



Lister Primary School

PE Key Learning

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3 Topics	Chocolate	Chocolate	Prehistoric Times	Prehistoric Times	Italy	Italy
Year 3 PE Coverage	<p><u>Dance</u> Learning Objectives: Create actions in response to a stimulus and move in unison with a partner. Create actions to move in contact with a partner or interact with a partner. Select and link appropriate actions and dynamics to show our dance idea. Remember, repeat and create actions to represent an idea. Share ideas of actions and dynamics to create a dance that shows a location. Use choreographing ideas to develop our dance.</p> <p><u>Fundamental Skills</u> Learning Objectives:</p>	<p><u>Dance</u> Learning Objectives: Use straight pathways and clear changes in direction in a line dance. Use canon and unison to make our line dance look interesting. Use formations, canon and unison to make our line dance look interesting. Remember, repeat and create actions around a theme. Understand and use formations. Structure a dance to represent a theme.</p> <p><u>Ball Skills</u> Learning Objectives: Develop dribbling skills with hands and feet. Develop tracking and catching skills.</p>	<p><u>Gymnastics</u> Learning Objectives: Be able to create interesting point and patch balances. Develop point and patch balances on apparatus. Develop stepping into shape jumps with control. Develop stepping into shape jumps using apparatus. Develop the straight, barrel, and forward roll. Include rolls in sequence work using apparatus.</p> <p><u>Athletics</u> Learning Objectives: Develop the sprinting technique and Improve on your personal best.</p>	<p><u>Gymnastics</u> Learning Objectives: Be able to transition smoothly into and out of balances. Be able to transition smoothly in and out of balances using apparatus. Create a sequence with matching and contrasting actions and shapes. Create a sequence on apparatus using matching and contrasting. Create a partner sequence using the skills I have learnt and including a hoop. Create a partner sequence using the skills that I have learnt and apparatus.</p> <p><u>Dodgeball</u></p>	<p><u>Rounders</u> Learning Objectives: Develop throwing and catching with accuracy and apply these to a striking and fielding game. Develop bowling and learn the rules of the skill within this game. Develop batting technique and understand where to hit the ball. Develop fielding techniques and apply them to game situations. Play different roles in a game and begin to think tactically about each role. Apply skills and knowledge to compete in a tournament.</p>	<p><u>Hockey</u> Learning Objectives: Develop sending and receiving the ball with accuracy and control. Develop the attacking skill of dribbling. Develop dribbling to beat a defender. Use defending skills to delay an opponent and gain possession. Apply attacking skills to move towards goal and find space. Apply skills and knowledge to compete in a tournament.</p> <p><u>Tennis</u> Learning Objectives: Develop racket and ball control. Explore rallying using a forehand.</p>



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	<p>Develop balancing and understand the importance of this skill. Develop technique when running at different speeds. Develop agility using a change of speed and direction. Develop technique and control when jumping, hopping and landing. Develop skipping with a rope. Apply fundamental skills to a variety of challenges.</p>	<p>Develop tracking and throwing skills. Develop tracking and kicking skills. Track a ball that is not sent directly to me. Apply sending and receiving skills in games.</p>	<p>Develop changeover technique in relay events. Develop jumping technique in a range of approaches and take off positions. Develop throwing for distance and accuracy. Develop throwing for distance in a pull throw. Develop officiating and performing skills.</p>	<p>Learning Objectives: Develop throwing towards a moving target. Develop throwing to get players out. Identify and develop the skills needed to avoid being hit. Develop and apply dodging skills within a game. Develop catching skills. Develop catching skills and be confident to attempt this within a game.</p>	<p><u>Outdoor Adventurous Activities</u> Learning Objectives: Develop co-operation and teamwork skills. Develop trust and teamwork. Involve all team members to work towards a shared goal. Develop trust whilst listening to others and following instructions. Be able to identify objects, draw and follow a simple map. Draw a route using directions, orientate a map and navigate around a grid.</p>	<p>Explore returning the ball using a forehand. Explore returning the ball using a backhand. Learn how to score and use simple rules. Work co-operatively with others to begin to manage a game.</p>
Year 4 Topics	Ancient Egyptians	Ancient Egyptians	Our Changing World	Our Changing World	The Titanic	The Titanic
Year 4 PE Coverage	<p><u>Gymnastics</u> Learning Objectives: Develop individual and partner balances. Develop individual and partner balances using apparatus.</p>	<p><u>Gymnastics</u> Learning Objectives: Link actions that flow using the rolls I have learnt.</p>	<p><u>Dance</u> Learning Objectives: Copy and create actions in response to an idea and be able</p>	<p><u>Dance</u> Learning Objectives: Understand how dynamics, space and relationships can be</p>	<p><u>Athletics</u> Learning Objectives: Develop stamina and an understanding of</p>	<p><u>Tag Rugby</u> Learning Objectives: Develop throwing, catching and running with the ball.</p>



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	<p>Develop control in performing and landing rotation jumps. Develop rotation jumps and sequence building using apparatus. Develop the straight, barrel, forward and straddle roll. Assess my straight, barrel, forward and straddle roll.</p> <p><u>Cricket</u> Learning Objectives: Develop overarm and underarm throwing and apply these to a striking and fielding game. Develop bowling technique and learn the rules of the skill within this game. Develop batting technique and understand where to hit the ball. Develop fielding techniques and apply them to game situations. Play different roles in a game and begin to think tactically about each role.</p>	<p>Link actions that flow in a partner sequence using the rolls I have learnt. Develop strength in inverted movements. Develop strength in inverted movements. Create a great partner sequence to include the skills I have learnt and apparatus. Create a great partner sequence to include the skills I have learnt and apparatus.</p> <p><u>Dodgeball</u> Learning Objectives: Develop throwing and apply this to a target game. Develop dodging skills to avoid being hit. Develop catching and learn the rules of the skill within this game. Further develop catching and use the rules of the skill within this game. Begin to think tactically and apply this to a game.</p>	<p>to adapt this using changes of space. Choose actions which relate to the theme. Develop a dance using matching and mirroring. Learn and create dance moves in the theme of carnival. Develop a carnival dance using formations, canon and unison. Develop a dance phrase and perform as part of a class performance.</p> <p><u>Football</u> Learning Objectives: Develop the attacking skill of dribbling. Develop changing direction and speed when dribbling. Develop passing and begin to recognise when to use different skills. Apply attacking skills to move towards a goal.</p>	<p>used to represent a state of matter. Use actions, dynamics, space and relationships to represent a state of matter. Order and structure phrases to create a dance performance. Copy and repeat a set phrase in a 1960s style showing energy and rhythm. Learn and perform a partner dance in a 1960s style. Develop my own 1960s inspired dance using changes in relationships.</p> <p><u>Tennis</u> Learning Objectives: Develop racket and ball control. Develop returning the ball using a forehand and understand when to use it. Develop the backhand and understand when to use it.</p>	<p>speed and pace in relation to distance. Develop power and speed in the sprinting technique. Develop technique when jumping for distance. Develop power and technique when throwing for distance. Develop a pull throw for distance and accuracy. Develop officiating and performing skills.</p> <p><u>Yoga</u> Learning Objectives: Explore connecting breath and movement. Explore new yoga poses and begin to connect them. Explore gratitude when remembering and repeating a yoga flow. Develop flexibility and strength in a positive summer flow.</p>	<p>Develop an understanding of how to defend using tagging rules. Begin to use the 'forward pass' and 'offside' rule. Develop movement skills to dodge a defender. Track an opponent and begin to defend as a team. Apply the rules and skills you have learnt and play in a tag rugby tournament.</p> <p><u>Outdoor Adventurous Activities</u> Learning Objectives: Develop co-operation and teamwork skills. Orientate a map and navigate around a grid. Develop observational skills, listening to others and following instructions.</p>
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	Apply skills and knowledge to compete in a tournament.	Apply skills and knowledge to compete in a tournament.	Use defending skills to delay an opponent and gain possession. Apply skills and knowledge to compete in a tournament.	Keep a continuous rally going showing increased technique. Use and apply rules and simple tactics. Understand and use rules to manage a game.	Develop flexibility and wellbeing in an individual yoga flow. Develop confidence and strength through arm balances.	Develop trust whilst listening to others and following instructions. Be able to identify, draw and follow a simple map. Be able to orientate and navigate around a map and draw a route using directions.
Year 5 Topics	Space	Space	Water	Liverpool	Ancient Greece	Ancient Greece
Year 5 PE Coverage	<u>Dance</u> Learning Objectives: Create a dance using a random structure and perform the actions showing quality and control. Understand how changing dynamics changes the appearance of the performance. Understand and use relationships and space to change how a performance looks. Copy and repeat movements in the style of rock 'n' roll. Work with a partner to copy and repeat actions in time with the music.	<u>Dance</u> Learning Objectives: Develop set choreography inspired by a Mayan god. Choose actions to create a motif in a given character with consideration of dynamics, space and relationships. Use structure to choreograph a dance performance. Use matching, canon and unison in the style of the lion dance. Use space and relationships to create a dragon dance.	<u>Gymnastics</u> Learning Objectives: Perform symmetrical and asymmetrical balances. Perform interesting symmetrical and asymmetrical balances using apparatus. Develop the straight, forward, straddle and backward roll. Develop the straight, forward, straddle and backwards roll into a sequence. Explore different travelling actions	<u>Gymnastics</u> Learning Objectives: Perform progressions of inverted movements. Perform progressions of inverted movements. Explore matching and mirroring in sequence work. Explore matching and mirroring using actions both on the floor and on apparatus. Create a partner sequence using apparatus.	<u>Tennis</u> Learning Objectives: Return the ball using a forehand groundstroke under pressure. Return the ball using a backhand groundstroke under pressure. Use a variety of shots to keep a continuous rally going. Develop the underarm serve and understand the rules of serving. Develop the volley and understand when to use it.	<u>Rounders</u> Learning Objectives: Develop throwing and catching under pressure and apply these to a striking and fielding game. Develop bowling under pressure whilst abiding by the rules of the game. Strike a bowled ball with increasing consistency. Develop fielding techniques and select the appropriate action for the situation.



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	<p>Work collaboratively with a group to choreograph a dance in the style of Rock 'n' Roll.</p> <p><u>Athletics</u> Learning Objectives: Understand pace and apply different speeds over varying distances. Develop fluency and co-ordination when running for speed. Develop technique in relay changeovers. Build momentum and power in the triple jump. Develop throwing with force for longer distances. Develop throwing with greater control and technique.</p>	<p>Select and combine dance tools to choreograph and perform a Chinese dance.</p> <p><u>Hockey</u> Learning Objectives: Develop dribbling to beat a defender. Send and receive the ball with control under pressure. Select the appropriate skill, choosing when to pass and when to dribble. Move into and create space to support a teammate. Use the appropriate defensive technique for the situation. Apply rules, skills and principles to play in a tournament.</p>	<p>using both canon and synchronisation. Explore different methods of travelling, linking actions in both canon and synchronisation.</p> <p><u>Swimming</u> Learning Objectives: Develop confidence in the water. Develop ability to float in the water. Begin to use front crawl.</p>	<p>Create a group sequence using apparatus.</p> <p><u>Swimming</u> Learning Objectives: Develop ability to use front crawl. Begin using a range of strokes such as front crawl and breaststroke. Perform safe self-rescue in different water-based situations</p>	<p>Apply rules, skills and principles to play against an opponent.</p> <p><u>Outdoor Adventurous Activity</u> Learning Objectives: Develop communication and negotiation skills. Develop strong communication and negotiation skills to solve challenges. Develop planning and problem-solving skills. Share ideas and work as a team to solve problems. Develop navigation skills and map reading. Create and follow a key and route on a map.</p>	<p>Understand and apply tactics in a game. Apply skills and knowledge to compete in a tournament.</p> <p><u>Dodgeball</u> Learning Objectives: develop throwing skills and apply them appropriately to the situation. develop dodging skills and apply them appropriately to the situation. develop catching skills and apply them appropriately to the situation. develop blocking skills and apply them appropriately to the situation. understand the need for tactics and identify how to create and use them. apply rules, skills and tactics when playing in a tournament.</p>



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Year 6 Topics	Britain since the 1930s	Britain Since the 1930s	Ancient Maya Civilisation	Ancient Maya Civilisation	Plastic Pollution	Plastic Pollution
Year 6 PE Coverage	<p><u>Gymnastics</u> Learning Objectives: Develop the straddle, forward and backward roll. Develop rolling into sequence work and on apparatus. Develop counter balance and counter tension. Develop counter balance and counter tension into sequence work with apparatus. Develop jumps and explore the effect of height. Explore jump sequence work with consideration of performance tools.</p> <p><u>Swimming</u> Learning Objectives: Further develop confidence in the water.</p>	<p><u>Gymnastics</u> Learning Objectives: Develop inverted movements with control. Develop inverted movements with control. Use flight from hands to travel over apparatus. Use flight from hands to travel over apparatus. Create a group sequence using formations and apparatus. Create a contrasting group sequence using formations and apparatus.</p> <p><u>Swimming</u></p>	<p><u>Dance</u> Learning Objectives: Copy and repeat a dance phrase showing confidence in movements. Work with others to explore and develop the dance idea. Use changes in dynamics in response to the stimulus. Demonstrate a sense of rhythm and energy when performing bhangra style motifs. Perform a bhangra dance, showing an awareness of timing, formations and direction. Select, order, structure and perform movements in a bhangra style, showing various group formations.</p>	<p><u>Dance</u> Learning Objectives: Develop a dance phrase using actions, dynamics, space and relationships. Copy and create actions with consideration to stimulus. Use choreographic devices to improve the aesthetics of a performance. Copy and repeat a phrase of movement in the 1970s disco style. Choreograph a freeze frame montage in the 1970s style. Use feedback to develop and refine a 1970s dance performance.</p> <p><u>Football</u></p>	<p><u>Athletics</u> Learning Objectives: Develop my own and others sprinting technique. Identify a suitable pace for the event. Develop power, control and technique for the triple jump. Develop power, control and technique when throwing for distance. Develop throwing with force and accuracy for longer distances. Work collaboratively in a team to develop the officiating skills of measuring, timing and recording.</p> <p><u>Dodgeball</u> Learning Objectives:</p>	<p><u>Tennis</u> Learning Objectives: Develop placement of the ball using a forehand. Develop placement of the ball using a backhand groundstroke. Develop the volley and understand when to use it. Employ tactics when playing with a partner. Develop accuracy and consistency using the underarm serve. Apply rules, skills and principles to play against an opponent.</p>



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	<p>Develop ability to use front crawl and breaststroke effectively. Develop ability to use backstroke.</p>	<p>Learning Objectives: Further develop confidence in the water. Develop ability to use front crawl and breaststroke effectively. Develop ability to use backstroke effectively. Swim competently, confidently and proficiently over a distance of at least 25 metres. Perform safe self-rescue in different water-based situations.</p>	<p><u>Cricket</u> Learning Objectives: Develop throwing and catching under pressure and apply these to a striking and fielding game. Develop bowling under pressure whilst abiding by the rules of the game. Strike a bowled ball with increasing consistency. Develop fielding techniques and select the appropriate action for the situation. Understand and apply tactics in a game. Apply skills and knowledge to compete in a tournament.</p>	<p>Learning Objectives: Maintain possession when dribbling. Dribble with control under pressure. Select the appropriate skill, choosing when to pass and when to dribble. Move into and create space to support a teammate. Use the appropriate defensive technique for the situation. Apply rules, skills and principles to play in a tournament.</p>	<p>Throw under pressure and apply this to a target game. Select the appropriate dodging skill for the situation. Develop catching with increasing consistency under pressure. Develop defensive techniques and select the appropriate action for the situation. Understand and apply tactics in a game. Develop officiating skills and referee a game.</p>	<p><u>Outdoor Adventurous Activities</u> Learning Objectives: Build communication and trust whilst showing an awareness of safety. Collaborate as a team to solve problems. Develop tactical planning and problem solving. Work as a team and use critical thinking to determine the best approach. Develop navigational skills and map reading. Use a key to identify objects and locations.</p>
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