

KS2 (SPM to take all PE for Y6 & Y3. SPM to take one session a week with Y5 (*marked in italics*)).

Year 5&6					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Tag Rugby <ul style="list-style-type: none"> play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending Tennis <ul style="list-style-type: none"> play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending Quadkids @ intervals <ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination compare their performances with previous ones and demonstrate 	Basketball <ul style="list-style-type: none"> play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending Gym <ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance Quadkids @ intervals <ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	Dance <ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance perform dances using a range of movement patterns Hockey <ul style="list-style-type: none"> play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending Quadkids @ intervals <ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination compare their performances with previous ones and demonstrate 	Football <ul style="list-style-type: none"> play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending Netball <ul style="list-style-type: none"> play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending Quadkids @ intervals <ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination compare their performances with previous ones and demonstrate improvement to achieve 	Athletics <ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination develop flexibility, strength, technique, control and balance Cricket <ul style="list-style-type: none"> play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending use running, jumping, throwing and catching in isolation and in combination Quadkids @ intervals <ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in 	Athletics <ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination develop flexibility, strength, technique, control and balance Cricket <ul style="list-style-type: none"> play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending use running, jumping, throwing and catching in isolation and in combination Quadkids @ intervals <ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in

Troon CP School - PE Curriculum 2016-17 (Linked to objectives of the New National Curriculum (wef Sep 2014))

improvement to achieve their personal best.		improvement to achieve their personal best.	their personal best.	<p>combination</p> <ul style="list-style-type: none"> compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p>OAA @ intervals</p> <ul style="list-style-type: none"> take part in outdoor and adventurous activity challenges both individually and within a team. 	<p>combination</p> <ul style="list-style-type: none"> compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p>OAA @ intervals</p> <ul style="list-style-type: none"> take part in outdoor and adventurous activity challenges both individually and within a team.
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Year 3 & 4					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Tag Rugby</p> <ul style="list-style-type: none"> play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending <p>Swimming</p> <ul style="list-style-type: none"> swim competently, confidently and proficiently over a 	<p>Basketball</p> <ul style="list-style-type: none"> play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending <p>Swimming</p> <ul style="list-style-type: none"> swim competently, confidently and proficiently over a 	<p>Dance</p> <ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance perform dances using a range of movement patterns <p>Swimming</p> <ul style="list-style-type: none"> swim competently, confidently and proficiently over a 	<p>Football</p> <ul style="list-style-type: none"> play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending <p>Swimming</p> <ul style="list-style-type: none"> swim competently, confidently and proficiently over a 	<p>Athletics</p> <ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination develop flexibility, strength, technique, control and balance <p>Swimming</p> <ul style="list-style-type: none"> swim competently, confidently and 	<p>Athletics</p> <ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination develop flexibility, strength, technique, control and balance <p>Swimming</p> <ul style="list-style-type: none"> swim competently, confidently and

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<p>distance of at least 25 metres</p> <ul style="list-style-type: none"> use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations. <p>Quadkids @ intervals</p> <ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<p>distance of at least 25 metres</p> <ul style="list-style-type: none"> use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations. <p>Quadkids @ intervals</p> <ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p>OAA @Delaware Camp take part in outdoor and adventurous activity challenges both individually and within a team.</p>	<p>distance of at least 25 metres</p> <ul style="list-style-type: none"> use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations. <p>Quadkids @ intervals</p> <ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<p>distance of at least 25 metres</p> <ul style="list-style-type: none"> use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations. <p>Quadkids @ intervals</p> <ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<p>proficiently over a distance of at least 25 metres</p> <ul style="list-style-type: none"> use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations. <p>Quadkids @ intervals</p> <ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<p>proficiently over a distance of at least 25 metres</p> <ul style="list-style-type: none"> use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations. <p>Quadkids @ intervals</p> <ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination compare their performances with previous ones and demonstrate improvement to achieve their personal best.
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KS1 (SPM to take Y2 for one session pw – *in italics*)

Year 1 & 2					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<i>Invasion Games (skills led)</i> <ul style="list-style-type: none"> participate in team games, developing simple tactics for attacking and defending Multiskills <ul style="list-style-type: none"> master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities participate in team games, developing simple tactics for attacking and defending 	<i>Gym</i> <ul style="list-style-type: none"> master basic movements, as well as developing balance, agility and co-ordination, Multiskills <ul style="list-style-type: none"> master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities participate in team games, developing simple tactics for attacking and defending 	<i>Dance</i> <ul style="list-style-type: none"> perform dances using simple movement patterns. Multiskills <ul style="list-style-type: none"> master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities participate in team games, developing simple tactics for attacking and defending 	<i>Dance</i> <ul style="list-style-type: none"> perform dances using simple movement patterns. Multiskills <ul style="list-style-type: none"> master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities participate in team games, developing simple tactics for attacking and defending 	<i>Striking/Fielding Games (skills led)</i> <ul style="list-style-type: none"> participate in team games, developing simple tactics for attacking and defending, (<i>i.e. batting & bowling</i>) Multiskills <ul style="list-style-type: none"> master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities participate in team games, developing simple tactics for attacking and defending Quadkids @ intervals <ul style="list-style-type: none"> master basic movements including running, jumping & 	<i>Athletics</i> <ul style="list-style-type: none"> master basic movements including running, jumping & throwing, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities Multiskills <ul style="list-style-type: none"> master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities participate in team games, developing simple tactics for attacking and defending Quadkids @ intervals <ul style="list-style-type: none"> master basic

Troon CP School - PE Curriculum 2016-17 (Linked to objectives of the New National Curriculum (wef Sep 2014))

				throwing, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	movements including running, jumping & throwing, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
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