

PE

MILESTONE THREE

Cycle A

Autumn

Spring

Summer

Develop practical skills in order to participate, compete and lead a healthy lifestyle.

Learning a range of physical movements and sporting techniques.

Games	Swimming	Athletics
<ul style="list-style-type: none"> Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.). Work alone, or with team mates in order to gain points or possession. Strike a bowled or volleyed ball with accuracy. Use forehand and backhand when playing racket games. Field, defend and attack tactically by anticipating the direction of play. Choose the most appropriate tactics for a game. Uphold the spirit of fair play and respect in all competitive situations. Lead others when called upon and act as a good role model within a team. <p>https://www.twinkl.co.uk/resource/t2-mov-455-twinkl-move-pe-y5-striking-and-fielding-rounders-unit-pack</p> <p>https://www.twinkl.co.uk/resource/t2-mov-229-twinkl-move-pe-y6-invasion-games-unit-pack</p>	<p>Schools Swimming Service programme – buy back</p> <ul style="list-style-type: none"> Swim over 100 metres unaided. Use breast stroke, front crawl and back stroke, ensuring that breathing is correct so as not to interrupt the pattern of swimming. Swim fluently with controlled strokes. Turn efficiently at the end of a length. <p>Plus: Water safety</p>	<ul style="list-style-type: none"> Combine sprinting with low hurdles over 60 metres. Choose the best place for running over a variety of distances. Throw accurately and refine performance by analysing technique and body shape. Show control in take off and landings when jumping. Compete with others and keep track of personal best performances, setting targets for improvement. <p>https://www.twinkl.co.uk/resource/twinkl-move-pe-year-6-circuit-training-unit-pack-t-pe-1641919931</p> <p>https://www.twinkl.co.uk/resource/t2-mov-440-twinkl-move-pe-y5-athletics-unit-pack</p>
Dance	Gymnastics	Outdoor and adventurous activities
<ul style="list-style-type: none"> Compose creative and imaginative dance sequences. Perform expressively and hold a precise and strong body posture. Perform and create complex sequences. Express an idea in original and imaginative ways. Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece. Perform complex moves that combine strength and stamina gained through gymnastics activities (such as cartwheels or handstands). <p>https://www.twinkl.co.uk/resource/twinkl-move-pe-year-6-leadership-in-pe-unit-pack-t-pe-1662462513</p>	<ul style="list-style-type: none"> Create complex and well-executed sequences that include a full range of movements including: <ul style="list-style-type: none"> travelling balances swinging springing flight vaults inversions rotations bending, stretching and twisting gestures linking skills. Hold shapes that are strong, fluent and expressive. Include in a sequence set pieces, choosing the most appropriate linking elements. 	<p>Forest School on and off site Residential trip – Y6 Hagg Farm, Y5 Helmsley</p> <ul style="list-style-type: none"> Select appropriate equipment for outdoor and adventurous activity. Identify possible risks and ways to manage them, asking for and listening carefully to expert advice. Embrace both leadership and team roles and gain the commitment and respect of a team. Empathise with others and offer support without being asked. Seek support from the team and the experts if in any doubt. Remain positive even in the most challenging circumstances, rallying others if need be. Use a range of devices in order to orientate themselves. Quickly assess changing conditions and adapt plans to ensure safety comes first.

	<ul style="list-style-type: none"> • Vary speed, direction, level and body rotation during floor performances. • Practise and refine the gymnastic techniques used in performances (listed above). • Demonstrate good kinesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions). • Use equipment to vault and to swing (remaining upright). <p>https://www.twinkl.co.uk/resource/t2-mov-214-twinkl-move-pe-y5-gymnastics-movement-unit-pack</p>	<p>https://www.twinkl.co.uk/resource/twinkl-move-pe-year-6-leadership-in-pe-unit-pack-t-pe-1662462513</p> <p>https://www.twinkl.co.uk/resource/y6-outdoor-adventurous-activities-oaa-unit-pack-t-pe-1626939711</p>
--	--	---

Bought in provision:
Moss to Canopy – forest school and outdoor learning; timetabled sessions for class, year group, small groups and interventions.
Express coaching – PE and games, dance and gymnastics; whole class teaching, 1 session per week
Local Authority School Swimming Service – swimming and water safety (own programme); annually in Y3, 4 and 5, 12 week block

PE
MILESTONE THREE
Cycle B

Develop practical skills in order to participate, compete and lead a healthy lifestyle.
 Learning a range of physical movements and sporting techniques.

Games	Swimming	Athletics
<ul style="list-style-type: none"> • Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.). • Work alone, or with team mates in order to gain points or possession. • Strike a bowled or volleyed ball with accuracy. • Use forehand and backhand when playing racket games. • Field, defend and attack tactically by anticipating the direction of play. • Choose the most appropriate tactics for a game. • Uphold the spirit of fair play and respect in all competitive situations. • Lead others when called upon and act as a good role model within a team. <p>https://www.twinkl.co.uk/resource/twinkl-move-pe-year-6-volleyball-unit-pack-t-pe-1650882029</p> <p>https://www.twinkl.co.uk/resource/t2-mov-211-twinkl-move-pe-y5-invasion-games-unit-pack</p>	<p>Schools Swimming Service programme – buy back</p> <ul style="list-style-type: none"> • Swim over 100 metres unaided. • Use breast stroke, front crawl and back stroke, ensuring that breathing is correct so as not to interrupt the pattern of swimming. • Swim fluently with controlled strokes. • Turn efficiently at the end of a length. <p>Plus: Water safety</p>	<ul style="list-style-type: none"> • Combine sprinting with low hurdles over 60 metres. • Choose the best place for running over a variety of distances. • Throw accurately and refine performance by analysing technique and body shape. • Show control in take off and landings when jumping. • Compete with others and keep track of personal best performances, setting targets for improvement. <p>https://www.twinkl.co.uk/resource/t2-mov-23-twinkl-move-year6-striking-and-fielding-unit-pack</p> <p>https://www.twinkl.co.uk/resource/twinkl-move-pe-year-5-circuit-training-unit-pack-t-pe-1650628160</p>
Dance	Gymnastics	Outdoor and adventurous activities

<ul style="list-style-type: none"> • Compose creative and imaginative dance sequences. • Perform expressively and hold a precise and strong body posture. • Perform and create complex sequences. • Express an idea in original and imaginative ways. • Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece. • Perform complex moves that combine strength and stamina gained through gymnastics activities (such as cartwheels or handstands). <p>https://www.twinkl.co.uk/resource/twinkl-move-pe-year-5-dance-eco-dance-unit-pack-t-pe-1652872953</p>	<ul style="list-style-type: none"> • Create complex and well-executed sequences that include a full range of movements including: <ul style="list-style-type: none"> • travelling • balances • swinging • springing • flight • vaults • inversions • rotations • bending, stretching and twisting • gestures • linking skills. • Hold shapes that are strong, fluent and expressive. • Include in a sequence set pieces, choosing the most appropriate linking elements. • Vary speed, direction, level and body rotation during floor performances. • Practise and refine the gymnastic techniques used in performances (listed above). • Demonstrate good kinesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions). • Use equipment to vault and to swing (remaining upright). <p>https://www.twinkl.co.uk/resource/t2-mov-214-twinkl-move-pe-y5-gymnastics-movement-unit-pack</p>	<p>Forest School on and off site Residential trip – Y6 Hagg Farm, Y5 Scarborough</p> <ul style="list-style-type: none"> • Select appropriate equipment for outdoor and adventurous activity. • Identify possible risks and ways to manage them, asking for and listening carefully to expert advice. • Embrace both leadership and team roles and gain the commitment and respect of a team. • Empathise with others and offer support without being asked. Seek support from the team and the experts if in any doubt. • Remain positive even in the most challenging circumstances, rallying others if need be. • Use a range of devices in order to orientate themselves. • Quickly assess changing conditions and adapt plans to ensure safety comes first. <p>https://www.twinkl.co.uk/resource/y5-oaa-orienteeing-unit-pack-t-pe-609</p>
--	---	--

Bought in provision:
Moss to Canopy – forest school and outdoor learning; timetabled sessions for class, year group, small groups and interventions.
Express coaching – PE and games, dance and gymnastics; whole class teaching, 1 session per week
Local Authority School Swimming Service – swimming and water safety (own programme); annually in Y3, 4 and 5, 12 week block

PE		
MILESTONE TWO		
Cycle A		
Autumn	Spring	Summer
<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle. Learning a range of physical movements and sporting techniques.</p>		
Games	Gymnastics	Outdoor and adventurous activities
<ul style="list-style-type: none"> • Throw and catch with control and accuracy. • Strike a ball and field with control. • Choose appropriate tactics to cause problems for the opposition. • Follow the rules of the game and play fairly. 	<ul style="list-style-type: none"> • Plan, perform and repeat sequences. • Move in a clear, fluent and expressive manner. • Refine movements into sequences. • Show changes of direction, speed and level during a performance. 	<p>Forest School on and off site Residential trip – Y3 Sherwood, Y4 Helmsley</p> <ul style="list-style-type: none"> • Arrive properly equipped for outdoor and adventurous activity.

<ul style="list-style-type: none"> • Maintain possession of a ball (with, e.g. feet, a hockey stick or hands). • Pass to team mates at appropriate times. • Lead others and act as a respectful team member. <p>https://www.twinkl.co.uk/resource/t2-mov-217-twinkl-move-pe-y3-invasion-games-unit-pack</p>	<ul style="list-style-type: none"> • Travel in a variety of ways, including flight, by transferring weight to generate power in movements. • Show a kinaesthetic sense in order to improve the placement and alignment of body parts (e.g. in balances experiment to find out how to get the centre of gravity successfully over base and organise body parts to create an interesting body shape). • Swing and hang from equipment safely (using hands). <p>https://www.twinkl.co.uk/resource/t2-mov-210-twinkl-move-pe-year-3-gymnastics-movement-unit-pack</p>	<ul style="list-style-type: none"> • Understand the need to show accomplishment in managing risks. • Show an ability to both lead and form part of a team. • Support others and seek support if required when the situation dictates. • Show resilience when plans do not work and initiative to try new ways of working. • Use maps, compasses and digital devices to orientate themselves. • Remain aware of changing conditions and change plans if necessary. <p>https://www.twinkl.co.uk/resource/t2-mov-207-twinkl-move-pe-year-4-oaa-unit-pack</p>
<p>Dance</p> <ul style="list-style-type: none"> • Plan, perform and repeat sequences. • Move in a clear, fluent and expressive manner. • Refine movements into sequences. • Create dances and movements that convey a definite idea. • Change speed and levels within a performance. • Develop physical strength and suppleness by practising moves and stretching. <p>https://www.twinkl.co.uk/resource/t2-mov-486-twinkl-move-pe-y4-dance-carnival-of-the-animals-unit-pack</p> <p>https://www.twinkl.co.uk/resource/t2-mov-57-twinkl-move-year-3-dance-extreme-earth-unit-pack</p>	<p>Swimming</p> <ul style="list-style-type: none"> • Swim between 25 and 50 metres unaided. • Use more than one stroke and coordinate breathing as appropriate for the stroke being used. • Coordinate leg and arm movements. • Swim at the surface and below the water. <p>Plus: Water safety</p>	<p>Athletics</p> <ul style="list-style-type: none"> • Sprint over a short distance up to 60 metres. • Run over a longer distance, conserving energy in order to sustain performance. • Use a range of throwing techniques (such as under arm, over arm). • Throw with accuracy to hit a target or cover a distance. • Jump in a number of ways, using a run up where appropriate. • Compete with others and aim to improve personal best performances. <p>https://www.twinkl.co.uk/resource/t2-mov-98-twinkl-move-year-4-athletics-unit-pack</p> <p>https://www.twinkl.co.uk/resource/twinkl-move-pe-y3-circuit-training-unit-pack-t-pe-381</p>
<p>Bought in provision: Moss to Canopy – forest school and outdoor learning; timetabled sessions for class, year group, small groups and interventions. Express coaching – PE and games, dance and gymnastics; whole class teaching, 1 session per week Local Authority School Swimming Service – swimming and water safety (own programme); annually in Y3, 4 and 5, 12 week block</p>		
<p>PE</p>		
<p>MILESTONE TWO</p>		
<p>Cycle B</p>		
<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle. Learning a range of physical movements and sporting techniques.</p>		
<p>Games</p> <ul style="list-style-type: none"> • Throw and catch with control and accuracy. • Strike a ball and field with control. • Choose appropriate tactics to cause problems for the opposition. 	<p>Gymnastics</p> <ul style="list-style-type: none"> • Plan, perform and repeat sequences. • Move in a clear, fluent and expressive manner. • Refine movements into sequences. 	<p>Outdoor and adventurous activities</p> <p>Forest School on and off site Residential trip – Y3 Sherwood, Y4 Scarborough</p>

<ul style="list-style-type: none"> Follow the rules of the game and play fairly. Maintain possession of a ball (with, e.g. feet, a hockey stick or hands). Pass to team mates at appropriate times. Lead others and act as a respectful team member. <p>https://www.twinkl.co.uk/resource/t2-mov-465-twinkl-move-pe-y4-invasion-games-unit-pack</p> <p>https://www.twinkl.co.uk/resource/t2-mov-86-twinkl-move-year-3-striking-and-fielding-unit-pack</p>	<ul style="list-style-type: none"> Show changes of direction, speed and level during a performance. Travel in a variety of ways, including flight, by transferring weight to generate power in movements. Show a kinaesthetic sense in order to improve the placement and alignment of body parts (e.g. in balances experiment to find out how to get the centre of gravity successfully over base and organise body parts to create an interesting body shape). Swing and hang from equipment safely (using hands). <p>https://www.twinkl.co.uk/resource/t2-mov-202-twinkl-move-pe-y4-gymnastics-movement-unit-pack</p> <p>https://www.twinkl.co.uk/resource/tp2-pe-89-planit-year-3-gymnastics-shape-unit-pack</p>	<ul style="list-style-type: none"> Arrive properly equipped for outdoor and adventurous activity. Understand the need to show accomplishment in managing risks. Show an ability to both lead and form part of a team. Support others and seek support if required when the situation dictates. Show resilience when plans do not work and initiative to try new ways of working. Use maps, compasses and digital devices to orientate themselves. Remain aware of changing conditions and change plans if necessary. <p>https://www.twinkl.co.uk/resource/twinkl-move-pe-y3-oaa-unit-pack-t2-mov-548</p>
<p>Dance</p> <ul style="list-style-type: none"> Plan, perform and repeat sequences. Move in a clear, fluent and expressive manner. Refine movements into sequences. Create dances and movements that convey a definite idea. Change speed and levels within a performance. Develop physical strength and suppleness by practising moves and stretching. <p>https://www.twinkl.co.uk/resource/twinkl-move-pe-year-3-rainforest-dance-unit-pack-t-pe-1641283328</p>	<p>Swimming</p> <ul style="list-style-type: none"> Swim between 25 and 50 metres unaided. Use more than one stroke and coordinate breathing as appropriate for the stroke being used. Coordinate leg and arm movements. Swim at the surface and below the water. <p>Plus: Water safety</p>	<p>Athletics</p> <ul style="list-style-type: none"> Sprint over a short distance up to 60 metres. Run over a longer distance, conserving energy in order to sustain performance. Use a range of throwing techniques (such as under arm, over arm). Throw with accuracy to hit a target or cover a distance. Jump in a number of ways, using a run up where appropriate. Compete with others and aim to improve personal best performances. <p>https://www.twinkl.co.uk/resource/twinkl-move-pe-year-4-circuit-training-unit-pack-t-pe-1637663515</p> <p>https://www.twinkl.co.uk/resource/t2-mov-408-twinkl-move-pe-y3-athletics-unit-pack</p>
<p>Bought in provision: Moss to Canopy – forest school and outdoor learning; timetabled sessions for class, year group, small groups and interventions. Express coaching – PE and games, dance and gymnastics; whole class teaching, 1 session per week Local Authority School Swimming Service – swimming and water safety (own programme); annually in Y3, 4 and 5, 12 week block</p>		

PE		
MILESTONE ONE		
Cycle A		
Autumn	Spring	Summer
Develop practical skills in order to participate, compete and lead a healthy lifestyle.		

Learning a range of physical movements and sporting techniques.		
Games & Athletics <ul style="list-style-type: none"> • Use the terms 'opponent' and 'team-mate'. • Use rolling, hitting, running, jumping, catching and kicking skills in combination. • Develop tactics. • Lead others when appropriate. https://www.twinkl.co.uk/resource/t-mov-26-twinkl-move-year-2-throwing-and-catching-unit-pack https://www.twinkl.co.uk/resource/t-mov-455-twinkl-move-pe-y1-invasion-games-unit-pack https://www.twinkl.co.uk/resource/t-mov-313-twinkl-move-pe-year-1-throwing-and-catching-unit-pack	Gymnastics <ul style="list-style-type: none"> • Copy and remember actions. • Move with some control and awareness of space. • Link two or more actions to make a sequence. • Show contrasts (such as small/tall, straight/curved and wide/narrow). • Travel by rolling forwards, backwards and sideways. • Hold a position whilst balancing on different points of the body. • Climb safely on equipment. • Stretch and curl to develop flexibility. • Jump in a variety of ways and land with increasing control and balance. https://www.twinkl.co.uk/resource/t-pe-140-twinkl-move-pe-y2-gymnastics-landscapes-and-cityscapes-unit-pack https://www.twinkl.co.uk/resource/t-mov-311-twinkl-move-year-1-gymnastics-animals-unit-pack	Games & Athletics <ul style="list-style-type: none"> • Use the terms 'opponent' and 'team-mate'. • Use rolling, hitting, running, jumping, catching and kicking skills in combination. • Develop tactics. • Lead others when appropriate. https://www.twinkl.co.uk/resource/twinkl-move-pe-year-2-target-games-unit-pack-t-pe-1648659019 https://www.twinkl.co.uk/resource/twinkl-move-pe-y1-circuit-training-unit-pack-t-pe-731 https://www.twinkl.co.uk/resource/t-pe-55-planit-pe-year-1-attacking-and-defending-unit-pack
Outdoor and adventurous activity Forest School on and off site <ul style="list-style-type: none"> • Dress themselves for outdoor and adventurous activity. • Begin to recognise risk and manage it. • Take turns to lead and follow in a group • Ask adults and peers for support when needed. • Try different approaches to achieve a goal • Use basic maps to orientate themselves and recognise symbols represent real world objects. • Understand the weather can affect an activity and suggest alternatives 	Dance <ul style="list-style-type: none"> • Copy and remember moves and positions. • Move with careful control and coordination. • Link two or more actions to perform a sequence. • Choose movements to communicate a mood, feeling or idea. https://www.twinkl.co.uk/resource/t-mov-2-twinkl-move-year-2-dance-toys-unit-pack https://www.twinkl.co.uk/resource/t-mov-44-twinkl-move-year-1-dance-starry-skies-unit-pack	Outdoor and adventurous activity Forest School on and off site Residential trip – Y2 Sherwood <ul style="list-style-type: none"> • Dress themselves for outdoor and adventurous activity. • Begin to recognise risk and manage it. • Take turns to lead and follow in a group • Ask adults and peers for support when needed. • Try different approaches to achieve a goal • Use basic maps to orientate themselves and recognise symbols represent real world objects. • Understand the weather can affect an activity and suggest alternatives
Bought in provision: Moss to Canopy – forest school and outdoor learning; timetabled sessions for class, year group, small groups and interventions. Express coaching – PE and games, dance and gymnastics; whole class teaching, 1 session per week		
PE		
MILESTONE ONE		
Cycle B		
Develop practical skills in order to participate, compete and lead a healthy lifestyle. Learning a range of physical movements and sporting techniques.		
Games & Athletics	Gymnastics	Games & Athletics

<ul style="list-style-type: none"> • Use the terms 'opponent' and 'team-mate'. • Use rolling, hitting, running, jumping, catching and kicking skills in combination. • Develop tactics. • Lead others when appropriate. <p>https://www.twinkl.co.uk/resource/twinkl-move-pe-y2-circuit-training-unit-pack-t-mov-2549101</p> <p>https://www.twinkl.co.uk/resource/twinkl-move-pe-y1-multiskills-bat-and-ball-unit-pack-t-mov-2549142</p> <p>https://www.twinkl.co.uk/resource/t-mov-341-twinkl-move-pe-y1-running-and-jumping-unit-pack</p>	<ul style="list-style-type: none"> • Copy and remember actions. • Move with some control and awareness of space. • Link two or more actions to make a sequence. • Show contrasts (such as small/tall, straight/curved and wide/narrow). • Travel by rolling forwards, backwards and sideways. • Hold a position whilst balancing on different points of the body. • Climb safely on equipment. • Stretch and curl to develop flexibility. • Jump in a variety of ways and land with increasing control and balance. <p>https://www.twinkl.co.uk/resource/twinkl-move-pe-y2-gymnastics-under-the-sea-unit-pack-t-mov-2549086</p> <p>https://www.twinkl.co.uk/resource/twinkl-move-pe-y1-gymnastics-traditional-tales-unit-pack-t-mov-2549149</p>	<ul style="list-style-type: none"> • Use the terms 'opponent' and 'team-mate'. • Use rolling, hitting, running, jumping, catching and kicking skills in combination. • Develop tactics. • Lead others when appropriate. <p>https://www.twinkl.co.uk/resource/t-mov-317-twinkl-move-pe-y2-invasion-games-unit-pack</p> <p>https://www.twinkl.co.uk/resource/twinkl-move-pe-year-2-attacking-and-defending-unit-pack-t-pe-1646329883</p>
<p>Outdoor and adventurous activity</p>	<p>Dance</p>	<p>Outdoor and adventurous activity</p>
<p>Forest School on and off site</p> <ul style="list-style-type: none"> • Dress themselves for outdoor and adventurous activity. • Begin to recognise risk and manage it. • Take turns to lead and follow in a group • Ask adults and peers for support when needed. • Try different approaches to achieve a goal • Use basic maps to orientate themselves and recognise symbols represent real world objects. • Understand the weather can affect an activity and suggest alternatives <p>https://www.twinkl.co.uk/resource/t-mov-427-twinkl-move-pe-y1-yoga-salute-to-the-sun-unit-pack</p>	<ul style="list-style-type: none"> • Copy and remember moves and positions. • Move with careful control and coordination. • Link two or more actions to perform a sequence. • Choose movements to communicate a mood, feeling or idea. <p>https://www.twinkl.co.uk/resource/twinkl-move-pe-y2-dance-plants-unit-pack-t-mov-2549112-1</p> <p>https://www.twinkl.co.uk/resource/t-mov-462-twinkl-move-pe-y1-dance-the-seasons-unit-pack</p>	<p>Forest School on and off site Residential trip – Y2 Sherwood</p> <ul style="list-style-type: none"> • Dress themselves for outdoor and adventurous activity. • Begin to recognise risk and manage it. • Take turns to lead and follow in a group • Ask adults and peers for support when needed. • Try different approaches to achieve a goal • Use basic maps to orientate themselves and recognise that symbols represent real world objects. • Understand the weather can affect an activity and suggest alternatives
<p>Bought in provision: Moss to Canopy – forest school and outdoor learning; timetabled sessions for class, year group, small groups and interventions. Express coaching – PE and games, dance and gymnastics; whole class teaching, 1 session per week</p>		