

Saltford C of E Primary School
PE Rolling Programme 2019-2020

Physical Education

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Personal Skills Multi-skills Dance The Rainforest	Social Skills Multi-skills Dance Under the Sea	Cognitive Skills Multi-skills Gymnastics Dance Superheroes	Creative Skills Multi-skills Gymnastics Dance Animals of Africa	Health and Fitness Multi-skills Dance The Scented Garden	Physical Skills Multi-skills Dance Holidays
Year 2	Personal Skills Multi-skills Dance The Rainforest	Social Skills Multi-skills Dance Under the Sea	Cognitive Skills Multi-skills Gymnastics Dance Superheroes	Creative Skills Multi-skills Gymnastics Dance Animals of Africa	Health and Fitness Multi-skills Dance The Scented Garden	Physical Skills Multi-skills Dance Holidays

Year 3	<p>Personal Skills</p> <p>Invasion games</p> <p>netball basketball rugby football</p> <p>Emphasis on sending and receiving using hands and feet. Combine running, throwing and kicking skills.</p> <p>Swimming</p>	<p>Social Skills</p> <p>Invasion games</p> <p>netball basketball rugby football</p> <p>Emphasis on sending and receiving using hands and feet. Combine running, throwing and kicking skills. Jumps and landing.</p> <p>Indoor Games(FUNS)</p>	<p>Cognitive Skills</p> <p>Net and wall games</p> <p>tennis throw tennis bench ball crazy catchers</p> <p>Gymnastics Routine including different elements. Holding shapes. Link movements. Varying speed and direction in routine.</p>	<p>Creative Skills</p> <p>Net and wall games</p> <p>tennis throw tennis bench ball crazy catchers</p> <p>Dance Compose and create dance sequence. Perform holding body posture. Combine strength and stamina based on gymnastic skills.</p>	<p>Health and Fitness</p> <p>Striking and Fielding</p> <p>cricket and rounders</p> <p>Swimming</p>	<p>Physical Skills</p> <p>Striking and Fielding</p> <p>cricket rounders athletics</p> <p>Sprinting including hurdles. Running range of distances. Throwing focusing on position of body and shape. Jumping. Personal bests.</p> <p>Swimming</p>
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Year 4	<p>Personal Skills</p> <p>Invasion games</p> <p>netball basketball rugby football</p> <p>Emphasis on sending and receiving using hands and feet. Combine running, throwing and kicking skills.</p> <p>Swimming</p>	<p>Social Skills</p> <p>Invasion games</p> <p>netball basketball rugby football</p> <p>Emphasis on sending and receiving using hands and feet. Combine running, throwing and kicking skills. Jumps and landing.</p> <p>Indoor Games(FUNS)</p>	<p>Cognitive Skills</p> <p>Net and wall games</p> <p>tennis throw tennis bench ball crazy catchers</p> <p>Gymnastics Routine including different elements. Holding shapes. Link movements. Varying speed and direction in routine.</p>	<p>Creative Skills</p> <p>Net and wall games</p> <p>tennis throw tennis bench ball crazy catchers</p> <p>Dance Compose and create dance sequence. Perform holding body posture. Combine strength and stamina based on gymnastic skills.</p>	<p>Health and Fitness</p> <p>Striking and Fielding</p> <p>cricket and rounders</p> <p>Swimming</p>	<p>Physical Skills</p> <p>Striking and Fielding</p> <p>cricket rounders athletics</p> <p>Sprinting including hurdles. Running range of distances. Throwing focusing on position of body and shape. Jumping. Personal bests.</p> <p>Swimming</p>
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Year 5	<p>Personal Skills</p> <p>Invasion games</p> <p>netball basketball rugby football</p> <p>Emphasis on sending and receiving using hands and feet. Combine running, throwing and kicking skills.</p> <p>Swimming</p>	<p>Social Skills</p> <p>Invasion games</p> <p>netball basketball rugby football</p> <p>Emphasis on sending and receiving using hands and feet. Combine running, throwing and kicking skills. Jumps and landing.</p> <p>Indoor Games(FUNS)</p>	<p>Cognitive Skills</p> <p>Net and wall games</p> <p>tennis throw tennis bench ball crazy catchers</p> <p>Gymnastics Routine including different elements. Holding shapes. Link movements. Varying speed and direction in routine.</p>	<p>Creative Skills</p> <p>Net and wall games</p> <p>tennis throw tennis bench ball crazy catchers</p> <p>Dance Compose and create dance sequence. Perform holding body posture. Combine strength and stamina based on gymnastic skills.</p>	<p>Health and Fitness</p> <p>Striking and Fielding</p> <p>cricket and rounders</p> <p>Swimming</p>	<p>Physical Skills</p> <p>Striking and Fielding</p> <p>cricket rounders athletics</p> <p>Sprinting including hurdles. Running range of distances. Throwing focusing on position of body and shape. Jumping. Personal bests.</p> <p>Swimming</p>
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Year 6	<p>Personal Skills</p> <p>Invasion games</p> <p>netball basketball rugby football</p> <p>Emphasis on sending and receiving using hands and feet. Combine running, throwing and kicking skills.</p> <p>Swimming</p>	<p>Social Skills</p> <p>Invasion games</p> <p>netball basketball rugby football</p> <p>Emphasis on sending and receiving using hands and feet. Combine running, throwing and kicking skills. Jumps and landing.</p> <p>Indoor Games(FUNS)</p>	<p>Cognitive Skills</p> <p>Net and wall games</p> <p>tennis throw tennis bench ball crazy catchers</p> <p>Gymnastics Routine including different elements. Holding shapes. Link movements. Varying speed and direction in routine.</p>	<p>Creative Skills</p> <p>Net and wall games</p> <p>tennis throw tennis bench ball crazy catchers</p> <p>Dance Compose and create dance sequence. Perform holding body posture. Combine strength and stamina based on gymnastic skills.</p>	<p>Health and Fitness</p> <p>Striking and Fielding</p> <p>cricket and rounders</p> <p>Swimming</p>	<p>Physical Skills</p> <p>Striking and Fielding</p> <p>cricket rounders athletics</p> <p>Sprinting including hurdles. Running range of distances. Throwing focusing on position of body and shape. Jumping. Personal bests.</p> <p>Swimming</p>
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