

## **Emscote PE MTP**

**National Curriculum:** Develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. Engage in competitive (both against self and against others) and co-operate physical activities, in a range of increasingly challenging situations.

### **Pupils should be taught to:**

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- Participate in team games, developing simple tactics for attacking and defending
- Perform dance using simple movement patterns

<b>Topic</b>	<b>Year 1 theme</b>	<b>Year 2 theme</b>
<b>Handball skills Invasion Games</b>	Rules / Passing	Catching / Accuracy / Teamwork
	Rolling / Shooting	Throwing / Catching / Shooting
	Agility / Shooting	Spacial Awareness / Possession
	Passing / Teamwork	Marking / Teamwork
	Co-ordination / Passing / Teamwork	Movement and receiving
	Teamwork	Teamwork
<b>Gymnastics</b>	Safety / Travel	Shape / Balance / Landing
	Balance / Shape / Sequence	Partner balance / Co-operation / Handstand
	Jump / Flight / Partner balance	Sequence / Large Apparatus / Travel / Sideways rolls
	Large apparatus / balance and co-ordination / Sideways rolls	Balance / Body control
	Teamwork and co-operation	Partner sequence
	Forward roll / Sequence / Balance and co-ordination	Partner sequence
<b>Tag Rugby skills Invasion Games</b>	Rules / Handling / Balance / Agility	Rules / Handling / Scoring
	Passing	Passing
	Attacking	Attacking / Spatial Awareness
	Scoring / Passing	Attacking / Rules
	Follow rules / Partner work	Teamwork
	Teamwork	Possession / Teamwork
<b>Cricket skills Strike &amp; fielding Games</b>	Bowling / Striking	Bowling / Striking
	Catching / Batting	Handling / Accuracy / Reactions
	Catching from distances / Batting technique	Catching
	Scoring / Handling	Fielding / Striking
	Bowling / Striking / Teamwork	Handling / Defence
	Fielding / Blocking	Progression of skills
<b>Tennis skills Net &amp; Wall Games</b>	Ball control / Striking	Ball control / Forehand
	Co-operation / Forehand	Forehand / Backhand
	Co-operation / Forehand	Weight of shot
	Backhand / Distances	Forehand / Backhand / Basic tactics

	Control / Rallies	Gameplay / Returns
	Striking / Serving	Gameplay / Rules
<b>Playground Athletics</b>	Throwing / Running	Throwing / Running
	Pull throw / Long Jump	Pull throw / Long Jump
	Jumping (Hurdles) / Push throw	Jumping (Hurdles) / Push throw
	High jump / Relay	High jump / Relay
	Jumping / Throwing	Jumping / Throwing
	Accuracy	Accuracy
<b>Hockey skills Invasion Games</b>		Dribbling / Tackling safety
		Passing / Turning / Dribbling
		Movement / Dribbling
		Passing distance / Dribbling speed
		Attacking / Shooting / Tackling
		Gameplay / Rules
<b>Football skills Invasion Games</b>	Dribbling	Ball control / Dribbling
	Passing	Passing / Ball control / Turning
	Passing / Possession	Passing accuracy / Weight of pass
	Ball control / Co-ordination / Turning	Turning / Shielding / Teamwork
	Dribbling	Accuracy / Timing
	Handling / Dribbling / Rules	Handling skills
<b>Basketball skills Net &amp; Wall Games</b>		Dribbling
		Passing / Shooting
		Dribbling / Agility
		Teamwork / Handling
		Hand eye co-ordination
		Shooting / Distance
<b>Year 1 - Multi Skills / ABC's Year 2 – Multi skill circuits</b>	Balance / Co-ordination / Handling	BEAR values in sport
	Static and Dynamic balances / Passing / Defending / Attacking	Catching / Creativity / Responsibility
	Co-ordination / Travelling / Passing	Passing / Shooting / Agility / Speed / Responsibility
	Agility / Control	Teamwork / Jumping
	Partner work / Attacking / Defending	Dribbling / Shooting / Throwing / Accuracy
	Forehand	
<b>Netball skills Net &amp; Wall Games</b>	Pivot / Passing	Pivot / Passing / Accuracy
	Possession / Passing / Defending	Teamwork / Movement / Spatial Awareness
	Passing / Rules	Passing / Tactics
	Passing / Scoring / Rules	Movement / Rules / Game play
	Accuracy / Teamwork	Teamwork / Possession
	Teamwork	Game play / Teamwork