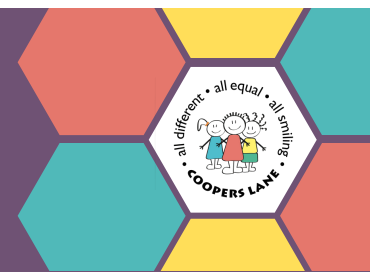


INDOOR PE CURRICULUM - YEAR 1 OBJECTIVES TO BE TAUGHT

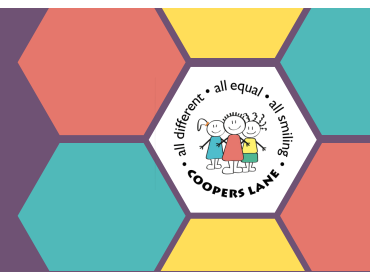
Coopers Lane Primary School's Official Curriculum - Planning Tool



	TOPIC	IN THIS UNIT OF WORK, PUPILS LEARN...	PRIOR LEARNING	RESOURCES TO SUPPORT PLANNING
AUTUMN 1	<p><u>Skip to the Beat</u></p> <p>Skipping to build stamina and develop technique</p>	<ul style="list-style-type: none"> - to develop foot patterns that aid skipping; how to hop - same foot to same foot; how to jump - two feet to two feet; to be able to hop and jump whilst on the move; to develop the 'step hop' technique for a good skip with out a rope; to explore the action of skipping - to develop skipping skills; how to skip with a rope; to explore different ways of skipping - to improve agility, balance and co-ordination; to skip with good balance and technique; to perform a skipping circuit with knowledge and understanding of the skills 	Reception	<p>Rising Stars - Champions - Year 1 - Skip to the Beat - Planning</p> <p>(Google Drive, Curriculum 2020, PE, Year 1)</p>
AUTUMN 2	<p><u>Groovy Gymnastics</u></p> <p>Gymnastics; movement, control and balance</p>	<ul style="list-style-type: none"> - to explore movement actions with control and link them together with flow; to travel in different directions at different speeds and levels; to link three moves together while travelling, aiming to change level, speed and direction; to link isolated moves and shapes when travelling - to explore gymnastic actions and shapes; to explore rolling movements as a way of travelling - to explore travelling on benches; to explore travelling to move along, over, around onto and off a bench - to explore movement actions with control, and to link them together with flow; to travel with a focus on changing direction and level, using small equipment - to choose and use simple compositional ideas by creating and performing sequences; to repeat and link combinations of gymnastic actions; to link combinations of movements and shapes with control; to use a variety of small equipment to perform a travelling sequence, using all of their skills 	Reception	<p>Rising Stars - Champions - Year 1 - Groovy Gymnastics - Planning</p> <p>(Google Drive, Curriculum 2020, PE, Year 1)</p>
SPRING 1	<p><u>Gym Fit Circuits</u></p> <p>Fitness circuits to build strength</p>	<ul style="list-style-type: none"> - to identify techniques to improve balance; to develop balance, agility and co-ordination; to perform using simple movement patterns - to practise a range of gymnastic skills through a series of circuits; to master basic movements, as well as balance, agility and co-ordination; to perform using simple movement patterns - to perform a range of gymnastic skills with increased accuracy; to master basic movements, as well as balance, agility and co-ordination; to perform using simple movement patterns - to evaluate their performance of gymnastic moves within a circuit; to master basic movements, as well as balance, agility and co-ordination; to perform using simple movement patterns 	<p>Reception</p> <p>Year 1 - Autumn 1 & 2</p> <p>Science - Animals including humans</p>	<p>Rising Stars - Champions - Year 1 - Gym Fit Circuits - Planning</p> <p>(Google Drive, Curriculum 2020, PE, Year 1)</p>

INDOOR PE CURRICULUM - YEAR 1 OBJECTIVES TO BE TAUGHT (CONTINUED)

Coopers Lane Primary School's Official Curriculum - Planning Tool

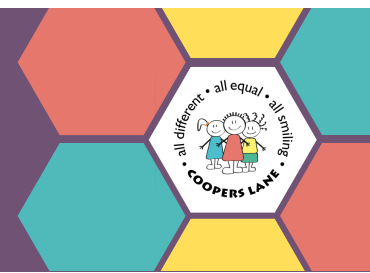


	TOPIC	IN THIS UNIT OF WORK, PUPILS LEARN...	PRIOR LEARNING	RESOURCES TO SUPPORT PLANNING
SPRING 2	<p><u>Story Time Dance</u></p> <p>Dance; creating expression with the body, rhythmic movement</p>	<ul style="list-style-type: none"> - to change direction during travelling moves; to link travelling moves that change direction and level; to practise travelling movements with a change in direction - to link moves together and to use a variety of moves; to develop gestures and ways of travelling; to understand beats in music; to move in time to music - to explore basic body patterns and movements to music; to move in time to the music, travelling, gesturing and jumping - to use a variety of moves that change speed and direction; to dance to beats of four or eight; to perform dance moves that flow smoothly from one to the next; to use gesture as an image in dance - to link together dance moves with gestures and changing direction in time to music; to perform a dance in time to music and with fluency 	<p>Reception</p> <p>Year 1 - Spring 1 & 2</p> <p>Science - Animals including humans</p>	<p>Rising Stars - Champions - Year 1 - Story Time Dance - Planning</p> <p>(Google Drive, Curriculum 2020, PE, Year 1)</p>
SUMMER 1	<p><u>Fitness Frenzy</u></p> <p>Circuits to build fitness and stamina</p>	<ul style="list-style-type: none"> - to complete a circuit that includes activities learnt throughout the year; to demonstrate the correct techniques per activity; to improve scores; to develop agility and co-ordination; to perform simple patterns of movement - to explore running at different speeds; the importance of using their arms when running; to run quickly in a relay activity, aiming to improve speed - to improve agility, balance and co-ordination; to perform a skipping circuit with knowledge and understanding to evaluate performance of gymnastic moves within a circuit; to master basic movements, as well as developing balance, agility and co-ordination; to perform using simple movement patterns 	<p>Reception</p>	<p>Rising Stars - Champions - Year 1 - Fitness Frenzy - Planning</p> <p>(Google Drive, Curriculum 2020, PE, Year 1)</p>
SUMMER 2	<p><u>Sports Day Preparation: Active Athletics</u></p> <p>Athletics techniques and skills needed for sports day events</p>	<ul style="list-style-type: none"> - to use varying speeds when running; how to travel in different ways; to change from fast to slow - to explore footwork patterns; how to hop. and how to hop, travel and land safely on two feet - to explore arm mobility; to explore different methods of throwing; how to throw safely; throw in variety of ways; to decide which throwing method is best for distance - to practise short distance running; to run with good balance and co-ordination - to practise taking off from different positions; how to jump form two feet; to explore which is the best way to jump to cover a distance - to complete an obstacle course with control and agility 	<p>Reception</p> <p>Year 1 - Spring 1 & 2</p> <p>Science - Animals including humans</p>	<p>Rising Stars - Champions - Year 1 - Active Athletics - Planning</p> <p>(Google Drive, Curriculum 2020, PE, Year 1)</p>

PLEASE REFER TO THE '**KS1 CONTINUOUS PROVISION PLANNING GUIDE**', RESOURCE ENHANCEMENTS SECTION, TO HELP SUPPORT THE TEACHING OF THE ABOVE OBJECTIVES IN THE CLASSROOM CONTINUOUS PROVISION.

INDOOR PE CURRICULUM - YEAR 2 OBJECTIVES TO BE TAUGHT

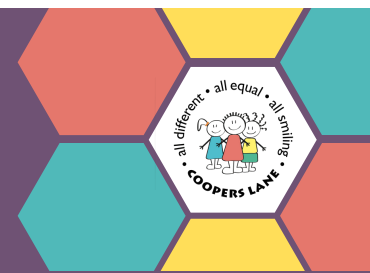
Coopers Lane Primary School's Official Curriculum - Planning Tool



	TOPIC	IN THIS UNIT OF WORK, PUPILS LEARN...	PRIOR LEARNING	RESOURCES TO SUPPORT PLANNING
AUTUMN 1	<p><u>Groovy Gymnastics</u></p> <p>Gymnastics; movement, control and balance</p>	<ul style="list-style-type: none"> - to remember and repeat simple gymnastic actions with control. - to perform balances and movements, and combine them into a routine - to balance on isolated parts of the body using the floor and hold balance. - to link balances with other travelling moves, moving smoothly into and out of the balances. - to develop a range of gymnastic moves, particularly balancing. - to safely use benches and mats to develop sequences. - to work with a partner to create a sequence of gymnastic actions. - to use benches and mats to explore balances on different levels. - to explore ways of travelling around on large apparatus. 	Year 1 - Autumn 2, Groovy Gymnastics	<p>Rising Stars - Champions - Year 2 - Groovy Gymnastics - Planning</p> <p>(Google Drive, Curriculum 2020, PE, Year 2)</p>
AUTUMN 2	<p><u>Bootcamp</u></p> <p>Fitness circuits to build strength and stamina</p>	<ul style="list-style-type: none"> - to understand how to prepare the body for exercise. - to understand what fitness means. - to complete a range of circuit-based activities and understand the reason for doing them. - to understand what happens to the heart rate during exercise. - new moves and perform them with good technique and balance. - to demonstrate the correct technique for activities. - to discover which activities individuals find easy or difficult. - to develop agility and co-ordination. - to perform simple patterns of movement. 		<p>Rising Stars - Champions - Year 2 - Bootcamp - Planning</p> <p>(Google Drive, Curriculum 2020, PE, Year 2)</p>
SPRING 1	<p><u>Skip to the Beat</u></p> <p>Skipping to build stamina and develop technique</p>	<ul style="list-style-type: none"> - to perform skipping moves with agility, balance and co-ordination. - to raise the heart rate in order to improve personal fitness. - to explore different ways of jumping/hopping with balance and accuracy. - to hop consistently, jump with control and skip with good technique. - to skip with control and balance. - to improve awareness of where the rope is when skipping. - to improve control of the rope and running skip technique. - to observe and comment on others' performances. 	Year 1 - Autumn 1, Skip to the Beat	<p>Rising Stars - Champions - Year 2 - Skip to the Beat- Planning</p> <p>(Google Drive, Curriculum 2020, PE, Year 2)</p>

INDOOR PE CURRICULUM - YEAR 2 OBJECTIVES TO BE TAUGHT (CONTINUED)

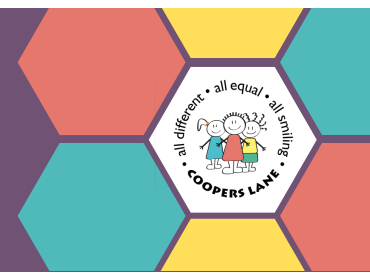
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	TOPIC	IN THIS UNIT OF WORK, PUPILS LEARN...	PRIOR LEARNING	RESOURCES TO SUPPORT PLANNING
SPRING 2	<p><u>Ugly Bug Ball</u></p> <p>Dance; creating expression with the body, rhythmic movement</p>	<ul style="list-style-type: none"> - to explore different levels and speeds of movement. - to understand how different mini-beasts might move. - to show contrasting movements with strength and clarity. - to compose and perform simple dance phrases. - to explore performing actions in response to stimuli. - to explore ideas by experimenting with actions, dynamics, directions and levels. - to practise medieval ballroom dancing. - to show contrasts in simple dances with good body shape and position. - to explore patterns of movement with a partner. - to develop a range of dance movements and improve timing. - to work in small groups and develop phrases of movements. 	Year 1 - Spring 2, Story time dance	<p>Rising Stars - Champions - Year 2 - Ugly Bug Ball - Planning</p> <p>(Google Drive, Curriculum 2020, PE, Year 2)</p>
SUMMER 1	<p><u>Gym Fit Circuits</u></p> <p>Fitness circuits to build strength</p>	<ul style="list-style-type: none"> - to master basic movements, as well as developing balance, agility and co-ordination. - to perform using simple movement patterns. - to identify techniques to improve balance. - to practise a range of gymnastic skills through a series of circuits. - to perform a range of gymnastic skills with increased accuracy. - to perform a sequence of moves at each station within a circuit with increased accuracy - to evaluate performance of gymnastic moves within a circuit. 	Year 1 - Spring 1, Gym Fit Circuits	<p>Rising Stars - Champions - Year 2 - Gym Fit Circuits - Planning</p> <p>(Google Drive, Curriculum 2020, PE, Year 2)</p>
SUMMER 2	<p><u>Fitness Frenzy</u></p> <p>Circuits to build fitness and stamina</p>	<ul style="list-style-type: none"> - to demonstrate the correct technique for activities. - to develop agility and co-ordination. - to perform simple patterns of movement. - to understand the purpose of a circuit and how it can improve fitness. - to demonstrate good technique while skipping. - to observe and comment on others' performance. - to evaluate their performance of gymnastic moves within a circuit. - to master basic movements, as well as developing balance, agility and co-ordination. - to perform using simple movement patterns. - to improve core strength, balance and agility - to develop hoop skills that will aid core strength and balance. 	Year 1 - Summer 1, Fitness Frenzy	<p>Rising Stars - Champions - Year 2 - Fitness Frenzy - Planning</p> <p>(Google Drive, Curriculum 2020, PE, Year 2)</p>

INDOOR PE CURRICULUM - YEAR 3 OBJECTIVES TO BE TAUGHT

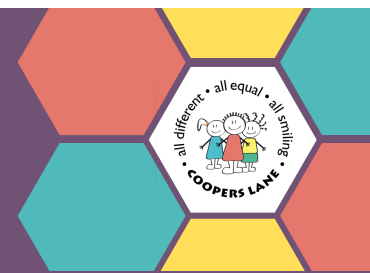
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	TOPIC	IN THIS UNIT OF WORK, PUPILS LEARN...	PRIOR LEARNING	RESOURCES TO SUPPORT PLANNING
AUTUMN 1	<p><u>Groovy Gymnastics</u></p> <p>Gymnastics; movement, control and balance</p>	<ul style="list-style-type: none"> - to explore jumping techniques and link them with other gymnastic actions. - to be able to jump with a stable, safe landing.; try different ways of jumping. - to explore jumping techniques and to link them with other gymnastic actions; explore a variety of jumps - to be able to land safely when jumping from a bench.; use other skills learned to vary jumps; link jumps into sequences. - to select and adapt gymnastics actions to meet a task. - to work with a partner or a small group to create a sequence that develops jumping skills. - to choose appropriate actions when creating a sequence of gymnastic movements . 	<p>Year 1 - Autumn 2</p> <p>Year 2 - Autumn 1</p>	<p>Rising Stars - Champions - Year 3- Groovy Gymnastics - Planning</p> <p>(Google Drive, Curriculum 2020, PE, Year 3)</p>
AUTUMN 2	<p><u>Fitness Frenzy</u></p> <p>Circuits to build fitness and stamina</p>	<ul style="list-style-type: none"> - to demonstrate the correct technique for activities. - to develop agility and co-ordination. - to perform simple patterns of movement. - to complete an agility and co-ordination circuit, spending 30 seconds at each station. - to improve fitness by raising the heart rate in a circuit-based lesson. - to use the correct running technique to complete a circuit. - to perform rope and non-rope skipping with good technique and to songs or rhymes. - to master basic movements, as well as developing balance, agility and co-ordination. - to perform using simple movement patterns. - to improve core strength and agility, and understand why they are important. - to perform a sequence of moves at each station within a circuit with increased accuracy. 	<p>Year 1 - Summer 1</p> <p>Year 2 - Summer 2</p>	<p>Rising Stars - Champions - Year 3 - Fitness Frenzy - Planning</p> <p>(Google Drive, Curriculum 2020, PE, Year 3)</p>
SPRING 1	<p><u>Gym Fit Circuits</u></p> <p>Fitness circuits to build strength</p>	<ul style="list-style-type: none"> - to identify techniques to improve balance. - to master basic movements, as well as developing balance, agility and co-ordination. - to perform using simple movement patterns. - to practise a range of gymnastic skills through a series of circuits. - to perform a range of gymnastic skills with increased accuracy. - to perform a sequence of gymnastic moves within a circuit. - to perform a sequence of moves at each station within a circuit with increased accuracy. - to evaluate their performance of gymnastic moves within a circuit. 	<p>Year 1 - Spring 1</p> <p>Year 2 - Summer 1</p>	<p>Rising Stars - Champions - Year 3 - Gym Fit Circuits - Planning</p> <p>(Google Drive, Curriculum 2020, PE, Year 3)</p>

INDOOR PE CURRICULUM - YEAR 3 OBJECTIVES TO BE TAUGHT (CONTINUED)

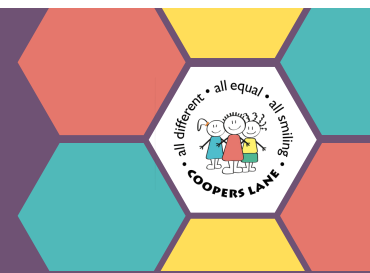
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	TOPIC	IN THIS UNIT OF WORK, PUPILS LEARN...	PRIOR LEARNING	RESOURCES TO SUPPORT PLANNING
SPRING 2	<p><u>Mighty Movers</u></p> <p><u>Running techniques, co-ordination and agility.</u></p>	<ul style="list-style-type: none"> - to explore running at different speeds. - to demonstrate good use of arms when running at different speeds. - to analyse others' running technique and suggest ways of improving. - to learn how to hand over in an efficient manner; to work as a team in a running situation. - to understand the reason for warming up. - to understand the value of a running-based circuit and the impact it can have on health. - to complete a running circuit showing good balance, co-ordination and agility. - to improve fitness by raising the heart rate. - to use the correct running technique to complete a circuit. 		<p>Rising Stars - Champions - Year 3 - Mighty Movers - Planning</p> <p>(Google Drive, Curriculum 2020, PE, Year 3)</p>
SUMMER 1	<p><u>Skip to the Beat</u></p> <p>Skipping to build stamina and develop technique</p>	<ul style="list-style-type: none"> - to develop skipping techniques with control and balance; explore different ways of skipping; practise techniques learned in previous years; observe and comment on others' performance; be aware of safety aspects concerned with skipping. - to develop skipping techniques with control and balance; participate in large rope skipping; develop large rope skipping technique. - to skip with a partner and compose a sequence of skipping moves. - to perform skipping moves in a routine, teaching a partner their routine. - to perform large rope skipping with good technique and to songs or rhymes. - to perform rope and non-rope skipping with good technique and to songs or rhymes. 	<p>Year 1 - Autumn 1</p> <p>Year 2 - Spring 1</p>	<p>Rising Stars - Champions - Year 3 - Skip to the Beat- Planning</p> <p>(Google Drive, Curriculum 2020, PE, Year 3)</p>
SUMMER 2	<p><u>African Dancing</u> (<u>adapted to Bollywood Dancing</u>).</p> <p>Dance; creating expression with the body, rhythmic movement</p>	<ul style="list-style-type: none"> - to explore Indian dance movements and create patterns of movement; how to count beats and change direction while dancing - to keep count and tempo while dancing. - to develop Indian dance steps with clarity and rhythm, using their own ideas; to work with a partner to create Indian dance patterns. - to perform a dance with rhythm and expression. - new Bollywood steps and develop them, maintaining a consistent tempo throughout the dance, using counting. - how to work co-operatively with others to create a new dance. • Learn how to tell a story using dance. - to develop precision of movement. - to perform in front of others with confidence. 	<p>Year 1 - Spring 2</p> <p>Year 2 - Spring 2</p>	<p>Rising Stars - Champions - Year 3 - African Dancing - Planning</p> <p>(Google Drive, Curriculum 2020, PE, Year 3)</p>

INDOOR PE CURRICULUM - YEAR 4 OBJECTIVES TO BE TAUGHT

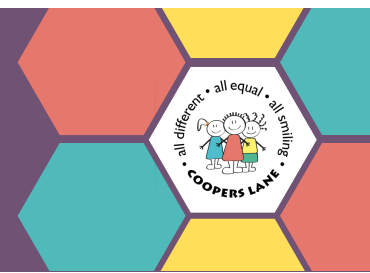
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	TOPIC	IN THIS UNIT OF WORK, PUPILS LEARN...	PRIOR LEARNING	RESOURCES TO SUPPORT PLANNING
AUTUMN 1	<p><u>Boot Camp</u></p> <p>Fitness, warm ups and techniques</p>	<ul style="list-style-type: none"> - to understand how to prepare the body for exercise - to understand what fitness means and the importance of warming up - to experience some of the changes that occur to the body during exercise - To complete a range of circuit-based activities and understand the reason for doing them - to understand what happens to the heart rate during exercise. - to learn new moves and perform them with good technique and balance - to demonstrate the correct technique for activities - to discover which activities individuals find easy or difficult; develop agility and co-ordination; perform more complex patterns of movement. 	Year 2 - Autumn 2, Bootcamp	<p>Rising Stars - Champions - Year 4- Boot Camp - Planning</p> <p>(Google Drive, Curriculum 2020, PE, Year 4)</p>
AUTUMN 2	<p><u>Dynamic Dance</u></p> <p>Line dancing, movement and expression</p>	<ul style="list-style-type: none"> - to identify and practise the patterns and actions of line dancing - to perform a line dance using a range of movement patterns - to develop dancing and performance skills - to demonstrate an awareness of the music's rhythm and phrasing when improvising - to create an individual dance that reflects the line dancing style - to create partnered dances that reflect the line dancing style and apply the key components of dance - to develop and improve dancing and performance skills - to develop an understanding of how to prepare for a dance performance - to identify the key skills needed to provide accurate and tactful evaluative feedback to peers. - to perform and evaluate own and others' work 	Year 3 - Summer 2, Indian Dancing	<p>Rising Stars - Champions - Year 4- Dynamic Dance - Planning</p> <p>(Google Drive, Curriculum 2020, PE, Year 4)</p>
SPRING 1	<p><u>Mighty Movers (boxercise)</u></p> <p>boxercise, fitness, stamina and technique</p>	<ul style="list-style-type: none"> - to learn footwork movement patterns showing co-ordination - to demonstrate correct technique for a jab - to learn the value of doing boxercise - to apply the techniques learned to a routine set to music - to learn how to build an aerobic exercise routine including skilled moves - to link skills with control and precision - to develop personal fitness levels, particularly strength and stamina - to learn the moves of cross jab, jab, roll, duck and dodge, boxing twist, duck and dodge, sidekick. - to create and perform a boxercise sequence with increased accuracy - to learn the value of completing a full boxercise workout 	Year 3 - Spring 2, Mighty Movers	<p>Rising Stars - Champions - Year 4- Mighty Movers - Planning</p> <p>(Google Drive, Curriculum 2020, PE, Year 4)</p>

INDOOR PE CURRICULUM - YEAR 4 OBJECTIVES TO BE TAUGHT (CONTINUED)

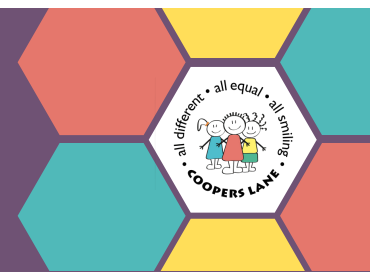
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	TOPIC	IN THIS UNIT OF WORK, PUPILS LEARN...	PRIOR LEARNING	RESOURCES TO SUPPORT PLANNING
SPRING 2	<p><u>Step to the Beat</u></p> <p>Step aerobics to build stamina and develop technique</p>	<ul style="list-style-type: none"> - to understand the importance of a warm-up - to improve fitness, particularly strength and stamina - to learn basic step moves, practise and perfect them - to raise the heart rate and understand the importance of doing this - to complete a step routine to music to improve fitness - to develop co-ordination and balance - to perform step moves in time to the music with co-ordination - to practise and apply a sequence of step moves to a beat - to understand the value of step-type exercise - to practise and apply a sequence of step moves to the beat of the music 	<p>Year 2 - Spring 1, Skip to the beat</p> <p>Year 3 - Summer 1, Skip to the beat</p>	<p>Rising Stars - Champions - Year 4- Step the the Beat - Planning</p> <p>(Google Drive, Curriculum 2020, PE, Year 4)</p>
SUMMER 1	<p><u>Fitness Frenzy</u></p> <p>Circuits to build fitness and stamina</p>	<ul style="list-style-type: none"> - to complete a circuit that includes different aerobic activities - to demonstrate the correct technique for activities - to develop agility and co-ordination - to perform more complex patterns of movement - to understand the importance of a warm-up - to practise and apply a sequence of step moves to the beat of the music - to create and perform a sequence of step moves - to complete an athletics-based circuit with control and accuracy - to perform indoor athletics events and understand their adaptations - to motivate self and others to perform well. 	<p>Year 2 - Summer 2, Fitness frenzy</p> <p>Year 3 - Autumn 2, Fitness frenzy</p>	<p>Rising Stars - Champions - Year 4 - Fitness Frenzy - Planning</p> <p>(Google Drive, Curriculum 2020, PE, Year 4)</p>
SUMMER 2	<p><u>Gym Sequences</u></p> <p>Gymnastics; movement, control and balance</p>	<ul style="list-style-type: none"> - to identify and practise body shapes - to use and refine the following skills: flexibility, strength, balance, power and mental focus - to identify and practise symmetrical and asymmetrical body shapes - to learn how to perform symmetrical and asymmetrical balances with a partner and put them into a sequence - to use linking moves to maintain the fluency of a sequence - to construct sequences using balancing and linking movements - to perform gymnastic moves using a piece of equipment - to use counterbalances and incorporate them into a sequence of movements - to perform movements in canon and in unison - to perform and evaluate own and others' sequences 	<p>Year 3 - Autumn 1, Groovy Gymnastics</p>	<p>Rising Stars - Champions - Year 4- Gym Sequences - Planning</p> <p>(Google Drive, Curriculum 2020, PE, Year 4)</p>

INDOOR PE CURRICULUM - YEAR 5 OBJECTIVES TO BE TAUGHT

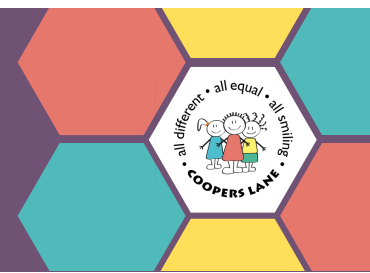
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	TOPIC	IN THIS UNIT OF WORK, PUPILS LEARN...	PRIOR LEARNING	RESOURCES TO SUPPORT PLANNING
AUTUMN 1	<p><u>Gym Fit Circuits</u></p> <p>Fitness circuits to build strength</p>	<ul style="list-style-type: none"> - to understand why fitness is good for health and wellbeing - to perform a fitness circuit that aims to improve strength and stamina - to understand the relevance of each activity - to develop consistency in technique - to explore reasons for improvement or lack of improvement - to perform a fitness circuit with understanding, aiming to improve strength and stamina - to develop personal fitness in an obstacle-style circuit - to use the correct technique for new stations that involve equipment - to understand that circuits can take different forms and work on different fitness elements 	<p>Year 2 - Summer 1, Gym fit circuits</p> <p>Year 3 - Spring 1; Gym fit circuits</p>	<p>Rising Stars - Champions - Year 5 - Gym Fit Circuits - Planning</p> <p>(Google Drive, Curriculum 2020, PE, Year 5)</p>
AUTUMN 2	<p><u>Dynamic Dance</u></p> <p>dance, movement and expression</p>	<ul style="list-style-type: none"> - to identify and practise the patterns and actions of the Bollywood dance style - to perform a Bollywood dance using a range of movement patterns - to develop dancing and performance skills - to demonstrate an awareness of the music's rhythm and phrasing when improvising - to perform a Bollywood dance using a range of movement patterns - to develop and improve dancing and performance skills - to identify the key components of successful dancing and understand how to apply them to own sequences - to create and perform an individual dance that reflects the Bollywood dance style - to create group dances that reflect the Bollywood dance style - to develop an understanding of how to prepare for a dance performance - to identify the key skills needed to provide accurate and tactful evaluative feedback to peers 	<p>Year 4 - Autumn 2; Dynamic dance</p>	<p>Rising Stars - Champions - Year 5 - Dynamic Dance - Planning</p> <p>(Google Drive, Curriculum 2020, PE, Year 5)</p>
SPRING 1	<p><u>Fitness Frenzy</u></p> <p>Circuits to build fitness and stamina</p>	<ul style="list-style-type: none"> - to demonstrate the correct technique for activities - to develop agility and co-ordination - to perform more complex patterns of movement - to complete a circuit that includes a range of activities - to learn how boxercise moves can be adapted and used in a different format - to perform a fitness circuit incorporating boxercise moves - to perform a sequence of steps in time with the music - to understand the benefits of improving muscle tone and aerobic fitness (strength and stamina). - To understand why fitness is good for health and wellbeing - Perform a fitness circuit that aims to improve strength and stamina - to understand the relevance of each activity - to improve performance 	<p>Year 3 - Autumn 2; Fitness frenzy</p> <p>Year 4 - Summer 1; Fitness frenzy</p>	<p>Rising Stars - Champions - Year 5 - Fitness Frenzy - Planning</p> <p>(Google Drive, Curriculum 2020, PE, Year 5)</p>

INDOOR PE CURRICULUM - YEAR 5 OBJECTIVES TO BE TAUGHT (CONTINUED)

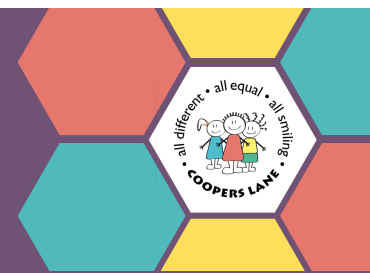
Coopers Lane Primary School's Official Curriculum - Planning Tool



	TOPIC	IN THIS UNIT OF WORK, PUPILS LEARN...	PRIOR LEARNING	RESOURCES TO SUPPORT PLANNING
SPRING 2	<p><u>Step to the Beat</u></p> <p>Step aerobics to build stamina and develop technique</p>	<ul style="list-style-type: none"> - to improve timing and stepping to the beat - to count moves and perform in repetitions of eight, four, two and singles - to understand the importance of a warm-up - to develop co-ordination and balance - to develop co-ordination, balance and timing - to improve general fitness levels - to perform step moves in time with the music - to work with a partner to produce a sequence of moves - to analyse and evaluate own and others' performance - to understand the benefits of improving muscle tone in the abdominals and legs - to learn new strength-based moves 	<p>Year 4 - Spring 2; Step to the beat</p>	<p>Rising Stars - Champions - Year 5 - Step to the Beat - Planning</p> <p>(Google Drive, Curriculum 2020, PE, Year 5)</p>
SUMMER 1	<p><u>Mighty Movers (boxercise)</u></p> <p>boxercise, fitness, stamina and technique</p>	<ul style="list-style-type: none"> - to perform a boxercise routine demonstrating good technique - to understand the principles of dynamic stretching - to perform boxercise moves in time with the music in order to improve fitness - to improve fitness by raising the heart rate and strengthening the legs and arms - to learn how to include linking moves into a sequence - to create and apply compositional ideas to the sequence - to devise a short sequence using the moves learned so far - to perform a sequence with precision and accuracy - to maintain balance throughout all the moves - to perform actions and moves fluently to music in order to improve personal fitness 	<p>Year 3 - Spring 2; Mighty movers</p> <p>Year 4 - Spring 1; Mighty movers</p>	<p>Rising Stars - Champions - Year 5 - Mighty Movers - Planning</p> <p>(Google Drive, Curriculum 2020, PE, Year 5)</p>
SUMMER 2	<p><u>Gym Sequences</u></p> <p>Gymnastics; movement, control and balance</p>	<ul style="list-style-type: none"> - to perform new gymnastic moves with control and accuracy - to recap on linking moves and understand how they will be used in developing sequences - to identify and practise body shapes and balances - to learn how to work co-operatively with a partner to produce a sequence - to learn how to link moves together with fluency and good body tension - to identify and practise symmetrical and asymmetrical body shapes - to use and refine the following skills: flexibility, strength, balance, power and mental focus - to develop skills for movement, including rolling, bridging and dynamic movement - to include counterbalance skills in a short sequence 	<p>Year 4 - Summer 2; Gym sequences</p>	<p>Rising Stars - Champions - Year 5 - Gym Sequences - Planning</p> <p>(Google Drive, Curriculum 2020, PE, Year 5)</p>

INDOOR PE CURRICULUM - YEAR 6 OBJECTIVES TO BE TAUGHT

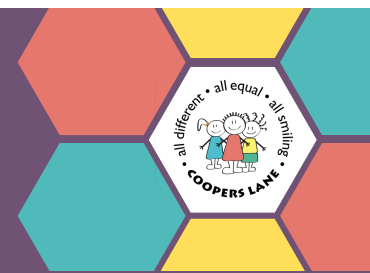
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AUTUMN 1	<p><u>Bootcamp</u></p> <p>Fitness, warm ups and techniques</p>	<ul style="list-style-type: none"> - to experience some of the changes that occur to the body during exercise - to raise the heart rate - to understand how to prepare the body for exercise - to understand what fitness means - new circuit moves and perform them with good technique and balance - to complete a range of circuit-based activities and understand the reason for doing them - to discover which activities individuals find easy or difficult - to develop agility and co-ordination - to perform more complex patterns of movement 	<p>Year 4 - Autumn 1; Bootcamp</p>	<p>Rising Stars - Champions - Year 6 - Bootcamp - Planning</p> <p>(Google Drive, Curriculum 2020, PE, Year 6)</p>
AUTUMN 2	<p><u>Step to the Beat</u></p> <p>Step aerobics to build stamina and develop technique</p>	<ul style="list-style-type: none"> - to perform aerobic activity to music - to improve stamina, demonstrating correct technique - to understand the value of aerobic exercise - to learn how to measure heart rate and note any changes - to devise a routine based on moves already learned - to analyse and evaluate others' performance and suggest areas of improvement - to practise and apply a sequence of step moves to the beat of the music - to understand the value of step-based exercise - to select and use a wide range of compositional ideas and skills to create a routine - to suggest ways to improve performance showing sound knowledge and understanding - to devise a sequence of step-based activities to music 	<p>Year 4 - Spring 2; Step to the beat</p> <p>Year 5 - Spring 2; Step to the beat</p>	<p>Rising Stars - Champions - Year 6 - Step to the Beat-Planning</p> <p>(Google Drive, Curriculum 2020, PE, Year 6)</p>
SPRING 1	<p><u>Dynamic Dance (street dance)</u></p> <p>Street dance, movement and expression</p>	<ul style="list-style-type: none"> - to observe and understand the style of street dance - to learn some street dance moves and devise poses - to identify and practise the patterns and actions in a street dance style - to demonstrate an awareness of the music's rhythm and phrasing when improvising - to learn new moves that can be developed into a dance - to explore dance patterns and moving to the beat - to know how to use expressive movements in dance - to work with a partner to create a short dance phrase - to create a dance that represents a street dance style - to work as a group and co-operate to adapt two routines and put them together - to perform in front of an audience 	<p>Year 4 - Autumn 2; Dynamic dance</p> <p>Year 5 - Autumn 2; Dynamic dance</p>	<p>Rising Stars - Champions - Year 6 - Dynamic Dance - Planning</p> <p>(Google Drive, Curriculum 2020, PE, Year 6)</p>

INDOOR PE CURRICULUM - YEAR 6 OBJECTIVES TO BE TAUGHT (CONTINUED)

Coopers Lane Primary School's Official Curriculum - Planning Tool



	TOPIC	IN THIS UNIT OF WORK, PUPILS LEARN...	PRIOR LEARNING	RESOURCES TO SUPPORT PLANNING
SPRING 2	<p><u>Mighty Movers</u></p> <p>boxercise, fitness, stamina and technique</p>	<ul style="list-style-type: none"> - to know and understand the basic principles of a good warm-up - to compose an aerobic warm-up that raises the heart rate over a sustained time - to demonstrate fluency of moves - to perform complex moves to music - to understand the value of this type of exercise - to understand how moves can be linked together to perform more complex/challenging moves - To perform and devise a sequence of movements to music - to demonstrate understanding of boxercise moves and how they can be linked together to make a routine 	<p>Year 4 - Spring 1; Mighty Movers</p> <p>Year 5 - Summer 1; Mighty Movers</p>	<p>Rising Stars - Champions - Year 6 - Mighty Movers - Planning</p> <p>(Google Drive, Curriculum 2020, PE, Year 6)</p>
SUMMER 1	<p><u>Gym Sequences</u></p> <p>Gymnastics; movement, control and balance</p>	<ul style="list-style-type: none"> - to use and refine the following skills: flexibility, strength, balance, power and mental focus - to co-operate with others - to identify and practise gymnastic shapes and balances - to identify and practise symmetrical and asymmetrical body shapes - to develop skills for movement, including rolling, bridging and dynamic movement - to use own and others' bodyweight to balance - to add interest to a sequence by varying the movements - to complete a sequence of balances and moves in canon, or in time, with a partner or group 	<p>Year 4 - Summer 2; Gym sequences</p> <p>Year 5 - Summer 2; Gym sequences</p>	<p>Rising Stars - Champions - Year 6 - Gym Sequences - Planning</p> <p>(Google Drive, Curriculum 2020, PE, Year 6)</p>
SUMMER 2	<p><u>Gym Fit Circuits</u></p> <p>Fitness circuits to build strength</p>	<ul style="list-style-type: none"> - to develop a personal programme that is suitable for each child, using the knowledge and understanding they have learned from previous fitness sessions - to plan a personal programme - to incorporate cones, mats, ladders, benches, skipping ropes, beanbags, speed bounce, balls (large), pens and paper, stop watches into their fitness programme - to know and understand the basic principles of a good warm-up - to analyse and evaluate others' performance and suggest areas of improvement 	<p>Year 3 - Spring 1; Gym fit circuits</p> <p>Year 5 - Autumn 1; Gym fit circuits</p>	<p>Rising Stars - Champions - Year 6 - Gym Fit Circuits - Planning</p> <p>(Google Drive, Curriculum 2020, PE, Year 6)</p>