

# Beechwood Primary School

*Explore, Discover, Achieve*



## **PE – Get Set 4 PE**

### Breadth of Study

At Beechwood Primary School we use Get Set 4 PE. This scheme was chosen because it has clearly defined end points for each unit of work and progression from EYFS to year 6 which supports their transition to secondary school sports. Each unit of work is broken down to build upon prior knowledge and progress skills with clearly defined learning objectives for each lesson. The lesson plans can be easily adapted to suit the needs of the children and the granularity of them ensures that all staff feel confident in effectively delivering the curriculum. In addition to PE we offer many sports clubs and attend local events e.g for Wokingham School Games. The children at Beechwood can strive to be nominated to undertake a sports leadership course in year 5 aimed at developing coaching skills and leadership qualities. Annually we celebrate our schools love of sport through our sports day which is inclusive for all our children.

	Autumn	Spring	Summer
EYFS	<p><b>Autumn 1 – Introduction to PE</b></p> <ul style="list-style-type: none"> <li>• To move around safely in space</li> <li>• To follow instructions and stop safely</li> <li>• To develop control whilst using equipment</li> <li>• To follow instructions and play safely in a group</li> <li>• To follow a path and take turns</li> <li>• To work co-operatively with a partner</li> </ul> <p><b>Autumn 2 – Fundamentals</b></p> <ul style="list-style-type: none"> <li>• Develop co-ordination and create own movements (Firework dancing)</li> <li>• To develop balancing</li> <li>• To develop running and stopping</li> <li>• To develop changing direction</li> <li>• To develop jumping</li> <li>• To develop hopping</li> </ul> <p>To explore different ways to travel over equipment</p>	<p><b>Spring 1 – Dance</b></p> <ul style="list-style-type: none"> <li>• To copy, repeat and explore actions in response to a theme</li> <li>• To explore and remember actions in response to level, shape, direction.</li> <li>• To explore movement using a prop, with control and co-ordination</li> <li>• To move with control and co-ordination, expressing ideas through movement.</li> <li>• To remember and repeat actions moving in time with the music.</li> <li>• To explore actions in response to a theme and begin to use counts.</li> <li>• <b>LNY Dance</b></li> </ul> <p><b>Spring 2 - Gymnastics</b></p> <ul style="list-style-type: none"> <li>• To create short sequences using shapes, balances and travelling actions.</li> <li>• To develop balancing and safely using apparatus.</li> <li>• To develop jumping and landing safely from a height.</li> <li>• To develop rocking and rolling.</li> <li>• To explore travelling around, over and through apparatus.</li> </ul> <p>To create sequences using apparatus.</p>	<p><b>Ball Skills</b></p> <ul style="list-style-type: none"> <li>• To develop rolling a ball to a target.</li> <li>• To develop stopping a rolling ball.</li> <li>• To develop accuracy when throwing to a target.</li> <li>• To develop bouncing and catching a ball.</li> <li>• To develop dribbling a ball with your feet.</li> </ul> <p>To develop kicking a ball.</p> <p><b>Games</b></p> <ul style="list-style-type: none"> <li>• Sports day practice</li> <li>• To work safely and develop running and stopping.</li> <li>• To develop throwing and learn how to keep score</li> <li>• To be able to play games showing an understanding of the different roles within it.</li> <li>• To follow instructions and move safely when playing tagging games.</li> <li>• To work co-operatively and learn to take turns.</li> </ul> <p>To work with others to play team games.</p>
Year 1	<p>Outdoor- Ball Skills</p> <p>To be able to roll a ball to hit a target.</p> <p>To develop co-ordination and be able to stop a rolling ball, technique and control when dribbling a ball with your feet, control and technique when kicking a ball, co-ordination and technique when throwing and catching and control and co-ordination when dribbling a ball with your hands.</p> <p>Outdoor – Target Games</p>	<p>Outdoor – Sending and receiving</p> <p>To roll a ball towards a target, track and receive a rolling ball, stop, send and receive a ball with your feet, throw and catch and send and receive balls using a racket.</p> <p>Outdoor – Invasion Games</p> <p>To understand what being in possession means and support a teammate to do this.</p>	<p>Indoor – Net and wall</p> <p>To use the ready position to defend space on court.</p> <p>To develop returning a ball with hands.</p> <p>To play against a partner.</p> <p>To develop racket skills and use them to return a ball.</p> <p>To develop returning a ball using a racket.</p> <p>To play against an opponent using a racket.</p> <p>Outdoor – Team building</p> <p>To follow instructions and work with others.</p>

	<p>To develop an understanding of target games and consider how much power to apply when aiming at a target, an understand how to score in different target games using overarm throwing, different target games using the skill of kicking, striking to a target and hitting a moving target. To select an appropriate skill to play a game.</p> <p>Indoor – Gymnastics To perform gymnastic shapes and link them together. To be able to use shapes to create balances, link travelling actions and balances using apparatus, different shapes, take off and landings when performing jumps, rolling and sequence building and sequence work on apparatus</p> <p>Indoor – Dance To explore pathways, dynamics and levels, remember and rehearse a dance showing expression and character To create and perform using unison, mirroring and matching with a partner.</p>	<p>To use a variety of skills to score goals, stop goals, gain possession of the ball, marking an opponent and simple tactics for attacking and defending.</p> <p>Indoor - Target Games To develop an understanding of target games and consider how much power to apply when aiming at a target. To understand how to score in different target games using overarm throwing. To develop understanding of different target games using the skill of kicking. To develop striking to a target and hitting a moving target To select an appropriate skill to play a game</p>	<p>To co-operate and communicate in a small group to solve challenges. To create a plan with a group to solve the challenges. To communicate effectively and develop trust. To use teamwork skills to work as a group to solve problems. To work with a group to copy and create a basic map. Outdoor – Athletics To develop the sprinting action. To develop jumping for distance. To develop technique when jumping for height. To develop throwing for distance. To develop throwing for accuracy To select and apply knowledge and technique in an athletics carousel.</p>
Year 2	<p>Indoor: Fundamentals To explore balance, stability and landing safely, how the body moves differently when running at different speeds, changing direction and dodging, jumping, hopping and skipping actions, co-ordination, combination jumping and skipping in an individual rope.</p> <p>Indoor: Dance To use counts of 8 to move in time and make my dance look interesting. To create my own dance using, actions, pathways and counts and use expression and create actions that relate to the story.</p>	<p>Indoor – Gymnastics To explore travelling movements and link gymnastic actions to create a sequence. To develop quality when performing and linking shapes, stability and control when performing balances, technique and control when performing shape jumps, technique in the barrel, straight and forward roll.</p> <p>Indoor – Yoga To explore yoga and mindfulness. To be able to copy and remember poses.</p>	<p>Indoor – Invasion Games To understand the role of defenders and attackers. To recognise who to pass to and why. To move towards goal with the ball. To support a teammate when playing in attack. To move into space showing an awareness of defenders. To stay with a player when defending. Indoor – Target Games To develop underarm throwing towards a target. To develop throwing for accuracy. To develop underarm and overarm throwing for accuracy.</p>

	<p>Outdoor: Ball Skills To develop control and co-ordination when dribbling a ball with your hands. To explore accuracy when rolling a ball, throwing with accuracy towards a target, catching with two hands, control and co-ordination when dribbling a ball with your feet and tracking a ball that is coming towards me.</p> <p>Outdoor: Team Building To co-operate and communicate with a partner to solve challenges and lead a partner To explore and develop teamwork skills and solve problems together</p>	<p>To develop flexibility when holding poses, balance whilst holding poses, yoga poses using a hoop, a yoga flow with a partner.</p> <p>Outdoor – Sending and Receiving To develop rolling and throwing a ball towards a target, receiving a rolling ball and tracking skills, sending and receiving a ball with your feet, throwing and catching skills over a short distance, throwing and catching skills over a longer distance. To apply sending and receiving skills to small games.</p> <p>Outdoor – Striking and fielding To develop underarm throwing and catching and put this into small sided games, overarm throwing, striking a ball with my hand and equipment, retrieving a ball when fielding. To understand how to get a batter out and develop decision making and understand how to score points.</p>	<p>To develop throwing for accuracy and distance using underarm and overarm. To select the correct technique for the situation. To develop throwing for accuracy and distance. Outdoor – Athletics To move at different speeds over varying distances. To develop balance. To develop agility and co-ordination. To explore hopping, jumping and leaping for distance. To develop throwing for distance. To develop throwing for accuracy.</p>
Year 3	<p>Indoor – Fundamentals To develop balancing and understand the importance of this skill, technique and control when jumping, hopping and landing and skipping in a rope. To understand how to change speed and be able to demonstrate good technique when running at different speeds and direction to outwit others.</p> <p>Indoor – Dance To create actions in response to a stimulus and move in unison with a partner, move in contact with a partner or interact with a partner, select and link appropriate actions and dynamics to show our dance idea and repeat actions to represent an idea. To use choreographing ideas, straight pathways and clear changes in direction in a line dance, formations,</p>	<p>Indoor – Gymnastics To be able to create interesting point and patch balances. To develop stepping into shape jumps with control. To develop the straight, barrel, and forward roll. To be able to transition smoothly into and out of balances. To create a sequence with matching and contrasting actions and shapes. To create a partner sequence incorporating equipment.</p> <p>Indoor – Yoga To explore connecting breath and movement. To explore new yoga poses and begin to connect them. To explore gratitude when remembering and repeating a yoga flow. To develop flexibility and strength in a positive summer flow. To develop flexibility in an individual yoga flow. To develop confidence and strength in arm balances.</p>	<p>Indoor – golf To explore hitting technique and aiming towards a target. To explore shot accuracy. To explore the technique for putting. To explore the technique for chipping. To explore the techniques used for a short game. To explore the technique for a long game.</p> <p>Indoor – Tennis To develop racket and ball control. To develop returning the ball using a forehand groundstroke. To be able to rally using a forehand. To develop the two handed backhand. To learn how to score. To develop playing against an opponent. To work collaboratively with a partner and compete against others.</p> <p>Outdoor – Cricket</p>

	<p>canon and unison to make our line dance look interesting.</p> <p>Outdoor – Fitness To develop an awareness of what your body is capable of, speed and strength and co-ordination. To complete actions to develop agility, balance and stamina</p> <p>Outdoor – Ball Skills To develop confidence and accuracy when tracking a ball, catching using one and two hands and dribbling a ball with hands and a variety of throwing techniques. To use tracking, sending and dribbling skills with feet.</p>	<p>Outdoor – Netball To develop passing and moving and play within the footwork rule. To develop passing and moving towards a goal. To develop movement skills to lose a defender. To be able to defend an opponent and try to win the ball. To develop the shooting action. To develop playing using netball rules.</p> <p>Outdoor – Tag Rugby To develop throwing, catching and running with the ball. To develop an understanding of tagging rules. To begin to use the ‘forward pass’ and ‘off side’ rule. To dodge a defender and move into space when running towards the goal. To develop defending skills and use them in a game situation. To apply the rules and skills you have learnt and play in a tag rugby tournament.</p>	<p>To develop overarm throwing and catching. To develop underarm bowling. To learn how to grip the bat and develop batting technique. To be able to field a ball using a two handed pick up and a short barrier. To develop overarm bowling technique. To play apply skills learnt to mini cricket.</p> <p>Outdoor – Athletics To develop the sprinting technique and improve on your personal best. To develop changeover in relay events. To develop jumping technique in a range of approaches and take off positions. To develop throwing for distance and accuracy. To develop throwing for distance in a pull throw. To develop officiating and performing skills.</p>
Year 4	<p>Outdoor – Football To develop controlling the ball and dribbling under pressure, passing to a teammate, changing direction with the ball using an inside and outside hook and jockeying / tracking an opponent To be able to control the ball with different parts of the body. To be able to apply the rules and tactics you have learnt to play in a football tournament.</p> <p>Indoor - Gymnastics To develop individual and partner balance, control in performing and landing rotation jumps, straight, barrel, forward and straddle roll and strength in inverted movements. To be able to create a partner sequence to include apparatus.</p> <p>Indoor – Swimming (Taught externally)</p>	<p>Outdoor - OAA To develop co-operation and teamwork skills. To be able to orientate a map and navigate around a grid. To develop observational skills, listening to others and following instructions. To develop trust whilst listening to others and following instructions. To be able to identify objects on a map, draw and follow a simple map. To be able to orientate and navigate around a map and draw a route using directions.</p> <p>Outdoor – Basket ball To develop the attacking skill of dribbling, protective dribbling against an opponent, bounce and chest pass and begin to recognise when to use them, tracking and defending an opponent, technique for the set shot.</p>	<p>Indoor – Dodgeball To apply rules to a game situation. To develop throwing at a moving target, catching a dodgeball at different heights and jumps, dodges, ducks to avoid being hit, blocking using the ball and an understand the rules of dodgeball and use them to play in a tournament.</p> <p>Outdoor -Rounder’s To play different roles in a game and begin to think tactically about each role. To develop the bowling action and learn the rules of bowling. To run around the outside of the bases and make decisions about when to stop and when to run. To field a ball using a two handed pick up and a short barrier. To develop batting technique and an understanding of where to hit the ball.</p>

	<p>Outdoor – Hockey</p> <p>To develop sending the ball with a push pass, receiving the ball, dribbling using the reverse stick (Indian dribble), moving into space after passing the ball and open stick tackle to gain possession.</p> <p>To apply defending and attacking principles and skills in a hockey tournament.</p>	<p>To be able to apply the skills, rules and tactics you have learnt to a mini tournament.</p> <p>Outdoor - Handball</p> <p>To learn how to move towards goal or away from a defender, to throw and catch while on the move, accuracy when shooting and change of direction and speed to lose a defender and move into space and possession when in attack.</p> <p>To be able to apply individual and team defending skills</p> <p>Indoor – Dance</p> <p>To copy and create actions in response to an idea and be able to adapt this using changes of space</p> <p>To choose actions with relate to the theme</p> <p>To develop a danced using matching and mirroring</p> <p>To develop a dance using cannons, formations and unison</p> <p>To understand how dynamics, space and relationships can be used to represent a state of matter and use them</p> <p>To order and structure phrases to create a dance performance</p>	<p>To apply skills and rules learnt to play rounders.</p> <p>Outdoor - Tennis</p> <p>To develop hitting the ball using a forehand.</p> <p>To develop returning the ball using a forehand.</p> <p>To develop the backhand and understand when to use it.</p> <p>To work co-operatively with a partner to keep a continuous rally going.</p> <p>To use simple tactics in a game to outwit an opponent.</p> <p>To demonstrate honesty and fair play when competing against others.</p> <p>Outdoor - Athletics</p> <p>To develop stamina and an understanding of speed and pace in relation to distance.</p> <p>To develop power and speed in the sprinting technique.</p> <p>To develop technique when jumping for distance.</p> <p>To develop power and technique when throwing for distance.</p> <p>To develop a pull throw for distance and accuracy.</p> <p>To develop officiating and performing skills.</p>
Year 5	<p>Indoor – Dodgeball</p> <p>To apply rules honestly and fairly to a game situation.</p> <p>To develop throwing at a moving target, catching under pressure to get an opponent out and officiating skills and referee a dodgeball game</p> <p>To use timing, balance and agility to avoid being hit.</p> <p>To select and apply tactics in the game.</p> <p>Indoor – Gymnastics</p>	<p>Outdoor – Netball</p> <p>To develop passing and moving and shooting action.</p> <p>To be able to use the attacking principle of creating and using space, change direction and lose a defender, defend ball side and know when to go for interceptions.</p> <p>To use and apply skills and tactics to small sided games.</p> <p>Indoor – Dance</p>	<p>Outdoor - Cricket</p> <p>To develop throwing accuracy and catching skills under pressure.</p> <p>To develop placement of a ball into space.</p> <p>To develop consistency of catching to get opponents out.</p> <p>To develop overarm bowling technique and accuracy.</p>

	<p>To be able to perform symmetrical and asymmetrical balances, progressions of inverted movements and explore different methods of travelling, linking actions in both canon and synchronisation.</p> <p>To develop the straight, forward, straddle and backward roll.</p> <p>To explore matching and mirroring using actions both on the floor and on apparatus</p> <p>Outdoor – Fitness</p> <p>To develop an awareness of what your body is capable of, speed and stamina, strength using my own body weight, co-ordination through skipping and control while balancing.</p> <p>To perform actions that develop agility.</p> <p>Outdoor – Rugby</p> <p>To develop attacking principles, understanding when to run and when to pass, dodging skills to lose a defender, drawing defence and understanding when to pass.</p> <p>To be able to use the 'forward pass' and 'offside' rules.</p> <p>To be able to use the 'forward pass' and 'offside' rules, play games using tagging rules, apply the rules and tactics you have learnt to play in a tag rugby tournament.</p>	<p>To create a dance using a random structure and perform the actions showing quality and control.</p> <p>To understand how changing dynamics changes the appearance of the performance.</p> <p>To understand and use relationships and space to change how a performance looks.</p> <p>To work collaboratively with a group to create a dance in the style of Rock 'n' Roll.</p> <p>Outdoor – Golf</p> <p>To develop technique and accuracy in putting, chipping, for a short game and long game.</p> <p>To design a course and select the appropriate shot for the situation.</p> <p>Indoor – Swimming (taught externally)</p>	<p>To develop a variety of fielding techniques and use them within a game.</p> <p>To further develop fielding techniques and apply them to a game situation.</p> <p>Outdoor - OAA</p> <p>To develop communication, negotiation and empathy whilst working in a team.</p> <p>To work as a team to solve problems, sharing ideas and collaborating with one another.</p> <p>To develop tactical planning and problem solving.</p> <p>To share ideas and work as a team to solve problems.</p> <p>To develop navigational skills and map reading.</p> <p>To use a key to identify objects and locations.</p> <p>Outdoor - Athletics</p> <p>To be able to apply different speeds over varying distances.</p> <p>To develop fluency and co-ordination when running for speed.</p> <p>To develop technique in relay changeovers.</p> <p>To develop technique and co-ordination in the triple jump.</p> <p>To develop throwing with force for longer distances.</p> <p>To develop throwing with greater control and technique.</p> <p>Outdoor - Tennis</p> <p>To develop returning the ball using a forehand groundstroke.</p> <p>To develop returning the ball using a backhand groundstroke.</p>
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Year 6	<p>Indoor – Badminton</p> <p>To develop footwork and the forehand and backhand grip, rallying and understand how to start a game, a range of shots to keep a rally going, how to score points and play in competitive games.</p> <p>To select and apply the appropriate skill to a game situation.</p> <p>To show respect, honesty and fair play when competing against an opponent.</p> <p>Indoor – Gymnastics</p> <p>To be able to; develop the straddle, forward and backward roll, to perform inverted movements with control, perform the progressions of a headstand and a cartwheel, to use flight from hands to travel over apparatus and create a group sequence using formations and apparatus</p> <p>To develop counter balance and counter tension.</p> <p>Outdoor – Football</p> <p>To be able to dribble the ball under pressure and apply the rules and tactics you have learnt to play in a football tournament.</p> <p>To pass the ball accurately to help to maintain possession.</p>	<p>Outdoor – Basket Ball</p> <p>To develop protective dribbling against an opponent, technique to increase accuracy when scoring.</p> <p>To move into and create space to support a teammate and choose when to pass and when to dribble.</p> <p>To be able to track an opponent and use defensive techniques to win the ball.</p> <p>To apply principles, rules and tactics to a game situation</p> <p>Indoor – Volleyball</p> <p>To develop the fast catch volley and the dig and understand when to use it underarm serve and learn the rules of serving</p> <p>To be able to volley the ball using a set shot.</p> <p>To keep a continuous rally going over the net.</p> <p>To apply the rules, skills and tactics learnt to play in a volleyball tournament.</p> <p>Outdoor – Hockey</p> <p>To develop dribbling to beat a defender, sending the ball using a push pass, receiving the ball with control and using an open stick (block) tackle and jab tackle to gain possession of the ball.</p> <p>To be able to move into space to support a teammate.</p>	<p>Outdoor - Rounders</p> <p>To develop the bowling action and understand the role of the bowler.</p> <p>To develop batting technique.</p> <p>To make decisions about where and when to send the ball to stump a batter out.</p> <p>To develop a variety of fielding techniques and when to use them in a game.</p> <p>To develop long and short barriers in fielding and understand when to use them.</p> <p>To apply the rules and skills you have learnt to play in a rounders tournament.</p> <p>Residential – OAA</p> <p>Outdoor - Athletics</p> <p>To work collaboratively with a partner to set a steady pace.</p> <p>To develop your own and others sprinting technique.</p> <p>To develop power, control and technique for the triple jump.</p> <p>To develop power, control and technique when throwing for distance.</p> <p>To develop throwing with force and accuracy for longer distances.</p> <p>To work collaboratively in a team to develop the officiating skills of measuring, timing and recording.</p>

	<p>To use different turns to keep the ball away from defenders. To develop defending skills to gain possession and goalkeeping skills to stop the opposition from scoring.</p> <p>Outdoor – Handball To develop a variety of passes and know when to use each to help to maintain possession, stepping, dribbling and passing skills to create space, move towards goal and away from defenders, defending skills to stop an opponent from scoring and defensive skills to gain possession. To select and apply the appropriate skill to score goals. To maintain possession under pressure.</p>	<p>To apply the rules and skills you have learnt to play in a hockey tournament.</p> <p>Indoor – Dance To demonstrate a sense of rhythm and energy when performing bhangra style motifs. To perform a bhangra dance, showing an awareness of timing, formations and direction. To select, order, structure and perform movements in a bhangra style, showing various group formations. To develop a dance phrase using actions, dynamics, space and relationships. To copy and create actions with consideration to story using a prop to enhance the idea. To use choreographing devices to improve how the performance looks. To copy and repeat a phrase of movement in the 1970s disco theme, devise a freeze frame montage in the 1970s theme and use feedback to develop and refine a 1970s dance performance.</p>	<p>Outdoor - Tennis To develop the forehand groundstroke. To be able to return the ball using a backhand groundstroke. To develop the volley and understand when to use it. To develop the volley and use it in a game situation. To develop accuracy of the underarm serve. To learn to use the official scoring system. To work co-operatively with a partner and employ tactics to outwit an opponent.</p>
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