



Bishop Ellis Catholic Voluntary Academy



Physical Education Intent

At Bishop Ellis Catholic Primary School, we aim to provide a high-quality physical education curriculum which inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It will provide opportunities for pupils to become physically confident in a way which supports their health and fitness. We understand that opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Our curriculum for PE aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives

Children will develop fundamental knowledge, movement skills, become increasingly competent and confident and access a broad range of sports to extend their agility, balance and coordination, individually and with others. They will be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. We will provide swimming instruction in Key Stage 2.

Love of the subject:

- At Bishop Ellis we want all children to understand the benefits of staying active. We aim to encourage our children to explore, participate and succeed in not only competitive sport but physically-demanding activities. Additionally, we aim to provide the children with opportunities for pupils to become physically confident in a way to support their health and fitness and understand the importance of physical wellbeing throughout their life.

High expectations

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time

- engage in competitive sports and activities
- lead healthy, active lives.

Lifelong learners

- The children are given opportunities to engage in quality first teaching in curriculum PE sessions; virtual competitions within in school and where possible, external competitions and opportunities to complete personal best challenges. Every year, the school enters a number of inter-school sports' competitions including netball, football, cricket, swimming, basketball and cross country for girls and boys.

The Reception children also have a very active learning environment due to their outdoor area. Therefore, the children have plenty of opportunities to be outdoors throughout the day (subject to good weather) engaging in active learning. This is in addition to their organised PE curriculum sessions.

CYCLE A

TERM	ADVENT 1	ADVENT 2	LENT 1	LENT 2	PENTECOST 1	PENTECOST 2
Reception SC	<p>Fundamental Skill movements- Core strength and balance. I exercise. To develop core strength to sit on the floor with control and ease for increased periods of time. To develop core strength to balance momentarily on a combination of body parts. To develop core strength to balance whilst moving in different ways.</p>	<p>Fundamental Skill movements. Travelling and agility I move To experiment with different ways of moving. To link some movements together. To successfully negotiate space. To develop spatial awareness by working in a space bubble.</p>	<p>Fundamental Skill movements. Co-ordination and dynamic balance I practice To develop travelling movement skills such as running, jumping, hopping, skipping. To demonstrate strength, balance and coordination when travelling. To negotiate space and obstacles safely, with consideration for themselves and others.</p>	<p>Fundamental Skill movements. Agility, object control, core strength and balance. I communicate To develop skills of running, dodging and pivoting To develop and refine a range of ball skills: throwing and rolling it to self and a partner. To develop core strength and balance when being still and whilst moving</p>	<p>Fundamental Skill movements Object control I think To develop and refine different ways to control and send a ball. To develop and refine different ways to control and send a ball with their feet - dribbling skills. To develop hand-eye coordination with increased confidence when working with equipment.</p>	<p>Fundamental Skill movements Locomotion and object control I create. To develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</p>
Reception Teacher	<p>Dance Healthy Me. To recognise rhythm and beat within the music and be able to clap and stamp feet in time to the music. To link 2 movements together to begin a sequence.</p>	<p>Gymnastics Travelling, rolling, balancing. To make my body tense, relaxed, curled and stretched in different ways. To travel in different directions and pathways. To roll and keep your body in a stretch shape.</p>	<p>Dance Animals To recognise rhythm and beat within the music and be able to clap and stamp feet in time to the music led by the teacher. To create actions and movements that travel</p>	<p>Gymnastics Balancing, jumping. To balance in different ways. To keep our body still when balancing. To know how to how to perform the tuck/ stretch and star shape to others</p>	<p>Pilates To copy and repeat some movements. To be able to sit on the floor and in a chair with correct shoulder and spine alignment with control and ease.</p>	<p>Fundamental movements. Review of learning throughout the year.</p>
KS1 SC	<p>Fundamental Skill movements Core strength and balance. I exercise To develop and extend balance. To develop core strength to balance in a seated position with control and ease for increased periods of time.</p>	<p>Fundamental Skill movements Core strength and balance. I exercise To develop and extend balance, individually and with others. To develop core strength to maintain balance on body parts with control in a range of activities. To balance using the the 5 patch balance body parts:</p>	<p>Fundamental Skill movements Agility - Running, Skipping, Jumping and safe landing. I practice To become increasingly confident and competent in running with spatial awareness, from different starting positions and at different speeds. To become increasingly confident and competent in jumping for distance</p>	<p>Fundamental Skill movements Agility I practice To become increasingly confident and competent in running and jumping and skipping and apply these skills in dynamic balance activities. To engage in competitive activities - compete against myself and time.</p>	<p>Fundamental Skill movements Co-ordination I create To develop fundamental movement skills of aiming and striking with a racket. To apply agility and coordination skills in a range of activities.</p>	<p>Fundamental Skill movements C-ordination I create To apply Agility, Balance and Coordination in a range of activities, and in increasingly challenging situations.</p>

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		Front, Back, Side, Shoulders, Bottom	and height in varying ways and in different directions. To begin to engage in competitive activities - compete against myself.			
KS1 Teacher	Gymnastics Travelling, Rolling, Balancing To know and perform the basic stepping actions straight legs, bent legs- forwards, backwards and sideways. To know how to perform an egg roll. To know how to balance on large body parts and link it with travelling to create a short routine.	Dance Samba To know four basic moves for Samba: Shimmy, Carnival Wave, Carnival Clap, Samba Roll. To know how to create a pose combination. Know how to perform using a carnival switch.	Gymnastics Travelling Rolling Balancing To travel in different ways with control. To know and perform basic stepping actions. To know how to perform shapes and log rolls and egg rolls in a sequence. To know how to perform basic movement skills for gymnastics involving balancing on large and small body parts.	Dance Cheerdance To know the basic arm patterns for Cheer using the “Cheer Basic Positions” - Ready Stance, Broken T and T, Touch Down (High and Low) High V and Low V , liberty and Archer. To know how to link 2 or more movements together to form a sequence. Remember the movement order and perform the sequence.	Applying learning from Sports Coach lessons Lessons Developing skipping, walking, running, and jumping skills and following rules. To know how to pass by rolling equipment with accuracy and applying those skills to a game situation. To know how to dribble the ball along the ground in and out of objects. To know the techniques for rolling the ball along the ground and at a target, such as the underarm throw.	Athletics- Sports day Activities To know how to Choose, use and vary simple tactics. To know how to make up rules, follow rules and score points. To know how to throw and catch with increased control and co-ordination.
LKS2 SC	Fundamental Skill movements Agility and fitness I move To develop awareness of speed and pace, as well as developing and practicing fluency in running and walking skills. To know how to practice a range of jumping techniques developing power, control, consistency To know how to control a landing.	Fundamental Skill movements Co-ordination, agility and fitness. I move To know how to use evading and balance skills to aid movement away from a defender. To know how to move effectively with the correct technique, whilst using equipment. To know how to move in a quick and controlled manner. To know how to use controlled footwork	Fundamental Skill movements Co-ordination, strength and balance. I communicate To know the correct technique for catching and to understand how we bowl/throw to ensure a catch is successful. To know the correct technique for passing whilst evading opponents To know travelling, turning and counter balance skills, with some complexity and confidence.	Fundamental Skill movements Co-ordination, strength and balance. I communicate To know how to move, with a partner, in time to the music demonstrating an awareness of rhythm and phrasing. To know how to combine partner balance skills with more complexity, confidence and precision. To know the correct technique for catching and throwing to ensure a catch is successful.	Fundamental Skill movements Co-ordination, manipulation, strength and balance. I think To increase hand-eye coordination and improve handling of equipment while moving. To know how to show balance, coordination and control while moving at pace with equipment. To know how to work my core by holding my body in a controlled seated balance.	Fundamental Skill movements Agility, fitness, strength and balance. I think To know how to track how equipment moves through the air, make adjustments and maintain balance. To know how to multitask activities within a game, maintaining balance, coordination and movement of equipment. To know how to maintain balance by tightening the core and holding form.

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		patterns to change direction and level.		To use the correct technique for passing whilst evading opponents.	To know how to maintain control through the core while performing various shapes and movements.	To know how to show control over bodily movements while passing equipment.
LKS2 Teacher	Gymnastics Travelling, rolling balancing To know how to perform a leap. To know how to how to perform the shoulder roll. To know how to perform a range of balances including stork stand and arabesque.	Dance Modern style- Disco To know "Slow" beat: 4 slow beats per 8 counts of music "Regular" beat: 8 beats per 8 counts of music and "Quick" beat: 16 claps per 8 counts of music. To know the moves Lasso, Disco Point, Star, Heel Pumps, Night fever, Wash your hair, Sprinkler and Lawn Mower. To know how to combine these moves into a sequence.	Gymnastics Travelling, rolling balancing To know how to perform a scissor and a stag leap. To know how to perform the teddy bear roll. To know how to use symmetrical and asymmetrical balances.	Dance Traditional style- Broadway To know the moves Hat Push, Ronde de Jambe, Drag ball change and Hat Sway. To know how to order ensure flow of each move. To know the use of Cannon and how to incorporate this into their routine.	Fundamental skills- Athletic Activities. Applying learning from Sports Coach lessons To know how to accelerate quickly from a stationary position. To know about speed and pace judgement in relation to distance, as well as developing and practicing fluency in running and walking skills. To develop their reaction time and practice their technique for a sprint start. To know how to sustain a pace over longer distances; change pace and run at different tempos; To know a range of jumping techniques developing power, control, consistency and how to control landing. To know different combinations of jumps; developing fluency and control in putting together jumps.	Athletics- Sports day Activities. Athletic Activities To know the fundamental skills for horizontal jumps; with power, control, consistency at both take-off and landing. To know about jumping over obstacles by judging the height and approach to obstacles. To know about the push and pull throwing techniques; understanding how to generate power in their throw. To know and practice developing a fluid and speedy transition of a baton changeover. OAA To know how to trust and co-operate with each other through simple teamwork activities. To know about the outdoors through simple trail-type activities. To know how to use simple maps to navigate. To know how to use to use compass points to navigate.
UKS2 SC	Fundamental Skill movements Co-ordination, agility and fitness.	Fundamental Skill movements Co-ordination, agility and fitness.	Fundamental Skill movements	Fundamental Skill movements Strength and balance. I create.	Fundamental Skill movements Strength and balance. I exercise	Fundamental Skill movements Agility and fitness, strength and balance.

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	<p>I practice To know how to show movement prior to passing to anticipate the opposition strategy. To know how to catch and pass on the move. To know how to move with the ball to create space to pass.</p>	<p>I practice To know how to react and respond by predicting movements and tactics of opposition. To know the importance of fast movements including dodging by changing direction and anticipating play. To know how to maintain control and direction of equipment when passing. To know how to increase frequency and speed while sending and receiving equipment.</p>	<p>Co-ordination, manipulation, strength and balance. I create To know how to develop passing and movement to evade the opposition. To know how to develop passing and movement to gain an advantage. To know how to maintain a tight core while performing actions in a seated position. To know how to maintain control over balance while shifting body weight.</p>	<p>To know how to maintain control over balance while shifting body weight. To know how to maintain stability without straining, keeping good control over movements. To know how to Utilise the maximum amount of space available to improve performance. To have an awareness of surroundings and move efficiently across the floor.</p>	<p>To know how to show strength and balance by moving in support positions and maintaining posture. To know how to demonstrate good core strength and posture while moving in various support positions.</p>	<p>I exercise. To know how to throw, catch and pass on the move, while tracking a partner's movements. To know the importance of the technique of sending, receiving and positioning.</p>
<p>UKS2 Teacher</p>	<p>Gymnastics Travelling, rolling balancing To know how to spin on point and with travel. To know how to use a cartwheel to travel. To know the different stages to performing a forward roll. To know how to perform a range of balances including counter balance and counter tension.</p>	<p>Dance Modern style- Hip Hop To know the locking combination moves Locks, Wrist Rolls, Uncle Sam Points, Neck Rolls Scoobydoo, Scoop bop and Bus Stop To know the popping movements- Fresno, Walk Out, Crazy Legs, Toy Man, Isolations, Twist-o-flex, Scarecrow, Old Man, Tracing, To know how to perform basic movements to hip hop music, and to build a simple themed dance focusing on Hip Hop Locking and Popping</p>	<p>Gymnastics travelling, rolling, balancing. To know how to travel using hand apparatus. To know how to perform a range of rolls. To know how to link sequences and perform to specific timings.</p>	<p>Dance Traditional style- Irish jig To know the correct arm placement for Irish dancing. To know Basic 3 Step, Travel Ball-change, Heel Toe Travel, Pixie skip, Flick Cross, Follow the Band and Criss Cross moves. To use these moves to perform in a cannon.</p>	<p>Fundamental skills. Applying learning from Sports Coach lessons Athletic Activities To know how to practice developing fluency & coordination in accelerating and decelerating for speed; and making decisions about changing pace. To know how to accelerate from a variety of starting points. To know how to pace yourself when running longer distances. To know how to jump for distance using the whole body to help increase the length of the jump. To know the different techniques when jumping for height and distance.</p>	<p>Athletic- Activities To know and practice a range of throwing methods. To know how to throw with speed and accuracy. To know push and pull throwing techniques. To know effective use of leg action when throwing. To know how to generate power when throwing. To know the downward passing technique when changing the baton inside the relay changeover zone. OAA To know how to improve communication skills through problem-solving activities. To know how to create and follow trails by using different signs. To know how to use observation skills within star orienteering activities.</p>

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							To know how to use map reading skills within orienteering activities.
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CYCLE B

TERM	ADVENT 1	ADVENT 2	LENT 1	LENT 2	PENTECOST 1	PENTECOST 2
Reception SC	<p>Fundamental Skill movements- Core strength and balance. I exercise.</p> <p>To develop core strength to sit on the floor with control and ease for increased periods of time. To develop core strength to balance momentarily on a combination of body parts. To develop core strength to balance whilst moving in different ways.</p>	<p>Fundamental Skill movements. Travelling and agility I move</p> <p>To experiment with different ways of moving. To link some movements together. To successfully negotiate space. To develop spatial awareness by working in a space bubble.</p>	<p>Fundamental Skill movements. Co-ordination and dynamic balance I practice</p> <p>To develop travelling movement skills such as running, jumping, hopping, skipping. To demonstrate strength, balance and coordination when travelling. To negotiate space and obstacles safely, with consideration for themselves and others.</p>	<p>Fundamental Skill movements. Agility, object control, core strength and balance. I communicate</p> <p>To develop skills of running, dodging and pivoting To develop and refine a range of ball skills: throwing and rolling it to self and a partner. To develop core strength and balance when being still and whilst moving</p>	<p>Fundamental Skill movements Object control I think</p> <p>To develop and refine different ways to control and send a ball. To develop and refine different ways to control and send a ball with their feet - dribbling skills. To develop hand-eye coordination with increased confidence when working with equipment.</p>	<p>Fundamental Skill movements Locomotion and object control I create.</p> <p>To develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</p>
Reception Teacher	<p>Dance Healthy Me. To recognise rhythm and beat within the music and be able to clap and stamp feet in time to the music. To link 2 movements together to begin a sequence.</p>	<p>Gymnastics Travelling, rolling, balancing. To make my body tense, relaxed, curled and stretched in different ways. To travel in different directions and pathways. To roll and keep your body in a stretch shape.</p>	<p>Dance Animals To recognise rhythm and beat within the music and be able to clap and stamp feet in time to the music led by the teacher. To create actions and movements that travel</p>	<p>Gymnastics Balancing, jumping.</p> <p>To balance in different ways. To keep our body still when balancing. To know how to how to perform the tuck/ stretch and star shape to others.</p>	<p>Pilates</p> <p>To copy and repeat some movements. To be able to sit on the floor and in a chair with correct shoulder and spine alignment with control and ease.</p>	<p>Fundamental movements. Review of learning throughout the year.</p>
KS1 SC	<p>Fundamental Skill movements Locomotion, travelling and agility. I move To know basic movements including side stepping, marching, tiptoeing, hopping and skipping. To know how to show an awareness of space.</p>	<p>Fundamental Skill movements Locomotion, travelling and agility. Strength and balance. I move To know basic movements including marching, heel-toe walking forwards and backwards and side-stepping, galloping, striding, cat leaps and 2 feet to 2 feet jumps.</p>	<p>Fundamental Skill movements Agility, object control, core strength and balance. I communicate To know the basic movements when dodging. To know basic movements in passing, throwing, rolling and catching.</p>	<p>Fundamental Skill movements I communicate To know the basic movements in passing and receiving, throwing and catching. To know movements in rolling, dribbling and stopping a ball. and develop striking skills.</p>	<p>Fundamental Skill movements Locomotion, travelling and agility I think To know basic movements in balancing, whilst still and on the move. To know how to use agility skills in controlling a ball.</p>	<p>Fundamental Skill movements Balance and agility I think. To know how to use their agility and balance skills in a variety of increasingly challenging situations. To begin to know how to use tactics for attacking and defending.</p>

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		To know how to balance when still and on the move.	To know how to control, dribble, trap, stop and kick a ball. To know how to use static and counterbalance skills individually and with others.	To know movements in basic movements in aiming, sending and receiving.	To know how to use agility skills of throwing and aiming. To know how to apply this knowledge to a small sided game.	To know how to use simple tactics and follow rules in team games.
KS1 Teacher	Gymnastics Balancing Jumping Equipment To know how to balance on large body parts and link it with travelling to create a short routine. To know how to create a routine using jumping and balancing. To know how to use control when using a ribbon. To know how to use large apparatus to create a routine.	Dance Great Fire of London To know how to combine knowledge of travelling and jumping, turning on different levels. To link two or more movements together to form a sequence. To be able to work in a small group to create a sequence.	Gymnastics Balancing Jumping. Equipment To know how to perform a jump with a turn. To know how to roll and bounce a ball with control. To know how to create a routine to include the travelling, rolling, balancing, jumping. To know how to perform basic movements using large equipment.	Dance Flamenco To know the moves Picking apples, Matador, Stamp and Clap, Toe heel walks, Knee lifts and Flamenco walks. To be able to work with a partner or small group to copy start and end positions.	Applying learning from Sports Coach lessons Lessons Developing skipping, walking, running, and jumping skills and following rules. To know how to pass by rolling equipment with accuracy and applying those skills to a game situation. To know how to dribble the ball along the ground in and out of objects. To know the techniques for rolling the ball along the ground and at a target, such as the underarm throw.	Athletics- Sports day Activities Games. To know how to Choose, use and vary simple tactics. To know how to make up rules, follow rules and score points. To know how to throw and catch with increased control and co-ordination.
LKS2 SC	Fundamental Skill movements Co-ordination, strength and balance. I practice. To know how to move correctly holding or in control of equipment. To know how to use movement and evasion skills to move into space, away from a defender. To know to use Strength and balance and to develop hand-eye coordination. To know how to move into the correct position to return a shot in	Fundamental Skill movements Co-ordination/ Manipulation, strength and balance. I practice. To know how to practise developing fluency & coordination running with the ball and changing direction. To know how to show control and balance while using equipment. To know how to show awareness of space and control movements while performing a range of skills.	Fundamental Skill movements Locomotion, strength and balance. I create. To know different movements and how to move with control and accuracy. To walk fluidly in a straight line with a heel to toe foot landing. To know how to move sideways while maintaining balance and keeping control of equipment. To know how to make good use of space,	Fundamental Skill movements Locomotion, strength and balance. I create. To know how to show balance and control while travelling in a line over apparatus, using equipment. To know how to balance on one leg without falling over. To know how to show control, dexterity, balance and strength while standing on one leg.	Fundamental Skill movements Strength and balance, agility and fitness. I exercise. To know how to maintain balance and posture while traversing in a set way. To know how to hold the correct stance while sending and receiving from various positions. To know how to move within a space while using equipment safely. To know how to dodge equipment by adjusting	Fundamental Skill movements Strength and balance, agility and fitness. I exercise. To know how to use a range of jumping techniques developing power, control, consistency and how to control landing. To know how to use different combinations of jumps; developing fluency and control in putting together jumps. To know how to demonstrate with

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	net/wall games while maintaining balance.		balance along a line and good control.		movements and tracking their flight.	accuracy more varying movement types e.g. strength, power, flexibility, control.
LKS2 Teacher	<p>Gymnastics jumping, equipment. To know how to use the jumps the 1 foot to 1 foot jump (hop), a 1 foot to 2 feet jump, 2 feet to 2 feet jump, a 2 feet to 1 foot jump and a 1 foot jump to land on the other foot. To know how to create a routine using these jumps. To know how to roll a hoop with control. To know how to perform jumps using large equipment.</p>	<p>Dance Modern style- Bollywood movements with good co-ordination. To know the moves Apples in a Basket, The Chop, Twist and Snake, Bee and Flower, Jump and Look, Tap and Clap, The Tornado, Bee Jumps, Twist and Turn and Bent Leg Chop. To know how to combine these moves into a sequence.</p>	<p>Gymnastics Jumping, equipment. To know how to perform a range of jumps off the equipment. To know how to create a routine using the range of jumps. To know how to roll and bounce a ball with control. To know how to perform jumps using large equipment.</p>	<p>Dance Traditional – Latin To know the moves Preparation step, Easy Knees, Mambo Cha-Cha, New Yorker, Suzie Q, Spiral, Sailor, Heel toes. To know how to use a combination of these moves to create a sequence.</p>	<p>Fundamental skills- Applying learning from Sports Coach lessons To know how to accelerate quickly from a stationary position. To know about speed and pace judgement in relation to distance, as well as developing and practicing fluency in running and walking skills. To develop their reaction time and practice their technique for a sprint start. To know how to sustain a pace over longer distances; change pace and run at different tempos; To know a range of jumping techniques developing power, control, consistency and how to control landing. To know different combinations of jumps; developing fluency and control in putting together jumps.</p>	<p>Athletics- Sports day Activities. Fundamental skills. To know the fundamental skills for horizontal jumps; with power, control, consistency at both take-off and landing. To know about umping over obstacles by judging the height and approach to obstacles. To know about the push and pull throwing techniques; understanding how to generate power in their throw. To know and practice developing a fluid and speedy transition of a baton changeover. OAA I moves y3 unit To know how to trust and co-operate with each other through simple teamwork activities. To know about the outdoors through simple trail-type activities. To know how to use simple maps to navigate. To know how to use to use compass points to navigate.</p>
UKS2 SC	<p>Fundamental Skill movements Locomotion, strength and balance.</p>	<p>Fundamental Skill movements Co-ordination/ Manipulation, Strength and balance.</p>	<p>Fundamental Skill movements Co-ordination strength and balance.</p>	<p>Fundamental Skill movements Co-ordination strength and balance.</p>	<p>Fundamental Skill movements Agility and fitness. To know how to incorporate quick</p>	<p>Fundamental Skill movements Locomotion, agility and fitness.</p>

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	<p>To know how to demonstrate balance and movement while traversing along a line. To know how to walk fluidly in a straight line while maintaining balance but varying height. To know how to traverse along a line while maintaining balance and keeping control of equipment. To know how to link several movements to form a sequence.</p>	<p>To know how to demonstrate control and coordination when manipulating a ball. To know how to show creative thinking and adaptation to control a ball. To know how to link several movements to form a sequence.</p>	<p>To know how to use clear footwork patterns to aid evasion from attackers/defenders. To know how to move in a variety of directions to outwit opponents. To know how to show quick and light movements by shifting on the balls of the feet. To know how to balance on one leg showing control, without falling over.</p>	<p>To know how to maintain balance on one and two feet while evading an opponent. To know how to show control, dexterity, balance and strength while standing on one leg To know how to use clear footwork patterns to aid evasion from attackers/defenders. To know how to move in a variety of directions to outwit opponents.</p>	<p>reactions and move into available space in a game situation. To know how to react and respond by predicting movements and tactics of opposition. To know how to use fast movements including dodging by changing direction and anticipating play. To know how to jump for distance using the whole body to help increase the length of the jump.</p>	<p>To know how to improve coordination and balance by exploring different running, jumping and movement patterns. To know jumping techniques by practising and developing jumping for height and distance. To know how to show balance and movement while traversing along a line.</p>
UKS2 Teacher	<p>Gymnastics Balancing, jumping, equipment. To know how to jump safely off a range of equipment. To know how to use a range of jumps and balances (from y3 and 4) to create a sequence. To know a range of techniques using a ribbon. To know how to perform basic movements using the large equipment.</p>	<p>Dance Modern style- Urban freestyle. Know that 4 lots of 8 beats makes a 32 count block. Know how to use a "greeting" high 5- fist bump. Know how to use a spin. Know how to create a pose. Know how to create a freeze position. Know how to combine these moves into a routine.</p>	<p>Gymnastics Balancing, jumping, equipment. To know how to how to jump safely off a range of equipment. To know how to apply different techniques using a range of hand apparatus. To know how to perform basic movements using the large equipment.</p>	<p>Dance Traditional style- Charleston. To know the moves The Charleston Tap, Crazy knees, The Jazz Shuffle and Teapot Twist, Flick and Hitch and Shoe Shine, Knee Twist, Knee Slap, Crazy Legs, Diagonal push, Bend and Wiggle and The Star. To know how to combine these moves into a routine.</p>	<p>Applying learning from Sports Coach lessons Athletic Activities part 1 To know how to practice developing fluency & coordination in accelerating and decelerating for speed; and making decisions about changing pace. To know how to accelerate from a variety of starting points. To know how to pace yourself when running longer distances. To know how to jump for distance using the whole body to help increase the length of the jump. To know the different techniques when jumping for height and distance.</p>	<p>Athletic- Activities part 2 To know and practice a range of throwing methods. To know how to throw with speed and accuracy. To know push and pull throwing techniques. To know effective use of leg action when throwing. To know how to generate power when throwing. To know the downward passing technique when changing the baton inside the relay changeover zone. OAA (y5) To know how to improve communication skills through problem-solving activities. To know how to create and follow trails by using different signs.</p>

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						<p>To know how to use observation skills within star orienteering activities.</p> <p>To know how to use map reading skills within orienteering activities.</p>
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