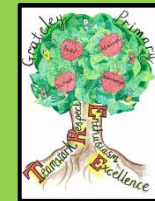


# PE Scheme of work

## 2021-2021

### Darwin Y1/2



Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Gymnastics</b>	<b>Gymnastics</b>	<b>Dance</b>		<b>Athletics</b>	
<p>Can they tense and relax their bodies?</p> <p>Can they control their body when they are travelling or balancing?</p> <p>Can they climb safely?</p> <p>Can they move around a piece of apparatus safely?</p> <p>Can they copy and repeat sequences?</p> <p>Can they plan and show a sequence of movements?</p> <p>Can they use contrast in their sequences?</p> <p>Are their movements controlled?</p> <p><b>Challenge</b></p> <p>Can they think of more than one way to create a sequence which follows a set of 'rules'?</p>	<p>Can they tense and relax their bodies?</p> <p>Can they control their body when they are travelling or balancing?</p> <p>Can they copy and repeat sequences?</p> <p>Can they plan and show a sequence of movements?</p> <p>Can they use contrast in their sequences?</p> <p>Are their movements controlled?</p> <p><b>Challenge</b></p> <p>Can they think of more than one way to create a sequence which follows a set of 'rules'?</p>	<p>Can they dance imaginatively?</p> <p>Can they change rhythm, speed, level and direction?</p> <p>Can they dance with control and co-ordination?</p> <p>Can they make a sequence linking sections together?</p> <p>Can they link some movements to show mood or feeling?</p>		<p>Can they run with control and speed?</p> <p>Can they use different sports equipment?</p> <p>Can they throw with accuracy and direction?</p> <p>Can they jump with control?</p> <p>Can they work on improving their own personal best?</p>	

Can they transfer a sequence from the floor to apparatus?					
<b>Games</b> Different team games- <i>basketball, netball, hockey, football, rugby and cricket to be learnt throughout the year.</i>	<b>Games</b> Different team games- <i>basketball, netball, hockey, football, rugby and cricket to be learnt throughout the year.</i>	<b>Games</b> Different team games- <i>basketball, netball, hockey, football, rugby and cricket to be learnt throughout the year.</i>	<b>Games</b> Different team games- <i>basketball, netball, hockey, football, rugby and cricket to be learnt throughout the year.</i>	<b>Games</b> Different team games- <i>basketball, netball, hockey, football, rugby and cricket to be learnt throughout the year.</i>	<b>Games</b> Different team games- <i>basketball, netball, hockey, football, rugby and cricket to be learnt throughout the year.</i>
Can they move and stop safely? Can they catch with both hands? Can they throw in different ways? Can they kick in different ways? Can they use hitting/kicking/rolling in a game? Can they stay in a 'zone' during a game? Can they decide the best place to be in a game? Can they follow rules? <b>Challenge</b> Can they use one tactic in a game?	Can they move and stop safely? Can they catch with both hands? Can they throw in different ways? Can they kick in different ways? Can they use hitting/kicking/rolling in a game? Can they stay in a 'zone' during a game? Can they decide the best place to be in a game? Can they follow rules? <b>Challenge</b> Can they use one tactic in a game?	Can they move and stop safely? Can they catch with both hands? Can they throw in different ways? Can they kick in different ways? Can they use hitting/kicking/rolling in a game? Can they stay in a 'zone' during a game? Can they decide the best place to be in a game? Can they follow rules? <b>Challenge</b> Can they use one tactic in a game?	Can they move and stop safely? Can they catch with both hands? Can they throw in different ways? Can they kick in different ways? Can they use hitting/kicking/rolling in a game? Can they stay in a 'zone' during a game? Can they decide the best place to be in a game? Can they follow rules? <b>Challenge</b> Can they use one tactic in a game?	Can they move and stop safely? Can they catch with both hands? Can they throw in different ways? Can they kick in different ways? Can they use hitting/kicking/rolling in a game? Can they stay in a 'zone' during a game? Can they decide the best place to be in a game? Can they follow rules? <b>Challenge</b> Can they use one tactic in a game?	Can they move and stop safely? Can they catch with both hands? Can they throw in different ways? Can they kick in different ways? Can they use hitting/kicking/rolling in a game? Can they stay in a 'zone' during a game? Can they decide the best place to be in a game? Can they follow rules? <b>Challenge</b> Can they use one tactic in a game?