



PE

Key Stage 1

2019/2020

Hadleigh Infants PE overview 2019/2020

Year one	Autumn 1 7 weeks	Autumn 2 7 Weeks	Spring 1 6 Weeks	Spring 2 6 Weeks	Summer 1 5 Weeks	Summer 2 7 Weeks
Skills	Ball skills/invasion/ sending and receiving	Gymnastics	Dance	Net and wall/ sending and receiving/ striking and fielding	Ball skills/invasion/ sending and receiving	Athletics/ Fitness
Sporting Focus	Football skills	Gymnastics	Dance	Hockey and Cricket Skills	Netball skills	Athletics
Resources	<p>Top Start cards - Statues Aiming and predicting cards- on the move/ with a partner.</p> <p>https://www.getset4pe.co.uk/lesson/ks1/ball-skills?years=1000,1001</p> <p>https://www.getset4pe.co.uk/lesson/ks1/invasion/schemeofwork?years=1000,1001</p> <p>https://www.getset4pe.co.uk/lesson/ks1/sending-and-receiving/schemeofwork?years=1000,1001</p>	<p>S.O.W-1. Fireworks 2. shapes around us. 3.Bridges</p> <p>https://www.getset4pe.co.uk/lesson/ks1/gymnastics?years=1000</p>	<p>S.O.W- Dance on a Journey</p> <p>https://www.getset4pe.co.uk/lesson/ks1/dance?years=1000</p>	<p>Top Sport cards <u>Net and wall games</u> - Are you ready? - Getting a grip. - in or out. <u>Striking and fielding games</u> -target bowling - there and back.</p> <p>https://www.getset4pe.co.uk/lesson/ks1/net-and-wall/schemeofwork?years=1000,1001</p> <p>https://www.getset4pe.co.uk/lesson/ks1/sending-and-receiving/schemeofwork?years=1000,1001</p> <p>https://www.getset4pe.co.uk/lesson/ks1/striking-and-fielding/schemeofwork?years=1000,1001</p>	<p>Top Start Cards - Hot potato - aiming and predicting with a partner. Top Sport Cards <u>Striking and fielding games</u> - catch them out. - Catch. -target throw.</p> <p>Top Sport cards- Invasion games cards https://www.getset4pe.co.uk/lesson/ks1/ball-skills?years=1000,1001</p> <p>https://www.getset4pe.co.uk/lesson/ks1/invasion/schemeofwork?years=1000,1001</p> <p>https://www.getset4pe.co.uk/lesson/ks1/sending-and-receiving/schemeofwork?years=1000,1001</p>	<p>https://www.getset4pe.co.uk/lesson/ks1/athletics?years=1000</p> <p>https://www.getset4pe.co.uk/lesson/ks1/fitness?years=1000</p>

Hadleigh Infants PE overview 2019/2020

Year Two	Autumn 1 7 weeks	Autumn 2 7 Weeks	Spring 1 6 Weeks	Spring 2 6 Weeks	Summer 1 5 Weeks	Summer 2 7 Weeks
Skills	Ball skills/invasion/ sending and receiving	Gymnastics	Dance	Net and wall/ sending and receiving/ striking and fielding	Ball skills/invasion/ sending and receiving	Athletics/ Fitness
Sporting Focus	Rugby Skills	Gymnastics	Dance	Tennis and Rounders skills	Basketball skills	Athletics
Resources	<p>Top Start cards - Statues <u>Aiming and predicting cards- on the move/ with a partner.</u></p> <p>Scheme Getset4PE https://www.getset4pe.co.uk/lesson/ks1/ball-skills?years=1000,1001</p> <p>https://www.getset4pe.co.uk/lesson/ks1/invasion/schemeofwork?years=1000,1001</p> <p>https://www.getset4pe.co.uk/lesson/ks1/sending-and-receiving/schemeofwork?years=1000,1001</p>	<p>S.O.W- 1. Pathways 2.Cogs 3. Forces</p> <p>https://www.getset4pe.co.uk/lesson/ks1/gymnastics?years=1000</p>	<p>S.O.W Rainy days, Fantastic day.</p> <p>https://www.getset4pe.co.uk/lesson/ks1/dance?years=1000,1001</p>	<p>Top Sport cards <u>Net and wall games</u> - Are you ready? - Flights and arrivals. <u>Striking and fielding games.</u> -Quick runs and safe catching. -get them out</p> <p>https://www.getset4pe.co.uk/lesson/ks1/net-and-wall/schemeofwork?years=1000,1001</p> <p>https://www.getset4pe.co.uk/lesson/ks1/sending-and-receiving/schemeofwork?years=1000,1001</p> <p>https://www.getset4pe.co.uk/lesson/ks1/striking-and-fielding/schemeofwork?years=1000,1001</p>	<p>Top Sport Cards <u>Striking and fielding games</u> - catch them out. - Catch. -target throw.</p> <p>https://www.getset4pe.co.uk/lesson/ks1/ball-skills?years=1000,1001</p> <p>https://www.getset4pe.co.uk/lesson/ks1/invasion/schemeofwork?years=1000,1001</p> <p>https://www.getset4pe.co.uk/lesson/ks1/sending-and-receiving/schemeofwork?years=1000,1001</p>	<p>https://www.getset4pe.co.uk/lesson/ks1/athletics/schemeofwork?years=1000,1001</p> <p>https://www.getset4pe.co.uk/lesson/ks1/fitness/schemeofwork?years=1000,1001</p>

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Key objectives/Assessment criteria

Ball Skills

YEAR 1

I can throw an object towards a target.

I can co-ordinate my body to send and receive a ball.

I am beginning to dribble a ball with my hands and feet.

I can recognise changes in my body when I do exercise.

I can track a ball in a controlled and balanced movement.

YEAR 2

I can roll a ball to hit a target.

I can co-ordinate my body to track a ball and stop it.

I can sometimes dribble a ball with my hands and feet.

I can send and receive a ball using both kicking and throwing skills.

I can describe how my body feels during exercise.

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Invasion

YEAR 1

I am beginning to dribble a ball with my hands and feet.

I know who is on my team.

I can send and receive a ball.

I can stay with another player when defending.

I can dodge.

I can help my team to score.

I can find space.

I can recognise changes in my body when I do exercise.

I know how to score points.

YEAR 2

I can sometimes dribble a ball with my hands and feet.

I know who is on my team and I can attempt to send the ball to them.

I can move with a ball towards goal.

I can describe how my body feels during exercise.

I can dodge and find space away from the other team.

I can stay with another player to try and prevent them from getting the ball.

I know how to score points and can remember the score.

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Net and wall

YEAR 1

I can throw and push a ball in a variety of ways.

I can sometimes catch a beanbag and a medium-sized ball.

I can track balls and other equipment sent to me.

I can throw and hit a ball in a variety of ways.

I can recognise changes in my body when I do exercise.

I know how to score points.

YEAR 2

I can show awareness of opponents when playing games.

I can roll and hit a ball.

I can apply these skills in a variety of simple games.

I can describe how my body feels during exercise.

I can work with a partner to improve my skill.

I know how to score points and can remember the score.

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Sending and receiving

YEAR 1

I can roll a ball towards a target.

I can stop a rolling ball.

I am beginning to send and receive a ball with my hands.

I can catch a ball after one bounce.

I am beginning to send and receive a ball with my feet.

I can recognise changes in my body when I do exercise.

YEAR 2

I can roll a ball to hit a target.

I can track a ball and stop it.

I can pass a ball to a partner using my hands.

I can pass a ball to a partner using my feet.

I can catch a ball passed to me, without a bounce.

I can describe how my body feels during exercise.

Striking and fielding

YEAR 1

I can roll a ball towards a target.

I can stop a medium-sized ball with some consistency.

I can sometimes catch a beanbag and a medium-sized ball.

I can track a ball.

I know how to score points.

I can push a ball using my hand and an object.

I can recognise changes in my body when I do exercise.

YEAR 2

I can roll a ball to hit a target.

I am developing underarm and overarm throwing skills.

I can sometimes hit a ball using a racket.

I know how to score points and can remember the score.

I can track a ball and stop it.

I can apply these skills in a variety of simple games.

I can use some simple tactics.

I can describe how my body feels during exercise.

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Athletics

YEAR 1

I can run at different speeds

I can show balance and co-ordination when changing direction

I can link running and jumping movements with some control and balance.

I can experiment with different types of jumps and landing

I can co-ordinate my body to throw towards a target

I am developing my technique to throw for distance

I can recognise changes in my body when I do exercise

YEAR 2

I show balance and co-ordination when running at different speeds

I can show balance when changing direction

I can link running and jumping movements with some control and balance

I can experiment with different types of jumps and landing

I show good technique when throwing towards a target

I am developing throwing for distance

I can describe how my body feels during exercise

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Dance

YEAR 1

I can perform basic body actions sometimes using counts.

I can use different parts of the body in isolation and together.

I can explore pathways.

I can show some sense of dynamic and expressive qualities in my dance.

I can choose appropriate movements for different dance ideas.

I can perform dance phrases using simple movement patterns.

I can move confidently and safely.

I can vary the way I use space.

I can recognise changes in my body when I do exercise.

YEAR 2

I can perform body actions with control and coordination.

I can sometimes use counts to stay in time with music.

I can choose movements with different dynamic qualities to express an idea, mood or feeling.

I can remember and repeat dance phrases.

I can work with a partner using mirroring and unison.

I can describe how my body feels during exercise.

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Gymnastics

YEAR 1

I can remember and repeat actions and shapes.

I can make my body tense, relaxed, stretched and curled.

I can show an awareness of space when travelling.

I can link simple actions together.

I can use apparatus safely.

~~I can recognise changes in my body when I do exercise.~~

YEAR 2

~~I can plan and repeat simple sequences of actions.~~

I can use shapes when performing other skills.

I can use directions and levels to make my work look interesting.

I can perform the basic gymnastic actions with some control and balance.

I can describe how my body feels during exercise.