

**Princess Frederica CE**  
College Road, London, NW10 5TP  
Phone: 0208 969 7756



**VA Primary School**  
Head of School – Ms N Christopher  
Executive Head Teacher – Ms S Bouette  
Email: [admin@princessfrederica.brent.sch.uk](mailto:admin@princessfrederica.brent.sch.uk)

## Subject: Physical Education

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
NURSERY	Basic movement and spatial awareness. Sending and receiving skills (rolling)	Running skills using space successfully. Changing speed and direction. Learn the basic skill to catch a large ball.	To be able to climb onto and off different equipment using alternate feet and balanced.	Passing a large ball using their feet, working individually or with a partner.	Observes the effects of different activities on their bodies. Aiming and throwing skills.	Consolidating and recapping the skills and abilities learnt throughout the year.
RECEPTION	Experiments with different ways of moving and balancing.	Can climb on and jump off different apparatus, appropriately, safely and balanced.	Can show good spatial awareness when moving around, changing speed and directions to avoid obstacles and other children.	Shows increasing control with a ball when pushing, patting, throwing, catching or kicking it.	Focusing on movement (running & jumping) skills. Aiming and throwing skills.	Consolidating and recapping the skills and abilities learnt throughout the year.
YEAR 1	Ball Skills. To improve basic sending & receiving techniques, developing balance, agility and co-ordination.	Gymnastics. Explore movement actions with control and link them together. Develop basic skills travelling on benches, along, over, around, onto and off a bench.	African Dance. To understand beats in the music and develop gestures and ways of travelling. Can perform a dance in time to music and with fluency.  Core Strength To identify techniques to improve core strength and agility.	Throwing and Catching (field games) To learn skills for striking and fielding. Practice basic striking, sending skills and receiving skills.	Skipping Learn how to hop, same foot to same foot, jump two feet to two feet and be able to do these activities on the move. Develop the 'step hop' technique for a good skip without a rope. Skip with good balance and technique and explore different ways of skipping	Active Athletics. Learn to use varying speeds when running. How to travel in different ways, changing speeds from fast to slow. Explore different methods of throwing and how to throw safely. To know how to jump and land safely from two feet.
YEAR 2	Ball Skills	Gymnastics	African Dance To work to music, creating	Multi-Skills	Skipping	Active Athletics



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	proficiently over a distance of 25metres.	proficiently over a distance of 25metres	proficiently over a distance of 25metres	proficiently over a distance of 25metres	proficiently over a distance of 25metres	proficiently over a distance of 25metres
			Swimming Life-saving skills Learn basic swimming life-saving skills and pool rescue, with first aid practice. (Swimmers)			
	Invasion Games To improve accuracy of passing. Learn how to receive a ball. Dribble with control. Learn how to support other players in a team and communicate with team members. <b>FOOTBALL</b>	Gymnastics To identify and practice different body shapes. To practice symmetrical and asymmetrical balances. Start to link moves to maintain the fluency of a sequence.	Gymfit Circuits To understand the basics of a fitness circuit. Learn the value of fitness and being healthy. Learn to evaluate own and others' performances.	Striking and Fielding Practice under and overarm throws. To be able to field a ball in different ways. Practice the correct technique for batting. <b>CRICKET</b>	Nets Become familiar with balls and tennis rackets. Accurately serve underarm. Learn to build a rally, focusing on accurate strokes. <b>TENNIS</b>	Athletics Learn how to modify stride length for different running distances. Demonstrate good running technique when jumping over hurdles.
<b>YEAR 5</b>	Invasion Games. To demonstrate accurate passing and receiving skills, footwork and hand/eye co-ordination. Develop skills in different passes, chest pass, bounce pass and overhead pass. <b>NETBALL</b>	Gymnastics. Perform new gymnastic moves with control and accuracy. Learn how to work co-operatively with a partner. To work with a partner in unison to perform various balances.	Gymnfit Circuits. Perform a fitness circuit that aims to improve strength and stamina. To understand the relevance of each activity.	Striking & Fielding. Hold the bat correctly and know how to place the ball when striking it. Know how to return the ball accurately to a team member. <b>ROUNDERS, CRICKET</b>	Nets. To develop the techniques for volleys. Identify and apply techniques for hitting a tennis ball. <b>tennis</b>	Athletics. To throw with accuracy and power, javelin. To learn the basic skills and correct technique when jumping for distance. Develop the ability and skills to run at speed and for distance.

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<p><b>YEAR 6</b></p>	<p>Invasion Games        To understand the importance of formations and positions in a game.        To be able to identify which pass to make when in a game situation and why.  <b>FOOTBALL, BASKETBALL, HOCKEY, TAG RUGBY, NETBALL.</b></p>	<p>Gymnastics.        Learning to perform different counter balances and counter tension balances.        To perform different sequences using counter tension and balance.</p>	<p>Gymfit Circuits.        To develop a personal programme that is suitable for themselves.</p>	<p>Striking &amp; Fielding        To demonstrate good agility and balance in order to throw accurately.        To learn how to play backstop and wicketkeeper positions in a game.  <b>ROUNDERS, CRICKET</b></p>	<p>Nets.        Learn how to serve in order to start the game.        To understand how to use different shots to beat an opponent in a game.  <b>TENNIS</b></p>	<p>Athletics.        To run efficiently for speed.        To demonstrate good arm and leg technique.        Practice throwing for distance.</p>
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