

*'Shine like stars in the world. 'Philippians 2:15*



# **St Paul's Church of England Primary School**

***PE***

***Long Term Curriculum 2023/24***



	Autumn	Spring	Summer
R	<ul style="list-style-type: none"> <li>Running, Galloping, Skipping</li> <li>Negotiating space</li> <li>Changing speed and direction</li> <li>Climb on, under and through a range of different equipment</li> <li>Use body to move in different ways e.g crawl, slide, roll</li> </ul> <p><b>Key vocabulary: running, galloping, skipping, fast, slow, roll, in line, pick up, crawl, slide, roll, over, under, through</b></p>	<ul style="list-style-type: none"> <li>Running, galloping, skipping, side stepping</li> <li>Throwing the ball to a partner</li> <li>Travel with confidence and skill around, under, over and through balancing and climbing equipment</li> <li>Try new combinations of movement and gesture in order to express and respond to feelings, ideas and experiences.</li> </ul> <p><b>Key vocabulary: side stepping, bounce, catch, throw, partner, travel, over, under, through, feelings, balance</b></p>	<ul style="list-style-type: none"> <li>Running at different speeds</li> <li>Jumping for height and distance</li> </ul> <p><b>Key vocabulary: kick, strike, hit, jump, throw, power, distance</b></p> <p><b>Dance- Pageant</b></p>
Y1	<p><b>Dance- KS1 production</b></p> <p><u>Gymnastics</u></p> <p><b>Travelling</b></p> <ul style="list-style-type: none"> <li>2 elements. Two ways of travelling link them together to make a movement phrase. Start and finish shapes.</li> </ul> <p><b>Taking weight on different body parts</b></p> <ul style="list-style-type: none"> <li>Support weight on different large body parts</li> </ul> <p><b>Key vocabulary: Rolling, travelling, balancing, climbing, tense, relaxed, curled, jump, land, rock, roll, grip, hang, push, pull, bounce, hop, skip, step, spring, direction, tension, extension, slow, stop, still, mat, bench.</b></p> <p><b>Describe what they do in their movement phrases including start and finish positions.</b></p>	<p><u>Gymnastics</u></p> <p><b>Transferring body weight</b></p> <ul style="list-style-type: none"> <li>Move body weight from one part to another with control</li> <li>To link and repeat gymnastic actions</li> </ul> <p><b>Key vocabulary: Posture, spine, muscles squeezing and relaxing, joints.</b></p>	<p><b>Dance- pageant</b></p>



	Autumn	Spring	Summer
Y2	<p><b>Dance- KS1 production</b></p> <p><u>Gymnastics</u></p> <p><b>Balance</b></p> <ul style="list-style-type: none"> <li>Link moves with smooth, controlled transitions</li> <li>Perform a jump, land safely and move into a controlled balanced position.</li> </ul> <p><b>Parts high and low</b></p> <ul style="list-style-type: none"> <li>To investigate ways on moving between high and low body positions</li> <li>To devise, repeat and perform a short sequence in which there is a clear beginning, middle and end.</li> </ul> <p><b>Key vocabulary: Control, hang, swing, sequence, copy, upside down, take off, smooth, turn, backwards, sideways, twist, high, medium, low, zigzag, angular, circular, under, over, through, towards, in front, behind.</b></p>	<p><u>Gymnastics</u></p> <p><b>Jumping and landing</b></p> <ul style="list-style-type: none"> <li>To perform a range of actions with control and coordination</li> <li>To move smoothly and in controlled way from one position of stillness to another</li> </ul> <p><b>Spinning and turning</b></p> <ul style="list-style-type: none"> <li>Perform a small range of turning jumps and rolls with control and coordination</li> <li>To repeat accurately sequence of gymnastic actions</li> </ul> <p><b>Key vocabulary: Posture, muscles, body tension, body shapes, stretch, arch, dish, tuck.</b></p>	<p><b>Dance- pageant</b></p>
Y3	<p><u>Gymnastics</u></p> <p><b>Travelling with a change of direction</b></p> <ul style="list-style-type: none"> <li>To consolidate and improve the quality of travelling with a change of direction and the ability to link phrases of movement.</li> </ul> <p><b>Key vocabulary: Inverted, contrasting, extension, flow, combinations, half turn, sustained, explosive, stretched.</b></p>	<p><u>Swimming</u></p> <ul style="list-style-type: none"> <li>To swim 25 meters of the pool</li> <li>To use a range of strokes effectively</li> <li>To perform a self-rescue</li> </ul> <p><b>Key vocabulary: front crawl, breast stroke, back stroke, kick, breaths, self-rescue</b></p> <p><b>Gymnastics- Stretching and curling</b></p> <ul style="list-style-type: none"> <li>To develop a range of stretching and curling actions (travelling and balancing) and improve the quality of them.</li> </ul>	<p><b>Dance- pageant and KS2 production</b></p>



	Autumn	Spring	Summer
Y3 contd		<b>Key vocabulary: Strengthening muscles, increasing flexibility, postural muscles, joint mobility. High impact, force, absorbing impact</b>	
Y4	<p><b><u>Gymnastics</u></b></p> <p><b>Balance</b></p> <ul style="list-style-type: none"> <li>To make contrasting balances on the floor and apparatus</li> <li>To gradually increase the length of sequences showing a change in direction and /or level</li> </ul> <p><b>Key vocabulary: height, Inversion, against, towards, away, across similar and contrasting</b></p>	<p><b><u>Gymnastics</u></b></p> <p><b>Receiving body weight</b></p> <ul style="list-style-type: none"> <li>To combine actions and maintain the quality of performance when performing at the same time as a partner</li> <li>To offer constructive ideas when working with a partner and determine the impact on their performance</li> </ul> <p><b>Key vocabulary: rotation, 90°, 180°, 270°, spinning, axis strength, suppleness, stamina combine, approaching, leaving</b></p>	Dance- pageant and KS2 production
Y5	<p><b><u>Gymnastics</u></b></p> <p><b>Flight</b></p> <ul style="list-style-type: none"> <li>To link jumps in a longer sequence both on the floor and on larger apparatus</li> <li>To include changes of level, speed and direction into a sequence of movements with a partner</li> </ul> <p><b>Key vocabulary: Asymmetry, symmetry, display, matching, flight, feet apart, feet together, crouch, inclined.</b></p>	<p><b><u>Gymnastics</u></b></p> <p><b>Bridges</b></p> <ul style="list-style-type: none"> <li>To perform actions, shapes and balances clearly, consistently and fluently, with good body tension and extension</li> <li>To identify which aspects were performed consistently, accurately, fluently and clearly and suggest improvements to speed, direction and level in the composition.</li> </ul> <p><b>Key vocabulary: Control of body including ligaments, tendons and joint alignment.</b></p>	Dance- pageant and KS2 production



<b>Y6</b>	<p><b><u>Gymnastics</u></b></p> <p><b>Matching and Mirroring</b></p> <ul style="list-style-type: none"><li>• To develop a gymnastic sequence using matching and mirroring actions</li><li>• To use apparatus effectively through matching and mirroring sequence work</li></ul> <p><b>Key vocabulary: Match, mirror, obstacle, straddle over, aesthetic, judgement, level, e.g. High, low, medium</b></p>	<p><b><u>Gymnastics</u></b></p> <p><b>Counter tension/counter balance</b></p> <ul style="list-style-type: none"><li>• To investigate different ways of working with a partner through counter balance and counter tension</li><li>• To develop more challenging balances using partner as the base</li></ul> <p><b>Key vocabulary: counter balance, counter tension, risks of hyperextending/hyper flexing, ligaments, tendons, joints, technique.</b></p>	<p><b>Dance- pageant and KS2 production</b></p>
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