

PE Scheme of Work

Term 1						
Year 3	<p>WALT- -To understand what the word unison means and how it is applied in dance. -To introduce the theme of space and start to explore it in detail.</p> <p>WILF- -To show focus and engagement throughout the lesson. -To show an understanding of how to use unison within a creative activity.</p>	<p>WALT- -To understand the meaning of canon in dance and how it is used. -To understand dance sequences and how they can be created within the lesson. -To understand basic rhythm and how counts within dance are used.</p> <p>WILF- -To explore and demonstrate the use of canon when working together in small group. -To create short dance sequences in groups or pairs that link to the theme of space. -To practise basic rhythms as a class and then apply the rhythm practice to any independent work within the class.</p>	<p>WALT- -To explore different levels and how they can be used within a dance. -To explore different types of jumps and how we jump safely.</p> <p>WILF- -To use different levels within the choreography and explore how different levels can change the dynamics of a dance. -To demonstrate jumping safely both whilst practicing and performing.</p>	<p>WALT- -To understand the meaning of the term formation and how it can be applied to the current dance routine. -To work on developing short sequences within groups.</p> <p>WILF- -To show an understanding of how different formations can be used to change the overall dynamics of a dance. -To show excellent teamwork when choreographing sequences within the group.</p>	<p>WALT- -We are learning to dance in different directions. -We are learning to improvise.</p> <p>WILF- -I am looking for you to create directions. -I am looking for you to do your own improvisation.</p>	<p>WALT- -We are learning to use rehearsal time. -We are aiming for a small performance of our dance piece.</p> <p>WILF- -I am looking for you to use rehearsal time productively. -I am looking for focus throughout the lesson and active participation in the end performance.</p>
Year 4	<p>WALT- -To understand the meaning of unison and how it is used in dance. -To identify different styles of dance.</p> <p>WILF- -To show focus and engagement throughout the lesson. -To show how to use unison within a creative task in both groups and pairs.</p>	<p>WALT- -We are learning to understand canon. -We are learning to use repetition.</p> <p>WILF- -I am looking for you to use canon in your performance. -I am looking for you to introduce repetition.</p>	<p>WALT- -We are learning to use canon and rhythm in dance and how to apply it to our dance routine. -We are learning how to show excellent teamwork to make the most of rehearsal time.</p> <p>WILF- -Excellent engagement throughout the entire class for all activities. -To apply canon within our dance and add more to the dance routine.</p>	<p>WALT- -To continue the theme of street dance. -To learn what Top rocks are.</p> <p>WILF- -To demonstrate how to use top rocks within a routine. -To be fully engaged throughout the lesson</p>	<p>WALT- -To continue learning the choreography for the street dance that we have been working on in the previous weeks. -To learn what 'mirroring' is and how it can be used in dance.</p> <p>WILF- -To show full engagement throughout the entire lesson. -To show a good knowledge of the previous routine. -To develop ideas to mirror within a group task.</p>	<p>WALT- -To create ending sections for the group routine that we have been working on. -To develop performance skills during our rehearsals today.</p> <p>WILF- -To show engagement throughout the entire lesson. -To practice show the progression of performance skills.</p>

PE Scheme of Work

Year 5	<p>Dance (from around the world)</p>	<p>WALT- -We are learning to dance in unison. -We are learning to use repetition.</p> <p>WILF- -I am looking for you to perform in unison. -I am looking for you to perform using repetition.</p>	<p>WALT- -To continue with the Around the World theme.</p> <p>WILF- -Learn about Capoeira -Learn 2 Skills: Cannon & Jumps</p>	<p>WALT- -To continue the theme of travel and develop the sequence further. -To use travel within our movements.</p> <p>WILF- -I am looking for travelling being used in different formations. -I am looking for full engagement throughout the lesson.</p>	<p>WALT- -To continue the theme of Around the World. -To learn a new style of dance Bollywood.</p> <p>WILF- -Learn a Bollywood section. -Learn 2 Skills: Retrograde & Solos. -Develop everything learnt so far into a sequence.</p>	<p>WALT- -To continue with the theme of around the world. -To learn and develop an African dance sequence. -To learn what improvisation is.</p> <p>WILF- -To learn an African Dance section. -To learn a new skill, Improvisation. -To develop everything learnt so far into a sequence.</p>	<p>WALT- -To continue the theme of around the world. -To learn about the rehearsal process. -To rehearse the routine that we have been learning throughout the previous weeks.</p> <p>WILF- -Learn 2 Skills: Rehearsal & Peer Feedback -Rehearsing and showing all the skills and choreography they</p>
Year 6	<p>Dance (musical theatre)</p>	<p>WALT- -To introduce the theme of 'Theatre' -To engage fully in all activities throughout the class</p> <p>WILF- -To engage in and learn the choreography for The Greatest Showman. -To demonstrate an understanding of two terminology words.</p>	<p>WALT- -To recap the theme of 'Theatre'. -To learn the choreography of section 2 'Matilda'. -To learn two more terminology words.</p> <p>WILF- -To be fully engaged in all activities throughout the lesson. -To be able to recap the terminology words from last week and understand this weeks new words. -To remember last weeks choreography and add onto with a new section.</p>	<p>WALT- -To add a further section onto the choreography (Hairspray). -To recap the previous two weeks choreography. -To understand and learn the meaning of two terminology words.</p> <p>WILF- -To be able to recall the previous weeks choreography. -To remain focused and engaged throughout the entire session.</p>	<p>WALT- -Recap the theme of theatre. -Learning two key words to add to the groups of terminology words that we have already learnt.</p> <p>WILF- -Engagement and focus throughout the entire lesson. -Good recollection of the previous weeks choreography.</p>	<p>WALT- -To recall the previous weeks choreography. -To explore the uses of partner work and how to work effectively together.</p> <p>WILF- -To show engagement and focus throughout the lesson. -To show good recollection of the choreography from previous weeks. -To show excellent teamwork skills when working in partners.</p>	

Term 2	
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PE Scheme of Work

<p>Year 3</p> <p>Gymnastics</p>	<p>WALT- -To learn and remember the seven gymnastic positions. -To perform a selection of these shapes as jumps.</p> <p>WILF- -To be able to correctly show a stretch shape, star shape, tuck shape, straddle shape, pike shape, dish shape and arch shape. -To be able to correctly perform some of the above positions as jumps.</p>	<p>WALT- -Develop our balance. -Learn five different gymnastics balances. -Create a variety of partner balances.</p> <p>WILF- -Develop our balance. -Learn five different gymnastics balances. -Create a variety of partner balances.</p>	<p>WALT- -To travel in different ways on the floor and on level, or sloped balance beam. -To dismount the balance beam by using a variety of jumps.</p> <p>WILF- -To show safe and creative ways of moving from one end of a mat to the other. -To show safe and creative ways to move down a bench. -To jump off the balance beam using correct technique and showing a good landing shape.</p>	<p>WALT- -To learn and take part in drills which will help us get closer to doing a range of different floor skills. -To create and perform routines. -To watch other routines to develop peer assessment skills.</p> <p>WILF- -To take part in progressions, working towards different skills. -To work together to create a routine that includes all your team members. -To confidently perform your routine to the rest of the class.</p>	<p>WALT- -Perform a variety of different vaults. -Use different methods of travelling and balance from previous lessons.</p> <p>WILF- -To show safe mounting and dismounting of the vaults. -To travel up benches using balance to do it without falling off. -To jump off the vaults and land safely and correctly.</p>	<p>WALT- -To perform a sequence of movements using a variety of different equipment. -To use strength and coordination to safely climb up and down the climbing frame.</p> <p>WILF- -To perform different skills and movements one after another to create a sequence. -To use all the skills from previous lessons; shapes, jumps, balance, travelling, beam, and vault skills. -To climb up and down the climbing frame following all the rules.</p>
<p>Year 4</p> <p>Gymnastics</p>	<p>WALT- -To learn and remember the seven gymnastic positions. -To perform a selection of these shapes as jumps.</p> <p>WILF- -To be able to correctly show a stretch shape, star shape, tuck shape, straddle shape, pike shape, dish shape and arch shape.</p>	<p>WALT- -Develop our balance. -Learn five different gymnastics balances. -Create a variety of partner balances.</p> <p>WILF- -Develop our balance. -Learn five different gymnastics balances. -Create a variety of partner balances.</p>	<p>WALT- -To travel in different ways on the floor and on level, or sloped balance beam. -To dismount the balance beam by using a variety of jumps.</p> <p>WILF- -To show safe and creative ways of moving from one end of a mat to the other. -To show safe and creative ways to move down a bench.</p>	<p>WALT- -To learn and take part in drills which will help us get closer to doing a range of different floor skills. -To create and perform routines. -To watch other routines to develop peer assessment skills.</p> <p>WILF- -To take part in progressions, working towards different skills.</p>	<p>WALT- -Perform a variety of different vaults. -Use different methods of travelling and balance from previous lessons.</p> <p>WILF- -To show safe mounting and dismounting of the vaults. -To travel up benches using balance to do it without falling off.</p>	<p>WALT- -To perform a sequence of movements using a variety of different equipment. -To use strength and coordination to safely climb up and down the climbing frame.</p> <p>WILF- -To perform different skills and movements one after another to create a sequence. -To use all the skills from previous lessons; shapes, jumps,</p>

PE Scheme of Work

Year 5 Gymnastics	<p>WALT- -To learn and remember the seven gymnastic positions. -To perform a selection of these shapes as jumps.</p> <p>WILF- -To be able to correctly show a stretch shape, star shape, tuck shape, straddle shape, pike shape, dish shape and arch shape. -To be able to correctly perform some of the above positions as jumps.</p>	<p>WALT- -Develop our balance. -Learn five different gymnastics balances. -Create a variety of partner balances.</p> <p>WILF- -To show an excellent understanding of how we perform and develop balances. -To show accuracy and development in nine different gymnastics balances. -To demonstrate excellent teamwork by creating a variety of partner balances based on the nine gymnastic positions that we will be learning.</p>	<p>WALT- -To travel in different ways on the floor and on level, or sloped balance beam. -To dismount the balance beam by using a variety of jumps.</p> <p>WILF- -To show safe and creative ways of moving from one end of a mat to the other. -To show safe and creative ways to move down a bench. -To jump off the balance beam using correct technique and showing a good landing shape.</p>	<p>WALT- -To learn and take part in drills which will help us get closer to doing a range of different floor skills. -To create and perform routines. -To watch other routines to develop peer assessment skills.</p> <p>WILF- -To take part in progressions, working towards different skills. -To work together to create a routine that includes all your team members. -To confidently perform your routine to the rest of the class.</p>	<p>WALT- -Perform a variety of different vaults. -Use different methods of travelling and balance from previous lessons.</p> <p>WILF- -To show safe mounting and dismounting of the vaults. To travel up benches using balance to do it without falling off. -To jump off the vaults and land safely and correctly.</p>	<p>WALT- -To perform a sequence of movements using a variety of different equipment. -To use strength and coordination to safely climb up and down the climbing frame.</p> <p>WILF- -To perform a sequence of movements using a variety of different equipment. -To use strength and coordination to safely climb up and down the climbing frame.</p>
Year 6 Gymnastics	<p>WALT- -To learn and remember the seven gymnastic positions. -To perform a selection of these shapes as jumps.</p> <p>WILF- -To be able to correctly show a stretch shape, star shape, tuck shape, straddle shape, pike shape, dish shape and arch shape. -To be able to correctly perform some of the above positions as jumps.</p>	<p>WALT- -Develop our balance. -Learn five different gymnastics balances. -Create a variety of partner balances.</p> <p>WILF- -To show an excellent understanding of how we perform and develop balances. -To show accuracy and development in nine different gymnastics balances.</p>	<p>WALT- -To travel in different ways on the floor and on level, or sloped balance beam. -To dismount the balance beam by using a variety of jumps.</p> <p>WILF- -To show safe and creative ways of moving from one end of a mat to the other. -To show safe and creative ways to move down a bench.</p>	<p>WALT- -To learn and take part in drills which will help us get closer to doing a range of different floor skills. -To create and perform routines. -To watch other routines to develop peer assessment skills.</p> <p>WILF- -To take part in progressions, working towards different skills. -To work together to create a routine that includes all your team members.</p>	<p>WALT- -Perform a variety of different vaults. -Use different methods of travelling and balance from previous lessons.</p> <p>WILF- -To show safe mounting and dismounting of the vaults. To travel up benches using balance to do it without falling off. -To jump off the vaults and land safely and correctly.</p>	<p>WALT- -To perform a sequence of movements using a variety of different equipment. -To use strength and coordination to safely climb up and down the climbing frame.</p> <p>WILF- -To perform a sequence of movements using a variety of different equipment. -To use strength and coordination to safely climb up and down the climbing frame.</p>

PE Scheme of Work

Term 3						
Year 3	<p>WALT- -Have a basic understanding of the scoring system in basketball. -Recognise why it is important to pass the ball quickly to a teammate.</p> <p>WILF- -Be able to play a small sided game of basketball, correctly scoring each successful shot. -Be able to see teammates in an open space and quickly and successfully perform a pass.</p>	<p>WALT- -Work in a team to be able to keep possession of the ball. -Develop their understanding and knowledge of how to shoot correctly.</p> <p>WILF- -Successfully complete 5 passes in a row as a team without losing possession of the ball. -To perform and accurately replicate the correct techniques to shoot a ball.</p>	<p>WALT- -Develop a general understanding of the different skills required in rugby.</p> <p>WILF- -Confidently pass & catch the ball using two hands, stationary & dynamically. -Demonstrate a low, balanced body position which can be progressed into completing a full tackle.</p>	<p>WALT- -To demonstrate control and accuracy of passing and catching. -To improve footwork that can be used during a game situation.</p> <p>WILF- -Be able to successfully pass the ball 5 times without the ball being intercepted. -Demonstrate landing and pivoting skills.</p>	<p>WALT- -Be able to perform the basic football skills of, passing, receiving, dribbling, shooting and tackling.</p> <p>WILF- -Be able to incorporate all of the football skills into a small sided game.</p>	<p>WALT- -Understand when to use a jump shot in a game situation. -Begin to learn basic handball rules.</p> <p>WILF- -Perform a jump shot while scoring to get closer to the goal. -Understand that when moving in handball the ball needs to be bounced every 3 steps.</p>
Multi sports 1	<p>WALT- -Be able to kick a ball accurately. -Learn to correctly dribble the ball with your dominant foot.</p> <p>WILF- -Demonstrate the ability to kick the ball at several targets at different distances. -Be able to demonstrate how to dribble the ball around the area without losing control of it.</p>	<p>WALT- -Be able to shoot accurately. -Learn how to defend the opposing team successfully.</p> <p>WILF- -Demonstrate the ability to shoot at different places in the goal to avoid the goalkeeper. -Be able to mark other players while also keeping your eye on the ball.</p>	<p>WALT- -Learn to pass in different ways. -Be able to make decisions quickly about what kind of pass will be more successful in different situations.</p> <p>WILF- -Be able to perform both bounce and chest pass accurately with correct technique. -Be able to plan passes meaning to keep possession of the ball.</p>	<p>WALT- -Be able to shoot at a goal. -Understand how to correctly pivot and when to use it.</p> <p>WILF- -Accurately be able to shoot the ball into target from different distances. -Be able to leave one foot on the floor and rotate around to see if there are any teammates in a space behind.</p>	<p>WALT- -Learn how to dodge a ball coming towards you. -Understand the rules of dodgeball.</p> <p>WILF- -Demonstrate the ability to stay on their toes to quickly move and avoid a ball. -Be able to follow the dodgeball rules and any safety instructions given.</p>	<p>WALT- -Learn which balls are the correct ones to try catch. -Be able to throw the ball accurately.</p> <p>WILF- -Be able to identify the balls that have been thrown higher making it easier to catch them, leading to a teammate being able to rejoin the game. -Demonstrate the ability to be able to throw the ball at the other team successfully hitting them.</p>

PE Scheme of Work

Year 4	Invasion games	<p>WALT- -Have a basic understanding of the scoring system in basketball. -Recognise why it is important to pass the ball quickly to a teammate.</p> <p>WILF- -Be able to play a small sided game of basketball, correctly scoring each successful shot. -Be able to see teammates in an open space and quickly and successfully perform a pass.</p>	<p>WALT- -Work in a team to be able to keep possession of the ball. -Develop their understanding and knowledge of how to shoot correctly.</p> <p>WILF- -Successfully complete 5 passes in a row as a team without losing possession of the ball. -To perform and accurately replicate the correct techniques to shoot a ball.</p>	<p>WALT- -Develop a general understanding of the different skills required in rugby.</p> <p>WILF- -Confidently pass & catch the ball using two hands, stationary & dynamically. -Demonstrate a low, balanced body position which can be progressed into completing a full tackle.</p>	<p>WALT- -To demonstrate control and accuracy of passing and catching. -To improve footwork that can be used during a game situation.</p> <p>WILF- -Be able to successfully pass the ball 5 times without the ball being intercepted. -Demonstrate landing and pivoting skills.</p>	<p>WALT- -Be able to perform the basic football skills of, passing, receiving, dribbling, shooting and tackling.</p> <p>WILF- -Be able to incorporate all of the football skills into a small sided game.</p>	<p>WALT- -Understand when to use a jump shot in a game situation. -Begin to learn basic handball rules.</p> <p>WILF- -Perform a jump shot while scoring to get closer to the goal. -Understand that when moving in handball the ball needs to be bounced every 3 steps.</p>
	Multi sports 1	<p>WALT- -Catch and pass the ball using 10 points of contact. -Create a target by placing the hands in a W shape.</p> <p>WILF- -Confidently catch & pass the ball from both pockets, stationary & dynamic. -Catch the ball in the hands without using the chest.</p>	<p>WALT- -Practice the body position needed to make a successful tackle, without making contact with the opposition player. -Kick the ball to different targets over different distances.</p> <p>WILF- -Bending the knees to easily reach round the opponents waist for the tags. -Keep the head in a neutral position to see the opponents movement. -Learn the difference between the grubber & chip kick. -Practice kicking the ball different lengths by altering how far back the leg swings before contact.</p>	<p>WALT- -Learn when to use different types of passes. -Begin to understand defending tactics.</p> <p>WILF- -Understand when a bounce pass or overhead pass is more beneficial than a chest pass. -Learn how to effectively 'mark' a player and understand why we do it.</p>	<p>WALT- -Begin to understand attacking tactics. -Be able to shoot in a height appropriate net.</p> <p>WILF- -Learn why it is important to pass the ball quickly to teammates to gain a speed advantage over the other team. -Be able to aim for the backboard when shooting.</p>	<p>WALT- -Learn how to defend the ball. -Learn how to pass the ball with control.</p> <p>WILF- -Be able to stop the ball with control and then be able to pass or dribble once gained possession. -Practice passing the ball to stationary targets and progress onto moving.</p>	<p>WALT- -Be able to find a space in a small game. -Be able to identify team strengths and weaknesses.</p> <p>WILF- -Be able to spot a space and get into it so teammates can pass successfully. -Be able to put strategies into a game and have designated roles for each player depending on their strengths.</p>

PE Scheme of Work

Year 5	Football	<p>WALT- -Become familiar with using the ball with both feet. -Be able to gain control of the ball when it's received.</p> <p>WILF- -Be able to pass the ball correctly with both feet. -Learn how to stop the ball with control ready to pass the ball again with accuracy.</p>	<p>WALT- -Learn how to dribble the ball using both feet. -Learn how to keep possession of the ball.</p> <p>WILF- -Begin to learn and practise turning to create space using the technique of hooking back the ball. -Be able to dribble the ball close to the feet to reduce risk of being tackled.</p>	<p>WALT- -Learn where is best to defend the ball.</p> <p>WILF- -Understand standing close to the goal while defending allows defenders to block the ball from more angles.</p>	<p>WALT- -Practise shooting with a moving ball. -Be able to stationary shoot at a target.</p> <p>WILF- -Begin to practise running with the ball and attempting to shoot. -Accurately be able to shoot into a goal with a goalkeeper.</p>	<p>WALT- -Continue to improve passing, dribbling, defending & shooting techniques through activities & small sided games.</p> <p>WILF- -An improvement on the skills demonstrated in week 1-4, with a tactical understanding to compete in the small sided games.</p>	<p>WALT- -Continue to improve passing, dribbling, defending & shooting techniques through activities & small sided games.</p> <p>WILF- -An improvement on the skills demonstrated in week 1-4, with a tactical understanding to compete in the small sided games.</p>
	Handball	<p>WALT- -Be able to pass the ball in different ways. -Improve catching skills.</p> <p>WILF- -Be able to successfully perform both chest pass and bounce pass. -Demonstrate the ability to catch the ball with two hands.</p>	<p>WALT- -Understand the difference between the types of throws. -Begin to understand basic handball rules.</p> <p>WILF- -Learn when to use different passes in different situations to be able to keep possession of the ball. -Be able to name a rule that is in place in handball.</p>	<p>WALT- -Learn how to shoot in different ways. -Understand why it is important to move the ball quickly.</p> <p>WILF- -Learn how to make a jump shot. -Learn to quickly find a space so the teammate with the ball can pass as fast as possible.</p>	<p>WALT- -Understand the importance of marking your opponents.</p> <p>WILF- -Learn how to successfully mark the other team to reduce the chances of them making a successful pass.</p>	<p>WALT- -Continue to improve dribbling, passing, possession, defending & shooting techniques through activities & small sided games.</p> <p>WILF- -An improvement on the skills demonstrated in week 1-4, with a tactical understanding to compete in the small sided games.</p>	<p>WALT- -Continue to improve dribbling, passing, possession, defending & shooting techniques through activities & small sided games.</p> <p>WILF- -An improvement on the skills demonstrated in week 1-4, with a tactical understanding to compete in the small sided games.</p>

PE Scheme of Work

Year 6	Hockey	<p>WALT- -Learn how to dribble successfully. -Begin to learn rules about the game.</p> <p>WILF- -Be able to dribble the ball close to the hockey stick and use both sides of the stick to gain more control. -Understand that only one defender can be on an attacker at a time.</p>	<p>WALT- -To be able to perform basic passing and receiving techniques. -Be able to propel the ball to a teammate in order to outwit an opponent.</p> <p>WILF- -Be able to accurately perform the push pass to a partner. -Perform accurate passing techniques under pressure of a game.</p>	<p>WALT- -To develop both offensive and defensive skills. -Begin to understand how to intercept the ball in a game.</p> <p>WILF- -To be able to put offensive and defensive skills into a game-like setting. -Show attempts to intercept the ball from the other team by always moving and defending another player.</p>	<p>WALT- -To develop their understanding and knowledge of how to shoot correctly and safely.</p> <p>WILF- -To perform and accurately replicate the correct techniques to shoot a ball.</p>	<p>WALT- -Continue to improve passing, possession, shooting and defending techniques through activities & small sided games.</p> <p>WILF- -Successfully complete 5 passes in a row as a team without losing possession of the ball. -Perform push passes accurately to a teammate to gain a large advantage towards a goal.</p>	<p>WALT- -Continue to improve dribbling, passing, possession, defending & shooting techniques through activities & small sided games.</p> <p>WILF- -An improvement on the skills demonstrated in week 1-4, with a tactical understanding to compete in the small sided games.</p>
	Netball	<p>WALT- -Learn how to correctly perform the bounce and chest pass. -Understand when to use different passes in different scenarios.</p> <p>WILF- -Accurately perform a bounce pass to a partner, bounding it in the middle so they can successfully receive it. -Show an understanding on when to use an overhead pass.</p>	<p>WALT- -Learn basic defending tactics. -Be able to put tactics into place to help keep possession of the ball.</p> <p>WILF- -Understand the importance of marking players on the other team. -Be able to find a space quickly to allow the teammate with the ball to have as many options as possible and be less likely to have the ball intercepted.</p>	<p>WALT- -Learn how to hold the ball correctly when shooting. -Be able to shoot from different angles.</p> <p>WILF- -Be able to hold the ball with one hand on the side and one hand on the back to produce an accurate shot. -Practise shooting from in front of the net and also from either side.</p>	<p>WALT- -Learn basic netball rules and apply them into a gaming situation.</p> <p>WILF- -Understand moving with the ball is not allowed but you can pivot to find a teammate in a space.</p>	<p>WALT- -Understand why communication is important. -Recap skills learnt in the past four weeks.</p> <p>WILF- -Use communication successfully in a game situation when passing to teammates. -Show an improvement on passing, shooting, attacking and defending skills.</p>	<p>WALT- -Continue to improve passing, travelling, possession, shooting & defending techniques through activities & small sided games.</p> <p>WILF- -An improvement on the skills demonstrated in week 1-4, with a tactical understanding to compete in the small sided games.</p>

PE Scheme of Work

Term 4						
Year 3	<p>WALT-</p> <ul style="list-style-type: none"> -Develop an understanding of sprinting at a high speed over a short distance. -Change direction at speed. <p>WILF-</p> <ul style="list-style-type: none"> -Demonstrate a strong sprinting technique, using the arms & legs to increase speed. -An understanding of shortening running stride to change direction while maintaining balance. 	<p>WALT-</p> <ul style="list-style-type: none"> -Continue to develop strength & power in competitive activities. -Increase jumping distance through the use of different body parts. <p>WILF-</p> <ul style="list-style-type: none"> -An understanding of the difference between higher & lower body strength & power. -A consistent jump that maximises all body parts. 	<p>WALT-</p> <ul style="list-style-type: none"> -Demonstrate an understanding of pacing in long distance running. -Develop an initial understanding of different muscular endurance activities. <p>WILF-</p> <ul style="list-style-type: none"> -Confidently show a consistent running speed, understanding the benefits of endurance activities. -Suggest ideas of which muscles may be working during different muscular endurance activities. 	<p>WALT-</p> <ul style="list-style-type: none"> -Continue to improve sprinting over a short distance. -Continue to improve direction changes at speed. <p>WILF-</p> <ul style="list-style-type: none"> -Confidently demonstrate a strong sprinting technique, using the arms & legs to increase speed, while also considering head movement. -Confidently demonstrate the shortening of a running stride to change direction while maintaining balance. 	<p>WALT-</p> <ul style="list-style-type: none"> -Continue to develop strength & power in competitive activities. -Continue to improve body weight exercise techniques, and understand which exercises require which muscles. <p>WILF-</p> <ul style="list-style-type: none"> -Begin to explain if an exercise is working upper body, lower body or both. -Explain what the different body weight exercises look like. 	<p>WALT-</p> <ul style="list-style-type: none"> -Explain what pacing is, and look to improve pacing speed in longer distance running activities. -Explain what's happening to our body when exercising for a longer period of time. <p>WILF-</p> <ul style="list-style-type: none"> -Progress a confident long distance run into a competitive run, increasing the speed over a longer distance to increase success. -An understanding of which activities require which body parts to work for longer.
Functional fitness						
World sports	<p>Learn different variations of evasion</p> <p>Communicate as a team</p> <p>Basic understanding of sports</p> <p>Demonstrate proper etiquette and good sportsmanship</p> <p>Learn how to attack and defend</p> <p>Continue to develop throwing over a short distance</p>					

PE Scheme of Work

<p>Year 4</p> <p>Functional fitness</p>	<p>WALT- -Develop an understanding of sprinting at a high speed over a short distance. -Change direction at speed.</p> <p>WILF- -Demonstrate a strong sprinting technique, using the arms & legs to increase speed. -An understanding of shortening running stride to change direction while maintaining balance.</p>	<p>WALT- -Continue to develop strength & power in competitive activities. -Increase jumping distance through the use of different body parts.</p> <p>WILF- -An understanding of the difference between higher & lower body strength & power. -A consistent jump that maximises all body parts.</p>	<p>WALT- -Demonstrate an understanding of pacing in long distance running. -Develop an initial understanding of different muscular endurance activities.</p> <p>WILF- -Confidently show a consistent running speed, understanding the benefits of endurance activities. -Suggest ideas of which muscles may be working during different muscular endurance activities.</p>	<p>WALT- -Continue to improve sprinting over a short distance. -Continue to improve direction changes at speed.</p> <p>WILF- -Confidently demonstrate a strong sprinting technique, using the arms & legs to increase speed, while also considering head movement. -Confidently demonstrate the shortening of a running stride to change direction while maintaining balance.</p>	<p>WALT- -Continue to develop strength & power in competitive activities. -Continue to improve body weight exercise techniques, and understand which exercises require which muscles.</p> <p>WILF- -Begin to explain if an exercise is working upper body, lower body or both. -Explain what the different body weight exercises look like.</p>	<p>WALT- -Explain what pacing is, and look to improve pacing speed in longer distance running activities. -Explain what's happening to our body when exercising for a longer period of time.</p> <p>WILF- -Progress a confident long distance run into a competitive run, increasing the speed over a longer distance to increase success. -An understanding of which activities require which body parts to work for longer.</p>
<p>Multi skills</p>	<p>Understand how to increase speed over short distance Perform different movements with control Change the type of throw performed depending how far the ball needs to be thrown How to avoid and move away from attackers in a game Learn to bowl correctly towards a target Understand the importance of finding a space</p>					
<p>Year 5</p> <p>World sports</p> <p>Hockey</p>	<p>Develop different variations of evasion Communicate as a team Further develop understanding of sports in more detail Demonstrate proper etiquette and good sportsmanship Continue to develop how to attack and defend</p> <p>Learn how to dribble successfully Begin to learn rules of hockey Perform basic passing and receiving techniques Learn how to propel the ball to a teammate in order to outwit an opponent Develop both offensive and defensive skills Understand how to intercept the ball Develop understanding and knowledge of how to shoot correctly and safely</p>					

PE Scheme of Work

Year 6	Badminton	WALT- -Understand and demonstrate proper grip and stance for badminton.	WALT- -Develop effective serving techniques in badminton.	WALT- -Focus on executing clear and lob shots with proper technique.	WALT- -Learn and practice the powerful smash shot.	WALT- -Develop touch and finesse with the drop shot.	WALT- -Apply all learned skills and concepts in a game setting.
		WILF- -Learn and apply the correct grip for forehand and backhand shots. -Demonstrate a balanced and ready stance to move swiftly on the court. -Understand the importance of maintaining a relaxed grip for better control.	WILF- -Learn the different types of serves, such as underhand and overhead serves. -Demonstrate consistency and accuracy in serving the shuttlecock. -Understand the rules and etiquette of serving in a game.	WILF- -Understand the purpose of clear and lob shots in different game situations. -Practice generating power and height in clears and lobs. -Develop control over the shuttlecock's trajectory and placement.	WILF- -Understand the mechanics of a successful smash, including timing and grip. -Practice generating power and accuracy in smashes. -Apply the smash in offensive strategies during gameplay.	WILF- -Understand the purpose of the drop shot and its role in changing the pace of the game. -Practice controlling the shuttlecock's speed and placement in drop shots. -Apply the drop shot strategically to catch opponents off guard.	WILF- -Demonstrate proper grip, stance, and footwork during gameplay. -Utilise a variety of shots, including serves, clears, smashes, and drop shots. -Understand game strategy, positioning, and teamwork during matches.
	Dodgeball	WALT- -Develop accurate and powerful throwing techniques in dodgeball.	WALT- -Learn and practice dodging techniques to avoid getting hit.	WALT- -Focus on developing catching skills to eliminate opponents and protect the team.	WALT- -Refine throwing techniques and apply them in game situations.	WALT- -Build upon dodging skills and incorporate advanced evasive maneuvers.	WALT- -Enhance catching abilities and apply them in dynamic game scenarios.
		WILF- -Demonstrate proper grip and stance for effective throws. -Use upper body strength and coordination to throw the ball with accuracy. -Understand the importance of targeting opponents and strategic throwing decisions.	WILF- -Learn different types of dodges, such as side-stepping and ducking. -Apply quick reflexes and agility to evade incoming throws. -Understand how to read opponents' movements to anticipate throws and dodge effectively.	WILF- -Practice hand-eye coordination for successful catches. -Understand the importance of positioning and timing when attempting a catch. -Learn how to cushion the impact of the ball when catching to prevent dropping it.	WILF- -Demonstrate improved throwing accuracy and consistency. -Use varying throwing angles and speeds to surprise opponents. -Understand the concept of teamwork and coordinated throws to eliminate opponents strategically.	WILF- -Execute dodges in different directions to confuse opponents. -Combine quick footwork with body movements for effective dodging. -Develop a sense of spatial awareness to navigate the playing area while dodging.	WILF- -Consistently catch incoming throws from various angles and speeds. -Practice quick decision-making on whether to catch or dodge. -Understand the concept of using catches to bring eliminated teammates back into the game.

Term 5	
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PE Scheme of Work

Year 3	OAA	<p>WALT- -Understand the concept of a map or plan. -Be able to successfully locate markers.</p> <p>WILF- -Be able to identify key parts of the map such as buildings and trees to help them work out where they are and where they're going.</p>	<p>WALT- -Identify problems of different scales and what is needed to solve them.</p> <p>WILF- -Be able to communicate as a team and work out what resources are needed to solve the problem.</p>	<p>WALT- -Learn when to support and lead others.</p> <p>WILF- -Learn to work in teams to decide what approach to use to meet challenges.</p>	<p>WALT- -Gain more knowledge on how to read maps. -To think quickly in order to create different actions.</p> <p>WILF- -To orientate themselves and move with increasing knowledge, confidence and accuracy.</p>	<p>WALT- -Cooperative learning and working together in a team.</p> <p>WILF- -Learn to trust each other and develop both verbal and non verbal communication between peers.</p>	<p>WALT- -Understand the importance of leadership.</p> <p>WILF- -Be able to take a leadership role to effectively help your peers in a constructive way.</p>
	Multi sport 2	<p>WALT- -Catch and pass the ball using 10 points of contact. -Create a target by placing the hands in a W shape.</p> <p>WILF- -Confidently catch & pass the ball from both pockets, stationary & dynamic. -Catch the ball in the hands without using the chest.</p>	<p>WALT- -Practice the body position needed to make a successful tackle, without making contact with the opposition player. -Kick the ball to different targets over different distances.</p> <p>WILF- -Bending the knees to easily reach round the opponents waist for the tags. -Keep the head in a neutral position to see the opponents movement. -Learn the difference between the grubber & chip kick. -Practice kicking the ball different lengths by altering how far back the leg swings before contact.</p>	<p>WALT- -Learn when to use different types of passes. -Begin to understand defending tactics.</p> <p>WILF- -Understand when a bounce pass or overhead pass is more beneficial than a chest pass. -Learn how to effectively 'mark' a player and understand why we do it.</p>	<p>WALT- -Begin to understand attacking tactics. -Be able to shoot in a height appropriate net.</p> <p>WILF- -Learn why it is important to pass the ball quickly to teammates to gain a speed advantage over the other team. -Be able to aim for the backboard when shooting.</p>	<p>WALT- -Learn how to defend the ball. -Learn how to pass the ball with control.</p> <p>WILF- -Be able to stop the ball with control and then be able to pass or dribble once gained possession. -Practice passing the ball to stationary targets and progress onto moving.</p>	<p>WALT- -Be able to find a space in a small game. -Be able to identify team strengths and weaknesses.</p> <p>WILF- -Be able to spot a space and get into it so teammates can pass successfully. -Be able to put strategies into a game and have designated roles for each player depending on their strengths.</p>

PE Scheme of Work

Year 4	OAA	<p>WALT- -Understand the concept of a map or plan. -Be able to successfully locate markers.</p> <p>WILF- -Be able to identify key parts of the map such as buildings and trees to help them work out where they are and where they're going.</p>	<p>WALT- -Identify problems of different scales and what is needed to solve them.</p> <p>WILF- -Be able to communicate as a team and work out what resources are needed to solve the problem.</p>	<p>WALT- -Learn when to support and lead others.</p> <p>WILF- -Learn to work in teams to decide what approach to use to meet challenges.</p>	<p>WALT- -Gain more knowledge on how to read maps. -To think quickly in order to create different actions.</p> <p>WILF- -To orientate themselves and move with increasing knowledge, confidence and accuracy.</p>	<p>WALT- -Cooperative learning and working together in a team.</p> <p>WILF- -Learn to trust each other and develop both verbal and non verbal communication between peers.</p>	<p>WALT- -Understand the importance of leadership.</p> <p>WILF- -Be able to take a leadership role to effectively help your peers in a constructive way.</p>
	Dodge ball	<p>WALT- -Develop accurate and powerful throwing techniques in dodgeball.</p> <p>WILF- -Demonstrate proper grip and stance for effective throws. -Use upper body strength and coordination to throw the ball with accuracy. -Understand the importance of targeting opponents and strategic throwing decisions.</p>	<p>WALT- -Learn and practice dodging techniques to avoid getting hit.</p> <p>WILF- -Learn different types of dodges, such as side-stepping and ducking. -Apply quick reflexes and agility to evade incoming throws. -Understand how to read opponents' movements to anticipate throws and dodge effectively.</p>	<p>WALT- -Focus on developing catching skills to eliminate opponents and protect the team.</p> <p>WILF- -Practice hand-eye coordination for successful catches. -Understand the importance of positioning and timing when attempting a catch. -Learn how to cushion the impact of the ball when catching to prevent dropping it.</p>	<p>WALT- -Refine throwing techniques and apply them in game situations.</p> <p>WILF- -Demonstrate improved throwing accuracy and consistency. -Use varying throwing angles and speeds to surprise opponents. -Understand the concept of teamwork and coordinated throws to eliminate opponents strategically.</p>	<p>WALT- -Build upon dodging skills and incorporate advanced evasive maneuvers.</p> <p>WILF- -Execute dodges in different directions to confuse opponents. -Combine quick footwork with body movements for effective dodging. -Develop a sense of spatial awareness to navigate the playing area while dodging.</p>	<p>WALT- -Enhance catching abilities and apply them in dynamic game scenarios.</p> <p>WILF- -Consistently catch incoming throws from various angles and speeds. -Practice quick decision-making on whether to catch or dodge. -Understand the concept of using catches to bring eliminated teammates back into the game.</p>

PE Scheme of Work

Year 5	Rugby	WALT- -Improve passing to a partner, stationary & dynamic. -Improve catching with two hands.	WALT- -Practice how to score a try, and the decision making involved to increase probability of scoring. WILF- -Place the ball down using two hands. -Increase the chance of scoring by avoiding the defender, or passing to a teammate in a stronger position.	WALT- -Practice the body position needed to make a successful tackle, without making contact with the opposition player. WILF- -Bending the knees to easily reach round the opponents waist for the tags. -Keep the head in a neutral position to see the opponents movement.	WALT- -Kick the ball to different targets over different distances. WILF- -Learn the difference between the grubber & chip kick. -Practice kicking the ball different lengths by altering how far back the leg swings before contact.	WALT- -Continue to improve passing, try scoring, tackling and defending techniques through activities & small sided games. WILF- -An improvement on the skills demonstrated in week 1-4, with a tactical understanding to compete in the small sided games.	WALT- -Continue to improve passing, try scoring, tackling and defending techniques through activities & small sided games. WILF- -An improvement on the skills demonstrated in week 1-4, with a tactical understanding to compete in the small sided games.
		WALT- -Demonstrate a two handed pass, from the left & right side of the body, to a target created by a partner. -Catch with two hands, arms stretched out in-front, creating a W target so the fingers wrap round the ball.					
	Cricket	WALT- -Begin to learn how to bowl the ball correctly. WILF- -Demonstrate how to hit the ball correctly using the correct grip. -Gain an understanding of where to bowl the ball.	WALT- -Be able to hit the ball consistently. -Understand how to stand correctly when hitting the ball. WILF- -Understand where to hit the ball to score the most runs. -Stand with the weaker foot closest to the bowler to allow for a clean swing.	WALT- -Begin to understand simple rules. -Catch the ball consistently when fielding using a variety of techniques. WILF- -Be able to put rules into a gaming situation. -Understand what catching technique to use depending on how the ball is approaching.	WALT- -Bowl accurately and consistently. -Be able to use the correct technique. WILF- -Use the correct overarm throwing technique to bowl. -Be able to bowl with a small run up for power.	WALT- -Learn tactics that can be used in a game. -Be able to hit the ball accurately. WILF- -Understand why hitting the ball close to the floor is important. -Be able to successfully hit the ball into an open space minimising the chances of it being caught.	WALT- -Be able to work together as a team successfully. WILF- -Show good communication skills as a fielding team, such as moving forwards or backwards depending on where the ball could get hit.

PE Scheme of Work

Year 6	Tennis	<p>WALT- -Be able to control the ball while moving around. -Begin to bounce the ball to another person.</p> <p>WILF- -Begin to move around the area while bouncing the ball on your racket. -Be able to bounce the ball using your racket to someone else with control.</p>	<p>WALT- -Be able to hit the ball over the net. -Be able to keep a rally going.</p> <p>WILF- -Successfully hit the ball over a net using the forehand pass. -Be able to hit the ball back and forth several times between a partner.</p>	<p>WALT- -Learn how to correctly perform the backhand serve.</p> <p>WILF- -Be able to make correct decisions on when to use a backhand or forehand hit. -Learn to slightly turn the body when hitting a backhand shot.</p>	<p>WALT- -Be able to control where we hit the ball. -Learn how to correctly serve the ball.</p> <p>WILF- -Begin to hit the ball in different directions when playing a game of tennis. -Be able to bounce the ball and serve it diagonally.</p>	<p>WALT- -Be able to keep a rally going in a game.</p> <p>WILF- -Be able to hit the ball without losing control between yourselves and a partner.</p>	<p>WALT- -Recap previously learnt skills, such as forehand, backhand and volley.</p> <p>WILF- -Show an improvement on all skills learnt and be able to perform them all successfully.</p>
	Netball	<p>WALT- -Learn how to correctly perform the bounce and chest pass. -Understand when to use different passes in different scenarios.</p> <p>WILF- -Accurately perform a bounce pass to a partner, bouncing it in the middle so they can successfully receive it. -Show an understanding on when to use an overhead pass.</p>	<p>WALT- -Learn basic defending tactics. -Be able to put tactics into place to help keep possession of the ball.</p> <p>WILF- -Understand the importance of marking players on the other team. -Be able to find a space quickly to allow the teammate with the ball to have as many options as possible and be less likely to have the ball intercepted.</p>	<p>WALT- -Learn how to hold the ball correctly when shooting. -Be able to shoot from different angles.</p> <p>WILF- -Be able to hold the ball with one hand on the side and one hand on the back to produce an accurate shot. -Practise shooting from in front of the net and also from either side.</p>	<p>WALT- -Learn basic netball rules and apply them into a gaming situation.</p> <p>WILF- -Understand moving with the ball is not allowed but you can pivot to find a teammate in a space.</p>	<p>WALT- -Understand why communication is important. -Recap skills learnt in the past four weeks.</p> <p>WILF- -Use communication successfully in a game situation when passing to teammates. -Show an improvement on passing, shooting, attacking and defending skills.</p>	<p>WALT- -Continue to improve passing, travelling, possession, shooting & defending techniques through activities & small sided games.</p> <p>WILF- -An improvement on the skills demonstrated in week 1-4, with a tactical understanding to compete in the small sided games.</p>