

Indoor PE – Layer 2

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 3	<p>Net and Wall Games Manipulative skills – accurate feed Locomotor – run, side-step, bounce Non-locomotor – twist, turn, pivot Participation – Badminton – scoring points in the game.</p>	<p>Flintstones Dance Manipulative skills – No equipment required. Locomotor – run, crawl, skip, hop, slide, steer, skip Non-locomotor – twist, turn, pivot, Participation – Participation – Performing to an audience.</p>	<p>Gymnastics Manipulative skills – use of mats (spatial awareness) Locomotor – straight jump, star jump, Non-locomotor – hold position, balance Participation – Sequencing balances</p>	<p>Rounders Manipulative skills – accurate feed, Locomotor – run, pivot, Non-locomotor – throw, catch, communicate Participation – Rounders – scoring rounders and fielding for the opposition team.</p>	<p>Swimming Manipulative skills – No equipment required. Locomotor – backstroke, breaststroke, butterfly, front-crawl Non-locomotor – balance Participation – swim 25 metres unaided</p>	<p>Swimming Manipulative skills – No equipment required. Locomotor – backstroke, breaststroke, butterfly, front-crawl Non-locomotor – balance Participation – swim 25 metres unaided</p>
Year 4	<p>Net and Wall Games Manipulative skills – accurate feed Locomotor – side-step, chassis Non-locomotor – twist, turn, pivot, confidence with both hands Participation – Badminton – scoring points in the game.</p>	<p>Table Tennis Manipulative skills – Accurate feed, use of angles, holding the correct side of the paddle. Managing the weight of the paddle. Locomotor – Side-step Non-locomotor – Turn, twist, pivot Participation – Table – Tennis, scoring points in the game.</p>	<p>Gladiator Dance Manipulative skills – No equipment required. Locomotor – march, attack and defend Non-locomotor – hold position, facial expression Participation – Performing to an audience.</p>	<p>Electrify Dance Manipulative skills – No equipment required. Locomotor – follow, mirror, travel using different heights and speed. Non-locomotor – choreographing a dance. Use of shapes. Hold a controlled move. Participation – Performing to an audience.</p>	<p>Gymnastics Manipulative skills – use of mats (spatial awareness) Locomotor – straight jump, star jump, tuck jump, pike jump, straddle, forward roll, backwards roll, Non-locomotor – hold position, balance, sequence Participation – Sequencing balances and rolls.</p>	<p>Tennis Manipulative skills – accurate feed. Understanding height and distance. Locomotor – Sprint, jog, side-step Non-locomotor – twist, turn, pivot, underarm, overarm, serve, rally Participation – Tennis – scoring points in a game. Using the net if confident enough.</p>
Year 5	<p>Net and Wall Games Manipulative skills – accurate feed Locomotor – side-step, chassis, Non-locomotor – twist, turn, pivot, confidence with both hands, serve (forehand, backhand), overhead shot, rally Participation – Badminton – scoring points in the game. Focus on spacing</p>	<p>Gymnastics Manipulative skills – use of mats (spatial awareness) Locomotor – straight jump, star jump, tuck jump, pike jump, straddle, forward roll, backwards roll Non-locomotor – hold position, balance Participation – Sequencing balances and rolls.</p>	<p>Space Dance Manipulative skills – No equipment required. Locomotor – moving without gravity Non-locomotor – hold position, balance Participation – Performing to an audience.</p>	<p>Gymnastics Manipulative skills – Use of springboards and box equipment Locomotor – straight jump, star jump, tuck jump, pike jump, straddle, forward roll, backwards roll, cartwheels, vaults Non-locomotor – hold position, balance Participation – Sequencing of different jumps, leaps, hold and balances.</p>	<p>Rounders Manipulative skills – accurate feed, Locomotor – run, pivot, Non-locomotor – throw, catch, communicate, bat Participation – Rounders – scoring rounders and fielding for the opposition team.</p>	<p>Indoor Fitness Manipulative skills – Use of cones for spatial awareness, skipping ropes, floor ladders Locomotor – agility, change of direction, side-step, leap, gallop, skip Non-locomotor – strength, conditioning and cardiovascular holds Participation – Creating a circuit and participating in other circuits.</p>
Year 6	<p>Dance – West Side Story Manipulative skills – No equipment involved. Locomotor – twist, turn, pivot, balance, roll, crawl, skip, hop Non-locomotor – facial expressions to show motifs, reacting to different people’s expressions, balance, hold. Participation – Performing to an audience.</p>	<p>Gymnastics Manipulative skills – Use of springboards and box equipment Locomotor – straight jump, star jump, tuck jump, pike jump, straddle, forward roll, backwards roll, cartwheels, vaults Non-locomotor – hold position, balance Participation – Sequencing of different jumps, leaps, hold and balances.</p>	<p>Survival Dance Manipulative skills – No equipment required. Locomotor – Crawl, slide, dance in unison. Non-locomotor – turning at different levels. Move in time with the music. Stretch, curl Participation – Performing to an audience.</p>	<p>Gymnastics Manipulative skills – Use of springboards and box equipment Locomotor – straight jump, star jump, tuck jump, pike jump, straddle, forward roll, backwards roll, cartwheels, vaults Non-locomotor – hold position, balance Participation – Sequencing of different jumps, leaps, hold and balances.</p>	<p>Net and Wall Games Manipulative skills – accurate feed, understanding the flight of the shuttle Locomotor – side-step, chassis, sprint, lunge Non-locomotor – twist, turn, pivot, confidence with both hands, serve (forehand, backhand), overhead shot, rally Participation – Badminton – scoring points in the game. Focus on spacing</p>	<p>Rounders Manipulative skills – accurate feed, Locomotor – run, pivot, Non-locomotor – throw, catch, communicate, bat to the left/right Participation – Rounders – scoring rounders and fielding for the opposition team.</p>

Outdoor PE – Layer 2

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 3	<p>Tag Rugby</p> <p>Manipulative skills – Accurate feed with a rugby ball Locomotor – run in unison, removing a tag belt safely. Kick Non-locomotor – backwards pass, score a try Participation – Tag Rugby – scoring points following Tag Rugby rules</p>	<p>Hockey</p> <p>Manipulative skills – Accurate feed with a hockey stick Locomotor – run in unison, area discipline Non-locomotor – strike a hockey ball, use the correct side of a hockey stick. Spatial awareness in a game context. Participation – Hockey – scoring points following Hockey rules</p>	<p>Netball</p> <p>Manipulative skills – Accurate feed with a netball Locomotor – move in unison, area discipline Non-locomotor – heel turn bounce, shoot, communicate Participation – Netball – scoring points following Netball rules</p>	<p>OAA</p> <p>Manipulative skills – Use of a compass. Navigate an area efficiently and safely. Locomotor – Walk Non-locomotor – Navigate Participation – Complete a range of orienteering activities.</p>	<p>Cricket</p> <p>Manipulative skills – Accurate feed with a cricket bat. Accurate feed with a cricket ball Locomotor – field, jog, sprint Non-locomotor – strike, overarm throw, catch Participation – Cricket – scoring runs following cricket rules. Fielding effectively.</p>	<p>Tennis</p> <p>Manipulative skills – accurate feed. Understanding height and distance. Locomotor – Sprint, jog, side-step Non-locomotor – twist, turn, pivot, underarm, overarm, serve, rally Participation – Tennis – scoring points in a game. Using the net if confident enough.</p>
Year 4	<p>Basketball</p> <p>Manipulative skills – Accurate feed with a basketball Locomotor – area discipline, dribble with the basketball Non-locomotor – chest pass, floor pass, shoot Participation – Basketball – scoring points following Basketball rules.</p>	<p>Outdoor fitness</p> <p>Manipulative skills – Use of trim-trail. Use of fitness related equipment. Locomotor – run, sprint, jog, gallop, slide, crawl, chassis, skip Non-locomotor – Throw, catch, maintain stamina, hold, control Participation – Complete a range of fitness related activities, based on conditioning the body and building on established stamina.</p>	<p>Football</p> <p>Manipulative skills – Accurate feed with a football. Being able to control a football with feet. Locomotor – side-step, sprint, run, jump, leap, dive Non-locomotor – kick, catch, head Participation – Football – scoring goals following football rules</p>	<p>OAA</p> <p>Manipulative skills – Use of a compass. Navigate an area efficiently and safely. Locomotor – Walk Non-locomotor – Navigate Participation – Complete a range of orienteering activities.</p>	<p>Cricket</p> <p>Manipulative skills – Accurate feed with a cricket bat. Accurate feed with a cricket ball Locomotor – field, jog, sprint Non-locomotor – strike, overarm throw, catch Participation – Cricket – scoring runs following cricket rules. Fielding effectively.</p>	<p>Athletics & Tennis</p> <p>Manipulative skills – Using a baton effectively in a relay. Lane discipline. Using a crash mat safely. Locomotor – Sprint, run, job, launch, throw, catapult Non-locomotor – Throw, leap, spatial awareness. Participation – Compete in a range of different athletics events.</p>
Year 5	<p>Tag Rugby</p> <p>Manipulative skills – Accurate feed with a rugby ball Locomotor – run in unison, removing a tag belt safely. Kick Non-locomotor – backwards pass, score a try Participation – Tag Rugby – scoring points following Tag Rugby rules</p>	<p>Netball</p> <p>Manipulative skills – Accurate feed with a netball Locomotor – move in unison, area discipline Non-locomotor – heel turn bounce, shoot, communicate Participation – Netball – scoring points following Netball rules</p>	<p>Hockey</p> <p>Manipulative skills – Accurate feed with a hockey stick Locomotor – run in unison, area discipline Non-locomotor – strike a hockey ball, use the correct side of a hockey stick. Spatial awareness in a game context. Participation – Hockey – scoring points following Hockey rules</p>	<p>OAA</p> <p>Manipulative skills – Use of a compass. Navigate an area efficiently and safely. Locomotor – Walk Non-locomotor – Navigate Participation – Complete a range of orienteering activities.</p>	<p>Tennis</p> <p>Manipulative skills – accurate feed, Locomotor – run, pivot, Non-locomotor – throw, catch, communicate, bat to the left/right Participation – Tennis – scoring points</p>	<p>Cricket</p> <p>Manipulative skills – Accurate feed with a cricket bat. Accurate feed with a cricket ball Locomotor – field, jog, sprint Non-locomotor – strike, overarm throw, catch Participation – Cricket – scoring runs following cricket rules. Fielding effectively.</p>
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