

Deaf Hill PE	<b>Autumn</b>	<b>Spring</b>	<b>Summer</b>
<b>Year 1</b>	<p><b>Basic Movements</b></p> <ul style="list-style-type: none"> <li>• Throw underarm</li> <li>• Throw and kick in different ways</li> </ul> <p><b>Dance</b></p> <ul style="list-style-type: none"> <li>• Perform own dance moves</li> <li>• Copy or make up a short dance</li> <li>• Move safely in a space</li> </ul>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>• Make my body curled, tense, stretched and relaxed</li> <li>• Control body when travelling and balancing</li> <li>• Copy sequences and repeat them</li> <li>• Roll, curl, travel and balance in different ways</li> </ul> <p><b>Team Games</b></p> <ul style="list-style-type: none"> <li>• Participate in team games developing simple tactics</li> </ul>	<b>Athletics</b>
<b>Year 2</b>	<p><b>Basic Movements</b></p> <ul style="list-style-type: none"> <li>• Use hitting, kicking and/or rolling in a game</li> <li>• Decide the best place to be in during a game</li> <li>• Use a tactic in a game</li> <li>• Follow rules</li> </ul> <p><b>Dance</b></p> <ul style="list-style-type: none"> <li>• Change rhythm, speed, level and direction in a dance</li> <li>• Make a sequence by linking sections</li> <li>• Use dance to show a mood or feeling</li> </ul>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>• Plan and perform a sequence of movements</li> <li>• Improve sequence based on feedback</li> <li>• Think of more than one way to create a sequence that follows rules</li> </ul> <p><b>Team Games</b></p> <ul style="list-style-type: none"> <li>• Master basic movements including throwing, catching, running and jumping</li> <li>• Develop simple tactics for attacking and defending</li> </ul>	<p><b>Swimming</b></p> <p><b>Athletics</b></p>

<b>Year 3</b>	<b>Swimming</b>	<b>Swimming</b>  <b>Competitive Games</b> <ul style="list-style-type: none"> <li>• Be aware of space and use it to support team-mates and cause problems for the opposition</li> <li>• Know and use rules fairly</li> </ul>	<b>Outdoor and adventurous activity</b> <ul style="list-style-type: none"> <li>• Follow a map in a familiar context</li> <li>• Use clues to follow a route</li> <li>• Follow a route safely</li> </ul> <b>Athletics</b> <ul style="list-style-type: none"> <li>• Run at fast, medium and slow speeds, changing direction</li> <li>• Take part in a relay, remembering when to run and what to do</li> </ul>
<b>Year 4</b>	<b>Gymnastics</b> <ul style="list-style-type: none"> <li>• Move in a controlled way including change of speed and direction in a sequence</li> <li>• Work with a partner to improve a sequence with three phases</li> </ul> <b>Competitive Games</b> <ul style="list-style-type: none"> <li>• Throw and catch a ball accurately with one hand</li> <li>• Hit a ball accurately with control</li> <li>• Vary tactics and adapt skills depending on what is happening in a game</li> </ul>	<b>Swimming</b>  <b>Dance</b> <ul style="list-style-type: none"> <li>• Take the lead when working with a partner or a group</li> <li>• Use dance to communicate an idea</li> </ul>	<b>Athletics</b> <ul style="list-style-type: none"> <li>• Sprint over a short distance and show stamina when running a long distance</li> <li>• Jump in different ways</li> <li>• Throw in different ways and hit a target when needed</li> </ul> <b>Competitive Games</b> <ul style="list-style-type: none"> <li>• Play competitive games</li> <li>• Apply basic principles</li> </ul>
<b>Year 5</b>	<b>Competitive Games</b> <ul style="list-style-type: none"> <li>• Gain possession by working as a team</li> </ul>	<b>Gymnastics</b> <ul style="list-style-type: none"> <li>• Make complex, extended sequences</li> </ul>	<b>Swimming</b>  <b>Competitive Games</b>

	<ul style="list-style-type: none"> <li>Choose a specific tactic for defending or attacking</li> <li>Use a number of techniques to pass, dribble and shoot</li> </ul> <p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>Control when taking off and landing</li> <li>Combine running and jumping</li> <li>Throw with increasing accuracy</li> </ul>	<ul style="list-style-type: none"> <li>Combine action, balance and shape</li> <li>Perform consistently to different audiences</li> </ul> <p><b>Swimming</b></p>	<ul style="list-style-type: none"> <li>Gain possession by working as a team</li> <li>Choose a specific tactic for defending or attacking</li> <li>Use a number of techniques to pass, dribble and shoot</li> </ul>
<b>Year 6</b>	<p><b>Competitive Games</b></p> <ul style="list-style-type: none"> <li>Agree and explain rules to others</li> <li>Work as a team and communicate a plan</li> <li>Lead others in a game situation</li> </ul> <p><b>Dance</b></p> <ul style="list-style-type: none"> <li>Develop sequences in a specific style</li> <li>Choose own music and style</li> </ul>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>Combine own work with that of others</li> <li>Sequence to specific timings</li> </ul> <p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>Demonstrate stamina and increase strength</li> </ul>	<p><b>Swimming</b></p> <p><b>Competitive Games</b></p> <ul style="list-style-type: none"> <li>Agree and explain rules to others</li> <li>Work as a team and communicate a plan</li> <li>Lead others in a game situation</li> </ul>