



Physical Education - Sequence Overview Year 3 – Year 6



Year	Term	Chesswood Gymnast	Chesswood Dancer	Chesswood Invasion Player	Chesswood Athlete	Chesswood Striker and Fielder	Chesswood Net / Target Player	Chesswood Adventurer	Chesswood PE Pupil
3	AUT	Gymnastics 1 (4 hours) Introduction to gymnastics focussing on travelling, balancing and jumping in isolation and combination.	Intro to Dance – counts and repetition (4 hours) Taking fitness videos as a stimulus the pupils begin to recognise the importance of counts and repetition in dance.	Invasion Skills 1 (12 hours) Looking at moving with the ball, sending and receiving skills and shooting in a variety in different sports	Endurance Running (1 hour) Preparing for the Cross Country Event			Where are we? (1 Hour) Finding our way around our new environment – photo orienteering.	Personal Best Challenges (3 hour) Looking at a variety of different skills pupils try to beat their personal best scores and improve.
	SPR 1	Gymnastics 2 (4 hours) Developing on previous skills and knowledge.	Animal Dance (4 hours) Developing their use of counts pupils create their own animal inspired dance.		Indoor Athletics 1 (6 hours) Learning the basic of standing long jump, vertical jump, speed bounce and chest push.				
	SPR 2/SUM 1			Invasion Skills 2 (6 hours) Recap previous skills (pass/moving with the ball etc) and developing skills into non-opposed and small sided conditioned games (Endball)	Athletics 1 (2 hours) Sprinting, throwing and running events.	Rolling / stopping / catching (4 hours) Developing hand-eye co-ordination as well as basic throwing and catching and fielding skills. Introduction to striking the ball.	New Age Kurling (2 hours) Work on aiming and target skills		Scooter Skills & Road Safety (2 hours) Using an adaption of the Scooter Skills programme pupils look at road safety as well as control and awareness on two-wheels
	SUM 2				Athletics (3 hours) Sports Day preparation along with learning outdoor athletics skills and events. Sports Day (2 hour)	Striking a ball (4 hours) Begin to look at the technique for striking a ball and using previous skills to try and stop it!	Tennis Skills (4 hours) Basic tennis skills and ball control.		
4	AUT	Gymnastics 3 (6 hours) Pin, star and Tuck – exploring these different body shapes with and without apparatus.		Basketball Skills (6 hours) Dribbling, passing and shooting Invasion 4 (12 hours) Basic game play looking at defence and attack. Specific Football and Tag-Rugby skills and Hockey)	Endurance Running (1 hour) Preparing for the Cross Country Event				Personal Best Challenges (1 hour) Looking at a variety of different skills pupils try to beat their personal best scores and improve.
	SPR 1	Gymnastics 4 (4 hours) Developing sequences using previous skills.	Story-telling Dance (4 hours) We start with Dragons and move on to how we can express narrative through movement.	Netball – 6 hours Learning the basic skills and rules of netball.					

	SPR 2/SUM 1				Indoor Athletics 2 (6 hours) Developing existing skills and focusing on 5 strides and chest push.	Cricket skills (5 weeks) Developing basic bowling, fielding and batting skills to apply to adapted games.	Tri-golf (6 hours) Trying to find the new Rory McIlroys and Michelle Wie's using aim and precision in golfing skills. Tennis (5 Weeks) Basic racket skills with rackets		
	SUM 2				Athletics 4 (6 hours) Sports Day preparation along with learning outdoor athletics skills and events. Sports Day	Rounders Skills (6 weeks) Learn the basics of rounders (batting and fielding)			
5	AUT	Gymnastics 5 (6 weeks) Create sequences using gymnastic elements and apparatus.	The Name is Bond... (6 weeks) Inspired by the iconic English character pupils use parkour and capoeira skills as well as action and reaction to create a dance to a mix of the legendary theme tune.	Invasion 6 (12 hours) Football and Netball	Endurance Running (1 hour) Preparing for the Cross Country Event Indoor Athletics (5 hours) Introduction to triple jump and javelin as well as polishing up on all the events. Begin to look more closely at officiating.				
	SPR 1	Gymnastics (4 weeks) Perform a set routine on floor and vault.		Invasion 7 Basketball and Hockey				Problems, problems (6 hours) Teamwork challenges looking at communication and problem solving in groups to solve different problems.	
	SPR 2/SUM 1			Handball (5 hours) Introduce basics of mini-handball. Look at defence and attack in the fast-paced game.		Stoolball (6 hours) Developing the basics of the traditional Sussex game.			Becoming a First Aider (2 hours) Learn basic first aid techniques including recovery position, CPR and making emergency calls. Swimming (8 hours) Lessons at the local pool trying to get all pupils to swim 25metres and learn basic water lifesaving skills

[Type here]

	SUM 2				<p>Athletics (4 hours) Working on sprinting, throwing and jumping events.</p> <p>Sports Day</p>		<p>Tennis (3 hours) Revisit skills from previous year focus on control and accuracy.</p>		<p>Swimming Lessons at the local pool trying to get all pupils to swim 25metres and learn basic water lifesaving skills</p>
6	AUT	<p>Gymnastics 6 (6 hours) Refine gymnastics elements and execution and create sequences focussing on space and apparatus to enhance performance.</p>	<p>The Hogwarts Ball (6 Hours) A Harry Potter inspired dance using freeze frames, emotion and drama into their choreography.</p>	<p>Sports Education Football & Netball (9 hours) Learning to lead each other – developing different roles in team management.</p>	<p>Endurance Running (1 hour) Preparing for the Cross Country Event</p> <p>Indoor Athletics 4 (5 hours) Focusing on how to improve in the events with photo/video analysis and officiating</p>			<p>Bristol OAA Sailing and climbing and map work (Moves depending on Residential dates)</p>	
	SPR 1			<p>Hockey & Basketball (10 hours) Developing match play and refining attacking and defensive awareness.</p>			<p>Table Tennis (6 hours) Develop basic skills and match play.</p>	<p>This is a tricky one... (6 hours) Trying different strategies to solve problems and what roles can be taken in a group.</p>	
	SPR 2/SUM 1			<p>Handball (5 hours)</p>	<p>Athletics 6 (6 hours) Look at hurdling and sprinting events along with throwing and jumping.</p> <p>Sports Day</p>		<p>Spikeball (5 hours) Introduction to a new net team sport – a variation on volleyball.</p>		
	SUM 2					<p>Rounders / Stoolball / Cricket Game (5 hours) Match play and tactics for striking and fielding.</p>	<p>Tennis (5 hours) Developing adapted match play.</p>		<p>Mini-Olympic Organiser (3 hours) Using leadership skills and knowledge of STEP to plan an event for the KS1 pupils from feeder schools.</p>