



**Forton Primary School**  
**Physical Education**

**Nicky Nook**  
**Autumn 1**  
**Year A**

**Unit Overview:**  
Fundamental Movement Skills – Baseline Unit – Lost and Found

**Unit Overview:**  
Dance – Fire Fire

- Sequence of Lessons:**
1. To demonstrate the FMS of underarm throwing and hopping.
  2. To demonstrate the FMS of an overarm throw and skipping.
  3. To assess the fundamental movement skills of catching and bouncing a ball.
  4. To demonstrate the FMS of running and jumping.
  5. To demonstrate the FMS of kicking and rolling a ball.

- Sequence of Lessons:**
1. To experiment with travelling dances, creating our own movements.
  2. To learn a dance, performing the movements correctly and in the right order.
  3. To learn and create ways of moving around obstacles and develop balance skills.
  4. To demonstrate a range of movement qualities with the body.
  5. To tell a story through movement using expression and dynamics.
  6. To be supportive to a partner and make exciting travelling dances and use action words to create interesting movements.

- Character Values:**
- Determination
  - Self-belief

- Character Values:**
- Gratitude

- Developing Skills:**
- Bouncing a ball.
  - Catching.

**Application of Skills:**

- Character Development:**
- To show power when

- Developing Skills:**
- Create ways of moving around obstacles.

- Application of Skills:**
- Learn a simple dance.
  - Recall and successfully repeat their dance

- Character Development:**
- To help someone

<ul style="list-style-type: none"> <li>• Hopping.</li> <li>• Jumping.</li> <li>• Kicking a ball.</li> <li>• Overarm throw.</li> <li>• Rolling a ball.</li> <li>• Running fast.</li> <li>• Skipping.</li> <li>• Underarm throw.</li> </ul>	<p>N/A – Assessment Unit</p>	<p>bouncing a ball.</p> <ul style="list-style-type: none"> <li>• To learn and get better at PE skills. when we try.</li> <li>• To keep trying even when we find it hard.</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate stillness and balance skills.</li> <li>• Use action words to create movement ideas.</li> <li>• Hold interesting shapes still and balanced for varying lengths of time.</li> </ul>	<p>with improved performance skills.</p> <ul style="list-style-type: none"> <li>• Work with a partner and following a simple timing/sequencing structure.</li> <li>• Work in teams to make shapes with their body.</li> </ul>	<p>in the lesson.</p> <ul style="list-style-type: none"> <li>• To ask a friend for help.</li> </ul>
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**Forton Primary School**  
**Physical Education**

**Nicky Nook**  
**Autumn 2**  
**Year A**

**Unit Overview:**

Fundamental Movement Skills – Rolling a ball

**Unit Overview:**

Dance – Robots

**Sequence of Lessons:**

6. To demonstrate rolling a ball with some accuracy.
7. To demonstrate rolling different equipment with some accuracy.
8. To demonstrate rolling different equipment with some accuracy.
9. To demonstrate a simple tactic in a rolling game.
10. To show two simple tactics in a game.

**Sequence of Lessons:**

7. To explore the qualities of Robots and copy and repeat movements precisely.
8. To explore travelling, use of levels and different settings as a robot and try mirroring with a partner.
9. To create a mirroring dance with a partner and perform it to the class.
10. To explore transformers characters and work with others to create interesting transformers shapes.
11. To link all our dances together and perform all our robot ideas as a whole class.

**Character Values:**

- Concentration
- Co-operation
- Self-belief

**Character Values:**

- Imagination

**Developing Skills:**

**Application of Skills:**

**Character Development:**

**Developing Skills:**

**Application of Skills:**

**Character Development:**

- Roll a ball underarm with some consistency and accuracy.
- Jump two feet to two feet.
- Roll different types of equipment with accuracy.

- Can apply force to have a level of accuracy in direction of the roll using different equipment.
- Can choose a tactic to outwit an opponent.
- Can defend a goal.

- To focus on the task of rolling equipment with accuracy.
- To work in a small group and encourage others.
- To focus on applying a tactic in a game.

- Explore the qualities of Robots and copy and repeat movements precisely.
- Create a mirroring dance with your partner and perform it to the class.
- Explore transformers characters and work with others to create interesting transformers shapes.
- Link all our dances together and perform all our robot ideas as a whole class.

- Can move in the style of a robot using their own ideas and copy other movements accurately.
- Can create a mirrored partner dance.
- Can share ideas about transformers and create shapes in groups using their bodies, taking ideas from a photograph.
- Can remember and perform to the whole class.

- To create imaginative ways of moving like a robot.
- To work with a partner in an imaginative way to create a mirrored sequence.





**Forton Primary School**  
**Physical Education**

**Nicky Nook**  
**Spring 1**  
**Year A**

**Unit Overview:**

Fundamental Movement Skills – Underarm Throw

**Unit Overview:**

Dance – Three Little Pigs

**Sequence of Lessons:**

11. To demonstrate an underarm throw with some accuracy.
12. To show a side gallop.
13. To demonstrate an underarm throw with some accuracy at different targets.
14. To demonstrate a simple tactic in a game.
15. To show two simple tactics in a game.
16. To show two simple tactics in a game.

**Sequence of Lessons:**

12. To convey a character linking two movement ideas.
13. To convey a contrasting character, linking movement ideas.
14. To work with a partner to convey contrasting characters.
15. To work with a partner to convey contrasting characters.
16. To link travelling actions with a stillness to convey events within the story.
17. Link sequences together to retell the story.

**Character Values:**

- Determination
- Concentration

**Character Values:**

- Empathy

**Developing Skills:**

- Performing a side gallop with some rhythm.

**Application of Skills:**

- Can choose a tactic to

**Character Development:**

- To keep trying when they find something difficult.

**Developing Skills:**

- Exaggerate and make movements larger than normal.

**Application of Skills:**

- Can choose and link actions that express a feeling or event.

**Character Development:**

- To identify ways to improve their

<ul style="list-style-type: none"><li>• Throwing a bean bag underarm.</li><li>• Throwing a bean bag underarm at a range of different targets.</li></ul>	<p>outwit an opponent.</p> <ul style="list-style-type: none"><li>• Can sometimes defend the hoop.</li><li>• Can throw with a level of accuracy into a target.</li></ul>	<ul style="list-style-type: none"><li>• To show willpower when performing skills.</li><li>• To focus on applying a tactic in a game.</li></ul>	<ul style="list-style-type: none"><li>• Travel using different pathways.</li><li>• Use different body shapes and actions.</li><li>• Use gestures to show an emotion.</li></ul>	<ul style="list-style-type: none"><li>• Can choose and link actions to express and communicate the idea of a character.</li><li>• Can link actions to gestures with some fluency.</li><li>• Can remember and repeat their phrase.</li></ul>	<p>individual performance.</p> <ul style="list-style-type: none"><li>• To work cooperatively to perform a story.</li></ul>
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**Forton Primary School**  
**Physical Education**

**Nicky Nook**  
**Spring 2**  
**Year A**

**Unit Overview:**

Fundamental Movement Skills – Overarm Throw

**Sequence of Lessons:**

17. To demonstrate an overarm throw with some accuracy.
18. To show a fast running technique.
19. To demonstrate an overarm throw with some accuracy in a game.
20. To demonstrate a simple tactic in a game.
21. To demonstrate a simple tactic in a game.
22. To demonstrate a simple tactic in a game.

**Character Values:**

- Concentration

**Unit Overview:**

Gymnastics – Activities

**Sequence of Lessons:**

18. To demonstrate a travel and pencil roll.
19. To show a jump 2 feet to 2 feet with a straight shape.
20. To demonstrate travelling actions.
21. To show an egg roll.
22. To show a travel and a roll with a shape.
23. To show a jump 2 feet to 2 feet with a tuck shape.
24. To demonstrate travelling actions.
25. To show a travel and roll with a shape.
26. To jump 2 feet to 2 feet with a wide shape.
27. To apply the skills of travelling, rolling, jumping into a sequence.
28. To apply the skills of travelling, rolling and jumping into a sequence with two different shapes.
29. To show the skills of travelling, rolling and jumping into a sequence with two different shapes using apparatus.

**Character Values:**

- Self- belief

<ul style="list-style-type: none"> <li>• Co-operation</li> </ul>			<ul style="list-style-type: none"> <li>• Concentration</li> </ul>		
<b>Developing Skills:</b> <ul style="list-style-type: none"> <li>• Throwing a ball into a space.</li> <li>• Throwing overarm with some consistency.</li> <li>• Throwing with some accuracy into a target.</li> <li>• Using their arms driving forward and backwards to help them run fast.</li> </ul>	<b>Application of Skills:</b> <ul style="list-style-type: none"> <li>• Can apply a simple tactic to score more runs.</li> <li>• Can explain which throw to use for distance.</li> <li>• Can explain why they need to throw into space.</li> </ul>	<b>Character Development:</b> <ul style="list-style-type: none"> <li>• To choose a tactic with help.</li> <li>• To know which throw to use.</li> </ul>	<b>Developing Skills:</b> <ul style="list-style-type: none"> <li>• Carrying apparatus safely.</li> <li>• Performing a pencil and egg roll showing basic control and coordination.</li> <li>• Performing tall thin shapes, wide shapes and tuck shapes.</li> <li>• Travelling on hands and feet showing basic control and coordination.</li> </ul>	<b>Application of Skills:</b> <ul style="list-style-type: none"> <li>• Can record their sequence using symbols they can understand and explain.</li> <li>• Can make up and perform a sequence of gymnastic actions with two shapes.</li> <li>• Can repeat a simple movement phase/ keep repeating it showing control/ accuracy.</li> </ul>	<b>Character Development:</b> <ul style="list-style-type: none"> <li>• To focus on what they need to do to improve.</li> <li>• To concentrate on creating a sequence.</li> </ul>



**Forton Primary School**  
**Physical Education**

**Nicky Nook**  
**Summer 1**  
**Year A**

**Unit Overview:**

Fundamental Movement Skills – Catching and bouncing a ball.

**Unit Overview:**

Dance – Toy story

**Sequence of Lessons:**

- 23. To demonstrate catching a ball with some accuracy.
- 24. To demonstrate catching and bouncing a ball with some accuracy.
- 25. To demonstrate catching and bouncing a ball with some accuracy.
- 26. To demonstrate catching and bouncing a ball with some accuracy.
- 27. To show a simple tactic in a game.
- 28. To apply a simple tactic in a game.

**Sequence of Lessons:**

- 30. To link movements to show different character of a variety of different toys.
- 31. To convey the different emotions within a relationship.
- 32. To link travel, turn and stillness within a sequence depicting a different mood.
- 33. To travel from one space to another using different pathways and levels.
- 34. To work in a group to create a sequence.
- 35. To combine all the dance sequences in order to retell aspects of the story.

**Character Values:**

-Determination      -Self-belief

**Character Values:**

- Collaboration

**Developing Skills:**

- Bouncing a ball with control when

**Application of Skills:**

- Can apply a simple tactic.

**Character Development:**

- To keep trying at a skill they find difficult.

**Developing Skills:**

- Choosing movements, which reflect the dance idea

**Application of Skills:**

- Can link a travel and a gesture.

**Character Development:**

- To identify ways to improve their

<p>moving with the ball.</p> <ul style="list-style-type: none"><li>• Catching a beanbag or ball with some consistency.</li><li>• Hopping rhythmically on one leg.</li></ul>	<ul style="list-style-type: none"><li>• Can explain why they need to throw into space.</li><li>• Can move into the path of the ball and catch it when playing a game.</li></ul>	<ul style="list-style-type: none"><li>• To work in a small group cooperatively and encourage others.</li><li>• To focus on applying a tactic in a game.</li></ul>	<p>of the character.</p> <ul style="list-style-type: none"><li>• Remembering and repeating short dance sequences with control, which convey character emotion.</li><li>• Travelling from one space to another using a variety of pathways.</li></ul>	<ul style="list-style-type: none"><li>• Can link and perform all dance sequences depicting the story.</li><li>• Can link travel, turn and stillness within a sequence depicting a different mood.</li></ul>	<p>individual performance.</p> <ul style="list-style-type: none"><li>• To work cooperatively to perform the story.</li></ul>
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**Forton Primary School**  
**Physical Education**

**Nicky Nook**  
**Summer 2**  
**Year A**

**Unit Overview:** Athletics

**Sequence of Lessons:**

29. To show a hopping skill with rhythm,
30. To demonstrate rolling a ball with some accuracy.
31. To show running and changing direction quickly.
32. To demonstrate throwing underarm with some accuracy.
33. To demonstrate jumping as far as possible and landing safely with control.
34. To show good posture when running fast.
35. To demonstrate rolling a ball with some accuracy and control.
36. To complete a running and jumping course.
37. To demonstrate the skills of running and changing direction.

**Character Values:**

- Co-operation
- Encouragement
- Honesty
- Self-belief

**Developing Skills:**

**Application of Skills:**

- Can decide which objects to collect and record how many they have collected.

**Character Development:**

- To support teammates when they find something difficult.

- Jumping 2 feet to 2 feet for distance and land safely with control.
- Performing at least 5 rhythmical hops.
- Rolling a ball underarm with opposite foot to arm.
- Running and changing direction with some control.

- Can perform running and jumping over a course.
- Can roll a ball with accuracy and control at a target.
- Can perform running and jumping over a course.
- Can decide which objects to collect and record how many they have collected.

- To own up and be honest about their performance when playing jump the river.
- To focus on their performance and the progress they make.