

Meppershall Church of England Academy

PE Curriculum 2023-24

PE	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	First PE	Multi skills Gymnastics	Multi skills Gymnastics	Multi skills Gymnastics	Multi skills Gymnastics	Dance Cats Games Netball- Basic skills and small sided games	Dance Games Football
Autumn 2	Dance	Dance – Space Ball skills	Dance – Jungle Ball skills	Dance – Unit 2 The Explorers – (dance 3) Games – Unit 2 Creative games making	Dance – Unit 2 Electricity – (dance 11) Games – Unit 2 Problem solving & inventing games (invasion focus)	Gymnastics Travel, Rolling, Sequencing Games Tag Rugby	Gymnastics Vaulting Games Lacrosse

<p>Spring 1</p>	<p>Gymnastics</p>	<p>Gym – Unit E Points & Patches – balance, travel, individual & partner</p> <p>Dance - Great Fire of London</p>	<p>Gym – Unit I Pathways – straight, zig-zag & curving</p> <p>Dance - Creation</p>	<p>Gym – Unit M Symmetry & asymmetry</p> <p>Dance – Light/Dark/Shadow</p>	<p>Gym – Unit Q Receiving body weight</p> <p>Dance – 1066/Battle</p>	<p>Gymnastics</p> <p>Games Outdoor Adventurous Education</p>	<p>Gymnastics</p> <p>Games Outdoor Adventurous Education</p>
<p>Spring 2</p>	<p>Ball skills</p>	<p>Gym – Unit F Rocking & rolling</p> <p>Games – Unit 3 Bat/ball skills & games</p> <p>Skipping</p>	<p>Gym – Unit J Turning, spinning & twisting</p> <p>Games – Unit 3 Dribbling, kicking & hitting</p>	<p>Gym – Unit N Pathways – flexible & direct, changing speed</p> <p>Games – Unit 3 Net/court/wall games</p>	<p>Gym – Unit R Balance leading into a change of front or direction</p> <p>Games – Unit 3 Invasion focus</p>	<p>Dance Beginning of Time</p> <p>Games Netball/Football (Choice)</p>	<p>Dance Haka</p> <p>Games Netball/Football (Choice)</p>

<p style="text-align: center;">Summer 1</p>	<p style="text-align: center;">Athletics</p>	<p style="text-align: center;">Athletics – VS Unit 1</p> <p>Changing speed, equipment control, push throw, underarm throw, pathways, simple take-off & landings</p> <p style="text-align: center;">Kwik Cricket</p>	<p style="text-align: center;">Athletics – VS Unit 1</p> <p>Push throw (2 hands), short distance running, underarm throw for distance & accuracy, paced running, jumping with different take-offs and landings</p> <p style="text-align: center;">Kwik Cricket</p>	<p style="text-align: center;">Athletics – VS Unit 1</p> <p>Develop techniques in: sprinting, throwing for accuracy, changing pace, jumping, relays</p> <p style="text-align: center;">Kwik Cricket – Chance to Shine Plans</p>	<p style="text-align: center;">Athletics – VS Unit 1</p> <p>Develop techniques in: sprint, speed, distance, over obstacles, throwing for distance and accuracy, jumping, paced running, relay</p> <p style="text-align: center;">Kwik Cricket – Chance to Shine Plans</p> <p style="text-align: center;">PGL – outdoor & adventurous</p>	<p style="text-align: center;">Athletics –</p> <p>Shot put, Javelin, Discuss, Long Jump, Triple Jump</p> <p>Sprint techniques, pacing, distance.</p> <p style="text-align: center;">Striking and Fielding</p> <p style="text-align: center;">Kwik Cricket/Tennis</p>	<p style="text-align: center;">Athletics –</p> <p>Shot put, Javelin, Discuss, Long Jump, Triple Jump</p> <p>Sprint techniques, pacing, distance.</p> <p style="text-align: center;">Striking and Fielding</p> <p style="text-align: center;">Kwik Cricket/Tennis</p>
<p style="text-align: center;">Summer 2</p>	<p style="text-align: center;">Tennis</p>	<p style="text-align: center;">Athletics – Unit 2</p> <p>Running style, jumping techniques, overarm throw, pivot turn</p>	<p style="text-align: center;">Athletics – Unit 2</p> <p>Sprinting technique, throwing for distance, even pacing between obstacles, jumping</p>	<p style="text-align: center;">Athletics – Unit 2</p> <p>Develop techniques: sprinting, throwing for distance, jumping</p>	<p style="text-align: center;">Swimming</p>	<p style="text-align: center;">Athletics –</p> <p>Continuation from Summer 1</p> <p style="text-align: center;">Striking and Fielding</p> <p style="text-align: center;">Rounders</p>	<p style="text-align: center;">Athletics –</p> <p>Continuation from Summer 1</p> <p style="text-align: center;">Striking and Fielding</p> <p style="text-align: center;">Rounders</p>

		Tennis	for distance, push throw with bounce Tennis	for distance, longer distances Tennis	Tennis	Choice	Choice
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