

Crofton Junior PE Overview 2019/2020

Competitions - Dates to follow

Year Group	Autumn 1 -Throwing and catching invasion games	Autumn 2 -Striking invasion games - Gymnastics	Spring 1 - Throwing and catching (direction/ zonal games) - Dance	Spring 2 Racket skills Team building games	Summer 1 Striking and fielding	Summer 2 Athletics and striking and fielding games
Year 3 Elf Owls Snowy Owls	<u>Bench Ball</u> Milestone 2- Throw and catch with control and accuracy. <u>Dodgeball</u> Milestones- Throw and catch with control and accuracy. Follow the rules of the game and play fairly.	<u>Gymnastics</u> Milestone 2- Refine movements into sequences. <u>Tag Rugby</u> Milestone 2- Throw and catch with control and accuracy.	<u>Gymnastics</u> Milestone 2- Plan, perform and repeat sequences. -Move in a clear, fluent and expressive manner. <u>Dribbling a ball</u> (feet and stick) Milestone 2- Maintain possession of a ball	<u>Striking a ball</u> (develop racket skills of striking a ball) Milestone 2- Strike a ball/ shuttle cock with control. <u>Outdoor and Adventurous Activity</u> Milestones - Show an ability to both lead and form part of a team. Show resilience when plans do not work and initiative to try new ways of working.	<u>Tennis</u> Milestone 2- Strike a ball with control <u>Jez Horsley Football</u> Milestones- Maintain possession of a ball Pass to teammates at appropriate times Choose appropriate tactics to cause problems for the opposition.	<u>Alternative rounders games (scatter ball etc)</u> Milestone 2- Strike a ball and field with control. Athletics Milestones- Use a range of throwing techniques (such as under arm, over arm). Sprint over a short distance up to 60 metres. Compete with others and aim to improve personal best performances.

<p>Year 4 Spotted Owls Sooty Owls</p>	<p><u>Netball</u></p> <p>Milestones- Throw and catch with control and accuracy.</p> <p>Follow the rules of the game and play fairly.</p> <p><u>Swimming-</u></p> <p>Milestones- Swim between 25 and 50 metres unaided.</p> <p>Use more than one stroke and coordinate breathing as appropriate for the stroke being used.</p> <p>Coordinate leg and arm movements.</p> <p>Swim at the surface and below the water.</p>	<p><u>Gymnastics-</u></p> <p>Milestone - Refine movements into sequences.</p> <p><u>Swimming-</u></p> <p>Milestones- Swim between 25 and 50 metres unaided.</p> <p>Use more than one stroke and coordinate breathing as appropriate for the stroke being used.</p> <p>Coordinate leg and arm movements.</p> <p>Swim at the surface and below the water.</p>	<p><u>Dance (Egyptian)</u></p> <p>Milestones- Plan, perform and repeat sequences.</p> <p>Move in a clear, fluent and expressive manner.</p> <p>Refine movements into sequences.</p> <p><u>Swimming -</u></p> <p>Milestones- Swim between 25 and 50 metres unaided.</p> <p>Use more than one stroke and coordinate breathing as appropriate for the stroke being used.</p> <p>Coordinate leg and arm movements.</p> <p>Swim at the surface and below the water.</p>	<p><u>Dance (Egyptian)</u></p> <p>Milestones- Plan, perform and repeat sequences.</p> <p>Move in a clear, fluent and expressive manner.</p> <p>Refine movements into sequences.</p> <p><u>Swimming-</u></p> <p>Milestones- Swim between 25 and 50 metres unaided.</p> <p>Use more than one stroke and coordinate breathing as appropriate for the stroke being used.</p> <p>Coordinate leg and arm movements.</p> <p>Swim at the surface and below the water.</p>	<p><u>Football</u></p> <p>Milestones- Maintain possession of a ball</p> <p>Pass to team mates at appropriate times.</p> <p><u>Swimming -</u></p> <p>Milestones-Swim between 25 and 50 metres unaided.</p> <p>Use more than one stroke and coordinate breathing as appropriate for the stroke being used.</p> <p>Coordinate leg and arm movements.</p> <p>Swim at the surface and below the water.</p>	<p><u>Rounders</u></p> <p>Milestone- Strike a ball and field with control.</p> <p><u>Athletics</u></p> <p>Milestones- Jump in a number of ways, using a run up where appropriate.</p> <p>Throw with accuracy to hit a target or cover a distance.</p> <p><u>Swimming-</u></p> <p>Milestones- Swim between 25 and 50 metres unaided.</p> <p>Use more than one stroke and coordinate breathing as appropriate for the stroke being used.</p> <p>Coordinate leg and arm movements.</p> <p>Swim at the surface and below the water.</p>
<p>Year 5 Tawny Owls Barn Owls</p>	<p><u>Indoor Athletics</u></p> <p>Milestones- Show control in take off and landings when jumping</p> <p>Compete with others and keep track of personal best</p>	<p><u>Gymnastics</u></p> <p>Milestones- Hold shapes that are strong, fluent and expressive.</p>	<p><u>Gymnastics</u></p> <p>Milestone- Create complex and well-executed sequences that include a full range of movements</p>	<p><u>Tag Rugby</u></p> <p>Milestones- Choose and combine techniques in game situations</p>	<p><u>Racket Games-</u></p> <p>Milestone- Use forehand and backhand when playing racket games.</p> <p><u>Volleyball</u></p>	<p><u>Striking and Fielding games</u></p> <p>Milestones- Field, defend and attack tactically by anticipating the</p>

	<p>performances, setting targets for improvement.</p> <p><u>Basketball-</u></p> <p>Milestone- Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</p>	<p>Practise and refine the gymnastic techniques used in performances</p> <p><u>Football</u></p> <p>Milestone- Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</p>	<p><u>High 5 Netball</u></p> <p>Milestone- Field, defend and attack tactically by anticipating the direction of play (defending and attacking)</p>	<p>(running, throwing, catching, passing)</p> <p>Field, defend and attack tactically by anticipating the direction of play (defending and attacking)</p> <p><u>Outdoor and Adventurous (continuation from Y3)</u></p> <p>Milestones- Embrace both leadership and team roles and gain the commitment and respect of a team.</p> <p>Empathise with others and offer support without being asked. Seek support from the team and the experts if in any doubt.</p>	<p>Milestones- Work alone, or with team mates in order to gain points or possession.</p> <p>Strike a bowled or volleyed ball with accuracy.</p>	<p>direction of play. (Fielding element)</p> <p>Strike a bowled or volleyed ball with accuracy.</p> <p><u>Athletics (Running and Throwing)</u></p> <p>Milestones- Combine sprinting with low hurdles over 60 metres.</p> <p>Choose the best place for running over a variety of distances.</p> <p>Throw accurately and refine performance by analysing technique and body shape.</p>
<p>Year 6 Eagle Owls Hawk Owls</p>	<p><u>Indoor Athletics</u></p> <p>Milestones- Show control in take off and landings when jumping</p> <p>Compete with others and keep track of personal best performances, setting targets for improvement.</p>	<p><u>Gymnastics</u></p> <p>Milestones- Hold shapes that are strong, fluent and expressive.</p> <p>Practise and refine the gymnastic techniques used in performances</p>	<p><u>Tag-Rugby</u></p> <p>Milestone- Choose and combine techniques in game situations (running, throwing, catching, passing)</p>	<p><u>Football (working on the skills)</u></p> <p>Milestone- Choose and combine techniques in game situations (running, throwing, catching, passing)</p>	<p><u>Kwik Cricket</u></p> <p>Milestone- Field, defend and attack tactically by anticipating the direction of play. (Fielding element)</p>	<p><u>Striking and Fielding games</u></p> <p>Milestones-</p> <p>Strike a bowled or volleyed ball with accuracy.</p>

	<p><u>Handball</u></p> <p>Milestone-</p> <p>Work alone, or with team mates in order to gain points or possession.</p>	<p><u>Dance-</u></p> <p>Milestone- Perform expressively and hold a precise and strong body posture.</p>	<p><u>High 5 Netball</u></p> <p>Milestone</p> <p>Field, defend and attack tactically by anticipating the direction of play (defending and attacking)</p>	<p><u>Gymnastics</u></p> <p>Milestone- Create complex and well-executed sequences that include a full range of movements</p>	<p><u>Jez Horsley Football (games and tactics)</u></p> <p>Milestones-</p> <p>Field, defend and attack tactically by anticipating the direction of play.</p> <p>Choose the most appropriate tactics for a game.</p>	<p>Choose the most appropriate tactics for a game.</p> <p><u>Athletics (Running and Throwing)</u></p> <p>Milestones</p> <p>Combine sprinting with low hurdles over 60 metres.</p> <p>Choose the best place for running over a variety of distances.</p> <p>Throw accurately and refine performance by analysing technique and body shape.</p>
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Competition at the end of each half term between the year groups.

Continuous milestones throughout during competitions and games:

Milestone 2:

Follow the rules of the game and play fairly.
Lead others and act as a respectful team member.

Milestone 3:

Uphold the spirit of fair play and respect in all competitive situations.
Lead others when called upon and act as a good role model within a team.