



Devonshire Junior Academy



Physical Education Skills Overview 2020

	Fitness	Gymnastics	Dance	Athletics	OAA	Games	Self/Peer Assessment
Year 3	<p>To know and describe simple effects of different exercises activities have on the body E.g. go red, heart beats quicker.</p> <p>Recognise when their body is warmer or cooler and when their heart beats faster or slower.</p> <p>Simple understanding of the importance of warming up and cooling down.</p> <p>-----</p> <p>Champions: Unit 6 Fitness Frenzy</p>	<p>Perform basic gymnastic actions with some control and coordination.</p> <p>Create and perform a short sequence of gymnastic actions.</p> <p>-----</p> <p>Champions: Unit 3 Groovy Gymnastics</p>	<p>Talk about different stimuli as the starting point for creating short dances.</p> <p>Incorporate different qualities and dynamics into their movements.</p> <p>-----</p> <p>Champions: Unit 2, African Dance</p>	<p>Select running speed appropriate for activity.</p> <p>Make up and repeat a short sequence of linked jumps.</p> <p>Throw a variety of objects, changing their action for accuracy.</p> <p>-----</p> <p>Champions: Unit 6 Young Olympians</p>	<p>Use simple plans and diagrams of familiar environments.</p> <p>Use skills to solve a basic challenge or problem.</p> <p>-----</p> <p>Champions: Bootcamp</p>	<p>Travel whilst bouncing a ball showing some control.</p> <p>Throw and catch with some control when under limited pressure to keep possession.</p> <p>Use simple rules fairly.</p> <p>-----</p> <p>Champions: Brilliant Ball Skills</p>	<p>Recognise good performances in themselves and others.</p> <p>Evaluate their own and others, identifying areas for improvement.</p> <p>Use what they have learnt to improve their own work.</p>



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Year 4	<p>To identify a variety of activities which require strength, stamina and speed.</p> <p>Relate different activities to changes in heart rate, breathing and temperature.</p> <p>To understand the importance of warming up and cooling down.</p> <p>-----</p> <p>Champions: Unit 6, Fitness Frenzy</p>	<p>Perform a range of actions with increased consistency and fluency.</p> <p>Combine actions and show precision of shapes in longer sequences.</p> <p>-----</p> <p>Champions: Unit 3, Gym sequences</p>	<p>Use imagination to respond to stimuli through language and movements.</p> <p>Use a range of actions and begin to combine phrases and patterns.</p> <p>-----</p> <p>Champions: Unit 2, Dynamic Dance</p>	<p>Show some control when using a range of basic running jumping and throwing actions.</p> <p>Perform a range of jumps, showing contrasting techniques, sometimes including a short run up.</p> <p>Throw with some accuracy and power into a given area.</p> <p>-----</p> <p>Champions: Unit 6, Young Olympians</p>	<p>Use maps and diagrams to orientate themselves around a course.</p> <p>Respond appropriately when task/environment changes, plan responses.</p> <p>-----</p> <p>Champions: Bootcamp</p>	<p>Travel with a ball showing increasing control using both hands and feet.</p> <p>Choose and use the correct type of throw/catch with a good degree of accuracy.</p> <p>Understand that rules need to be consistent and fair</p> <p>-----</p> <p>Champions: Brilliant Ball Skills</p>	<p>Recognise good performances in themselves and others.</p> <p>Evaluate their own and others, identifying areas for improvement.</p> <p>Use what they have learnt to improve their own work.</p>

Swimming:

Swim competently, confident and proficiently over a distance of at least 25 metres
 Use a range of strokes effectively, for example: Front crawl, back stroke and breast stroke.



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Year 5	<p>Predict how different activities will affect heart rate, temperature and performance.</p> <p>Understand why exercise is good for fitness, health and well being E.g Exercise can make my heart stronger.</p> <p>To begin to devise warm up and cool down activities appropriate to the main activity.</p> <p>-----</p> <p>Champions: Unit 6 Fitness Frenzy</p>	<p>Perform a combination of actions with different levels, speeds and direction.</p> <p>Repeat a longer more difficult sequence accurately. Emphasising extension, body shape and changes in direction.</p> <p>-----</p> <p>Champions: Unit 3, Gym sequences</p>	<p>Respond to stimuli through appropriate language, creating their own ideas and movement phrases.</p> <p>Use a range of actions and speeds and combine phrases and patterns.</p> <p>-----</p> <p>Champions: Unit 2, Dynamic Dance (Bollywood)</p>	<p>Understand and demonstrate the difference between sprinting and distance running</p> <p>Show control in take off activities (jumps).</p> <p>Demonstrate a range of throwing actions using modified equipment with some accuracy.</p> <p>-----</p> <p>Champions: Unit 6 Young Olympians</p>	<p>Move confidently through familiar and less familiar environments, prepare self</p> <p>Adapt skills and strategies as situation demands.</p> <p>Work confidently in changing environments, adapt quickly. Devise and put into practice a range of solutions and challenges.</p> <p>-----</p> <p>Champions: Bootcamp</p>	<p>Travel with a ball showing changes of speed and directions using either foot or hand.</p> <p>-----</p> <p>Champions: Brilliant Ball skills</p>	<p>Identify what they/ others do well as an individual and group.</p> <p>Evaluate a sequence or performance and suggest improvements.</p> <p>Use what they have learnt to improve their own work.</p>



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Year 6	<p>Understand how to improve their own health and fitness through exercise.</p> <p>To devise warm up and cool down activities appropriate to the main activity.</p> <hr/> <p>Champions: Unit 6, Fitness Frenzy</p>	<p>Plan and perform longer sequences using planned contrasts in actions and speed.</p> <p>Consistently and fluently perform longer sequences of actions, shapes and balances that are clear.</p> <hr/> <p>Champions: Unit 3, Gym sequences</p>	<p>Respond to a range of stimuli, improvising freely, using a range of controlled movements and patterns.</p> <p>Use a wide range of actions, varying and combining spatial patterns, speed, tension and continuity when working on own, with partner and as part of a group.</p> <hr/> <p>Champions: Unit 2, Dynamic Dance (Street Dance)</p>	<p>Choose the correct pace for a running even in order to sustain running and improve their own pb.</p> <p>Show control and power in take- off and landing activities.</p> <p>Show accuracy and technique when through.</p> <hr/> <p>Champions: Unit 6 Young Olympians</p>	<p>Work confidently in changing environments, adapt quickly.</p> <p>Devise and put into practice a range of solutions and challenges.</p> <hr/> <p>Champions: Bootcamp</p>	<p>Travel with a ball showing changes of speed and directions using either foot or hand.</p> <hr/> <p>Champions: Brilliant Ball Skills</p>	<p>Identify precisely what they/ others do well as an individual and group.</p> <p>Evaluate precisely a sequence or performance and suggest improvements.</p> <p>Use what they have learnt to improve their own work.</p>