Developing a range of skills and techniques in preparation for sports day. |
| Year 4 |  |  |  |  |  |
| Developing the basic skills and and knowledge of Sports hall Athletics field and track events | **Gymnastics** Using body tension to perform actions individually and with a partner | **Dance and cheerleading**Copy, remember and adapt a choreography | **Invasion games**(football, basketball, tag rugby, netball, hockey) Link the basic skills and apply the basic principles of attacking and defending | **Striking and fielding,** Developing the basic skills and knowledge of rounders, cricket and tennis and applying simple tactics. | **Athletics**Developing a range of skills and techniques in preparation for sports day. |
| Year 5 |  |  |  |  |  |
| **Sports hall Athletics**Developing the basic skills, technique and knowledge of Field and track events. | **Gymnastics**Creating and performing routine and sequences showing technique with and without a partner | **Dance and****cheerleading** Accurately copy and repeat set choreography showing a good sense of timing | **Invasion games**(football, tag rugby, netball, hockey)Link the basic skills and apply the basic principles of attacking and defending under pressure. | **Striking & fielding,**Developing the basic skills and knowledge of rounders, cricket, tennis. | **Athletics**Developing a range of skills and techniques in preparation for sports day. |
|  **Swimming****• swim competently, confidently and proficiently over a distance of at least 25 metres** **• use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]** **• perform safe self-rescue in different water-based situations.** |
| Year 6 |  |  |  |  |  |
| **Sports hall Athletics.**Introducing some knowledge of different Fitness components and Types of Training to improve **Fitness** levels. **Outdoor and Adventurous Activities** such as Team Building and Orienteering are used in the first week to strengthen new friendships within the class.  | **Gymnastics**. Creating individual routines and sequences on the floor. Introducing and developing basic skills for Invasion games through **Quick sticks Hockey.** Playing adapted games.  | Dancing through the ages. Introducing the basics skills in **Dance** through 1920’s to 1980’s dance styles.  Introducing and developing skills and knowledge in invasion games through **Football.** Playing adapted games.  | Playing adapted games. Introducing and Developing basic skills for Invasion games through **High 5 Netball**. Playing adapted games. Introducing and developing basic skills in Net games through**Table Tennis**.  | Introducing and developing basic skills in striking and fielding activities through **Cricket**. Introducing basic skills and knowledge  **Athletics** activities. Through a visit to Bradley Woods **Outdoor Adventure** Centre students are introduced to Outdoor and Adventurous Activities.   | Introducing and developing basic skills in Net games through**Short Tennis**. Introducing and developing basic skills in striking and fielding through adapted games of **Rounder’s**.   |