Milton P.E Schemes of Work for P.E 2020-2021

Classes	Autumn (i and ii)	Spring (i)	Summer (i)
EYFS and Year 1/2	Multi Ability Testing-Agility, Balance and Coordination and apply these in a range of activities. i.e. Teacher led simple circuits. OAA – orienteering using simple flags/clues/markers placed around school. (See KA for SOW) Teamwork/Team Building Games – (See list of activities off KAD)	Gymnastics-Travel, ways of moving. Dance-developing movement patterns. Floor balances & routines. Cross Curricular iMoves Dance resources (see KAD) Spring (ii) Invasion Games-Football. Basic skills – ball control, passing, dribbling.	Striking and Fielding- Rounders/Cricket-ball skills throwing, catching and hitting balls of varying sizes with different bats and racquets. Summer (ii) Athletics-master basic movements including running, jumping and throwing. Practise Sports Day events. Net and Racquet-developing ball control and grip.
Year 3 and 4	Autumn (i and ii) Multi Ability Testing- Teacher led Fitness Circuit Agility, Balance and Coordination and apply these in a range of activities. i.e. Simple circuits (children think of own activities) OAA-orienteering using simple maps, flags/clues/markers placed around school. (See KA for SOW) Teamwork/Team Building Games – (See list of activities off KAD)	Spring (i) Gymnastics- develop flexibility, strength, technique, control & balance. Different point balances. Dance-developing movement using a range of patterns. Cross Curricular iMoves Dance resources (see KAD). Spring (ii) Invasion Games- Football. Basic skills – ball control, passing, dribbling. Fun team games (See KAD)	Summer (i) Striking and Fielding- Rounders/Cricket-ball skills throwing, catching and hitting balls of varying sizes with different bats and racquets. Summer (ii) Athletics – Running, jumping and throwing (javelin, discus & shot) in preparation for Sports Day. Compare performances with previous ones & demonstrate ways to improve to achieve their personal best. Net and Racquet-developing ball control in a simple rally and developing grip.

Fitness Circuit. Use outdoor gymequipment as part of fitness circuits. Pupils to suggest simple activities for each station. OAA-Orienteering – Develop problem solving skills individually and as a group. Teamwork/Team Building Games – (See list of activities off KAD) Teamwork/Team Building Games – (See list of activities off KAD) Year 6 Autumn (i and ii) Fitness training-planning the circuit- Forball dribbling/passing skills, small sided games applying basic principles suitable for attacking & defending. Strength, technique, control & balances. Dancer look balance. Different point balances. Dance rounders/Kwik cricket. Curricular iMoves Dance resources. (see KA). Movement/Fitness routines on Apple TV in hall. Spring (ii) Competitive/Invasion Games - Football dribbling/passing skills, small sided games applying basic principles suitable for attacking & defending. Year 6 Autumn (i and ii) Fitness training-planning the circuit-	Year 5	Autumn (i and ii)	Spring (i)	Summer (i)
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			principles for according to detending.	

Year 7	Autumn (i and ii)	Spring (i)	Summer (i)
	Fitness training-planning the circuit-	Gymnastics-developing sequences	Striking and Fielding-throwing
	endurance/stamina and speed.	- develop technique. Choice of	and catching and different batting
	Use new outdoor gym equipment as	balances (off resource sheet) to	techniques. Kwik cricket/rounders
	part of fitness circuits.	create a routine. Flight –	– rules, fielding and batting skills.
		improving take off & landing using	
	OAA-Orienteering – Use skills to	springboard.	Summer (ii)
	solve problems individually and as a	Dance-developing own routine to	Athletics-techniques for sprinting,
	group. Children plan and set out	include change of speed, level and	jumping and throwing.
	own courses around school for others	movement. Cross Curricular	Net and Racquet-mini red tennis
	to follow. Simple map work.	iMoves Dance resources (see KAD)	developing a rally. Forehand and
	Activities and challenges using the	Movement/Fitness routines off	backhand. Rules of the game and
	markers located around school.	Apple TV.	scoring.
	(Planning & scheme of work to		
	support this. See KAD)	Spring (ii)	
	T	Competitive/Invasion Games-	
	Teamwork/Team Building Games –	Football. Passing & moving into	
	(See list of activities off KAD)	space. Attacking and defending	
Year 8E and 8R	AA (2 1 22)	from different positions.	C(2)
Year &E and &K	Autumn (i and ii)	Spring (i)	Summer (i)
	Fitness Training-circuit/multi-sport circuit. Use new outdoor gym	Gymnastics-flight, developing rolls-somersaults.	Striking and Fielding- Rounders/Cricket-developing
	equipment as part of fitness circuits.	Dance-choreographed routine to	batting and fielding techniques
	equipment as part of fitness circuits.	music. Resources off internet using	Strategies to overcome opponents.
	OAA – Orienteering. Team	Apple TV in hall. Cross Curricular	Strategies to overcome opponents.
	challenges. Memory games. Map	iMoves Dance resources (see KA).	Summer (ii)
	reading skills. Activities and	invoves bance resources (see in 1).	Athletics-sports hall activities.
	challenges using the markers located	Spring (ii)	Net and Racquet-serving and
	around school. (Planning & scheme	Competitive/Invasion Games-	returning. Strategies to overcome
	of work to support this. See KAD)	Football – Game related drills (off thefa.com)	opponents. Serving underarm & overarm.
	Teamwork/Team Building Games-	(on thera.com)	Over at III.
	To create own tasks and activities for		
	others to try. Problem solving and		
	trial & error.		

Year 9	Autumn (i and ii)	Spring (i)	Summer (i)
1001 /	Fitness Training-circuit/multi-sport	Gymnastics-vaulting – through	Striking and Fielding-
	circuit. Use new outdoor gym	vault, straddle & gate vault.	Rounders/Cricket-Tactics for fielding
	equipment as part of fitness circuits.	Balance and counter balance. Use	and batting. Understanding rules and
	Improving personal best over time.	wall apparatus with increasing	scoring.
	Pupils time and record own scores in	confidence. Fitness routines to	
	pairs. Pupils to decide activities for	music using Apple TV in hall.	Summer (ii)
	each station. Bleep Test to improve	music using Apple 1 v in han.	Athletics-running, jumping and
	fitness/endurance.	Spring (ii)	throwing – Jumping for height
	nthess/endurance.	Competitive/Invasion Games –	from one & two feet. Perfecting
	OAA-orienteering using fixed	Football – Game related drills	and improving shot and javelin
	markers around school. Tasks and	(off thefa.com)	throwing technique. Organise own
	challenges of increasing difficulty	(on thera.com)	competition.
	from new orienteering scheme of		
	e e		Net and Racquet- Tennis -
	work. (See KAD)		developing a rally. Understanding
	Toom building activities To suceta		points/scoring. Developing over
	Team building activities – To create		arm serve and back hand
	own tasks and activities for others to		technique. Class tournament
	try. Problem solving and trial &		(singles and doubles)
¥7. 40	error. (See list of activities off KAD)		G (2)
Year 10	Autumn (i and ii)	Spring (i)	Summer (i) Striking and Fielding
	Multi Stage Fitness Testing-Agility,	Gymnastics-flight – improving	Rounders/Cricket-bowling and
	Balance and Coordination. Use new	confidence and techniques for	fielding.
	outdoor gym equipment as part of	somersault. Time challenges using	OAA-Kingswood. Team building
	fitness circuits.	apparatus circuit. Balance and	activities – To create own tasks and
	Improving personal best over time.	Counter balance.	activities for others to try. Problem
	Pupils time and record own scores in		solving and trial & error.
	pairs. Pupils to decide activities for	Spring (ii)	
	each station. Bleep Test to improve	Competitive/Invasion Games –	Summer (ii)
	fitness/endurance.	Football – Game related drills	Athletics Developing stamina – pacin
		(off thefa.com)	oneself over long distances. Running
	OAA-orienteering using fixed		over hurdles 3 stride distance betwee
	markers around school. Tasks and		hurdles. Design a multi-activity event Net and Racquet- individual and
	challenges of increasing difficulty		doubles games in a class tournament.
	from new orienteering scheme of		Rallies, variety of shots. Serving over
	work. (See KAD)		arm.
	Team building activities (See KAD)		

Year 11	Autumn (i and ii)	Spring (i)	Summer (i)
	Health Related Fitness-Circuit	Gymnastics-developing skills of	Striking and Fielding-
	Training. Use new outdoor gym	rolling somersault to produce a	Rounders/Cricket-playing the game,
	equipment as part of fitness circuits.	class routine. Time challenges	learning the rules/role in the team,
	Improving personal best over time.	using apparatus circuit. Balance	tactics.
	Pupils time and record own scores in	and Counter balance.	Summer (ii)
	pairs. Pupils to decide activities for		Net and Racquet- individual and doubles tournaments. Rallies, variety
	each station. Bleep Test to improve	Spring (ii)	of shots. Serving over arm.
	fitness/endurance.	Competitive/Invasion Games –	of shoes. Serving over arm.
		Football – Game related drills	
	Team building activities (See KAD)	(off thefa.com)	