



All Saints Academy PE Themes

Progression through the Classes

Theme	Year	Sport
1) Attack + Defence – Understanding positions and tactical roles	EY	Invasion Games
	1	Football
	2	Invasion Games
	3	Basketball
	4	Hockey
	5	Football
	6	Dodgeball
2) Technique – Effective and efficient technique across sports	EY	Ball Skills
	1	Net + Wall
	2	Dance
	3	Cricket
	4	Golf
	5	Swimming
	6	Volleyball
3) Balance – Controlling the body through a range of movements	EY	Gymnastics
	1	Yoga
	2	Target Games
	3	HRF
	4	Swimming
	5	Volleyball
	6	Rounders
4) Agility Being able to change direction quickly	EY	Tennis
	1	Invasion Games
	2	Invasion Games
	3	Dodgeball
	4	Handball
	5	Football
	6	Rounders
5) Strength Controlling body weight and holding positions	EY	Dance
	1	Gymnastics
	2	Athletics
	3	Rounders
	4	Athletics
	5	HRF
	6	Multi-Sport
6) Throwing and catching Developing hand and eye co-ordination	EY	Striking + Fielding
	1	Fundamentals
	2	Target Games
	3	Tag Rugby
	4	Handball
	5	Cricket
	6	Dodgeball

Theme Overviews

Attack and Defence

The first theme developed in the PE curriculum is Attack and defence. EYR learn about this theme in invasion games trying to invade and dodge. In Year 1 this is introduced in a unit of work on Football. In this unit, children learn about specific actions such as tackling and shooting which are associated with the broader aims of attacking and defending. This theme is further developed in Year 2 when children revisit invasion games and learn about the positions on the pitch that are taken up by attackers and defenders and why this is. In Year 3, children learn about the importance of movement to evade a defender or to close down an attacker during their unit of work on Basketball. In Year 4, in a unit of work on Hockey, children learn about how defenders can support attacking play and how attackers can support defensive intent by pressing high up the pitch. In Year 5, children learn about Football for the second time and deepen their understanding of attacking and defending when they learn about how to transition from defence to attack. Finally, in Year 6, the theme culminates in a unit of work on Dodgeball, where children learn about how to attack and defend in unison and as one complete unit and the importance of communication in that.

Technique

Throughout the curriculum, the theme of Technique is also developed and is first introduced in EY when children learn how to control and move fine and gross motor skills in ball skills. In Year 1 this is further developed during the unit of work on Tennis when children work on developing the correct techniques on forehands and backhands, learning of the importance of swinging the racket efficiently. This is broadened in Year 2 when children learn about Dance and how to move in a variety of ways with control. In Year 3, this theme is further developed in a unit of work on Cricket, when children learn about the different shots involved in batting and how to bowl correctly. Golf is visited again in Year 4 as

children learn the correct grip and range of shots. This reinforces their understanding of different techniques being applicable to different situations within the same sport. In Year 5, children deepen their understanding of this theme during their unit of work on Swimming. They learn about different strokes in the water and the effectiveness of each. Finally, Volleyball is taught in Year 6 and children learn about the range of shots used on the court and when to use them depending on the situation.

Balance

The next theme of the PE curriculum is Balance. This theme begins in EY in Gymnastics where children learn to control their body whilst walking along apparatus. In Year 1 during a unit of work on Yoga, children further develop balance and learn that the head holds their centre of gravity and that by keeping it still, they can maintain their balance far more easily. This is reinforced in Year 2 when children have a unit of work on Target Games and find that the same is true of this sport when throwing a ball. In Year 3, this theme is further developed when children learn about HRF and how they can improve their balance combined with strength. In Year 4, they learn about how to keep their body weight strong and central to maintain good balance during a unit of work on Swimming. Volleyball teaches children to keep controlled balance whilst hitting a shot and changing this centre of balance when wanting to direct the ball. Finally, in Year 6, children learn about how to control body movements and direction through a focus on rounders and striking the ball.

Agility

Agility is another theme that is explored and developed throughout the curriculum. This begins in EY during tennis where children learn to change direction to reach an incoming ball. This is built on further in Year 1 and 2 with a unit of work on invasion games during which children work in teams to develop their change of direction speed in small spaces and to dodge defenders. In Year 3, children learn about Dodgeball and the role agility plays in enabling them to stay in and not get hit by a ball. In Year 4, children learn about Handball and explore four directional movement

in the context of finding space, while in Year 5, they revisit football and use agility to beat defenders whilst keeping control of an object at the same time. The theme culminates in Year 6 with a study in invasive games when reacting to defenders and avoiding getting caught is paramount.

Strength

The next theme that is threaded through the PE curriculum is Strength. This is introduced through Dance in Year 1, where children hold poses using various body parts. In Year 1, children learn about holding their own bodyweight as part of their unit of work on Gymnastics. In Year 2, they learn about throwing strength in Athletics whereby children are introduced to muscle groups. In Rounders in Year 3, children learn about strength in relation to power and speed and how these three elements interplay. In Year 4, children continue to develop their strength in athletics and understanding how to use the legs and arms together to develop power. It is broadened out to a new context in Year 5 and 6 where children use ropes and other strength conditioning training during HRF.

Throwing and Catching

The final theme of the PE curriculum is Throwing and catching. EY develop this during striking and fielding games to throw a ball underarm with distance and accuracy. In Year 1, children learn about this in terms of the concept of sending and receiving in the context of Fundamentals. In Year 2, they learn about throwing for accuracy and control in the unit of work they do on Target games. In Tag Rugby, they focus on catching technique and the importance of allowing the hands to act as a 'W' in order to make a catch. In Year 4, children use their Summer term unit on Handball to learn about how to develop speed and power in their shooting by adjusting their techniques and how they position their bodies at various points during the action. In Year 5, children learn about different techniques of throwing and how these are used for different purposes while studying Cricket and in Year 6, they learn about the importance of quick distribution when throwing at players as well as catching varying throws in Dodgeball.

