



# All Saints Academy PE Themes

## Progression through the Classes

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

# Theme Overviews

## Attack and Defence

The first theme developed in the PE curriculum is Attack and defence. In Year EY this is introduced in a unit of work on Locomotion. In this unit, children learn about specific movements such as invading and guarding which are associated with the broader aims of attacking and defending. This theme is further developed in Year 1/2 when children learn about the positions on the pitch that are taken up by attackers and defenders and why this is during invasion games. In Year 2/3, children learn about the importance of movement to evade a defender or to close down an attacker during their unit of work on Football. In Year 4, children learn about dodgeball and the different zones of attack and defend on the pitch. In Year 5, in a unit of work on Netball, children learn about positions on the court and zones, understanding the different roles and skills needed. Finally, in Year 6, the theme culminates in a unit of work on Invasion Games, 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 Year EY during the unit of work on Fundamentals when children work on developing the correct techniques on movements, and introducing a range of equipment to use correctly. This is broadened in Year 1/2 when children learn about Net and Wall and how this theme relates to the technique of swinging the racket correctly. In Year 2/3, this theme is further developed in a unit of work on Cricket, when children learn about the different shots involved in batting and the technique of bowling a bowl. Tri-golf is visited again in Year 4 as children continue their learning around technique when they learn how to hold the club and the difference between putting and pitching. In Year 5, children deepen their understanding of this theme during their unit of work on Volleyball. They learn

about different types of shots and how these are best suited to different purposes. Finally, Football is taught in Year 6 and children learn about the theme of technique through passing and shooting skills and how to vary these depending on the situation.

## Balance

The next theme of the PE curriculum is Balance. This theme begins in Year EY during a unit of work on Gymnastic when children 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 1/2 when children have a unit of work on Yoga and understand how to hold body positions and what we can do to improve our balance. In Year 2/3, this theme is further developed when children learn about Dance and how they can apply multiple balances and holds into the same routines. In Year 4, children learn about keeping their feet planted at the same time as their head still to further solidify their balance and in Year 5, they learn about how to keep their body weight strong and central to maintain good balance during a unit of work on Gymnastics. Finally, in Year 6, children learn about how to control body movements and direction through a focus on handball and dodging incoming throws.

## Agility

Agility is another theme that is explored and developed throughout the curriculum. This begins in Year EY with a unit of work on Locomotion during which children work in footwork ladders to develop their change of direction speed in small spaces. In Year 1/2, children learn about more complex movement patterns which require more repeated changes of direction to dodge a defender. In Year 3, children learn about Basketball and the role agility plays in enabling them to shield the ball from a defender. In Year 4, children learn about Tag Rugby and explore four directional movement in the context of reducing speed, while in Year 5, they learn to react to opposing players whilst playing dodgeball and changing direction to stay in. 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. In Year EY, children learn about holding their own bodyweight as part of their unit of work on Gymnastics. In Year 1/2, they learn about arm power in Target Games whereby they must throw with strength to knock down targets. In Rounders in Year 2/3, children learn about strength in relation to power and speed and how these three elements interplay. In Year 4, children learn about using their arms and legs to take the weight of a partner in cooperative work during the unit of work on gymnastics and this understanding is broadened out to a new context in Year 5 and 6 when children develop their strength through HRF sessions and understanding muscle groups.

## Throwing and Catching

The final theme of the PE curriculum is Throwing and catching. In Year EY, children learn about this in terms of the concept of sending and receiving in the context of striking and fielding. In Year 1/2, they learn about throwing for distance in the unit of work they do on Athletics. In Year 4 Rounders, they focus on catching technique and the importance of allowing the hands to act as a cup in order to make a catch. In Year 5, children use their Summer term unit on Handball to learn about how to develop speed and power in their throwing by adjusting their techniques and how they position their bodies at various points during the action. In Year 6, children learn about different techniques of throwing and how these are used for different purposes while studying Rounders.

