**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

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| **Topic** | **Year 1 theme** | **Year 2 theme** |
| **Handball skills****Invasion Games** | 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 |
| **Gymnastics** | 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 |
| **Tag Rugby skills****Invasion Games** | 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 |
| **Cricket skills****Strike & fielding Games** | 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 |
| **Tennis skills****Net & Wall Games** | 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 |
| **Playground Athletics** | 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 |
| **Hockey skills****Invasion Games** |  | Dribbling / Tackling safety  |
|  | Passing / Turning / Dribbling |
|  | Movement / Dribbling |
|  | Passing distance / Dribbling speed |
|  | Attacking / Shooting / Tackling |
|  | Gameplay / Rules |
| **Football skills****Invasion Games** | 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 |
| **Basketball skills****Net & Wall Games** |  | Dribbling |
|  | Passing / Shooting |
|  | Dribbling / Agility |
|  | Teamwork / Handling |
|  | Hand eye co-ordination |
|  | Shooting / Distance |
| **Year 1 - Multi Skills / ABC’s****Year 2 – Multi skill circuits** | 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 |  |
| **Netball skills****Net & Wall Games** | 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 |