



Aintree Davenhill Planning Overview

Subject: P.E.

Term: Autumn 1

Phase: EYFS & Key Stage 1

Year Group	Reception	Year 1		Year 2	
Units:	Body Management 1	Games (Hit, Catch and Run 1)	Dance 1	Games (Send and Return 1)	Dance 1
Lesson 1	To balance bean bags 1. Balance beanbags on different body parts. 2. Carry beanbags over obstacles and attempt to balance. 3. Change direction whilst balancing beanbags.	To select a space to throw a ball into 1. Use a range of throwing and rolling skills to put the ball in space 2. To be able to move quickly with agility to score points 3. To be able to keep count of the score Skill Development: Underarm/overarm throw to select space to throw into	Feelings 1. Compose a travelling sequence using a variety of body parts 2. Explore ideas, moods and feelings 3. Show control, coordination and spatial awareness	To stay on our toes to move quickly to the ball 1. Anticipate the flight of the ball fed from your partner 2. On toes move towards the line of the ball and return 3. Keep track of the score with your partner	To use penguin images to inspire our dance 1. Explore whole body actions to create movements as a group or pair 2. Apply the idea of a theme to a dance 3. Compose a dance phrase which responds to the visual stimulus
Lesson 2	To move hoops in different ways 1. Move through hoops using a variety of movements. 2. Work with others and practise moving through hoops. 3. Follow pathways with hoops	To track and collect a rolling ball 1. Able to collect a moving ball from along the ground. 2. Able to return the ball back to base/zone. Skill Development: Track and return ball	To move as if we live in the jungle. 1. Perform with an awareness of body shape with a partner. 2. Show control, coordination and spatial awareness. 3. Demonstrate some musicality throughout the performance.	To identify which hand is dominant in a game 1. Players to identify their dominant and non-dominant side for sending a ball 2. Play a modified game to send and return using dominant and non-dominant sides	To show feelings of abandonment through dance 1. Create a sequence of movements for performance with starting and finishing positions 2. Demonstrate comprehension of the story through dance 3. Work cooperatively to improve and adapt the sequence
Lesson 3	To reach and stretch to get equipment 1. Reach and stretch to retrieve and place objects. 2. Move equipment from one place to another. 3. Play within the context of a relay.	To catch a ball to stop an opponent from scoring 1. Catch over a short distance to stop players from scoring points. 2. Work with other fielders to stop players from scoring. Skill Development: Catching	Create and perform movements which show friendship 1. Compose a movement pattern to demonstrate unison 2. Develop partner work 3. Explore ideas and movements showing a friendship theme	To understand the basic rules of serving to our partner 1. Play a modified game introducing boundaries 2. Use throwing and catching skills to play with a team to score points	To create movements that show the friendship between two characters 1. Create a duet based on the relationship between the penguin and the snowman 2. Explore, unison, levels and cannon within the choreography 3. Discuss how others could develop their performances
Lesson 4	To make bridges and tunnels with our bodies 1. Can step and stride across different distances and change direction. 2. Can create bridges and tunnels. 3. Work with others to travel through tunnels.	To use our hands to hit a ball 1. Attempt to hit an object with the hand. 2. Self-feed and hit the ball. 3. Describe the movements needed to hit successfully. Skill Development: Feeding movement and body position.	Perform leading and following movements 1. Compose a sequence demonstrating mirroring and following. 2. Watch what others do and suggest improvements to their work. 3. Create a short dance based on visual stimulus.	To develop agility and use it in a game 1. Develop agility in isolated challenges 2. Perform with increased agility in a conditioned game	To create a solo dance with changes of direction and speed 1. Explore the theme of Penguin Small's adventure 2. Create a short dance solo which demonstrates changes in direction and speed
Lesson 5	To travel over and under apparatus 1. Negotiate high and low apparatus travelling over and under. 2. Use a variety of ways of travel over the apparatus. 3. Lay out objects for their partner to retrieve.	To run between bases to score points 1. Run between bases to score points. 2. Work with others to retrieve balls. 3. Make decisions to make it difficult for hitters to score points. Skill Development: Moving to score	Perform a short dance with a clear start, middle and end 1. Compose a short dance sequence that shows sensitivity to the theme. 2. Show greater control, coordination and spatial awareness in their movement patterns. 3. Demonstrate an ability to create a dance with a clear start, middle and end.	To use the correct grip to hit a self-fed ball 1. Use correct grip to hold a tennis racquet 2. Send, receive and stop a ball using a racquet along the ground 3. Use self-feed to hit a ball to partner	To match our movements to music 1. Explore footwork creatively, based on a visual stimulus 2. Use movement imaginatively, responding to the music with some attempt at musicality 3. Change the speed, level and direction of movements
Lesson 6	To make shapes with our bodies 1. Create shapes with our bodies. 2. Work with a partner to create shapes. 3. Link more than one shape together	To work as a team to score points 1. Show collaborative work as a team to score points. 2. Show awareness of teammates when fielding. 3. Throw and retrieve with increasing accuracy. Skill Development: Fielding and hitting in teams.	Using repeated actions in dance 1. Choose and link actions to make short dance phrases that reflect rhythmic qualities. 2. Explore repetition through a dance sequence. 3. Perform dance phrases and short dances that express ideas and feelings.	To use the ready position in a rally 1. Able to self-feed to send a ball to a partner using a racquet 2. Attempt to combine skills to perform a rally	To choose a formation for our dance and explain our choice 1. Select actions as a group to create a short dance phrase which reflects rhythmic qualities 2. Explore formations through the dance sequence 3. Perform dance phrases that express ideas and feelings



Aintree Davenhill Planning Overview

Subject: P.E.

Term: Autumn 1

Phase: Key Stage 2

Year Group	Year 3		Year 4		Year 5		Year 6	
Units:	Football	Gymnastics	Hockey	Swimming/OAA	Hockey	Badminton	Football	Badminton
Lesson 1	To use the inside of the foot to pass the ball 1. Pass and receive the ball around the playing area showing some control. 2. Work collaboratively to keep possession by passing accurately. Skill Development: Sending the ball using the inside of the foot	To show full extension during a balance. 1. Create a sequence of 2 contrasting elements 2. Demonstrate extension in shapes 3. Produce flow in sequence Skill Development: Extend into full range in balance/shape	To perform a push pass with accuracy. 1. Pass and receive the ball with accuracy 2. Work collaboratively to attack a goal 3. Explain how accurate passes help when attacking Skill Development: Push Pass	To work collaboratively to complete a problem-solving task. 1. Perform AFL task as part of a group 2. Suggest ways to solve the problem 3. Support others to participate in the task	To perform a block tackle to dispossess an attacker 1. Explain the role of a defender in a competitive game 2. Use the block tackle in insulation 3. Apply basic defensive positions in a game Skill Development: Block tackle	To make it difficult for our opponent to score points. 1. Play against an opponent to score points. 2. Hit to different areas of a court. 3. Make it difficult for an opponent to score points. Skill Development: Moving opposition around the court	To set up a shooting opportunity for a teammate. 1. Play as an attacker and a defender 2. Pass to set up another player's shot on goal 3. Run onto the ball to attempt to shoot and score Skill Development: Setting up other players to shoot	To use the smash shot technique and when it is used. 1. Play in a doubles game to score points against opposition 2. Demonstrate a range of shots in doubles scenario 3. Defend points against opposition using teamwork skills Skill Development: Introducing the smash
Lesson 2	To trap a ball that is moving along the ground with control. 1. Control the ball and pass unchallenged. 2. Move into space to receive the ball unchallenged. 3. Work together as a team to score points. Skill Development: Trapping a ball travelling along the ground	To move in and out of contrasting shapes with fluency. 1. Explore a greater range of contrasting actions 2. Smoothly transition in and out of a shoulder stand 3. Define what contrast is and how it applies to sequences Skill Development: Moving in and out of contrasting shapes with fluency.	To perform a straight dribble to maintain possession. 1. Control ball when moving around players un-challenged. 2. Move in to space at speed to receive and send ball. 3. Use control of the ball to keep possession within a game. Skill Development: Straight Dribble	To work collaboratively to create shapes whilst blindfolded. 1. Recognise compass points 2. Operate as part of a team to solve a problem 3. Listen and be directed by others	To use fast, accurate passes into the D to create scoring opportunities. 1. Dribble and shoot with accuracy 2. Pass into the D to shoot 3. Work as a team to score within the D Skill Development: Passing into the D	To apply basic court positions in singles play. 1. Play in singles games recapping rules from previous units. 2. Recall some badminton rules. 3. Begin to apply court position techniques to singles play. Skill Development: Court positioning	To restrict an opponent's space by defending with my partner. 1. Collaborate with a partner to implement simple defensive principles 2. Aim to deny attackers from moving into space 3. Aim to restrict space attackers have to play in Skill Development: Deny space and restricted space	To use the smash shot in a doubles game. 1. Serve using doubles boundaries and service line. 2. Getting into position to perform the smash. 3. Attempt a smash shot in a doubles game situation. Skill Development: Choose where and when to smash.
Lesson 3	To pass the ball accurately into space over short distances. 1. Using short passes to keep possession 2. Work as a team to move towards the goal 3. Look to 1 shoot, 2 pass, 3 dribble Skill Development: Passing over short distances and players moving to receive the ball.	To perform a sequence using different types of rolls 1. Consolidate and improve the quality of basic rolls 2. Explain how strength and flexibility apply to rolls 3. Work with a partner to perform a roll sequence Skill Development: Body control and strength when rolling	To use reverse-stick to control a ball on the far-side of our body. 1. Keep possession of the ball in small groups un-challenged. 2. Use the reverse stick to stop a ball on the far side of the body. 3. Keep possession of the ball and progress consistently. Skill Development: Stopping the ball with the reverse stick	To name and recognise the cardinal points of the compass. 1. Explain what a compass is 2. Describe how a compass can be used 3. Use compass points to complete the task successfully	To mark an attacker closely to stop them from receiving the ball. 1. Identify how to mark an opponent 2. Mark and intercept the ball 3. Apply basic marking to a game situation Skill Development: Marking	To accurately hit both long and short serves 1. Copy and replicate ways to serve 2. Perform service shots including forehand long and short 3. Perform service shots including backhand long and short Activity: Badminton battleships	To perform a penalty kick with power and accuracy 1. Apply speed and accuracy to a penalty shot 2. Work as a team to attack rebounds from a penalty 3. Explain why certain areas of the goal are better than others to aim for Skill Development: Attacking set play routine (penalties)	To hit a drop using the correct technique to outwit an opponent. 1. Introduce the drop shot 2. Demonstrate a drop shot in isolated situations 3. Deceive your opponent to win a point using a drop shot Skill Development: Drop Shot
Lesson 4	To identify and move into space to receive the ball. 1. Recognise where there is space in a game. 2. Move into space to receive the ball. 3. Send the ball and move into a new space. Skill Development: finding space to receive the ball	To perform powerful jumps from low apparatus. 1. Consolidate and improve the quality of basic jumps 2. Jump high and far off low apparatus 3. Work in groups of 3 or 4 to create a rolling and jumping sequence Skill Development: Jumping for height and distance	To use a slap pass to send the ball over longer distances. 1. Increase distance on passes 2. Be able to use the slap pass with some accuracy 3. To be able to use the rules of the game to monitor play Skill Development: Slap pass	To complete an orienteering task calmly under time pressure. 1. Perform under time pressures 2. Refine answers from clues 3. Work independently from teacher	To perform a sweep hit to send the ball 'first time'. 1. Clearing the ball from danger in defence 2. Moving the ball over longer distances 3. Receiving the ball from longer distances Skill Development: Sweep (open stick)	To keep close control, including net shots. 1. Develop reaction time by controlling the shuttle over a shorter distance. 2. Play in modified doubles games. 3. Communicate effectively with partner/team during games. Skill Development: Close control (development for doubles and net shots).	To attack and shoot as a pair. 1. Devise a drill that develops the skill of attacking in pairs 2. Using STEP to teach a skill to another group 3. Apply attacking in pairs skills to a game Skill Development: Attack and shoot in pairs	To develop reaction time to hit shots when close to the net. 1. React quickly to play shots at the net 2. Play in a game using net play when appropriate 3. Score a doubles game with confidence Skill Development: Net Play
Lesson 5	To use the outside of the foot to control the ball and dribble. 1. Control the ball at your feet and dribble unchallenged. 2. Receive the ball and dribble into space. 3. Use control of the ball to keep possession in a game. Skill Development: Use outside of the foot to control the ball and dribble	To perform in unison with a partner to mount apparatus 1. Work collaboratively to mount apparatus 2. Work in unison across a variety of actions 3. Identify when strength is used within movement Skill Development: Mounting apparatus and taking weight on hands.	To turn to keep the ball under control and move into space. 1. Turn with the ball unchallenged. 2. Receive the ball and turn in to space. 3. Receive the ball in a game & move into space by turning. Skill Development: Turning with the ball.	To work with a partner to use a map to follow a course. 1. Use a map to follow a course 2. Work cooperatively with a partner 3. Evaluate their success	To move the ball quickly from left to right to outwit a defender. 1. Keep possession as a team with pressure from defenders 2. Use a range of simple skills to stop, control and send 3. To drag the ball to move away from a defender Skill Development: Dragging the ball left to right	To use footwork to recover after lunging and moving after shots. 1. Experience short, intense periods of exercise during warmup. 2. Attempt a variety of movement around the court. 3. Select court movement techniques in a game situation. Skill Development: Movement around the court.	To perform the role of a cover defender to stop the opposition's attack. 1. As a defensive pair, work to close down one attacker 2. Play the role of covering defender 3. Apply defensive positions into a game Skill Development: Role of the covering defender	To communicate with a partner in doubles match to make sure court positioning is correct. 1. Play using offensive court position for doubles 2. Work in harmony with your partner to attack 3. Use attacking principles to exploit the opponents' weakness Skill development: Offensive court positioning
Lesson 6	To cushion the ball when receiving it. 1. Use short passes and dribbling to build an attack. 2. Determine when to run into space to receive the ball. 3. Suggest ways to improve the skills they have learnt. Skill Development: Working as a team show communication and cushioning the ball when receiving the pass	To create a group performance using contrasting actions. 1. Choose and apply contrasting shapes in a sequence 2. Work in a group of 3 or 4 to produce a contrasting sequence 3. Include unison in sequence Skill Development: Starting formation as a group	To develop new skills in competitive situations and look to improve. 1. Use a range of passes to build attack (push, slap). 2. Use tactics and teamwork to score goals. 3. Suggesting ways to improve own & others game. Skill Development: Using push pass and slap hit under pressure	To recognise and recall common map symbols from a key. 1. Recognise common map symbols 2. Remember and recall map symbols 3. Determine when they need help	To use a variety of techniques to keep possession in a game. 1. To work cooperatively as a team to defend & attack 2. Use simple skills to keep possession 3. Explain how a passage of play was effective Skill Development: One-handed dribble (open side)	To apply a range of movements and shots in a competition. 1. Play in games against others using a variety of badminton shots 2. Use experience of court movement techniques in a game 3. Evaluate ways to improve points scored in games Skill Development: Recognising ways to improve	To use close control to keep possession of the ball under pressure. 1. To work cooperatively to implement attacking and defending strategies 2. Use close control to keep possession of the ball 3. Demonstrate previous skills learnt in games Skill Development: Close control	To use defensive formations in a doubles game to prevent opponents from scoring points 1. Umpire a game of badminton 2. Compete and identify ways you can improve your play 3. Defend in formation Skill Development: Defending formations