



Forton Primary School
Physical Education

Nicky Nook
Autumn 1
Year B

Unit Overview:

Dance - Explorers

Sequence of Lessons:

1. To demonstrate imagination in the environments task and try to move in new and interesting ways.
2. To develop movement memory in the Backpack Dance.
3. To become their own explorer, being able to seek and find objects.
4. To learn basic dance movements and develop key travelling skills.
5. To learn about and replicate animals from the rainforest through movement.
6. To create a short dance in a group using ideas from their chosen animal.
7. To experiment with movement ideas and create a duet using contact.
8. To Guide others in movement through given environments.
9. To work in pairs to create interesting shapes with your bodies.
10. To develop increased awareness of relating movement to images/locations.

Unit Overview:

Fundamental Movement Skills - Zog

Sequence of Lessons:

1. To perform the skill of running and changing direction quickly.
2. To demonstrate how to jump as far as possible, landing safely with control.
3. To demonstrate an overarm throw and hopping.
4. To demonstrate travelling on feet and hands and feet on apparatus.

<p>11. To share ideas, create and learn a new unison dance performed travelling along your own pathway.</p>					
<p>Character Values:</p> <ul style="list-style-type: none"> • Curiosity 			<p>Character Values:</p> <ul style="list-style-type: none"> • Courage 		
<p>Developing Skills:</p> <ul style="list-style-type: none"> • Copy basic dance movements and in some cases, repeat them without teacher support. • Perform basic dance movements and develop key travelling skills. • Work in pairs to create interesting shapes with their bodies. 	<p>Application of Skills:</p> <ul style="list-style-type: none"> • work with a partner to make decisions when creating a dance. • Create a short dance in a group using ideas from their chosen animal. 	<p>Character Development:</p> <ul style="list-style-type: none"> • Work with a friend to explore different ways of moving across the space. • Work as part of a group to explore how animals might move to create a short sequence. • Contribute to group discussions regarding the explorers backpack. 	<p>Developing Skills:</p> <ul style="list-style-type: none"> • Jump and land safely. • Run fast. • Throw overarm. • Hop on left leg. • Hop on right leg. 	<p>Application of Skills:</p> <ul style="list-style-type: none"> • Travel on hands and feet using apparatus. 	<p>Character Development:</p> <ul style="list-style-type: none"> • Show courage when jumping and landing. • Control their fear when using apparatus. • Practise their skills to be the best they can be.



Forton Primary School
Physical Education

Nicky Nook
Autumn 2
Year B

Unit Overview:

Dance – Seaside

Sequence of Lessons:

1. Explore a range of actions related to activities at the seaside.
2. To compose and perform a dance phrase showing the movements of the ocean. To respond to a stimulus.
3. To select appropriate movements and body shapes to communicate ideas in relation to the texture, shapes of a variety of shells.
4. To explore body shapes and movements which communicate the different creatures they can find at the seaside.
5. To explore movements to depict life in a seaside village.
6. To remember, repeat and perform a short dance to represent life in a seaside village.

Character Values:

- Resilience

Unit Overview:

Gymnastics Activities

Sequence of Lessons:

1. To demonstrate jumping actions with different shapes in the air.
2. To show travelling actions using hands and feet.
3. To show an egg roll, pencil and teddy bear roll.
4. To perform jumping and rolling actions.
5. To create a sequence using rolling, jumping and travelling.
6. To create a sequence using travelling, balancing, rolling and jumping.

Character Values:

- Courage
- Concentration
- Self-belief

<p>Developing Skills:</p> <ul style="list-style-type: none"> • Perform actions related to activities at the seaside. • Copy basic dance movements and in some cases, repeat them without teacher support. • Travel around the area, using different body shapes to convey a character. • Use small and large body shapes to depict different moods and ideas. 	<p>Application of Skills:</p> <ul style="list-style-type: none"> • Work independently to create a short simple sequence. • Create a sequence using travel, turn, jump, gesture and stillness. • Link different shapes and movements to create an individual sequence. • Work with a friend to create a short simple sequence. 	<p>Character Development:</p> <ul style="list-style-type: none"> • Show resilience when creating and practising a dance with others. • Keep rehearsing and practising to create a sequence. 	<p>Developing Skills:</p> <ul style="list-style-type: none"> • Perform animal movements (crab, caterpillar, bunny hop, bear) with coordination and control. • Perform balances on large body parts (dish, arch, shoulders, bottom). • Perform jumps with different shapes in the air (star, straight, tuck). • Perform rolls with control (pencil, egg and teddy roll). 	<p>Application of Skills:</p> <ul style="list-style-type: none"> • Adapt the sequence and perform it using apparatus. • Create, repeat and perform a short sequence of 4 unlike actions in which there is a clear beginning, middle and end. 	<p>Character Development:</p> <ul style="list-style-type: none"> • Overcome the challenge of jumping high with a shape. • Control fears of performing a new roll.
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Forton Primary School
Physical Education

Nicky Nook
Spring 1
Year B

Unit Overview:

Dance – Moving Along

Unit Overview:

Fundamental Movement Skills – Bounce Ball

Sequence of Lessons:

1. To link 4 contrasting travelling movements in the style of transport.
2. To develop teamwork skills by working in a group, share appropriate movement ideas and create a short unison dance.
3. To plan and follow a pathway.
4. To create a sequence with a partner containing four dance elements.
5. To link two sequences to create a dance.

Sequence of Lessons:

1. To demonstrate bouncing a ball with some control.
2. To demonstrate bouncing a ball with some control while moving.
3. To demonstrate bouncing a ball and passing in a simple game.
4. To demonstrate throwing a ball at a target with some accuracy.
5. To demonstrate passing a ball with accuracy then move into a space.
6. To use a simple tactic in a game.
7. To show a simple tactic in a game.

Character Values:

- Self-belief

Character Values:

- Resilience

Developing Skills:

Application of Skills:

Character Development:

Developing Skills:

- Bounce a ball

Application of Skills:

Character Development:

- Explore and perform a range of actions related to transport.
- Repeat and remember the group dances accurately and remember them with minimal teacher support.
- Explore body shapes and movements which communicate the different forms of transport.
- Learn and perform basic dance movements.

- Link 4 contrasting travelling movements in the style of transport.
- Compose and perform a dance phrase showing the movements of transport.
- Develop teamwork skills by working in a group, share appropriate movement ideas and create a short unison dance.
- Create a sequence to convey the movements of different forms of transport and link a travel,

- Take the lead with a friend.
- Recognise the improvement in their dance because they practised.
- Perform with confidence and celebrate their successes.

- Catch a ball
- Dribble a ball by bouncing it.
- Aim and shoot the ball at a target.

- Show a simple tactic when playing a game (i.e. Running into a space to receive a pass or pretend to throw one way then throw another).

- Persevere and try to improve their dribbling a ball through sustained effort.
- Learn from their mistakes and asks for feedback so that they can improve.
- Keep trying in a game situation.

	turn, jump and gesture.				
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Forton Primary School
Physical Education

Nicky Nook
Spring 2
Year B

Unit Overview:

Dance – Wind in the Willows

Sequence of Lessons:

1. To explore different habitats from The Wind in the Willows story and understand and describe the differences.
2. To learn about the three main characters and work as a class to create short dances for each one.
3. Develop teamwork skills by working in groups, share appropriate movement ideas and create a short dance.
4. To use a set of instructions to create your own solo travelling dance exploring The Wild Wood and perform to the class.
5. To create a solo based on action words, interpreting the ideas in their own way.
6. To work as a group to create 4 freeze frames demonstrating Toad's adventures.
7. To recognise what is fair and unfair and make reasoned choices about the characters.

Unit Overview:

Games – Net and Wall

Sequence of Lessons:

1. To demonstrate how to catch a ball.
2. To show a side gallop with some rhythm.
3. To show the ready position.
4. To show how to hold a bat.
5. To demonstrate how to catch a ball from the ready position.
6. To strike a ball to a partner.
7. To strike a ball with some accuracy.
8. To show a simple tactic in competitive fours.
9. To strike a ball with accuracy.
10. To apply a simple tactic in a net/wall game.
11. To demonstrate a simple tactic in a game to outwit an opponent.

Character Values:

- Encouragement

Character Values:

- Concentration
- Self-belief

Developing Skills:

- Move around the room using only verbal instruction, and interpret the instructions in their own way.
- Learn and remember three short character dances.
- Choose their own order of actions, practise and remember these as their own solo travelling dance.
- Keep in time with each other and to vary the quality of the movement.

Application of Skills:

- Create a solo based on action words, interpreting the ideas in their own way.
- Work as a group to create 4 freeze frames demonstrating Toad's adventures.
- Develop their group dance and demonstrate their ability to keep in time.

Character Development:

- Motivate others to share ideas and create movement ideas.
- Support and reassure others to create a group sequence.
- Support and motivate each other to rehearse and refine a group dance.

Developing Skills:

- Perform a side gallop.
- Return a ball by striking it when thrown to them.
- Strike a dropped ball with some consistency.

Application of Skills:

- Explain where the best place to strike the ball is to score a point.
- Use simple tactics, i.e. looking for space to strike the ball into.

Character Development:

- Focus on performing the skills of side gallop and catching.
- Recognise that they can improve striking a ball into space if they practise.
- Listen carefully to instructions and focus on the task.



Forton Primary School
Physical Education

Nicky Nook
Summer 1
Year B

Unit Overview:

Games – Striking and Fielding

Sequence of Lessons:

1. To demonstrate an overarm throw for distance.
2. To strike a ball for distance.
3. To play a simple striking and fielding game.
4. To strike a ball with accuracy for distance.
5. To play a simple striking and fielding game and use simple tactic.
6. To play a simple striking and fielding game applying a simple tactic.

Character Values:

Unit Overview:

Outdoor and Adventurous Activities – The Great Outdoors

Sequence of Lessons:

1. Able to take responsibility for self and others.
2. Able to respect, trust and care for each other.
3. Can remember objects on a trail.
4. To cooperate and work together as a team.
5. Can work with a partner to undertake an adventurous journey.
6. Can work with others to complete a journey within the school grounds.
7. Can work collaboratively to record answers.
8. Can work with others to complete a journey within the school grounds and mark a control card correctly.
9. Can make decisions about how to navigate safely, to a control site.

Character Values:

Developing Skills:

- Catch a ball.
- Strike a ball off a tree.
- Strike with a drop feed.
- Throw a ball overarm when fielding.

Application of Skills:

- Explain where the best place to strike the ball is so they can run as far round as possible.
- Use simple tactics, i.e. looking for space to strike the ball into.

Character Development:

- Work together as a team when playing a game.
- Focus on applying a tactic in a game.
- Work in a small group and encourage others.

Developing Skills:

- Record answers on a control card.
- Share ideas and agree on a plan.
- Travel around safely when working on challenges.

Application of Skills:

- Recall with accuracy what they observed on the trail.
- Work with a partner to create a variety of shapes.

Character Development:

- Follow instructions.
- Cooperate with others during challenges.



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Nicky Nook
Summer 2
Year B

Unit Overview:

Fundamental Movement Skills – End of KS1 Assessment

Sequence of Lessons:

1. To throw underarm accurately into a target.
2. To throw as far as possible.
3. To throw overarm accurately.
4. To throw overarm for distance.
5. To run as fast as possible.
6. To throw using a push and two handed throw for distance.
7. To jump for distance with control.
8. To kick a ball for distance.
9. To catch a ball.
10. To complete an obstacle course.
11. To throw underarm for accuracy.
12. To complete an obstacle course with speed and agility.

Character Values:

N/A - Assessment unit

Unit Overview:

Fundamental Movement Skills – Kicking Unit

Sequence of Lessons:

1. To explore different ways of kicking objects.
2. To explore different ways of kicking objects with increasing accuracy and control. That being active is good for them and fun.
3. To kick objects with increased accuracy. To receive a kick with control.
4. To intercept a ball.
5. To explore kicking with a variety of equipment.
6. To choose skills effectively for a game.

Character Values:

Developing Skills: <ul style="list-style-type: none">• Bouncing a ball.• Catching.• Hopping.• Jumping.• Kicking a ball.• Overarm throw.• Rolling a ball.• Running fast.• Skipping.• Underarm throw.	Application of Skills:	Character Development:	Developing Skills: <ul style="list-style-type: none">• Have some control and accuracy with the basic action of kicking.• Use kicking skills in different ways on a game.• Use kicking skills in different ways in different games.	Application of Skills: <ul style="list-style-type: none">• Defend two cones and intercept a ball in a game.	Character Development: <ul style="list-style-type: none">• Work together as a team when playing a game.
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