**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 Athletics  field 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**. |