
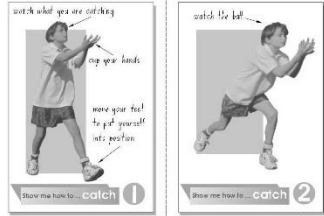













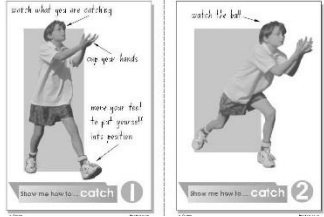


Cheselbourne Village School PE Cycle (from September 2019)

| Terms | KS1 and EYFS | | KS2 | |
|-------|---|---|--|---|
| | PE | Games | PE | Games |
| 1 | <p>Fundamental movements (Fun games)</p>  | <p>Ball Skills (throwing and catching)</p>  | <p>Hockey</p>  | <p>Rugby</p>  <p>Football</p>  |
| 2 | <p>Multi-skills</p>  | <p>Football</p>  <p>Rugby</p>  | <p>Multi-skills</p>  | <p>Basketball</p>  <p>Netball</p>  |
| 3 | <p>Dance</p>  <p>(Dance Showcase Prep for YR)</p> | <p>Basketball</p>  <p>Netball</p>  | <p>Dance</p>  | <p>Ball Skills</p>  |

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| | | | | |
|---|---|---|---|--|
| 4 | <p>Gymnastics</p>  |  <p>Team building/ Orienteering/ Tennis</p>  | <p>Gymnastics</p>  |  <p>Team Building/ Orienteering/ Tennis</p>  |
| 5 | <p>Athletics</p>  |  <p>Cricket/Rounders</p>  | <p>Athletics</p>  |  <p>Cricket/Rounders</p>  |
| 6 |  | <p>Swimming and Sports Day Prep</p> <ul style="list-style-type: none"> ▪ swim competently, confidently and proficiently over a distance of at least 25 metres ▪ use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] ▪ perform safe self-rescue in different water-based situations.  | | |

Our PE Learning Objectives - Which ones can you do?

Year 1 and Year 2

- *I can run, jump, throw, catch and balance well in lots of different activities*
- *I can join in team games and understand how to defend and attack.*
- *I can perform different dances using simple movement patterns.*
- *I know why it is important to keep fit and healthy.*
- *I can join in activities that will help me keep fit and healthy.*

Year 3 and Year 4

- *I can run, jump, throw, catch and balance well in lots of different activities either doing each thing on its own or together with others such as balance and jump in gymnastics.*
- *I can play competitive games, such as badminton, basketball, cricket, football, hockey, netball, rounders and tennis and understand how to defend and attack when playing them.*
- *I can come up with and perform different dances using being flexible and strong using different techniques, control and balance.*
- *I can perform dances using a range of movement patterns.*
- *I take part in outdoor and adventurous activity challenges both individually and within a team.*
- *I can compare performances with previous ones and show how to improve them to do as well as I can.*
- *I know and can explain why and how it is important to keep fit and healthy.*
- *I can join in activities that will help me keep fit and healthy and develop my fitness over time.*