



Archbishop Cranmer C of E Primary Academy
Physical Education Sequence of Learning

Foundation



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Sport	<p>Locomotion – Walking In this teaching sequence pupils will explore walking using different body parts in different directions, at different levels and at different speeds. They will apply this learning to develop marching.</p>	<p>Locomotion – Jumping Pupils will explore jumping in different directions, at different speeds and at different levels. They will apply this learning to develop jumping for distance and height.</p>	<p>Ball Skills - Hands 1 Pupils will explore using their hands to push, roll and bounce a ball with control. They will develop ways of bouncing a ball whilst moving into a space.</p>	<p>Ball Skills - Hands 2 Pupils will explore different ways of throwing underarm and overarm. They will develop an understanding of why we need to aim. They will explore how we can use our bodies to throw with a greater distance. They will explore rolling a ball towards a target and stopping the ball. They will also begin to catch.</p>	<p>Ball Skills – Feet Pupils will explore kicking a ball using different parts of their feet with control. They will develop dribbling techniques and how to collaborate with others.</p>	<p>Bat skills Pupils will develop coordination and balance skills using a bat and ball. They will hit a ball with a bat.</p>
Culture Of Opportunity	<p>Pupils can develop their running skills at the extra-curricular cross country club. Pupils can choose to attend the Ready Steady Running Club. Pupils can develop their running skills through participating in the daily mile and working towards completing 1, 2 or 3 marathons as part of the ABC Marathon Challenge.</p>		<p>Pupils will develop their balls skills in the Mini Athletics Nottingham and Loughborough day. Pupils can choose to attend the Little Ruggers club to develop passing skills in rugby.</p>		<p>Pupils will develop batting skills in preparation for Chance 2 Shine cricket sessions in Key Stage 1. Pupils can choose to attend the Little Wickets club to practise their cricket skills. They could choose to develop their racket skills at Aslockton tennis club.</p>	
Sport	<p>Gymnastics - High, Low, Over, Under Pupils will explore movements and shapes in high and low ways on apparatus. Pupils will know how to move safely using apparatus.</p>	<p>Gymnastics- Body Parts Pupils will explore how to move using big and small movements using the apparatus. They will work in pairs explore movements and shapes in different ways, transitioning between different zones.</p>	<p>Dance – Ourselves In this unit of learning pupils will explore movements using different parts of their body. They will develop ways of travelling, moving and using props in response to music.</p>	<p>Dance - Nursery Rhymes Pupils will create simple movement sequences related to specific words. They will develop ways of travelling, moving and using props in response to music with a partner.</p>	<p>Games For Understanding Pupils will explore taking turns, following rules and the consequences if rules are broken. They will explore different ways of avoiding the defender and preventing the attacker from scoring.</p>	<p>School Sports Day Pupils will explore running in different directions, varying speeds in response to commands given. They will work in small groups to complete a simple relay race.</p>

Culture of Opportunity	<p>Pupils will develop confidence to perform in their Foundation Christmas Production. Pupils will develop dance skills through Cosmic Yoga, Boogie Beebies, Active Ants and Super Movers in the classroom.</p>	<p>Pupils can develop their dance skills at the extra-curricular dance club. Pupils can further develop their dancing skills on the Key Stage 1 Indian Dance Day. Pupils will develop dance skills through Cosmic Yoga, Boogie Beebies, Active Ants and Super Movers in the classroom. Pupils can also choose to attend the Bigham School of dance to develop ballet, tap or modern dance skills. Pupils will develop confidence to perform in their Foundation Christmas Production.</p>	<p>Pupils can use their understanding of following rules in games in our extra-curricular clubs such as board game and chess club.</p>	<p>All pupils feel confident to compete in our School Sports Day.</p>
<p>Outdoor Adventurous Activity Pupils will experience Nottingham Outdoor Adventure Days where they will engage in orienteering and den building activities. Pupils will visit Sherwood Pines for an active day in the outdoors. Pupils have a timetabled slot to a forest school.</p>				
<p>Health and Wellbeing Pupils can describe how the body feels when still and when exercising.</p>				
<p>Personal Values <i>trust, kindness, thankfulness, respect, responsibility and courage</i> Pupils will follow simple rules. Pupils can talk about what they have done. Pupils can talk about what others have done. Pupils participate in simple games.</p>				
<p>Assessment <i>coordination, endurance, agility, balance, upper body strength, lower body strength</i> Pupils should be able to: Throw and catch a ball individually with both hands Run for 20m without stopping Stand on one leg for 5s Balance a ball on a racket for 10s</p>				