

Rawcliffe Federation - PE

	Early Years	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Hull FC - Gross Motor Movement Introduction & Directional Skill: explore walking & running skills for different durations, change direction in a space, moving safely	Hull FC - Fundamentals - Body Management & Movement Balances with stretch, take weight on hands, movements that promote flexibility, remember & link actions together	Hull FC - Fundamentals - Body Management & Movement: Balances with stretch, take weight on different body parts, aware of movements that promote flexibility, remember, copy link actions together with control	Hull FC – Fundamentals Body Management & Movement, Working as a Team	Hull FC – Fundamentals Body Management & Movement, Working as a Team	Hull FC – Fundamentals Body Management & Movement, Working as a Team	Hull FC – Fundamentals Body Management & Movement, Working as a Team
	Raw Fed – Introduction to PE (1) Basic principles: finding space, freeze on command, use & share equipment, working solo, pairs & groups.	Raw Fed – Fundamentals (1): Balance, running, changing direction, hopping, skipping. Team Building: Communication, problem solving, discuss, plan.	Raw Fed – Fundamentals (2): Balance, running, changing direction, hopping, skipping, with range of equipment. Team Building: Emphasis on team problem solving, plan, reflect, honesty & fair play	Raw Fed – Swimming: Front and back strokes, travel, float & submerge, kicking and arm actions. Water safety & personal survival skills	Raw Fed – Swimming: Front and back strokes, travel, float & submerge, kicking and arm actions. Water safety & personal survival skills	Raw Fed – Badminton: ready position, racket control, rallies, serve & hitting, make difficulties for an opponent, abide by rules, working safely	Raw Fed – Badminton: ready position, racket control, rallies, serve & hitting, make difficulties for an opponent, abide by rules, coping with competition & role of referee
Autumn 2	Hull FC - Fundamentals - Body Management & Movement: Be able to create shapes & stillness, weight on differing body parts, stretch, link simple actions	Hull FC - Team Skills Trust, simple communication strategies used, co-operation & problem solving as a team	Hull FC - Team Skills Trust, communication, co-operation, problem solving, tactics and strategies applied to score points/win an activity	Hull FC – Tag Rugby, changing direction, speed & space, pass & receive	Hull FC – Tag Rugby, changing direction, speed & space, pass & receive, attack & defend	Hull FC – Tag Rugby, changing direction, speed & space, pass & receive, attack & defend, team mate support	Hull FC – Tag Rugby, changing direction, speed & space, pass & receive, attack & defend, team mate support, tactical play
	Raw Fed – Fundamentals (1) Balancing, running, changing direction, jumping, hopping & travelling. Safe gross motor activities	Raw Fed - Dance: Travelling actions, movement skills & balancing, using music counts, copy & repeat actions, create short phrases	Raw Fed - Dance: Move to express ideas & feelings to a stimulus. Use dynamics & expression. Keep in time. Explore pathways, levels, shapes, directions & timing	Raw Fed – OAA: Problem solving in mini challenges, Plan, solve, reflect and improve strategies. Orientate a map, id symbols and follow routes.	Raw Fed – OAA: Problem solving in mini challenges, Plan, solve, reflect and improve strategies. Map reading, id key symbols and follow routes.	Raw Fed – OAA: Create & share most effective strategies to problem solve. Work solo, in pairs and in groups. Orientate & navigate using a map	Raw Fed – OAA: Create & share most effective strategies to problem solve, opportunities to lead a group, & negotiate. Orientate & navigate using a map

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Spring 1	Hull FC - Ball Skills Pushing, rolling, bouncing: explore pushing & rolling, bouncing a ball in a space, develop skills & combine rolling, bouncing & pushing	Hull FC - Ball Skills Sending & Receiving bouncing, pushing, rolling, control, speed, power and accuracy, stopping skills	Hull FC - Ball Skills Sending & Receiving bouncing, pushing, rolling, control, speed, power, stopping, develop dribbling, passing & receiving. Begin basic tactical approach. Catch with control	Hull FC – Basketball, dribbling & ball control, passing, direction changes, speed & space, make a series of passes moving to scoring area, mark & defend as needed	Hull FC – Basketball, dribbling & ball control, choice of passes, defend, direction changes, speed & space with more control, make decisions as to pass used	Hull FC – Basketball, dribbling & ball control, choice of passes, defend, direction changes, speed and positioning, know when to dribble or pass, create space for team mates, apply tactics	Hull FC – Basketball, dribbling & ball control, choice of passes, defend, direction changes, speed and positioning, successful interceptions
	Raw Fed – Dance (1) Explore & use space safely, travelling movements, shapes & balances. Copy, repeat & remember actions. Counting in time to music.	Raw Fed – Gymnastics: Floor & low apparatus, jumping, balancing, rolling & travelling actions into short sequences. Levels, directions & shapes explored	Raw Fed – Gymnastics: Floor & low apparatus, jumping, balancing, rolling & travelling actions into short sequences. Levels, directions & shapes used in compositions. Perform.	Raw Fed – Dance: Responding to a stimulus, solo, pair & group work. Use canon, unison, formation & levels in routines	Raw Fed – Dance: Create character & narrative, movement to convey ideas, issues, feelings & thoughts. Perform & reflect	Raw Fed – Dance: Learn & use differing styles of dance, & historical & cultural origins, use feedback to improve work	Raw Fed – Dance: Develop a theme in choreography, consider formations, dynamics, timing. Plan, perform, reflect
Spring 2	Hull FC - Ball Skills Throwing & Catching: Explore underarm and overarm throwing & catching with 2 hands	Hull FC – Ball Skills Throwing & Catching, sending skills, stopping, over and under arm, in team situations/score & win points	Hull FC – Ball Skills Throwing & Catching, sending skills, stopping, over and under arm, application in game context. Refine technique.	Hull FC – Hockey: intro of control & dribbling techniques, passing & receiving, combine in 1 motion spatial awareness, shooting & blocking techniques	Hull FC – Hockey: Control of stick in movement, control in dribbling, create attacking & shooting opportunities, move from defend to attack	Hull FC – Cricket: Intro to batting, fielding & underarm, catching & throwing techniques, effective grip of bat when striking	Hull FC – Cricket: Develop fielding & batting, underarm bowling, stopping & controlling the ball, striking from different speeds
	Raw Fed – Dance (2) Develop expressive movement, explore & use space safely, travelling actions, shapes & balances, explore dance in the world around them.	Raw Fed- Invasion Skills: Sending, receiving & dribbling a ball. Attacking & defending, and 'possession'. Play & manage small games, and follow rules	Raw Fed- Invasion Skills: Principles of attacking & defending, sending & receiving with hands & feet, games with sides & following rules	Raw Fed – Gymnastics: Extension & body tension, using rolling, balancing & jumping in combination. Smooth, flowing sequences of matching & contrasting actions & shapes	Raw Fed – Gymnastics: Wider range of travelling actions & pathways, inverted movements, exploring apparatus, quality & control	Raw Fed – Gymnastics: Longer sequences, inverted movements including cartwheels & handstands, partner canon & synchronisation, matching & mirroring	Raw Fed – Gymnastics: Use knowledge of compositional principles (level, direction, pathway, link actions) to develop refined sequences.

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Summer 1	Hull FC - Athletics Running technique, hopping, jumping (2 feet), skipping, finding space safely	Hull FC – Athletics, Running style, skipping, footwork patterns, jumping and navigating obstacles, arm mobility	Hull FC – Athletics, Running style, differing distances, footwork, jumping and agility with obstacles, differing throwing techniques	Hull FC – Athletics: intro to acceleration, distance & relay based activity, under & over arm throws over differing distances, focus on developing accuracy	Hull FC – Athletics Develop running at speed techniques, varying distances, standing and running long jump techniques & throwing over distance	Hull FC – Athletics: Skills into race contexts, movement over hurdles, standing and running long jump over longer distances, shot put weight throwing	Hull FC – Athletics: Progress and apply skills to race based competition – relay, running, throwing, jumping & obstacle based races
	Raw Fed – Gymnastics (1): Basic movements, shapes, balances, jumps, rocking, rolling. Copy, create, remember & repeat short sequences	Raw Fed – Fitness: Understand benefits of exercise & healthy lifestyle on mood and health. Personal challenges & best, persevere.	Raw Fed – Fitness: Agility, balance, co-ordination, speed & stamina. Components of fitness for longer durations	Raw Fed – Fitness/Dodgeball: Speed, stamina, strength & coordination, balance & agility. Maximise & improve fitness levels. Identify areas for improvement	Raw Fed – Fitness/Dodgeball: Speed, stamina, strength & coordination, balance & agility. Maximise & improve fitness levels. Identify areas for improvement	Raw Fed – Fitness/Yoga: Mindfulness & body awareness. Poses & techniques to connect body & mind. Build strength, flexibility & stamina. Breathing.	Raw Fed – Fitness/Yoga: Mindfulness & body awareness. Poses & techniques to connect body & mind. Build strength, flexibility & stamina. Breathing.
Summer 2	Hull FC - Games & Team Work: understand what a 'team' is, communicate with one another, keep score as a team	Hull FC – Target Games, blocking, catching, throwing skills, communicate with team mates applied in simple target games	Hull FC – Target Games/dodgeball, blocking, catching, throwing, dodging, changing direction. Explore simple strategies to score points	Hull FC – Football, ball control, mark & defend, use of space, dribble & passing, tactical decisions	Hull FC – Football, ball control, mark & defend, use of space, dribble & passing, tactical decisions	Hull FC – Football, ball control, mark & defend, use of space, dribble & passing, tactical decisions, speed & positioning	Hull FC – Football, ball control, mark & defend, use of space, dribble & passing, tactical decisions, speed and positioning, successful interceptions
	Raw Fed – Gymnastics (2) Basic skills on floor & apparatus, use of levels & directions when travelling & balancing	Raw Fed – Net and Wall Games Skills: Basic skills, 'ready' position, Throwing, catching & racket skills. Tracking & hitting a ball, against an opponent and over a net.	Raw Fed – Net and Wall Games Skills: Ready position, defending space, sending ball away from an opponent. Following rules and sporting values	Raw Fed – Rounders: Learn differing fielding roles, develop throw, catch & hitting skills. Strategy & tactics, fair team play	Raw Fed – Rounders: Learn differing fielding roles, develop throw, catch & hitting skills. Strategy & tactics, fair team play	Raw Fed – Netball: defending, attacking, throwing, catching & shooting, range of passes, keeping possession. Rules of footwork, held ball, contact & obstruction	Raw Fed – Netball: defending, attacking, throwing, catching & shooting, range of passes, keeping possession. Rules of footwork, held ball, contact & obstruction