

# St Cuthbert's PPA Cover / PE Plan

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>EYFS</b>	<p><b>Fundamental movement(ABC)</b> Heart Talk about how their bodies feel when exercising Head Show an awareness of space and others Hands Develop fundamental movement skills e.g. running, jumping, throwing, catching -Develop balance, agility &amp; coordination</p>	<p><b>Ball Skills</b> Heart Talk about how their bodies feel when exercising Head Show an awareness of space and others Hands Develop fundamental movement skills e.g. running, jumping, throwing, catching -Participate in team games - throwing &amp; catching</p>	<p><b>Creative Movement (gymnastics)</b> Heart Safely perform teacher led warm-ups Head Recognise &amp; use space appropriately Hands Explore the basic gymnastics actions of travel, jump and balance with some control &amp; co-ordination Perform gym sequences using simple movement patterns</p>	<p><b>Invasion games (tagging games)</b> Heart Discuss reasons for warming up &amp; cooling down, recognising simple changes in the body Understand why exercise is good for your health Head Begin to understand and use simple tactics for attacking and defending Understand simple techniques used when sending and receiving, in a variety of activities Hands Perform fundamental movement skills with control &amp; co-ordination Enjoy competing against self and others, individually or in team games</p>	<p><b>Athletics (Running, Jumping and throwing)</b> Heart Recognise when their heart rate and temperature have changed Head Identify the different skills/fundamental movements needed in athletic activities Hands Show running, jumping and throwing actions with basic control &amp; co-ordination Develop agility, coordination, running, jumping, throwing &amp; catching</p>	<p><b>Striking and fielding</b> Heart Recognise the changes in the body when taking part in physical activity Know how to use the equipment responsibly and safely Head Understand simple techniques used when sending and receiving, in a variety of activities Hands Perform fundamental movement skills with control &amp; co-ordination Enjoy competing against self and others, individually or in team games To be able to throw the ball over arm To be able to throw the ball under arm To be able to catch the ball from all different angles and moving around</p>
<b>1</b>	<p><b>Fundamental movement(ABC)</b> Heart Discuss reasons for warming up &amp; cooling down, recognising simple changes in the body Understand why exercise is good for your health Head Begin to understand and use simple tactics for attacking and defending Understand simple techniques used when sending and receiving, in a variety of activities Hands Perform fundamental movement skills with control &amp; co-ordination Enjoy competing against self and others, individually or in team games Develop balance and co-ordination when changing direction. To use agility to help move in different directions using different movement skills.</p>	<p><b>Ball Skills</b> Heart Talk about how their bodies feel when exercising Head Show an awareness of space and others Hands Develop fundamental movement skills e.g. running, jumping, throwing, catching -Participate in team games - throwing &amp; catching</p>	<p><b>Creative Movement (gymnastics)</b> Heart Recognise the changes in the body when taking part in physical activity Know how to carry and place apparatus safely Head Identify the difference between own and others' performance Begin to use simple gymnastics vocabulary Hands Select and link actions to create a basic gymnastic sequence, incorporating apparatus and the floor Include movements that change direction, level and speed in a sequence To use flexibility to make shapes. To improve balance, control and flexibility.</p>	<p><b>Invasion games (tagging games)</b> Heart Discuss reasons for warming up &amp; cooling down, recognising simple changes in the body Understand why exercise is good for your health Head Begin to understand and use simple tactics for attacking and defending Understand simple techniques used when sending and receiving, in a variety of activities Hands Perform fundamental movement skills with control &amp; co-ordination Enjoy competing against self and others, individually or in team games To be able to pass the ball in the direction they want it to go in To be able to familiarise themselves passing the ball</p>	<p><b>Athletics (Running, Jumping and throwing)</b> Heart Describe what changes happen to the body during different types of athletic activities Understand how to exercise safely Head Know the different techniques used in running, jumping and throwing activities Discuss differences between their own and others' performance, suggesting improvements Hands Demonstrate simple techniques and skills when running, jumping and throwing, varying them to suit the different activities Engage in competitive activities, against self and against others To be able to run in a straight line at speed. Can you run hips to lips (movement of arms and legs)</p>	<p><b>Striking and fielding</b> Heart Recognise the changes in the body when taking part in physical activity Know how to use the equipment responsibly and safely Head Understand simple techniques used when sending and receiving, in a variety of activities Hands Perform fundamental movement skills with control &amp; co-ordination Enjoy competing against self and others, individually or in team games To be able to throw the ball over arm To be able to throw the ball under arm To be able to catch the ball from all different angles and moving around</p>
<b>2</b>	<p><b>SAQ</b> Heart Discuss reasons for warming up &amp; cooling down, recognising simple changes in the body Understand why exercise is good for your health Head Begin to understand and use simple tactics for attacking and defending Understand simple techniques used when sending and receiving, in a variety of activities Hands Perform fundamental movement skills with control &amp; co-ordination Enjoy competing against self and others, individually or in team games To try and move on the balls of your feet</p>	<p><b>Ball skills</b> Heart Discuss reasons for warming up &amp; cooling down, recognising simple changes in the body Understand why exercise is good for your health Head Begin to understand and use simple tactics for attacking and defending Understand simple techniques used when sending and receiving, in a variety of activities Hands Perform fundamental movement skills with control &amp; co-ordination Enjoy competing against self and others, individually or in team games</p>	<p><b>Creative Movement (gymnastics)</b> Heart Recognise the changes in the body when taking part in physical activity Know how to carry and place apparatus safely Head Identify the difference between own and others' performance Begin to use simple gymnastics vocabulary Hands Select and link actions to create a basic gymnastic sequence, incorporating apparatus and the floor Include movements that change direction, level and speed in a sequence</p>	<p><b>Invasion games (Tagging games)</b> Heart Explain changes in the body when warming up and cooling down Lead simple warm-ups and cool downs in small groups Head Know when to change tactics in a competitive situation to improve Advise and help others to improve in their performance Hands Perform fundamental movement skills in isolation and in combination with good control &amp; co-ordination Select and</p>	<p><b>Net/wall Games (tennis)</b> Heart Recognise the changes in the body when taking part in physical activity Know how to use the equipment responsibly and safely Head Understand simple techniques used when sending and receiving, in a variety of activities Hands Perform fundamental movement skills with control &amp; co-ordination Enjoy competing against self and others, individually or in team games</p>	<p><b>Striking and fielding</b> Heart Recognise the changes in the body when taking part in physical activity Know how to use the equipment responsibly and safely Head Understand simple techniques used when sending and receiving, in a variety of activities Hands Perform fundamental movement skills with control &amp; co-ordination Enjoy competing against self and others, individually or in team games</p>

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	<p>To try and move Hips to Lips movement</p>	<p>To be able to pass the ball in the direction they want it to go in To be able to familiarise themselves passing the ball To be able to use a variety of passes, chest, bounce, and shoulder.</p>	<p>To use flexibility to make shapes. To improve balance, control and flexibility.</p>	<p>perform a range of techniques confidently in modified games To be able to pass accurately to someone or a target. Be able to pass using both side of the stick and be looking at the target for the pass.</p>	<p>To be able to hit the ball using your forehand with the ball bouncing no more than once Using balance and control to return the ball</p>	<p>To be able to catch the ball with a W ready with your hands To throw at a target whilst static and on the move.</p>
<b>3</b>	<p><b>Athletics (cross county)</b> Heart Understand &amp; explain the short &amp; long term effects of exercise Organise into small groups safely; take turns; and take on different roles Head Compare performances with previous ones and demonstrate improvement to achieve their personal best Understand how to apply athletic skills &amp; tactics to the competitive situation Hands Show good control, speed, strength and stamina in a variety of athletic events Know when to use different tactics in competitive situations To be able to perform a standing jump, long jump and a triple jump effectively To use strength and flexibility to improve distance of jump</p>	<p><b>Invasion games (football)</b> Heart Explain changes in the body when warming up and cooling down Lead simple warm-ups and cool downs in small groups Head Know when to change tactics in a competitive situation to improve Advise and help others to improve in their performance Hands Perform fundamental movement skills in isolation and in combination with good control &amp; co-ordination Select and perform a range of techniques confidently in modified games To be able to use both feet moving the ball quickly and effectively Control the ball moving in different directions, using all parts of the foot To dribble confidently using both feet under pressure</p>	<p><b>Creative Movement (gymnastics)</b> Heart Work co-operatively with a partner Recognise and describe the short term effects of exercise on the body during gymnastic activities Head Use creativity and imagination when planning sequences Describe similarities and differences between own and others' work, making suggestions for improvement Hands Create and demonstrate a longer sequence working individually and with others, showing good control and co-ordination Work collaboratively and enjoy competing with each other To be able to use apparatus slowly at lower heights To be able to use strength, control and balance whilst climbing.</p>	<p><b>Net/wall Games (tennis)</b> Heart Recognise the changes in the body when taking part in physical activity Know how to use the equipment responsibly and safely Head Understand simple techniques used when sending and receiving, in a variety of activities Hands Perform fundamental movement skills with control &amp; co-ordination Enjoy competing against self and others, individually or in team games To be able to hit the ball using your forehand with the ball bouncing no more than once Using balance and control to return the ball</p>	<p><b>Striking and fielding (Cricket)</b> Heart Understand &amp; explain the short &amp; long term effects of exercise Organise into small groups safely; take turns; and take on different roles Head Show a good understanding of rules in a variety of competitive games Compare performances with previous ones and demonstrate how to improve to achieve personal best Hands Play in a variety of competitive games, using the correct skills and techniques consistently Have a strong influence in the game, using a range of tactics in a variety of situations To use strength and technique to hit the ball with power Using balance, co-ordination and control of the body to be in the correct position</p>	<p><b>Outdoor Adventure Activities</b> Heart Demonstrate all round safe practice when taking part in OAA activities Confidently lead warm ups and cool downs Head Analyse performance on how to improve as an individual and as part of a team Use creative thinking and problem solving skills appropriately to complete a challenge Hands Use a range of skills competently and confidently to cope with differing OAA demands Develop leadership roles within OAA Be able to follow &amp; understand safety procedures Learn from others to adapt own performance</p>
<b>4</b>	<p><b>Invasion games (Tag Rugby)</b> Heart Explain changes in the body when warming up and cooling down Lead simple warm-ups and cool downs in small groups Head Know when to change tactics in a competitive situation to improve Advise and help others to improve in their performance Hands Perform fundamental movement skills in isolation and in combination with good control &amp; co-ordination Select and perform a range of techniques confidently in modified games Always look to be in space before receiving the ball To be able to pass the ball backwards thumbs facing the player To be able to twist your upper body to pass</p>	<p><b>Invasion games (Hockey)</b> Heart Explain short and long term effects of exercise on the body Organise specific warm-ups and cool downs with confidence Head Show a good understanding of rules in a variety of competitive games Compare performances with previous ones and demonstrate how to improve to achieve personal best Hands Play in a variety of competitive games, using the correct skills and techniques consistently Have a strong influence in the game, using a range of tactics in attack and defence To be able to use all the skills they have learnt and play 6 v 6 matches. Can they work as a team and encourage each other using good team work. What rules have they learnt? Why is communication so important in a team game? Using attacking and defending principles whilst self-assessing previous and current performance</p>	<p><b>Creative Movement (gymnastics)</b> Heart Work co-operatively with a partner Recognise and describe the short term effects of exercise on the body during gymnastic activities Head Use creativity and imagination when planning sequences Describe similarities and differences between own and others' work, making suggestions for improvement Hands Create and demonstrate a longer sequence working individually and with others, showing good control and co-ordination Work collaboratively and enjoy competing with each other To be able to use apparatus slowly at lower heights To be able to use strength, control and balance whilst climbing.</p>	<p><b>Net/wall Games (tennis)</b> Heart Recognise the changes in the body when taking part in physical activity Know how to use the equipment responsibly and safely Head Understand simple techniques used when sending and receiving, in a variety of activities Hands Perform fundamental movement skills with control &amp; co-ordination Enjoy competing against self and others, individually or in team games To be able to hit the ball using your forehand with the ball bouncing no more than once Using balance and control to return the ball</p>	<p><b>Athletics (Running, Jumping and throwing)</b> Heart Perform a range of warm-up activities safely and understand the need for a cool-down Explain why physical activity is good for your health Head Identify and apply simple tactics that could be used to improve performance Watch and describe specific aspects of running, jumping and throwing techniques Hands Demonstrate good technique and accuracy when perform To be able to time your jump when to jump over the hurdles Use running and jumping in an isolation and combination To work on teamwork and co-ordination when passing the baton To be able to communicate when passing the baton or having a trigger when to move forwards gradually before the exchange</p>	<p><b>Striking and fielding (Cricket)</b> Heart Understand &amp; explain the short &amp; long term effects of exercise Organise into small groups safely; take turns; and take on different roles Head Show a good understanding of rules in a variety of competitive games Compare performances with previous ones and demonstrate how to improve to achieve personal best Hands Play in a variety of competitive games, using the correct skills and techniques consistently Have a strong influence in the game, using a range of tactics in a variety of situations To use strength and technique to hit the ball with power Using balance, co-ordination and control of the body to be in the correct position</p>

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<b>5</b>	<p><b>Invasion Games (Football)</b></p> <p>Heart Explain short and long term effects of exercise on the body Organise specific warm-ups and cool downs with confidence Head Show a good understanding of rules in a variety of competitive games Compare performances with previous ones and demonstrate how to improve to achieve personal best Hands Play in a variety of competitive games, using the correct skills and techniques consistently Have a strong influence in the game, using a range of tactics in attack and defence Compare previous performance and self-assess Use balance, agility and control to improve technique To dribble</p>	<p><b>Net/wall Games (tennis)</b></p> <p>Heart Recognise the changes in the body when taking part in physical activity Know how to use the equipment responsibly and safely Head Understand simple techniques used when sending and receiving, in a variety of activities Hands Perform fundamental movement skills with control &amp; co-ordination Enjoy competing against self and others, individually or in team games To be able to hit the ball using your forehand with the ball bouncing no more than once Using balance and control to return the ball</p>	<p><b>Creative Movement (gymnastics)</b></p> <p>Heart Lead own warm-up and cool down, explaining the long term effects of exercise on the body Demonstrate all round safe practice Head Analyse skills and suggest ways to improve quality of performance Modify performance based on observation and feedback from others Hands Demonstrate a consistent performance showing fluency, accuracy and consistency Perform complex sequences, individually and with others To link floor sequence to an apparatus sequence showing change of height To travel across apparatus slowly and safely at a higher height.confidently using both feet under pressure</p>	<p><b>Striking and fielding (Cricket)</b></p> <p>Heart Understand &amp; explain the short &amp; long term effects of exercise Organise into small groups safely; take turns; and take on different roles Head Show a good understanding of rules in a variety of competitive games Compare performances with previous ones and demonstrate how to improve to achieve personal best Hands Play in a variety of competitive games, using the correct skills and techniques consistently Have a strong influence in the game, using a range of tactics in a variety of situations To use strength and technique to hit the ball with power Using balance, co-ordination and control of the body to be in the correct position</p>	<p><b>Athletics (Running, Jumping and throwing)</b></p> <p>Heart Understand &amp; explain the short &amp; long term effects of exercise Organise into small groups safely; take turns; and take on different roles Head Compare performances with previous ones and demonstrate improvement to achieve their personal best Understand how to apply athletic skills &amp; tactics to the competitive situation Hands Show good control, speed, strength and stamina in a variety of athletic events Know when to use different tactics in competitive situations To be able to perform a standing jump, long jump and a triple jump effectively To use strength and flexibility to improve distance of jump</p>	<p><b>Outdoor Adventure Activities</b></p> <p>Heart Demonstrate all round safe practice when taking part in OAA activities Confidently lead warm ups and cool downs Head Analyse performance on how to improve as an individual and as part of a team Use creative thinking and problem solving skills appropriately to complete a challenge Hands Use a range of skills competently and confidently to cope with differing OAA demands Develop leadership roles within OAA Be able to follow &amp; understand safety procedures Learn from others to adapt own performance</p>
<b>6</b>	<p><b>Athletics (cross county)</b></p> <p>Heart Understand &amp; explain the short &amp; long term effects of exercise Organise into small groups safely; take turns; and take on different roles Head Compare performances with previous ones and demonstrate improvement to achieve their personal best Understand how to apply athletic skills &amp; tactics to the competitive situation Hands Show good control, speed, strength and stamina in a variety of athletic events Know when to use different tactics in competitive situations To be able to perform a standing jump, long jump and a triple jump effectively To use strength and flexibility to improve distance of jump</p>	<p><b>Invasion games (Hockey)</b></p> <p>Heart Explain short and long term effects of exercise on the body Organise specific warm-ups and cool downs with confidence Head Show a good understanding of rules in a variety of competitive games Compare performances with previous ones and demonstrate how to improve to achieve personal best Hands Play in a variety of competitive games, using the correct skills and techniques consistently Have a strong influence in the game, using a range of tactics in attack and defence To be able to use all the skills they have learnt and play 6 v 6 matches. Can they work as a team and encourage each other using good team work. What rules have they learnt? Why is communication so important in a team game? Using attacking and defending principles whilst self-assessing previous and current performance</p>	<p><b>Creative Movement (gymnastics)</b></p> <p>Heart Lead own warm-up and cool down, explaining the long term effects of exercise on the body Demonstrate all round safe practice Head Analyse skills and suggest ways to improve quality of performance Modify performance based on observation and feedback from others Hands Demonstrate a consistent performance showing fluency, accuracy and consistency Perform complex sequences, individually and with others To teach a sequence to a group or individual showing a clear understanding Looking back at previous performance and using self-assessment to improve</p>	<p><b>Net/wall Games (tennis)</b></p> <p>Heart Understand &amp; explain the short &amp; long term effects of exercise Organise into small groups safely; take turns; and take on different roles Head Show a good understanding of rules in a variety of competitive games Compare performances with previous ones and demonstrate how to improve to achieve personal best Hands Play in a variety of competitive games, using the correct skills and techniques consistently Have a strong influence in the game, using a range of tactics in a variety of situations To be able to rally the ball showing different types of strokes To be able to understand the scoring system throughout the match To self-assess on previous performance compared to now</p>	<p><b>Invasion Games (Tag rugby)</b></p> <p>Heart Explain short and long term effects of exercise on the body Organise specific warm-ups and cool downs with confidence Head Show a good understanding of rules in a variety of competitive games Compare performances with previous ones and demonstrate how to improve to achieve personal best Hands Play in a variety of competitive games, using the correct skills and techniques consistently Have a strong influence in the game, using a range of tactics in attack and defence Looking at previous performance and using self-assessment to improve To be able to learn different ways of scoring a try</p>	<p><b>Striking and fielding(Rounders)</b></p> <p>Heart Understand &amp; explain the short &amp; long term effects of exercise Organise into small groups safely; take turns; and take on different roles Head Show a good understanding of rules in a variety of competitive games Compare performances with previous ones and demonstrate how to improve to achieve personal best Hands Play in a variety of competitive games, using the correct skills and techniques consistently Have a strong influence in the game, using a range of tactics in a variety of situations Use the correct principles of attacking and defending in rounders Using strength and technique to improve power on shots To be able to work as a team to field, in different fielding positions</p>