

## ***Scheme of Work – PE Passport***

Lessons adapted – S.T.E.P (space, task, equipment, people to be more inclusive, challenging or accessible ensuring every child is engaged and learning.



Love God, Love each other, Love Learning

<b>Year</b>	<b>Topic</b>	<b>Week</b>	<b>Learning Objective</b>	<b>Knowledge</b>	<b>Skills</b>
1	Fundamental Movement Skills 2	Autumn 1 Week 1	To hop carefully retaining balance	I know that focusing my eyes and using my arms helps me to balance better I know to use my arms to help me hop	I can hop with control. I can move carefully retaining balance
	Fundamental Movement Skills 2	Autumn 1 Week 2	To travel backwards safely	I know that the dangers are if I am not sensible I know to glance over both shoulders when travelling backwards	I can travel backwards safely I can share space considerately
	Fundamental Movement Skills 2	Autumn 1 Week 3	To jump in different ways	I know which my preferred take off foot is (dominant foot)	I can jump in a variety of ways I can land safely in different jumps. I can combine a run and a jump
	Fundamental Movement Skills 2	Autumn 1 Week 4	To travel around and dodge safely	I know that keeping my head up will help me and others stay safe. I know how to travel safely.	Dodge safely with an awareness of others Travel around a space being aware of others
	Fundamental Movement Skills	Autumn 1 Week 5	To evade, attack and defend	I know what attack and defend mean I know what evade means To always be focused and aware of what is going on	I can evade others (dodge) I can attack and defend in a game situation
	Fundamental Movement Skills	Autumn 1 Week 6	To punt a ball accurately and with power	I know that a punt is a kick from my hands I know that when kicking from the ground, I need to get my standing foot adjacent to the ball	I can punt a ball I can strike a ball accurately and with power with my laces

1	Dance - animals	Autumn 2 Week 1	To develop the first 16 counts of our motif	I know that a motif is a short repeated sequence. I know how to contribute key words to a theme related to shape, movement and actions	I can use my body to create theme related shapes, movements and actions
	Dance - animals	Autumn 2 Week 2	To develop the second 16 counts using creative ideas from words in a mind map	I know how to contribute key word to a theme related mind map I know how to translate key words to a theme related to shape, movement and actions. Know what timing and unison are	I can use my body to express simple theme related shapes, movements and feelings I can demonstrate timing and unison. I can develop my performance within a whole class choreography.
	Dance - animals	Autumn 2 Week 3	To create a short travelling motif showing use of different levels and pathways	I know how to travel safely. I know that I need to control our speed to be safe. I know how to translate key words to a theme related to shape, movement and actions	I can show different levels when I travel. I can show different pathways when I travel
	Dance - animals	Autumn 2 Week 4	To use a poem to create 8-16 count phase to ass to our performance piece	I know how to turn what I see into ways of moving I know how to listen to other people's ideas and vocalise my own thoughts	I can show level, direction and unison in my performance
	Dance - animals	Autumn 2 Week 5	To use a picture to create a second 6-18 county phase for our performance piece	I know how to turn what I see/hear into ways of moving I know how to link ideas and movements together so that they flow	I can communicate effectively with a partner I can us pictures to create shapes, movements and actions
	Dance - animals	Autumn 2 Week 6	To perform, review and improve our finished performance piece	I understand what makes a good performance. I now to use simple technical language to give useful feedback	I can remember an perform a simple sequence of movement. I can identify what good performance looks like. I can give feedback to help my partner improve. I can improve my own performance based on feedback

1	Invasion Games 2	Spring 1 Week 1	To throw over arm for my partner and consistently catch after one bounce	I know how to perform an over arm throw. I know how far to throw a ball in relation to where I am standing . I know how to make a W shape with my hands to receive the ball	I can throw over arm for my partner to catch after one bounce. I can catch a ball after one bounce
	Invasion Games 2	Spring 1 Week 2	To throw underarm tactfully to move my opponent around the court	I know why throwing is not always for your partner to catch . I know how to track the flight of the ball I know how to stay light on my feet	I can throw under arm I can catch a ball I can move my hands to the ball lands in my hands I can move my opponent around the course when playing against them
	Invasion Games 2	Spring 1 Week 3	To use defence tactics of tracking and intercepting	I know how to track the flight of the ball I know what intercepting is I know why they are used in defending I know the role of attack and defence	I can track an opponent I can intercept a pass I can turn my body so that I can see my opponent and the ball
	Invasion Games 2	Spring 1 Week 4	To use attacking tactics of dodging and closing space	I know the role of attack and defence I know to close the space down quickly when defending To attack at speed Know the reasons for attacking in games	I can dodge to beat an opponent I can close the space down that attackers have to work in
	Invasion Games 2	Spring 1 Week 5	To apply basic rules and tactics to retain possession	I know what possession means and why it is important I know to keep my body between the ball and my opponent I know how to deceive defenders by using dummy passes	I can pass the ball consistently and with control I can retain possession of the ball I can shield the ball by using my body
	Invasion Games 2	Spring 1 Week 6	To complete in team games	To recall attack and defence roles I know to keep my body between the ball and my opponent I know how to deceive defenders by using dummy passes	I can compete with some spatial awareness in team games I can pass and move decisively I can shield the ball by using my body

1	Gymnastics – balancing and spinning	Spring 2  Week 1	To perform controlled spins and symmetrical balances	I know what symmetrical shapes are I know how to start and finish a sequence I know that my movement must be controlled	I can perform controlled spins I can support my body weight in symmetrical balances
	Gymnastics – balancing and spinning	Spring 2  Week 2	To perform asymmetrical spins and balances	I know what asymmetrical work looks like. I know what a good starting and finishing position is	I can perform asymmetrical spins on side, front, back and bottom I can demonstrate quality work on the floor and apparatus I can balance asymmetrically I can demonstrate good starting and finishing positions
	Gymnastics – balancing and spinning	Spring 2  Week 3	To work with a partner to perform a combination of symmetrical and asymmetrical spins on patches	I know the difference between symmetrical and asymmetrical shapes I know what patches are (larger body parts) I know how to work with a partner in different formations	I can work with a partner to perform routines in different formations. I can perform a combination of symmetrical and asymmetrical spins on patches
	Gymnastics – balancing and spinning	Spring 2  Week 4	To perform a sequence of spins on points, with a mixture of symmetrical, asymmetrical shapes	I know that points are smaller body parts. I know how to link movements with control	I can spin at different levels on points I can perform a sequence of spins on points, with a mixture of symmetrical, asymmetrical shapes I can hold balances on points of the body
	Gymnastics – balancing and spinning	Spring 2  Week 5	To hold balances at different levels and spin out of balances to form a sequence	I know what good gymnastics work looks like I know what a good starting and finishing position is I know how to comment positively on my partner's work	I can hold balances at different levels with control I can spin out of balances to form a sequence I can show understanding of what success looks like I can demonstrate good starting and finishing positions

1	Gymnastics – balancing and spinning	Spring 2  Week 6	To perform spins and balances in different formations as part of a routine	I know that my work should involve changes of level and direction I know that my movement must be controlled	I can perform spins and balances in different formations as part of a wider routine I can perform in different levels and direction
	Striking and Fielding 1	Summer 1  Week 1	To begin fielding skills	I know that I need to run, after striking a ball, to accumulate runs I know to touch my bat over the crease line and slide it on my final run	I can use both hands whilst fielding I can get into line with the ball and field it
	Striking and Fielding 1	Summer 1  Week 2	To stop a rolling ball using a long barrier	I know when to run and when not to I know how to form a long barrier to stop the ball	I can stop a ball with a hands to create a barrier I can hit a ball to the leg side
	Striking and Fielding 1	Summer 1  Week 3	To bowl a ball overarm at a target	I know that I have to bowl from on or behind the crease line I know that my arms should be straight when bowling	I can bowl a ball overarm at a target I can strike a ball off a tee through the off side I can keep my arms straight when bowling
	Striking and Fielding 1	Summer 1  Week 4	To call for runs when batting	I know that I need to communicate with my partner to accumulate runs I know the different calls used by batsmen/women when they want to run	I can pick up a ball with one hand and throw it underarm I can call for runs sensibly and decisively when batting.
	Striking and Fielding 1	Summer 1  Week 5	To make good decisions when batting about when to run and where not to	I know that a batsman/woman should always call after each ball. I know that as a batter I don't always have to run	I can chase and retrieve a ball I can make good decisions when batting about when to run and when not to
	Striking and Fielding 1	Summer 1  Week 6	To apply my learning to a small cricket game	I know some rules of cricket I know the roles of batsman, fielders and wicket keepers I know the importance of staying in my crease I know how to adopt a wicket keeping stance	I can bowl either under or overarm with some accuracy I can wicket keep effectively I can apply a range of skills from the unit

1	Net and Wall 2	Summer 2 Week 1	To send and receive a ball with some degree of accuracy	I know what a position of readiness looks like I know to track the flight of the ball with my eyes	I can send and receive a ball with some degree of accuracy I can move quickly into good positions to catch
	Net and Wall 2	Summer 2 Week 2	To strike a ball with some degree of accuracy	I know to strike the ball using an underarm upward motion I know the best technique to return a ball	I can strike a ball with some degree of accuracy I can volley a ball by getting underneath it
	Net and Wall 2	Summer 2 Week 3	To keep a rally going with a partner using hand strikes	I know that I have to get under the ball to strike it upwards and over a net I know the sideways stance and T position for throwing	I can send a ball with increasing accuracy I can keep a rally going with a partner
	Net and Wall 2	Summer 2 Week 4	To develop grip control on a tennis racket	I know what a good grip is – V grip on racket I know how to form a ready position I know what a T shape is for throwing	I can develop a good grip and stance I can begin to strike with more consistency and accuracy on the forehand
	Net and Wall 2	Summer 2 Week 5	To rally shots using a tennis racket with more success	I know that the ball has to go over the net I know that the ball has to land in the court on the other side I know that I need to move quickly to get into good positions to return the ball	I can return a ball after one bounce that has been thrown to me I can begin to rally a few shots with more success
	Net and Wall 2	Summer 2 Week 6	To play a game of short tennis against an opponent	I know that the ball has to go over the net I know that the ball has to land in the court on the other side I know how to play a game of short tennis against an opponent I know why we need to try and get to the centre of the court after each shot	I can strike a backhand from my own feed I can play a game against an opponent using a variety of shots I can move fluently around the court

