

**Landkey P.E Rolling Programme by Primary Sports and Education**

**2023/24**

<b>Year Group</b>	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Foundation/KS1</b>	<p align="center"><b><u>Multi skills</u></b></p> <p>Agility, balance coordination and speed Working on sending and receiving skills, hitting skills, jumping, tagging skills, and hand eye coordination and foot eye coordination.</p>	<p align="center"><b><u>Netball</u></b></p> <p>Multiskills with a focus on Netball- Hand- eye coordination, sending and receiving, communication, working on basic passes.</p>	<p align="center"><b><u>Gymnastics/Dance</u></b></p> <p>- Children will discover a range of travelling, jumping, turning rolling and balancing. Children will learn different speeds, tempo, rhythms and will also learn how to use shared space of the hall using different pathways, directions and levels.</p>	<p align="center"><b><u>Football</u></b></p> <p>Multiskills with a focus on Football, working on agility and coordination, working as a team and basic technique when passing</p>	<p align="center"><b><u>Athletics</u></b></p> <p>Multiskills with a focus on Athletics. Working on agility, balance, coordination and speed. Working on Throwing, jumping and running</p>	<p align="center"><b><u>Tennis</u></b></p> <p>Multiskills with a focus on Tennis. Working on throwing and catching skills, hand eye coordination and learning the basic of the different strokes.</p>
<b>KS2</b>	<p align="center"><b><u>Long distance running</u></b></p> <p>Working on continuous running, interval training, pacing yourself, running technique, Improving fitness levels.</p>	<p align="center"><b><u>Netball</u></b></p> <p>Working on hand eye coordination, understanding the rules of the game, working on team work and communication,</p>	<p align="center"><b><u>Gymnastics</u></b></p> <p>Children will discover a wide range of travelling, jumping, turning rolling and balancing. The will also learn how to create routines and make them flow using control and continuity with a single movement and also when joining movements together</p>	<p align="center"><b><u>Football</u></b></p> <p>Working on understanding the rules of the game, special awareness, communication, agility and invasion.</p>	<p align="center"><b><u>Athletics,</u></b></p> <p>Understanding how to score in athletics events and working on techniques. Working on Javelin, triple jump, Long jump, Long distance, sprinting and relay.</p>	<p align="center"><b><u>Cricket/Tennis:</u></b></p> <p>Understanding the rules and tactics of the games. Cricket- techniques when bowling, fielding, striking with consistency and working as a team.</p> <p>Tennis- focus on the forehand, backhand, volley and serve.</p>

