



Redbourn Primary School

Sequence of teaching overview in PE 2024 2025

THRIVE VALUES	Autumn Term			Spring Term			Summer Term		
	<p>Team – All units will have an element of team work, whether whole class or small groups. Children will work within both similar and mixed ability groups to refine their social skills.</p> <p>Healthy – Best practice within PE teaching involves maximising active time within each lesson. Lessons are planned to ensure physical development is inherent, but the emphasis is also placed upon both cognitive and social success criteria to ensure holistic wellbeing.</p>			<p>Responsibility – All children are encouraged to manage and maintain their own learning. By utilising a small sided games approach to teaching PE, it ensures children are constantly challenged to take responsibility within their lessons</p> <p>Innovative – At all stages of their development children are challenged to create, implement and review their own tactics. This creates an ethos for innovation from a young age. This is further extended with OAA forming an integral part of the curriculum, placing innovation at the centre of learning.</p>			<p>Valued – Children are repeatedly encouraged to value and include all members of their team. By including larger team games (rounders) and mixed ability pairs (tennis) our children learn to thrive when working within a wide range of different environments.</p> <p>Empathetic – Throughout the entire curriculum social success criteria are embedded into every lesson. Giving and receiving constructive feedback is an integral part of the curriculum, and it remains an ongoing skill that transcends the different topics being delivered. The ability to structure feedback in a useful way allows our pupils to demonstrate their understanding at the same time as supporting their peers.</p>		
Nursery	Unit outcome- Autumn			Unit Outcome- Spring			Unit Outcome- Summer		
	<p><u>Locomotion: Running 1</u> Honesty, fairness, concentration <u>Gymnastics: high, low, over, under</u> Curiosity, gratitude, self-belief</p>			<p><u>Ball skills: Foundation Feet 1</u> Empathy, concentration, courage <u>Ball skills: Foundation Rackets, bats, balls, balloons</u> Fairness, concentration, courage <u>Ball Skills: Foundation Hands 1</u> Imagination, gratitude, courage</p>			<p><u>Dance: Nursery Rhymes</u> Curiosity, empathy, self-belief <u>Games for understanding</u> Fairness, self-belief, concentration</p>		
	Knowledge	Skills	Vocabulary	Knowledge	Skills	Vocabulary	Knowledge	Skills	Vocabulary
	<p><u>Locomotion: Foundation Walking 1</u> -Use of head/arms/ feet when walking -Walking at different speeds -Walking following a route -Marching techniques -Marching speeds</p> <p><u>Gymnastics: High, Low, over, under</u> -High shapes, low shapes -Using apparatus safely</p>		<p>Walk Space March Fast Slow</p> <p>Apparatus High Low Over Under</p>	<p><u>Ball Skills: Foundation Feet 1</u> -Explore moving a ball with feet - Keeping a ball close -Dribbling with feet - Kicking/ dribbling in competitions - Dribbling against an opponent - Collaborate and work together</p> <p><u>Ball skills: Foundation Rackets, bats, balls, balloons</u> -Pushing/hitting a balloon</p>		<p>Control Dribble Accurate Balance</p> <p>Pushing Balance Power</p>	<p><u>Dance: Nursery Rhymes</u> -Moving using different body parts -Add movements to form a sequence - Respond to music and words -Character movements</p> <p><u>Games for understanding Foundation</u> -Understand turn taking -Understand score taking</p>		<p>Dance Movement Sequence Character Perform</p> <p>Game Fair play Turns</p>



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	<div>-High and low movements on apparatus, -Over and under on apparatus -Apply 'champion gymnastics'</div> <div>-</div>			<div>-Working together to keep a balloon in the air -Hitting a balloon with power/ accuracy -Balancing with a racket -Balancing with a racket when pressure is applied during a race/game</div> <div><u>Ball Skills: Foundation Hands 1</u> -Using hands to move a ball -Different ways of pushing a ball -Different ways of rolling a ball -Bouncing a ball - Bouncing and moving -Combining rolling, pushing and bouncing - Understand what a defender is</div>		<div>Direction Rolling Bouncing Accuracy Defender</div>	<div>-Understanding the importance of following rules - How to avoid a defender - Understand the consequences of a game (eg being tagged)</div>		
Cross Curricular Links	PSHE- Autumn Term 1- Healthy			Music- Summer Term 1 - Explore the sound of instruments			PSHE- Summer Term 2 – Empathy-communicating with others.		
Reception	Unit Outcome- Autumn <u>Learning through play</u> Imagination, empathy, self-belief, concentration, fairness <u>Locomotion: Running 1</u> Honesty, fairness, concentration <u>Gymnastics: high, low, over, under</u> Curiosity, gratitude, self-belief			Unit Outcome- Spring <u>Ball skills: Foundation Feet 1</u> Empathy, concentration, courage <u>Ball Skills: Foundation Hands 1</u> Imagination, gratitude, courage			Unit Outcome- Summer <u>Dance: Ourselves</u> Curiosity, empathy, self-belief, imagination <u>Games for understanding</u> Fairness, self-belief, concentration		
	Knowledge	Skills	Vocabulary	Knowledge	Skills	Vocabulary	Knowledge	Skills	Vocabulary
	<u>Learning through play</u> -Different ways of playing with equipment -Using imagination whilst exploring different pieces of equipment -Play with equipment safely			Play Share Safe Taking turns Fairness Travel	<u>Ball skills: Foundation Feet 1</u> -Explore moving a ball with feet - Keeping a ball close -Dribbling with feet - Kicking/ dribbling in competitions - Dribbling against an opponent		Attacker Defender Space Opponent Dribbling Control	<u>Dance: Ourselves</u> - Moving in sequence with different body parts - Larger scale travelling movements	



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	Curiosity, fairness, honesty, concentration <u>Dance: Heroes</u> Gratitude, curiosity, fairness. Imagination, courage			Fairness, communication, concentration, empathy, honesty <u>Dance: The Zoo</u> Gratitude, curiosity ,fairness, imagination, courage			Fairness, integrity, empathy, concentration, self-belief <u>Hands 2: Ball skills</u> Concentration, honesty, fairness, empathy, self-belief <u>Games for Understanding: Attack v Defence</u> Creativity, fairness, empathy, curiosity, honesty				
	Knowledge	Skills	Vocabulary	Knowledge	Skills	Vocabulary	Knowledge	Skills	Vocabulary		
	<u>Gymnastics: Wide, Narrow, Curled</u> -Wide, narrow and curled movements and balances -Transitioning between wide, narrow and curled movements -Linking two movements together <u>Locomotion: Running 1</u> _Running using different body parts -Running at different speeds/different directions -Racing <u>Locomotion: Jumping 1</u> -Jumping in different directions -Jumping at different speeds - Jumping at different levels -Different reasons when, where and why we jump in different ways <u>Dance: Heroes</u> -Controlled movements -Showing character expression -Co-ordinate and control body to create movement -Creating a sequence -Perform and share short dances based on themes.			Champion gymnastics Wide Narrow Curled Transition Interesting Linking Attacker Defender Space Speed Acceleration Tagging Jumping Distance Space Attacker Defender Skipping Landing Beat Moving Control Rhythm Sequence	<u>Ball Skills: Feet</u> -Apply effective dribbling skills. -Accuracy kicking and passing a ball -Working as a team <u>Gymnastics: Body Parts</u> _Movements and balances on big and small body parts in wide, narrow and curled ways on the floor and on apparatus. -Apply ‘champion gymnastics’ and start to link movements <u>Ball skills: Hands 1</u> -Sending and receiving skills -Understanding of where to send a ball and why -Combine sending and receiving skills to keep possession -Stopping the ball <u>Dance: The Zoo</u> -Respond to the stimulus (different zoo animals) -Use of different movements to express character			Attacker Defender Space Dribbling Passing Control Champion gymnastics Wide Narrow Curled Big Small Linking Possession Space Control Attacker Dribbling Accuracy Power Champion dancers Beat Control Rhythm	<u>Athletics; Running</u> -Correct techniques for running as fast as possible individually and within teams. -Explore pacing and running for distance. -Compare throwing accurately with throwing for distance <u>Ball skills: Rackets, Bats and Balls</u> -Control skills using a racket. -Explore and develop hitting skills using a ball and a racket -Apply understanding of accuracy and space in a variety of games <u>Hands 2: Ball skills</u> -Roll a ball towards a target. -Combine sending and stopping skills <u>Games for Understanding: Attack v Defence</u> -Apply principles of		



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		Motif Expression	-How to co-ordinate and control their bodies to perform movements, -Creating a sequence	Sequence Motif Expression	attack vs defence -Creating simple tactics to win a game. -Develop understanding of how, where and why to attack and defend in a game.	Attacker Defender Space Rules Tactics Team			
Cross Curricular Links	PSHE- Autumn Term 1 – Team / Healthy		Music- Autumn Term 1 - Pulse, rhythm and pitch, rapping, dancing and singing.		PSHE- Autumn Term 1 – Team Autumn Term 2 – Responsibility				
Year Two	Unit outcome Autumn Term		Unit Outcome Spring Term		Unit Outcome Summer Term				
	<u>Locomotion: Dodging 1</u> Fairness, honesty, integrity, cooperation, respect, courage, gratitude, problem-solving <u>Dance: The Zoo</u> Imagination, gratitude, fairness, curiosity, courage, Gymnastics: Linking Self-motivation, evaluation, concentration, empathy, self-belief <u>Locomotion: Jumping 1</u> Self-discipline, cooperation, imagination, empathy, self-belief.		<u>Ball skills: Hands 2</u> Respect, communication, empathy, concentration, self-belief <u>Ball skills: Hands 1</u> Decision making, self-motivation, fairness, communication, integrity <u>Gymnastics: Pathways</u> Self-motivation, evaluation, imagination, empathy, self-belief <u>Dance: Mr Candy’s Sweet Factory</u> Resourcefulness, cooperation, honesty, curiosity, gratitude		<u>Athletics: Competitions</u> Resilience, communication, encouragement, integrity, resourcefulness <u>Ball Skills: Rackets, Bats and Balls</u> Problem-solving, self-motivation, fairness, creativity, integrity <u>Ball Skills: Feet 1</u> Respect, communication, concentration, empathy, self-belief <u>Attack v Defence: Games for Understanding</u> Cooperation, Problem solving, self-discipline, cooperation, creativity, fairness, honesty				
	Knowledge	Skills	Vocabulary	Knowledge	Skills	Vocabulary	Knowledge	Skills	Vocabulary
	<u>Locomotion: Dodging 1</u> -Apply knowledge of how, where and why to dodge. -Roles of attacking and defending -Understand when we attack and when we defend while using their dodging skills <u>Dance: The Zoo</u> -Respond to stimulus (different zoo animals)		Dodging Attacking Defending Space Tagging Champion dancers Beat Control	<u>Ball skills: Hands 2</u> -Apply understanding of underarm and over arm throwing to beat opponents. -Extend understanding of why we need to be accurate when we throw. <u>Ball skills: Hands 1</u> -Develop dribbling/passing and receiving		Fielder Batting Space Throwing Catching Dribbling Passing Receiving Possession Chest pass	<u>Athletics: Competitions</u> -Explore how to use our bodies to run as fast as possible, -Exploring the correct technique individually and within teams. -Examine how to jump as far as possible -Compare throwing accurately with throwing for distance		Tactics Speed Acceleration Distance Accuracy Relay Change Over



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	<p>-Using a range of controlled movements showing character expression.</p> <p>-Co-ordination and control to perform movements,</p> <p>-Creating a sequence</p> <p><u>Gymnastics: Linking</u></p> <p>-Link movements and balances together</p> <p>-Apply 'champion gymnastics'</p> <p>-Link movement together on apparatus.</p> <p>-Perform a sequence on apparatus focused on; jumps, rolls and balance</p> <p><u>Locomotion: Jumping 1</u></p> <p>-Consolidate jumping</p> <p>-Jump in combination and link jumps</p> <p>-Develop ability to apply jumping in games,</p>	<p>Rhythm</p> <p>Sequence</p> <p>Stimuli</p> <p>Motif</p> <p>Expression</p> <p>Champion</p> <p>Gymnastics</p> <p>Linking</p> <p>Flow</p> <p>Transition</p> <p>Jump</p> <p>Roll</p> <p>Jumping</p> <p>Distance</p> <p>Space</p> <p>Attacker</p> <p>Defender</p> <p>Speed</p> <p>Landing</p>	<p>-Combine dribbling, passing and receiving, keeping possession</p> <p>Develop dribbling/passing and receiving to score a point</p> <p><u>Gymnastics: Pathways</u></p> <p>-Apply Champion Gymnastics</p> <p>-Link movements and balance together while travelling along a variety of pathways.</p> <p>-Creation of pathway sequences</p> <p><u>Dance: Mr Candy's Sweet Factory</u></p> <p>-Create and develop characters, adding movements, expression and emotion to their performance.</p> <p>-Create a motif and extend motifs with different dynamics</p> <p>-Include elements of Choreography that tell a story.</p>	<p>Opponent</p> <p>Linking</p> <p>Flow</p> <p>Transition</p> <p>Zig-Zag</p> <p>Curved</p> <p>Pathways</p> <p>Sequences</p> <p>Expressions</p> <p>Motif</p> <p>Dynamics</p> <p>Control</p> <p>Rhythm</p> <p>Emotion</p> <p>Choreography</p> <p>Unison</p>	<p><u>Ball Skills: Rackets, Bats and Balls</u></p> <p>-Refine understanding of how to use hitting (striking) skills to send the ball into space in order to win a game.</p> <p><u>Ball Skills: Feet 1</u></p> <p>-Apply knowledge and understanding of dribbling, passing and receiving in order to keep possession as a team and score a point</p> <p><u>Attack v Defence: Games for Understanding</u></p> <p>-Create and apply defensive tactics</p> <p>-Understanding transition from defence to attack</p> <p>-Consolidate the transition from defence to attack: Level 1 competition</p>	<p>Attacker</p> <p>Defender</p> <p>Opponent</p> <p>Accuracy</p> <p>Power</p> <p>Batting</p> <p>Fielder</p> <p>Space</p> <p>Possession</p> <p>Dribbling</p> <p>Passing</p> <p>Tactics</p> <p>Transition</p> <p>Team</p> <p>Opponent</p> <p>Teamwork</p> <p>Attacking</p> <p>Defending</p>
Cross Curricular Links	PSHE- Autumn Term 1 – Team		Music- Spring Term-		PSHE- Autumn Term- Team	
Year Three	<p>Unit outcome</p> <p>Autumn Term</p> <p><u>Games: Invasion/Netball</u></p> <p>Determination, communication, respect, resilience, problem solving, trust</p> <p><u>Dance: Wild Animals</u></p> <p>Integrity, communication, creativity, cooperation, problem solving, self-motivation</p> <p><u>Gymnastics: Symmetry and Asymmetry</u></p>		<p>Unit Outcome</p> <p>Spring Term</p> <p><u>Games: Invasion/Dodgeball</u></p> <p>Resourcefulness, cooperation, integrity, respect, problem-solving</p> <p><u>Games: Striking and Fielding/Cricket</u></p> <p>Resilience, cooperation, self-motivation, respect, problem-solving</p> <p><u>Games: Invasion/Handball</u></p>		<p>Unit Outcome</p> <p>Summer Term</p> <p><u>Games: Striking/Golf</u></p> <p>Communication, overcoming challenges, teamwork, emotional regulation, self-belief</p> <p><u>Athletics</u></p> <p>Communication, , resilience, integrity, encouragement, resourcefulness</p> <p><u>Games: Net/Wall/ Tennis</u></p>	



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	Evaluation, cooperation, resilience, self-motivation, resourcefulness <u>Games: Invasion/Hockey</u> Resilience, cooperation, self-motivation, respect, problem-solving			Resilience, cooperation, integrity, respect, problem-solving <u>Outdoor Adventure Activities: Problem solving</u> Trust, determination, respect, resilience, problem solving			Trust, self-motivation, Resilience, cooperation, problem-solving <u>Games: Invasion/Tag Rugby</u> Resilience, reflection, cooperation, problem-solving, self-motivation		
	Knowledge	Skills	Vocabulary	Knowledge	Skills	Vocabulary	Knowledge	Skills	Vocabulary
	<u>Games: Invasion/Netball</u> -Apply the principles of attack vs Defence -Focus on passing and moving. -How to keep possession and eventually score in order to win a modified game <u>Dance: Wild Animals</u> -Responding to stimuli Sustain characters to add drama and emotion to dance. -Bring together choreography to create a final performance <u>Gymnastics: Symmetry and Asymmetry</u> -Introduction to Symmetry and Asymmetry - Exploring movements and balances in symmetrical and asymmetrical ways. -Create sequences starting with symmetrical balance on apparatus -Applying flow <u>Games: Invasion/Hockey</u> -Introduce dribbling; keeping control Introduce passing and receiving -Combine dribbling and passing to create space			Passing Receiving Shooting Chest pass Footwork Expression Creativity Emotion Stimuli Motif Choreography Character Symmetry Asymmetry Extension Flow Linking Control Passing Receiving Intercepting Shooting Barrier Possession Space	<u>Games: Invasion/Dodgeball</u> -Develop changing direction (dodging) -Introduce throwing with accuracy and change direction during a game <u>Games: Striking and Fielding/Cricket</u> -Introduce throwing underarm -Introduce catching -Utilise fielding skills to keep batter’s score as low as possible. -Explore batting skills to outwit the fielders and score as many runs (points) as possible. <u>Games: Invasion/Handball</u> -Develop passing and moving -Combine passing and moving -How to keep possession and score <u>Outdoor Adventure Activities: Problem solving</u> -Explore what makes an effective team through different problem-solving challenges.	Throwing Catching Speed Dodging Possession Throwing Catching Outwit Batting Fielder Out Space Possession Shoulder pass Attacker Defender Communication Tactics Teamwork Strategy Problem solving Cooperation	<u>Games: Striking/Golf</u> -Develop the underarm throw/roll for accuracy -Combine throwing and rolling with accuracy to beat an opponent <u>Athletics</u> -Throwing: Accuracy vs distance -Jumping for distance: Standing Long Jump -Compare throwing accurately with throwing for distance. <u>Games: Net/Wall/ Tennis</u> -Introduce the forehand shot -Understand where and why to throw/hit the ball on the court <u>Games: Invasion/Tag Rugby</u> -Combine passing and moving to create attacking opportunities	Overarm Underarm Hole/Putter Tee (Hoop Clock): Course Shot Accuracy Opponent Rolling Tactics Speed Acceleration Distance Accuracy Change over Outwit Space Return Recover Baseline Forehand Rally Out Attacker Defender	



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	-Develop passing, receiving and dribbling Introduce shooting -Explore how to apply the principles of attack vs defence, -How to keep possession						-Where and why they need to create space when they are attacking		Dodge Try Possession Ball carrier Tagging
Cross Curricular Links	PSHE- Summer Term – Valued Music- Spring Term			Music- Spring Term			PSHE- Summer Term – Valued Music-Spring Term		
Year Four	Unit outcome Autumn Term <u>Gymnastics: Bridges</u> Trust, Communication, Resourcefulness, Self-motivation, Encouragement <u>Netball: Games: Invasion</u> Responsibility, Communication, Collaboration, Self-motivation, Decision making <u>Dance: Cats</u> Encouragement, Decision Making, Integrity, Communication, Resourcefulness <u>Hockey: Games: Invasion</u> Evaluation, Communication, Cooperation, Resilience, Decision making			Unit Outcome Spring Term <u>Handball: Games: Invasion</u> Decision making, Self-discipline, Cooperation, Resilience, Reflection <u>Dodgeball: Games: Invasion</u> Responsibility, Communication, Cooperation, Integrity, Resourcefulness <u>Cricket: Games: Striking & Fielding</u> Reflection, Communication, Respect, Resilience, Evaluation <u>Outdoor Adventure Activities: Problem Solving</u> Encouragement, Resourcefulness, Trust, Determination, Evaluation			Unit Outcome Summer Term <u>Golf: Games: Striking</u> Integrity, Conflict resolution, Overcoming challenges, Communication, Responsibility <u>Tennis: Games: Net/Wall</u> Reflection, Communication, Trust, Self-motivation, Decision making <u>Athletics</u> Self-motivation, Evaluation, Reflection, Resilience, Communication <u>Tag Rugby: Games: Invasion</u> Decision Making, Communication, Cooperation, Resilience, Reflection		
	Knowledge	Skills	Vocabulary	Knowledge	Skills	Vocabulary	Knowledge	Skills	Vocabulary
	<u>Gymnastics: Bridges</u> -Explore movements and balances creating bridges. - Application of bridge learning onto apparatus. - Developing sequence ideas with bridges. -Develop a sequence, using pair and individual bridges. - Sequence completion. -Perform completed sequences.		Excellent Gymnastics Extension Control Interesting, Bridge Levels Flow	<u>Handball: Games: Invasion</u> - Refine passing and receiving - Develop passing and creating space - Develop passing, moving and shooting - Combine passing and shooting - Introduce defending -Bring together what has been learnt into a tournament.		Attacker, Defender, Transition, Marking, Free pass/Throw, Interception, Shooting	<u>Golf: Games: Striking</u> - Introduce striking with Launchers - Develop striking with accuracy with Launchers -Develop striking for distance with Launchers - Combine striking with Rollers and Launchers for distance and accuracy		Launcher (Wedge), Roller (Putter), Hole (Target), Tee, Holes, Course, Shots, Accuracy, Opponent, Power



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<p><u>Netball: Games: Invasion</u></p> <ul style="list-style-type: none"> - Develop passing and receiving of the ball - Develop passing and creating space - Develop passing, moving and shooting - Develop Footwork - Introduce defending and the concept of marking - Bring together what has been learnt in a tournament. 	<p>Attacker Defender, Possession, Chest pass, footwork</p>	<p><u>Dodgeball: Games: Invasion</u></p> <ul style="list-style-type: none"> - Introduce jumping and ducking - Develop throwing with accuracy and power over an increased distance - Develop catching (dodgeball) - Consolidate dodging, jumping and ducking into game situations - Combine, dodging, catching and throwing - Bring together what has been learnt into a tournament. 	<p>Attacker, Defender, Dodge, Ducking, Jumping, Aiming</p>	<ul style="list-style-type: none"> - Combine striking with Rollers and Launchers to beat an opponent 1v1 - Combine striking with Rollers and Launchers to beat an opponent 2v2 	
<p><u>Dance: Cats</u></p> <ul style="list-style-type: none"> - Explore movement through improvisation, introducing unison and matching. - Extending sequences with a partner in character. - Adding drama and emotion into a dance. - Developing sequences with a partner in character that show relationships and interlinking dance moves - Bring together pupils choreography. 	<p>Excellent dancers, Expression, Creativity, Emotion, Motif, Flow, Character</p>	<p><u>Cricket: Games: Striking & Fielding</u></p> <ul style="list-style-type: none"> - Develop an understand of batting and fielding - Introduce bowling underarm - Develop stopping and returning the ball - Develop retrieving and returning the ball - Striking the ball at different angles and speeds - Consolidate sequence of learning by playing pairs cricket. 	<p>Retrieving, Bowling, Strike, Batting, Fielder, The long barrier</p>	<p><u>Tennis: Games: Net/Wall</u></p> <ul style="list-style-type: none"> - Consolidate sequence of learning from year 3, developing the forehand - Creating space to win a point using a racket - Introduce the backhand - Applying the forehand and backhand in game situations - Applying the forehand and backhand: Creating space to win a point - Bring together what has been learnt into a tournament 	<p>Outwit, Space, Accuracy, Power, Baseline, Forehand, Backhand, Rally, Out</p>
<p><u>Hockey: Games: Invasion</u></p> <ul style="list-style-type: none"> - Refine dribbling - Refine passing: Long and short - Develop shooting: Combine passing and dribbling to create shooting opportunities 	<p>Attacker, Defender, Dribbling, Marking, Tackling,</p>	<p><u>Outdoor Adventure Activities: Problem Solving</u></p> <ul style="list-style-type: none"> - Look at what makes an effective team with the focus on cooperation and responsibility - Look at what makes an effective team with the focus on communication - Look at what makes an effective team with the focus on collaboration and communication 	<p>Communication, Tactics, Teamwork, Strategy, Non-verbal communication,</p>	<p><u>Athletics</u></p> <ul style="list-style-type: none"> -Sprinting: Develop running at speed - Sprinting: Exploring our stride pattern - Running for pace - Understand and apply tactics when running for distance - Throwing for distance: Javelin - Jumping for distance: Standing Triple Jump <p><u>Tag Rugby: Games: Invasion</u></p> <ul style="list-style-type: none"> - Develop passing, moving and creating space 	<p>Tactics, Speed, Distance, Pace, Power, Stride pattern</p> <p>Space, Attacker, Defender,</p>



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	<ul style="list-style-type: none"> - Develop passing and dribbling creating space for attacking opportunities - Introduce defending: Blocking and tackling - Bring together what has been learnt into a tournament 			Blocking, Free hit	<ul style="list-style-type: none"> - Learning motivation in a team and how important it is through the river rope challenge. - Caving challenges -Leaning importance of motivating each other in a team in an unfamiliar environment 			Verbal communication	<ul style="list-style-type: none"> - Extend learning into 3v3 mini games -Develop defending - Develop defending in game situations - Combine passing and moving to create an attack and score - Bring together what has been learnt into a tournament 			Forward pass, Offside
Cross Curricular Links	PSHE Autumn Term- Team				PSHE Autumn Term- Team				PSHE Autumn Term- Team Music- Summer Term			
Year Five	Unit outcome Autumn Term <u>Netball</u> Cooperation, Self-Discipline, Evaluation, Reflection and Integrity <u>Gymnastics Counter Balance & Counter Tension:</u> Reflection, Respect, Self-Discipline, Trust and Integrity <u>Games: Game Sense: Game Sense Invasion</u> Respect, Reflection, Trust, Evaluation, Responsibility <u>Hockey: Games: Invasion:</u> Encouragement, Responsibility, Evaluation, Communication and Self discipline				Unit Outcome Spring Term <u>Dodgeball, Games: Invasion:</u> Self-discipline, Reflection, Communication, Responsibility, Evaluation <u>Dance: The Circus</u> Trust, Communication, Decision making, Resilience, Encouragement <u>Cricket: Games: Striking & Fielding:</u> Self-discipline, problem solving, reflection, communication, responsibility <u>Health Related Exercise</u> Encouragement, Communication, Self-Motivation, Integrity, Responsibility				Unit Outcome Summer Term <u>Golf: Striking</u> Resilience, Support structure, Decision Making, Integrity, Conflict resolution <u>Tennis: Net/Wall</u> Reflect, Communication, Integrity, Resourcefulness, Evaluation <u>Athletics</u> Responsibility, Cooperation, Evaluation, Self-motivation, Respect <u>Tag Rugby: Invasion</u> Trust, Responsibility, Resourcefulness, Encouragement, Integrity			
	Knowledge	Skills	Vocabulary		Knowledge	Skills	Vocabulary		Knowledge	Skills	Vocabulary	
	<u>Netball</u> -Refine passing and receiving -Explore the function of other passes -Develop using a range of passes -Develop defending and marking the player with the ball -Tactical Play			Tactics, Transition, Possession, Marking Excellency gymnastics,	<u>Dodgeball Games: Invasion:</u> -Introduce blocking - Consolidate catching - Understand where we throw and why we need to throw with accuracy and power - Explore basic attacking tactics			Tactics, Transition, Accuracy, Power, Dodge, Blocking, Eliminated	<u>Golf: Games : Striking</u> - Consolidate striking for accuracy with Rollers - Consolidate striking with Launchers - Introduce playing with hazards			Launcher (Wedge), Roller (Putter), Hazards, Shots, Holes (Course), Opponent,



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	<p>-Level 1 tournament</p> <p><u>Gymnastics: Counter Balance & Counter Tension</u></p> <ul style="list-style-type: none"> -Introduction to counter balance - Application of counter balance learning onto apparatus - Sequence formation - Explore the concept of counter tension - Sequence completion - Perform the completed sequences <p><u>Games: Game Sense: Game Sense Invasion</u></p> <ul style="list-style-type: none"> - Develop dribbling -Consolidate dribbling and passing to maintain possession to create scoring opportunities - Develop defending: Application into game play - Refine defensive skills: Transition from defence to attack - Refine attacking skills passing, dribbling and shooting - Bring together what has been learnt into a tournament. <p><u>Games: Invasion: Hockey</u></p> <ul style="list-style-type: none"> - Recap and refine dribbling and passing creating attacking opportunities - Develop defending: Blocking and tackling - Refine shooting 	<p>Interesting, Flow, Levels, Counter Balance, Counter tension, Unison, Canon</p> <p>Tactics, Transition, Counter attack, Pressure, Man-to-man marking, Tackle, Referee/Umpire</p> <p>Tactics, Marking, Attack, Counter attack, Man-to-man marking, Goal side</p>	<ul style="list-style-type: none"> - Explore basic defensive tactics - Level 1 tournament <p><u>Dance: The Circus: The Circus</u></p> <ul style="list-style-type: none"> - Exploring society in the 19th Century (1850): Dynamics and prejudices - Developing character movements linked to 19th Century (1850) prejudices - Creating movements to represent different characters and performers in a 19th Century (1850) circus - Creating a 'Circus Performance' incorporating characterisation linked to a variety of performers -Extending our 'Circus Performance' incorporating props and apparatus linked to the variety of performers - Bring together what has been learnt into a Circus performance <p><u>Games: Striking & Fielding: Cricket</u></p> <ul style="list-style-type: none"> - Refine batting, understand and develop batting tactics - Refine bowling, understand and develop bowling tactics - Refine fielding, stopping, catching and throwing - Combine fielding skills, creating and applying tactics, introduce umpiring and scoring - Refine batting, create and apply batting tactics to game scenarios 	<p>Excellent dancers, Expression, Creativity, Motif, Character, Unison</p> <p>Tactics, Bowling, Run out, Wicket-keeper, No ball, Wide, Bye</p>	<ul style="list-style-type: none"> - Develop playing with hazards - Consolidate and combine skills of using Launchers and Rollers and apply their skills and understanding by competing in an individual golf tournament. <p><u>Tennis: Games: Net/Wall</u></p> <ul style="list-style-type: none"> - Consolidate learning from year 4: recap how to outwit an opponent - Introduce the volley - Develop the volley - Controlling the game from the serve - Doubles: Understanding and applying tactics to win a point - Bring together what has been learnt to play a tournament <p><u>Athletics</u></p> <ul style="list-style-type: none"> - Sprinting: Finishing a race - Consolidate sprinting: Evaluating our performance - Sprinting: My personal best - Consolidate running in a team: Relay changeovers - Throwing for distance: Shot put - Introducing the hurdles <p><u>Tag Rugby: Games: Invasion</u></p> <ul style="list-style-type: none"> - Consolidate passing and moving - Consolidate defending 	<p>Power, Penalty Shot</p> <p>Tactics, Space, Outwit, Forehand, Backhand, Volley, Doubles, Serve</p> <p>Tactics, Speed, Distance, Evaluation, Change over, Personal best, Lap</p> <p>Tactics</p>
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	<ul style="list-style-type: none"> - Refine attacking skills passing, dribbling and shooting, introduce officiating - Refine defending skills, developing transition from defence to attack - Bring together what has been learnt into a tournament 		<ul style="list-style-type: none"> - Consolidate sequence of learning into a mini game <p><u>Health Related Exercise</u></p> <ul style="list-style-type: none"> - Initial Fitness Assessment and compare individual scores to ones done at the end of the 6 weeks. - To understand the functions of the cardiovascular system and how aerobic fitness affects our bodies. -Flexibility: understand what is means and how it affects our bodies. - Strength: understand what is means and how it affects our bodies. - Develop understanding of aerobic fitness and how it affects our bodies. - Re-do the fitness assessment from week 1 and compare scores to see improvement. 	Cardiovascular system, Strength, Flexibility, Fitness, Circuits, Fitness assessment/test	<ul style="list-style-type: none"> - Create, understand and apply attacking tactics in game situations - Create, understand and apply defensive tactics in game situations - Consolidate attacking and defending in mini games - Bring together what has been learnt into a tournament. 	Transition, Offside, Formations, Knock on, Advantage
Cross Curricular Links	PSHE- Autumn Term		Music- Spring Term		Music- Summer Term	
Year Six	<p style="text-align: center;">Unit outcome Autumn Term</p> <p><u>Netball: Games: Invasion</u> Responsibility, Self-motivation, Reflection, Integrity, encouragement</p> <p><u>Gymnastics: Matching & Mirroring:</u> Cooperation, responsibility, Trust, Decision making, integrity</p> <p><u>Games: Game Sense: Game Sense Invasion</u> Responsibility, Resourcefulness, Reflection, Respect, Integrity</p>		<p style="text-align: center;">Unit Outcome Spring Term</p> <p><u>Dodgeball: Games: Invasion</u> Self-motivation, Respect, Reflection, encouragement, Self-discipline</p> <p><u>Hockey: Games: Invasion</u> Trust, Integrity, Responsibility, encouragement, Resourcefulness</p> <p><u>Health Related Exercise</u> Self-motivation, Communication, Decision making</p> <p><u>Cricket: Games: Striking & Fielding</u></p>		<p style="text-align: center;">Unit Outcome Summer Term</p> <p><u>Golf: Games: Striking</u> Supportive, Empathy, Kindness, Resilience, Support Structure</p> <p><u>Tennis: Games: Net/Wall</u> Responsibility, Self-discipline, Integrity, resourcefulness, Respect</p> <p><u>Athletics</u> Trust, Self-discipline, Cooperation, Decision making, Responsibility</p>	



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