



Copplestone PE Curriculum

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y1	<p>Leap into Life</p> <p>Fundamentals Y1 (Get Set PE)</p> <p>To explore balance, stability and landing safely. To explore how the body moves differently when running at different speeds.</p> <p>To explore changing direction and dodging.</p> <p>To explore jumping, hopping and skipping actions.</p> <p>To explore co-ordination and combination jumps.</p>	<p>Leap into Life</p> <p>Gymnastics Y1 (Get Set PE)</p> <p>To explore travelling movements.</p> <p>To develop and combine travelling movements.</p> <p>To develop quality when performing and linking shapes.</p> <p>To develop quality when linking shapes.</p> <p>To develop stability and control when performing balances.</p> <p>To develop technique and control when performing shape jumps.</p> <p>To develop technique and control when performing shape jumps.</p> <p>To develop technique in the barrel, straight and forward roll.</p> <p>To develop rolls and use them in a sequence.</p> <p>To link gymnastic actions to create a sequence.</p> <p>To develop quality in gymnastics sequences.</p>	<p>Leap into Life</p> <p>Dance Y1 (Get Set PE)</p> <p>Choose from the following themes:</p> <p>THEME: Weather</p> <p>To use counts of 8 to move in time and make my dance look interesting. To explore pathways in my dance.</p> <p>To create my own dance using, actions, pathways and counts.</p> <p>THEME: Pirates</p> <p>To explore speeds and actions in our pirate inspired dance.</p> <p>To copy, remember and repeat actions that represent the theme.</p> <p>To copy, repeat, create and perform actions that represent the theme.</p> <p>THEME: The Lost Toy</p> <p>To explore speeds and actions.</p> <p>To use expression and create actions that relate to the story. To use a pathway when travelling.</p> <p>THEME: On Safari</p> <p>To explore and copy actions in response to a theme.</p> <p>To create my own actions for an animal.</p> <p>To explore pathways with a partner.</p>	<p>Leap into Life</p> <p>Invasion games Y1 (Get Set PE)</p> <p>To understand the role of defenders and attackers.</p> <p>To recognise who to pass to and why.</p> <p>To move towards goal with the ball.</p> <p>To support a teammate when playing in attack. To move into space showing an awareness of defenders.</p> <p>To stay with a player when defending</p>	<p>Leap into Life</p> <p>Athletics: jump, run, throw Y1 (Get Set PE)</p> <p>To move at different speeds over varying distances.</p> <p>To develop balance. To develop changing direction quickly.</p> <p>To explore hopping, jumping and leaping for distance.</p> <p>To develop throwing for distance.</p> <p>To develop throwing for accuracy.</p>	<p>Leap into Life</p> <p>Striking and fielding Y1 (Get Set PE)</p> <p>To develop underarm throwing and catching.</p> <p>To develop overarm throwing.</p> <p>To develop hitting a ball.</p> <p>To develop collecting a ball.</p> <p>To learn how to get a batter out.</p> <p>To play games and understand how to score points</p>



Copplestone PE Curriculum

<p>Y2</p>	<p>Fundamentals: Y2 (Get Set PE)</p> <p>To explore how the body moves when running at different speeds. To develop changing direction and dodging. To develop balance, stability and landing safely. To explore and develop jumping, hopping and skipping actions. To develop co-ordination and combining jumps. develop combination jumping and skipping in an individual rope.</p> <p>Ball Skills: Y2 (Get Set PE)</p> <p>To develop rolling a ball to hit a target. To develop stopping a rolling ball. To develop dribbling a ball with your feet. To develop kicking a ball. To develop throwing and catching. To develop dribbling a ball with your hands.</p>	<p>Invasion games: Y2 (Get Set PE)</p> <p>To understand what being in possession means and support a teammate to do this. To understand that scoring goals is an attacking skill and to explore ways to do this. To understand that stopping goals is a defending skill and explore ways to do this. To explore how to gain possession. To mark an opponent and understand that this is a defending skill. To apply simple tactics for attacking and defending</p> <p>Yoga: Y2 (Get Set PE) To copy and repeat yoga poses. To develop an awareness of strength when completing yoga poses. To develop an awareness of flexibility when completing yoga poses. To copy and remember actions linking them into a flow. To create a flow, perform and teach it to a partner.</p>	<p>Gymnastics: Y2 (Get Set PE)</p> <p>To perform gymnastic shapes and link them together. To perform gymnastics shapes with control and link them together. To use shapes to create balances. To use shapes to create balances. To link travelling actions and balances using apparatus. To develop travelling actions and balances using apparatus. To develop different shapes, take offs and landings when performing jumps. To develop rolling and sequence building. To create a sequence using apparatus.</p> <p>Sending and Receiving: Y2 (Get Set PE)</p> <p>To roll a ball towards a target. To track and receive a rolling ball. To send and receive a ball with your feet. To develop catching skills. To develop throwing and catching skills. To send and receive a ball using a racket.</p>	<p>Dance: Y2 (Get Set PE) Choose from the following themes: THEME: Secret Garden To remember, repeat and link actions to tell the story of my dance. To develop an understanding of dynamics and how they can show an idea. Use counts of 8 to help you stay in time with the music. THEME: The Circus To copy, remember and repeat actions using facial expressions to show different characters. To explore pathways and levels. To remember and rehearse our circus dance showing expression and character. THEME: The Rainforest To copy, repeat and create actions in response to a stimulus. To copy, create and perform actions considering dynamics. To create a short dance phrase with a partner showing clear changes of speed. THEME: Jack Frost To copy, repeat and create movement patterns in response to the theme. To remember and repeat actions and dance as a group.</p>	<p>Athletics: Y3 (Get Set PE)</p> <p>To develop the sprinting action. To develop jumping for distance. To develop jumping for height. To develop throwing for distance. To develop throwing for accuracy. To select and apply knowledge and technique in an athletics carousel</p> <p>Fitness: Y2 (Get Set PE)</p> <p>To learn how to run for a long time. To develop jumping in a long rope using timing. To develop co-ordination in individual skipping. To develop stamina and change of direction. To explore exercises to develop strength. To develop agility, balance and co-ordination</p>	<p>Striking and fielding: Y2 (Get Set PE)</p> <p>To track a rolling ball and collect it. To develop underarm throwing and catching to field a ball. To develop overarm throwing to limit a batter's score. To develop hitting for distance to score more points. To be able to get a batter out. To understand the rules of the game and use these to play fairly.</p> <p>Team Building: Y2 (Get Set PE)</p> <p>To follow instructions and work with others. To co-operate and communicate in a small group to solve challenges. To create a plan with a group to solve the challenges. To communicate effectively and develop trust. To use teamwork skills to work as a group to solve problems. To work with a group to copy and create a basic map</p>
------------------	--	---	---	---	---	--



Copplestone PE Curriculum

		To explore poses and create a yoga flow				
Y3	<p>Net games –Tennis A4A</p> <p>Keep up a continuous game, using a range of throwing and catching skills and techniques</p> <p>Use a small range of basic racket skills</p> <p>Choose and use a range of simple tactics for sending the ball in different ways to make it difficult for their opponent</p> <p>Choose and use a range of simple tactics for defending their own court</p> <p>Adapt and refine rules</p> <p>Make up their own net games</p> <p>Understand the point of the game</p> <p>Keep rules effectively and fairly</p> <p>Recognise how net games make the body work</p> <p>Fundamentals: Y3 (Get Set PE)</p> <p>To develop balance and apply it to other fundamental movement skills.</p> <p>To understand how the body moves differently at different speeds.</p> <p>To develop technique when changing speed.</p> <p>To develop agility using a change of speed and direction.</p> <p>To develop technique and</p>	<p>Dance A4A</p> <p>Improvise freely, translating ideas from a stimulus into movement</p> <p>Create dance phrases that communicate ideas</p> <p>Share and create dance phrases with a partner and in small groups- repeat remember and perform these phrases in a dance</p> <p>Use dynamic, rhythmic, and expressive qualities clearly and with control</p> <p>Understand the importance of warming up and cooling down</p> <p>Recognise and talk about the movements used and the expressive qualities of dance</p> <p>Suggest improvements to own and other's dances</p> <p>Ball skills Y3 (Get Set PE)</p> <p>To develop dribbling skills with hands and feet</p> <p>To develop tracking and throwing skills</p> <p>To develop tracking and catching skills</p> <p>To track a ball that is not sent directly to me</p>	<p>Gymnastics – A4A</p> <p>Use a greater number of their own ideas for movements in response to a task</p> <p>Choose and plan sequences of contrasting actions</p> <p>Adapt sequences to suit different types of apparatus and their partner's ability</p> <p>Explain strength and suppleness affect performance</p> <p>Identify some muscle groups used in gymnastic activity</p> <p>Suggest warm up activities</p> <p>Compare and contrast gymnastic sequences</p> <p>Comment on similarities and differences</p> <p>With help, recognise how performances could be improved</p> <p>Fitness – Y3 (Get Set PE)</p> <p>To understand how balance helps us in everyday life.</p> <p>To understand how coordination helps us in everyday life.</p> <p>To understand how strength helps us in everyday life.</p> <p>To understand how speed helps us in everyday life.</p> <p>To understand how agility helps us in everyday life.</p>	<p>Dodgeball – A4A</p> <p>Throw and catch with control to keep possession and score goals</p> <p>Be aware of space and use it to support team-mates and cause problems for the opposition</p> <p>Know and use rules fairly to keep games going</p> <p>Keep possession with some success when using equipment that is not used for throwing and catching skills</p> <p>Explain why it is important to warm up and cool down</p> <p>Say when a player has moved to help others</p> <p>Apply this knowledge to their own games</p> <p>Netball Y3 (Get Set PE)</p> <p>To develop passing and moving within the footwork rule</p> <p>To use a variety of passes to move towards a goal</p> <p>To develop movement skills to lose a defender</p> <p>To defend an opponent and try to win the ball</p> <p>The develop the shooting action</p>	<p>Athletics –A4A</p> <p>Run at fast medium slow speeds</p> <p>Change speed and direction</p> <p>Link running and jumping with some fluency, control, and consistency</p> <p>Make up and repeat a short sequence of linked jumps</p> <p>Take part in relay activities, remembering when to run and what to do</p> <p>Throw a variety of objects changing their action for accuracy and distance.</p> <p>Recognise when heart rate temperature and breathing rate has change.</p> <p>Yoga Y3 (Get Set PE)</p> <p>To explore poses that challenge my balance</p>	<p>Cricket A4A</p> <p>Use a range of skills – throwing, striking, intercepting and stopping a ball, with some control and accuracy</p> <p>Choose and vary skills and tactics to suit the situation in a game</p> <p>Carry out tactics successfully</p> <p>Set up small games</p> <p>Know rules and use them fairly to keep games going</p> <p>Explain what they need to do to get ready to play games</p> <p>Carry out warmups with care and an awareness of what is happening to their bodies</p> <p>Describe what they and others do that is successful</p> <p>Rounders Y3 (Get Set PE)</p> <p>To learn how to score points in a striking and fielding game</p> <p>To develop batting to score points</p> <p>To develop fielding skills to limit the batter's score</p> <p>To understand the role of a bowler in the fielding team</p> <p>To develop and understanding of tactics and begin to use them in game situations</p>



Copplestone PE Curriculum

	control when jumping, hopping and landing. To apply fundamental skills to a variety of games.	To apply sending and receiving skills in games	To understand how stamina helps us in everyday life.	To apply skills and knowledge to play games using netball rules	To create a flow using poses that challenge my balance To explore poses that challenge my flexibility To explore poses that challenge my strength To create a flow using poses that challenge my strength	To apply skills and knowledge to play games using rounders rules
Y4	Short Tennis (A4A) Keep up a continuous game, using a range of throwing and catching skills and techniques Use a small range of basic racket skills Choose and use a range of simple tactics for sending the ball in different ways to make it difficult for their opponent Choose and use a range of simple tactics for defending their own court Adapt and refine rules Make up their own net games Understand the point of the game Keep rules effectively and fairly Recognise how net games make the body work	Dance Respond imaginatively to a range of stimuli related to character and narrative Use simple motifs and movement patterns to structure dance phrases on their own, with a partner or in groups Refine, repeat and remember dance phrases and dances Perform dances clearly and fluently Show sensitivity to the dance idea and the accompaniment Show a clear understanding of how to war up and cool down safely	Gymnastics (A4A) Perform actions, balances, body shapes and agilities with control Plan, perform and repeat longer sequences that include changes of speed and level, clear shapes and quality of movement Adapt their own movements to include a partner in a sequence; understand that strength and suppleness can be improved Lead a partner through short warm-up routines Recognise criteria that lead to improvement, e.g. changing a level Watch, describe and suggest possible improvements to others' performances	Handball (A4A) To develop passing and moving and play within the rules of the game. To develop movement skills to lose a defender and find space. To use space effectively to create shooting opportunities. To use defensive skills to intercept a pass and gain possession To develop defending skills to delay an opponent and gain possession. To apply skills and knowledge to compete in a tournament. Hockey: Y3/4 (Get Set PE)	Athletics (A4A) Understand and demonstrate the difference between sprinting and running for sustained periods Know and demonstrate a range of throwing techniques Throw with some accuracy and power into a target zone Perform a range of jumps showing consistent technique and sometimes using a short run up Play different roles in small groups Relate different styles of activity to different heart rates and body temperatures, us these activities when warming up	Cricket (A4A) Use a range of skills – throwing, striking, intercepting and stopping a ball, with some control and accuracy Choose and vary skills and tactics to suit the situation in a game Carry out tactics successfully Set up small games Know rules and use them fairly to keep games going Explain what they need to do to get ready to play games Carry out warm ups with care and an awareness of what is happening to their bodies Describe what they and others do that is successful



Copplestone PE Curriculum

	<p>Talk about what they do well and recognise the things they could do better</p> <p>Fundamentals Y4 (Get Set PE)</p> <p>To develop balancing and understand the importance of this skill</p> <p>To develop technique when running at different speeds</p> <p>To develop agility using a change of speed and direction</p> <p>To develop technique and control when jumping, hopping and landing</p> <p>To develop skipping with a rope</p> <p>To apply fundamental skills to a variety of challenges.</p>	<p>Describe, interpret and evaluate dance using appropriate language</p> <p>Ball Skills: Y4 (Get Set PE)</p> <p>To develop tracking and collecting skills.</p> <p>To develop confidence and accuracy when tracking a ball.</p> <p>To develop dribbling skills with hands and feet</p> <p>To develop catching skills using one and two hands</p> <p>To explore a variety of throwing techniques</p> <p>To use tracking and sending skills with feet</p>	<p>Suggest improvements to their own performance</p> <p>Fitness: Y4 (Get Set PE)</p> <p>To recognise different areas of fitness and explore what your body can do</p> <p>To develop strength and speed</p> <p>To develop coordination</p> <p>To develop agility</p> <p>To develop balance</p> <p>To develop stamina</p>	<p>To develop sending and receiving the ball with accuracy and control.</p> <p>To develop the attacking skill of dribbling.</p> <p>To develop dribbling to beat a defender.</p> <p>To use defending skills to delay an opponent and gain possession.</p> <p>To apply attacking skills to move towards goal and find space.</p>	<p>Compare and contrast performance using appropriate language</p> <p>Yoga Y4 (Get Set PE)</p> <p>To explore connecting breath and movement.</p> <p>To explore new yoga poses and begin to connect them. To develop flexibility and strength in a positive summer flow.</p> <p>To develop flexibility and wellbeing in an individual yoga flow. To develop strength and balance through arm balance.</p>	<p>Suggest what needs practicing</p> <p>Rounders: Y4 (Get Set PE)</p> <p>To develop throwing and catching with accuracy and apply these to striking and fielding game</p> <p>To develop bowling and learn the rules of the skill within this game</p> <p>To develop batting techniques and understand where to hit the ball</p> <p>To develop fielding techniques and apply them to game situations</p> <p>To play different roles in a game and begin to think tactically about each role</p>
Y5	<p>Basketball (A4A)</p> <p>To develop ways to move the ball and apply them to different situations.</p> <p>To develop movement skills to lose a defender in different situations.</p> <p>To communicate with my team, move into space and take the ball towards the goal.</p> <p>To defend an opponent and know when to try to intercept.</p> <p>To develop shooting and</p>	<p>Dance (A4A)</p> <p>Compose motifs and plan dances creatively and collaboratively in groups</p> <p>Adapt and refine the way they use weight, space and rhythm in their dances to express themselves in the style of dance they use</p> <p>Perform different styles of dance clearly and fluently</p>	<p>Gymnastics (A4A)</p> <p>Create, practice and refine longer, more complex sequences for a performance including changes in level, direction and speed</p> <p>Choose actions, body shapes and balances from a wider range of themes and ideas</p> <p>Adapt their performance to the demands of a task using</p>	<p>Tag rugby (A4A)</p> <p>Pass, dribble and shoot/score with control in games</p> <p>Identify and use tactics to help their team keep the ball and take it towards the opposition's goal</p> <p>Mark opponents and help each other in defence</p> <p>Know and carry out warm-up activities that use exercises helpful for invasion games</p>	<p>Athletics (A4A)</p> <p>Sustain running and improve on a personal target</p> <p>Show control at take-off in jumping activities</p> <p>Show accuracy and good technique when throwing for distance</p> <p>Understand how stamina and power help people to perform well on different athletic activities</p>	<p>Cricket (A4A)</p> <p>Strike a bowled ball</p> <p>Use a range of fielding skills- catching, throwing, bowling, intercepting, with growing control and consistency</p> <p>Work collaboratively in pairs, group activities and small- sided games</p> <p>Use and apply the basic rules consistently and fairly</p>



Copplestone PE Curriculum

<p>explore when to pass, dribble or shoot. To use and apply skills, principles and tactics to a game situation.</p> <p>Fitness: Y5 (Get Set PE)</p> <p>To understand how speed helps me in other activities and apply this. To understand how strength helps me in other activities and apply this. To understand how agility helps me in other activities and apply this. To understand how balance helps me in other activities and apply this. To understand how coordination helps me in other activities and apply this. To understand how stamina helps me in other activities and apply this.</p>	<p>Organise their own warm-up and cool down exercises Show an understanding of safe exercising Recognise and comment on dances, showing an understanding of style Suggest ways to improve their own and other people's work</p>	<p>their knowledge of composition Understand the need for warming up and working on body strength, tone and flexibility Lead small groups in warm up activities Use basic set criteria to make simple judgements about performance and suggest ways they could be improved</p> <p>OAA: Y5 (Get Set PE)</p> <p>To develop communication and negotiation skills To develop strong communication and negotiation skills to solve problems To develop planning and problem-solving skills To share ideas and work as a team to solve problems To develop navigation skills and map reading To create and follow a key and route on a map</p>	<p>Pick out things that could be improved in performances and suggest ideas and practices to make them better</p> <p>Swimming Lessons</p>	<p>Identify good athletic performance and explain why it is good Use agreed criteria</p> <p>Yoga: Y5 (Get Set PE)</p> <p>To understand how breath can help me to hold and move from pose to pose To identify and use balance when identifying poses and creating a flow To identify and use flexibility when exploring poses and creating a flow To identify and use strength when exploring poses and creating a flow To refine and create a flow with a partner</p>	<p>Understand and implement a range of tactics in games Recognise the activities and exercises that need including in a warm up Identify their own strengths and suggest practices to help them improve</p> <p>Rounders: Y5 (Get Set PE)</p> <p>To develop throwing and catching skills and apply them relevantly to the situation To develop bowling accuracy and perform the skill within the rules of the game To develop batting skills, identify when I am successful and what I need to do to improve</p>
--	---	--	---	---	---



Copplestone PE Curriculum

Y6	Basketball (A4A)	Dance (A4A)	Gymnastics (A4A)	Netball (A4A)	Athletics (A4A)	Cricket (A4A)
	<p>To dribble with control under pressure.</p> <p>To move into and create space to support a teammate.</p> <p>To choose when to pass and when to dribble.</p> <p>To use the appropriate defensive technique for the situation.</p> <p>To develop shooting technique and make decisions about when to pass, dribble or shoot.</p> <p>Fitness: Y6 (Get Set PE)</p> <p>To develop an awareness of what your body is able to do. To develop speed and stamina.</p> <p>To develop strength using my own body weight.</p> <p>To develop co-ordination.</p> <p>To develop agility.</p> <p>To develop balancing with control.</p>	<p>Work creatively and imaginatively, on their own and in a group to compose motifs and structure dances</p> <p>Perform dances fluently and with control</p> <p>Warm-up and cool-down independently</p> <p>Understand how dance helps to keep them healthy</p> <p>Use appropriate criteria to evaluate and refine their own work and other's</p> <p>Dodgeball: Y6 (Get Set PE)</p> <p>To throw under pressure and apply this to a target game</p> <p>To select the appropriate dodging skill for the situation</p> <p>To develop catching with consistency under pressure</p> <p>To develop defensive techniques and select the appropriate action for the situation</p> <p>To understand and apply tactics in a game</p>	<p>Make up longer more complex sequences, including changes of direction, level and speed</p> <p>Develop their own solutions to a task by choosing and applying a range of compositional principles</p> <p>Combine and perform gymnastic actions, shapes and balances</p> <p>Show clarity, fluency, accuracy and consistency in their movements</p>	<p>To develop passing and moving to maintain possession.</p> <p>To use a variety of attacking skills to lose a defender.</p> <p>To move into and create space to support a teammate.</p> <p>To use defending skills to gain possession.</p> <p>To develop accuracy in the shooting action under pressure.</p> <p>To use and apply skills, principles and tactics to a game situation.</p> <p>Outdoor and adventurous residential at Skern Lodge:</p> <p>To include a programme of events chosen by the children to challenge themselves:</p> <p>River Kayak</p> <p>Raft building</p> <p>High ropes</p> <p>Zip wire</p> <p>Assault course</p> <p>Team building and challenges</p> <p>OAA: Y6 (Get Set PE)</p> <p>To build communication and trust whilst showing an awareness of safety</p> <p>To collaborate as a team to solve problems</p>	<p>Sustain running and improve on a personal target</p> <p>Show control at take-off in jumping activities</p> <p>Show accuracy and good technique when throwing for distance</p> <p>Organise and manage an athletic event well</p> <p>Understand how stamina and power help people to perform well on different athletic activities</p> <p>Identify good athletic performance and explain why it is good</p> <p>Use agreed criteria</p> <p>Yoga: Y6 (Get Set PE)</p> <p>To develop flexibility through the sun salutation flow.</p> <p>To develop strength through yoga flows.</p> <p>To create your own flow showing quality in control, balance and technique.</p> <p>To develop balance through yoga flows.</p> <p>To work collaboratively to create a controlled paired yoga flow.</p> <p>To create your own yoga flow that challenges technique, balance and control.</p>	<p>Strike a bowled ball</p> <p>Use a range of fielding skills- catching, throwing, bowling, intercepting, with growing control and consistency</p> <p>Work collaboratively in pairs, group activities and small- sided games</p> <p>Use and apply the basic rules consistently and fairly</p> <p>Understand and implement a range of tactics in games</p> <p>Recognise the activities and exercises that need including in a s warm up</p> <p>Identify their own strengths and suggest practices to help them improve</p> <p>Rounders: Y6 (Get Set PE)</p> <p>To develop throwing and catching under pressure and apply these to a striking a fielding game</p> <p>To develop bowling under pressure whilst abiding by the rules of the game</p> <p>To strike a bowled ball with increasing consistency</p> <p>To develop fielding techniques and select the appropriate action for the situation</p>



Cobblestone PE Curriculum

				<p>To develop tactical planning and problem solving</p> <p>To work as a team and develop critical thinking to determine the best approach</p> <p>To develop navigational skills and map reading</p> <p>To use a key to identify objects and locations</p>		<p>To understand and apply tactics in a game</p>
--	--	--	--	---	--	--