

Physical Education 2019-2020 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 and sending and receiving skills in a variety in different sports (Football, rugby, hockey)	Endurance Running (1 hour) Preparing for the Cross Country Event		New Age Kurling (3 hours)	Where are we? (1 Hour) Finding our way around our new environment – photo orienteering.	Scooter Skills & Road Safety (3 hours) Using an adaption of the Scooter Skills programme pupils look at road safety as well as control and awareness on two-wheels
	SPR 1			Invasion Skills 2 (5 hours) Looking at moving with the ball and sending and receiving skills in a variety in different sports (Netball and Basketball)	Indoor Athletics 1 (6 hours) Learning the basic of standing long jump, vertical jump, speed bounce and chest push.				Personal Best Challenges (1 hour) Looking at a variety of different skills pupils have to beat their personal best scores.
	SPR 2/SUM 1	Gymnastics 2 (6 hours) Adding rolling and apparatus into the mix.	Animal Dances (4 hours) Developing their use of counts pupils create their own animal inspired dance.	Invasion Skills 3 (4 hours) Developing skills into non-opposed and small sided conditioned games (Endball)	Going for Gold! 3 (2 hours) Sports Day preparation along with learning outdoor athletics skills and 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.			
	SUM 2				Going for Gold! 3 (3 hours) 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 Pin, star and Tuck – exploring these different body shapes with and without apparatus.		Basketball Skills Dribbling, passing and shooting Invasion 4 (10 hours) Basic game play looking at defence and attack. Specific Football and Tag-Rugby skills and Netball	Endurance Running (1 hour) Preparing for the Cross Country Event		New Age Kurling Understanding that some sports can be adapted so everybody can play.	Carrotty Wood Residential covering different challenges and water-based activities. Order, Order Strategies to communicate and solve basic team challenges.	
	SPR 1		Story-telling Dance (6 hours) We start with Dragons and move on to how we can express narrative through movement.		Indoor Athletics 2 (6 hours) Developing existing skills and focusing on 5 strides and chest push.				

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	SPR 2/SUM 1	Gymnastics 4		Invasion 5 Introductions to Hockey and Handball		Cricket skills	Tri-golf (6 hours) Trying to find the new Rory McIlroys and Michelle Wie's using aim and precision in golfing skills.		
	SUM 2				Going for Gold! 4 Sports Day preparation along with learning outdoor athletics skills and events. Sports Day	Rounders Skills	Tennis		
5	AUT	Gymnastics 5	The Name is Bond... 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 Football and Hockey	Endurance Running Preparing for the Cross Country Event Indoor Athletics 3 Introduction to triple jump and javelin as well as polishing up on all the events. Begin to look more closely at officiating.				
	SPR 1			Invasion 7 Basketball / Netball and Handball				Problems, problems Teamwork challenges looking at communication and problem solving in groups to solve different problems.	
	SPR 2/SUM 1					Stoolball Developing the basics of the traditional Sussex game.			Becoming a First Aider Learn basic first aid techniques including recovery position, CPR and making emergency calls. Swimming Lessons at the local pool trying to get all pupils to swim 25metres and learn basic water lifesaving skills
	SUM 2				Going for Gold! 5 Sports Day		Tennis		Swimming Lessons at the local pool trying to get all pupils to swim 25metres and learn basic water lifesaving skills

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6	AUT	Gymnastics 6 (6 hours)	The Hogwarts Ball (6 Hours) A Harry Potter inspired dance using freeze frames, emotion and drama into their choreography.		Endurance Running (1 hour) Preparing for the Cross Country Event			Bristol OAA Sailing and climbing and map work	
	SPR 1						Table Tennis Basic table tennis skills.	This is a tricky one... Trying different strategies to solve problems and what roles can be taken in a group.	
	SPR 2/SUM 1		Anyone for a tea...dance (3 hours) A chance to look at some dances from war time including the Lambeth Walk and Social Foxtrot.		Going for Gold! 6 Sports Day	Cricket			
	SUM 2					Rounders / Stoolball Game	Tennis		Mini-Olympic Organiser (3 hours) Using leadership skills and knowledge of STEP to plan an event for the KS1 pupils from feeder schools.