

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

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

<p><b>Year 5</b></p>	<p><b>Autumn (i and ii)</b>  <b>Multi Ability Testing-Teacher led Fitness Circuit. Use outdoor gym equipment as part of fitness circuits. Pupils to suggest simple activities for each station.</b></p> <p><b>OAA-Orienteering – Develop problem solving skills individually and as a group.</b></p> <p><b>Teamwork/Team Building Games – (See list of activities off KAD)</b></p>	<p><b>Spring (i)</b>  <b>Gymnastics- develop flexibility, strength, technique, control &amp; balance. Different point balances. Dance-developing movement using a range of patterns. Cross Curricular iMoves Dance resources. (see KA). Movement/Fitness routines on Apple TV in hall.</b></p> <p><b>Spring (ii)</b>  <b>Competitive/Invasion Games - Football dribbling/passing skills, small sided games applying basic principles suitable for attacking &amp; defending.</b></p>	<p><b>Summer (i)</b>  <b>Striking and Fielding-throwing, catching and batting – Adapted rounders/Kwik cricket.</b></p> <p><b>Summer (ii)</b>  <b>Athletics – Running, jumping and throwing (javelin, discus &amp; shot) develop strength (i.e. to improve distance of a throw). Compare performances with previous ones &amp; demonstrate ways to improve to achieve their personal best. Net and Racquet-developing a simple rally – tennis/badminton</b></p>
<p><b>Year 6</b></p>	<p><b>Autumn (i and ii)</b>  <b>Fitness training-planning the circuit-endurance/stamina and speed. Use new outdoor gym equipment as part of fitness circuits.</b></p> <p><b>OAA-Orienteering – Use skills to solve problems individually and as a group. Children plan and set out own courses around school for others to follow. Simple map work.</b></p> <p><b>Teamwork/Team Building Games – (See list of activities off KAD)</b></p>	<p><b>Spring (i)</b>  <b>Gymnastics-developing sequences – develop technique. Choice of balances (off resource sheet) to create a routine. Flight – improving take off &amp; landing using springboard. Dance-developing a movement phrase changing speed, levels. Cross Curricular iMoves Dance resources (see KA). Movement/Fitness routines on Apple TV in hall.</b></p> <p><b>Spring (ii)</b>  <b>Competitive/Invasion Games – Football dribbling/passing, small sided games applying basic principles for attacking &amp; defending.</b></p>	<p><b>Summer (i)</b>  <b>Striking and Fielding-throwing and catching and different batting techniques. Kwik cricket – rules, fielding and batting skills. Simplified rules of rounders.</b></p> <p><b>Summer (ii)</b>  <b>Athletics-techniques for sprinting, jumping and throwing. (javelin, discus &amp; shot) Net and Racquet-mini red tennis developing a rally. Playing in doubles. Mini tournament.</b></p>

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

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

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