



Aintree Davenhill Planning Overview

Subject: P.E. Term: Spring 1 Phase: EYFS & Key Stage 1

Year Group	Reception		Year 1		Year 2	
Units:	Co-operate and Solve Problems	Fitness (Foundations)	Games (Attack, Shoot and Defend 1)	Fitness (Unit 1)	Games (Run, Jump and Throw 1)	Fitness (Unit 2)
Lesson 1	To match colours and symbols. 1. Work as an individual and part of a group to match various markings and colours 2. Identify relationships between self and others through group activity	To stay stable and balanced when trying new things. 1. Challenge self to stay balanced and in control 2. Perform a range of stability exercises 3. Transfer balance skills into stability exercises	To hit a target. 1. Practice throwing at targets accurately 2. Pass a beanbag between pairs with some control 3. Explain/show ways you can pass a beanbag/ball to a partner Skill Development: Sending to targets	To use coordination in our exercise. 1. To keep moving during the 20 second windows 2. To raise heart rate 3. Undertake coordination activity	To move quickly whilst being aware of others around. 1. Play with a partner to gather objects from around the room 2. Count objects gathered to record a score 3. Be aware of others around when running Skill Development: Awareness of others when in a running task	To know why we need water after exercise. 1. Participate in a variety of coordination activities 2. Keep track of their reps during exercise 3. Discuss why water is important after exercise
Lesson 2	To work as a team to complete a task. 1. Follow instructions to perform individual coordination skills 2. Cooperate with a partner to move across defined areas	To repeat a balance and improve it. 1. Improve balance and control through repetition 2. Perform a range of balance exercises	To defend a target. 1. Experiment catching a variety of beanbags and different sized balls 2. Recognise how to intercept a ball or beanbag 3. Use basic defensive technique Skill Development: Intercepting and defending	To keep moving even when we are tired 1. To work consistently across each activity 2. Discuss why we need to rest during exercise 3. Decide which activity they liked best and why	To create power with our legs to turn at speed. 1. Recognise powerful actions 2. Explore different ways to generate power to start different actions such as running, jumping, hopping, striding Skill Development: Creating power with legs to turn	To work and rest for a set amount of time. 1. Build on last week’s score for fitness progression 2. Use the words ‘work’ and ‘rest’ to describe interval training 3. Say one way (some in further depth) that rest is important after exercising
Lesson 3	To use our bodies to make number shapes. 1. Work for a sustained period to raise heart rate 2. Replicate with some accuracy body shapes to represent numbers 3. Work as a pair to demonstrate larger numbers	To know where core muscles in our bodies are. 1. Improve core stability through a range of activities 2. Say one way that core stability helps us 3. Identify where the core of the body is	To roll and slide balls and beanbags. 1. Experiment with different ways you can send a ball or beanbag 2. Roll/slide a ball or beanbag to a partner and a target Skill Development: Rolling	What and AMRAP stands for and participate in it. 1. Grasp the concept that the heart is a muscle 2. Develop strength by performing a range of exercises 3. Record their own score in the AMRAP	To move through an obstacle course with speed and control. 1. Participate in obstacle relay 2. Modify movements to adapt to the task, e.g. doing a burpee and then jumping on a box top Skill Development: Obstacle relay	What it means to work with maximum effort. 1. Work with maximum effort for a short period of time 2. Participate in balance based movements in combination 3. Work to improve their weekly down ups score
Lesson 4	To follow a trail. 1. Name and perform actions including jumps, rolls and travel 2. Associate an action with a colour 3. Some – Define their own trail	To practice and improve leap frog. 1. Improve upper stability through a range of activities 2. Say one way you use your upper body in everyday tasks 3. To confidently perform a leap frog	To shoot in a game to get points. 1. Score points by throwing a beanbag or ball into an opponent’s hoop 2. Demonstrate simple defending to stop beanbag/ball going into hoops 3. Describe how they threw the beanbag and how they defended their hoop Skill Development: Attacking and Defending	To identify what we find challenging and why 1. Play safely with energy in a restricted space 2. Keep track of where they are in an exercise 3. Identify their favourite part of the lesson, some explain why	To choose the best throw for different situations. 1. Participate in three different throwing games 2. Use a variety of different throws according to the game 3. Explore which throws are better for accuracy, which are better for distance and which are better for height Skill Development: Choosing appropriate throws for different games	To perform movements with control. 1. Work to complete movement over the full range of motion 2. Show quality in movement 3. Perform a superset and describe its features
Lesson 5	To work with others to make patterns. 1. Individually create a shape story using mime 2. Recognise and retrieve coloured items assigned to their group 3. Work cooperatively to construct shapes and patterns on the floor	To describe what flexibility is. 1. Show an example of a stretch which will improve flexibility 2. Work through a range of flexibility tasks 3. Describe flexibility in a basic way	To work with a partner to score points. 1. Work with a partner to attack and defend a target against an opposition 2. Describe simple ways you can work with your partner to score and defend points 3. Play AFL Task, 2 v 2 Skill Development: Attacking and defending with a partner	To work under time pressure 1. Work under time pressure 2. Demonstrate determination to work quickly 3. Relax and act in a calm manner	To use quick feet whilst sprinting. 1. Copy and repeat actions with accuracy 2. Show quick feet actions for sprinting 3. Analyse performance to judge differences in the game at the beginning and the end Skill Development: Quick Feet	Why it is important to exercise and play outdoors. 1. Work as an individual to attempt new movements 2. Use repetition to improve movement quality 3. Name some benefits of playing outdoors
Lesson 6	To work with a partner to complete challenges. 1. Work cooperatively as part of a pair to move objects 2. Persevere through challenges 3. Listen and make decisions as part of a partnership	To know what coordination is and show an example of it. 1. Demonstrate coordinated movements 2. Become more confident through repetition 3. Describe coordination in a basic way	To use our attacking and defending skills in a game. 1. Participate in competitive games against others using attacking and defending skills 2. Comment on how you used different attacking and defending skills you have already learned to help you in your games Skill Development: Competing	To beat our previous score and work out the difference in scores. 1. Challenge themselves to match or improve their score 2. Compare their score to their previous score 3. Recognise what is happening to their body as they get tired	To perform static and dynamic balances. 1. Perform a variety of static and dynamic balances 2. Identify the difference between a static and dynamic balance 3. Devise own static and dynamic balance sequences Skill Development: Recognising the difference between static and dynamic balance	To know some simple yoga positions. 1. Work a variety of movements in Tabata style 2. Explore some basic yoga movements 3. Identify some benefits of whole-body exercise



Aintree Davenhill Planning Overview

Subject: P.E.

Term: Spring 1

Phase: Key Stage 2

Year Group	Year 3		Year 4		Year 5		Year 6	
Units:	Netball	Swimming/Badminton	Netball	Dance	Netball	Gymnastics	Netball	Gymnastics
Lesson 1	To perform quick, accurate chest passes. 1. Pass and receive the ball using a chest pass 2. Work collaboratively to keep possession and score points by passing accurately 3. Explain how accurate passes help when attacking Skill Development: Chest pass for quick, accurate passing	To move to return the shuttle from the different areas of the court. 1. Play in a game against an opponent 2. Throw/hit a shuttlecock over a bench/net 3. Hit with some control of speed Skill Development: Experiment with hard and soft hits	To protect the ball once we have caught it. 1. Catch the ball and bring it to the chest to protect 2. Play in competitive games scoring goals in a scoring area	To use freeze frame in our dances. 1. Develop dance 'freeze frames' based on a visual stimulus 2. Work in small groups to create freeze-frame positions Skill Development: Freeze frames	To choose the appropriate pass for different scenarios 1. Practise/recap passes learnt in previous lessons 2. Choose appropriate pass in different scenarios 3. Use a variety of passes in a game Skill Development: Using a variety of passes	The key steps to perform a roundoff. 1. Complete a four-element sequence containing actions at different heights and speeds 2. Take weight on hands to move forward 3. Include symmetrical and asymmetrical shapes Skill Development: 'Round Off' stationary or running or development towards a round-off	Ways to improve coordination. 1. Show coordination in some ballhandling drills 2. Explain some ways to improve coordination 3. Play in a 4 v 4 game, scoring points in 1 of 3 goals Skill Development: Ball-handling	To use controlled flight onto high apparatus. 1. Complete a six element sequence containing flight, contrasting shapes, and balances 2. Can take weight on hands to land on high apparatus from flight 3. Include twists/turns and changes of speed and direction Skill Development: Flight on to high apparatus (preparation for vaulting)
	To use dodging to get free from our opponent. 1. Recognise the need to get 'free' from opposition players 2. Demonstrate dodging techniques to get 'free' 3. Discuss & explain why you need to be free from a player when receiving a ball Skill Development: Dodging	To know that that different types of hits are needed to reach different areas of the court. 1. Recognise the types of hitting needed for different areas of the court 2. Hit to targets on a court 3. Use long high hits for far targets and short low hits for closer targets Skill Development: Hitting with accuracy	To use basic shooting techniques in a game. 1. Attempt to shoot using the correct technique 2. Recognise shots can only be taken within the semi-circle 3. Work as part of a team to get the ball to the shooter in the semi-circle	To perform a slide and roll confidently. 1. Develop freeze frame positions to include transitions 2. Demonstrate how to link positions in a variety of ways 3. Practice and perform a slide and roll Skill Development: Slide and Roll	To find space to receive in a game. 1. Attempt to find space in activity/game 2. Communicate with teammates when moving into space 3. Find space and receive the ball in a game Skill Development: Finding space in play	To create and perform a partner sequence using symmetry. 1. Explore symmetry as applied to both balance and travel 2. Compose an individual symmetrical sequence 3. Attempt to combine sequences with a partner to create paired symmetrical sequences Skill Development: Exploring symmetry in balance and travel	To mark the pass or the shot. 1. Practise marking the ball for a pass or a shot 2. Umpire the 0.9m rule for a player marking the ball 3. Play in a game utilising the marking the ball skill Skill Development: Marking the pass or shot	To dismount from high apparatus 1. Dismounting from varying heights 2. Make simple judgments about own work and choose what level to work 3. Magic chair landing, jump forwards beyond cone while still maintain control, increase distance, jump into balance Skill Development: Dismount from high apparatus
Lesson 3	To catch a netball. 1. Demonstrate catching in isolation 2. Demonstrate catching under pressure 3. Show awareness of footwork rules Skill Development: Correct catching position	To rally with a partner over the net. 1. Move to return the shuttlecock 2. Perform different shots to return the shuttlecock Skill Development: Returning the shuttlecock	One-to-one marking. 1. Play in a game using one-to-one marking 2. Recognise the need to stay with a player when marking	To use a variety of formations when performing. 1. Learn and replicate a set phrase 2. Develop a short dance using unison and formations 3. Describe different formations Skill Development: Formations	To use different dodging techniques to outwit a defender and get free. 1. Use different dodging techniques, both opposed and in isolation 2. Apply a range of speeds to movement skills to get free from your defender 3. (Some) – use dodging effectively to get away from opponents Skill Development: Dodging	To create and perform a partner sequence using asymmetry. 1. Explore asymmetrical balances and travels 2. Compose an individual asymmetrical sequence 3. Attempt to combine sequences with a partner to create a paired asymmetrical sequence Skill Development: Over shoulder roll and asymmetry	Organisation in and around the semicircle. 1. Engage in attacking roles, implementing basic attacking positions 2. Explain why it is important to stay active to help your goal shooter and goal attack 3. Make choices on when to shoot and when to pass Skill Development: Organisation in and around the semi-circle	To develop a short sequence using flight in canon formation. 1. Organise equipment in small groups to create a flight sequence 2. Express canon in sequences 3. Work collaboratively to assign a leader and share ideas for sequence Skill Development: Canon in flight
	To use a bounce pass to feed a goal shooter. 1. Demonstrate catching in isolation 2. Demonstrate catching under pressure 3. Show awareness of footwork rules Skill Development: Correct catching position	To rally with a partner over the net. 1. Rally with a partner over a bench/net 2. Move around the court to return the shuttlecock 3. Describe the skills needed to keep a rally going Skill Development: Rally	To pivot once we have caught the ball. 1. Catch the ball and obey footwork rules 2. Use pivot action once the ball is caught	To use freeze frame in our dances. 1. To perform in cannon in routines and canon lines 2. Improve and extend mission set phrase Skill Development: Canon	To practice and perform pivoting and quick turns. 1. Recap and use pivoting in a game to make more successful passes 2. Attempt some quick turns to move the ball quickly Skill Development: Pivoting	To perform a counter-balance with a partner. 1. Introduce partner counter balances 2. Work together to complete trust exercise 3. Create a short sequence that contains counter balances Skill Development: Counter Balances	To compete to win the rebounding ball. 1. Describe what a rebound is 2. Attempt rebounds as both an attacker & defender in practices and competitive games Skill Development: Rebounds	To incorporate equipment such as hoops and balls into a group sequence. 1. Include a piece of equipment assigned to the group. For example: throw down spots, hoops etc 2. Refine individual aspects of sequence including jumps, starting and finishing position and use of cannon 3. Perform sequence to an audience Skill Development: Including Equipment in sequence
Lesson 5	To throw for distance using a shoulder pass. 1. Throw over longer distances using shoulder pass 2. Recognise which throw is needed over shorter & longer distances 3. Use shoulder pass in a game to build attacking play Skill Development: Shoulder pass – throwing for distance	To serve forehand. 1. Play using basic service rules 2. Use a forehand serve 3. Explain when you use service in a game Skill Development: Forehand serve	To use quick feet. 1. Demonstrate quick feet movements to move around the court 2. Use quick feet in a conditioned game to get away from your opposition 3. Show quick feet and readiness to catch the ball	To perform a slide and roll confidently. 1. Explore the order of actions within a short dance 2. Work collaboratively in small groups to refine movements 3. Evaluate my work Skill Development: Sequencing movements	To get into closer shooting positions 1. Recap shooting technique 2. Work to get into a better shooting position 3. Apply a strategy to get into better shooting positions Skill Development: Shooting positions	To perform smooth transitions between counterbalances using different levels. 1. Apply compositional ideas to counterbalances 2. Transition smoothly from one balance to another with partner 3. Show clear individual movements Skill Development: Smooth transitions	To stay active to intercept a pass. 1. Practise attempting to intercept the ball 2. Work hard to intercept a pass 3. Explain why you caught the ball or why you knocked it away Skill Development: Intercepting	To create a paired flight sequence using both canon and unison. 1. Devise pulse raising warm up which develops flexibility 2. Create a paired flight sequence demonstrating both unison and cannon 3. Recap unison in relation to gymnastics sequences Skill Development: Unison
	To collect a loose ball. 1. Use a range of passes to build an attack 2. Collect a loose ball that is rolling or bouncing 3. Play in a game attacking and defending Skill Development: Collecting a loose ball that is rolling or bouncing	To play within the boundaries of the court. 1. Play in games against opponents 2. Use forehand shots to score points 3. Move towards the shuttlecock to return over the net Skill Development: Court boundaries	To use preliminary moves. 1. Show an understanding of preliminary moves 2. Find space to get free in a game 3. Play in a netball positions	To use a variety of formations when performing. 1. Create a 5 action routine in accordance with the theme 2. Practice and perform a routine which includes an 'entering' start position Skill Development: Start position/poses	To react and move quickly in isolation and in games. 1. Work to improve reaction time 2. Use quick thinking and agility to react to what is happening around us 3. Play in high-five netball games Skill Development: Reaction Time	To evaluate each other's work and suggest improvements. 1. Redo assessment for learning task in small groups (6 elements) 2. Show sequence to another pair, and evaluate others sequence to select a component for improvement 3. Practise and refine areas of improvement Skill Development: Performance	To stay onside in games depending on the position being played. 1. Play in games staying onside 2. Catch balls on the edge of the allowed area 3. Play in competitive games as part of a team Skill Development: Stay in positional area	To create and perform a 6-element sequence to music 1. Select children to deliver warmup activity from the previous lesson 2. Create a six element sequence including cannon, unison, dismount (differentiated), a piece of equipment Skill Development: Perform to music ready for Unit 2
Lesson 6								