



## Gulworthy Academy

P.E.			
Class 1	Autumn	Spring	Summer
Cycle A	Dance and gymnastics: Perform dances using simple movement patterns.	Participate in team games, developing simple tactics for attacking and defending	Athletics 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.
Cycle B	Dance and gymnastics: Perform dances using simple movement patterns.	Participate in team games, developing simple tactics for attacking and defending	Athletics 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



<b>P.E.</b>			
<b>Class 2</b>	<b>Autumn</b>	<b>Spring</b>	<b>Summer</b>
<b>Cycle A</b>	<b>Gymnastics and Net and Wall/Invasion Games and Gymnastics (Bridges)</b>  Inspirational figures: Simone Biles (gymnast), Pele, Messi, Ronaldo (Football.)	<b>Swimming and water safety, and dance</b>  Inspirational figures: Michael Phelps and Mark Spitz (swimming), Anna Pavlova, Fred Astaire (dance).	<b>Striking and fielding (Cricket)</b>  <b>Athletics</b>  Inspirational figures: Brian Lara (cricketer), Jesse Owens, Mo Farah, Cathy Freeman, Usain Bolt (running).
<b>Cycle B</b>	<b>Gymnastics and Net and Wall/Invasion Games and Gymnastics (symmetry and asymmetry)</b>	<b>Swimming and water safety</b>  <b>Dance</b>	<b>Striking and fielding (Rounders)</b>  <b>Athletics</b>



	Inspirational figures: Simone Biles (gymnast), Pele, Messi, Ronaldo (Football.)	Inspirational figures: Michael Phelps and Mark Spitz (swimming), Anna Pavlova, Fred Astaire (dance).	Inspirational figures: Brian Lara (cricketer), Jesse Owens, Mo Farah, Cathy Freeman, Usain Bolt (running).
--	---	--	--

P.E.			
Class 3	Autumn	Spring	Summer
Cycle A	<p><b>Invasion Games/Net and Wall Games</b></p> <p><b>Gymnastics (Counter Balance and counter tension)</b></p> <p>Inspirational figures: Simone Biles (gymnast), Pele, Messi, Ronaldo (Football), Serena and Venus Williams, Federer, Andy Murray (tennis).</p>	<p><b>Rock Climbing/Dance and Swimming and water safety</b></p> <p>Inspirational figures: Michael Phelps and Mark Spitz (swimming), Anna Pavlova, Fred Astaire (dance).</p>	<p><b>Athletics and Striking and Fielding(Cricket)</b></p> <p><b>Outdoor and Adventure(Y6) - Barton Hall Residential</b></p> <p>Inspirational figures: Michael Phelps and Mark Spitz (swimming), Brian Lara (cricketer), Jesse Owens, Mo Farah, Cathy Freeman, Usain Bolt (running).</p>



<p>Cycle B</p>	<p><b>Invasion Games/Net and Wall Games</b></p> <p><b>Gymnastics (Matching and mirroring)</b></p> <p>Inspirational figures: Simone Biles (gymnast), Pele, Messi, Ronaldo (Football), Serena and Venus Williams, Federer, Andy Murray (tennis).</p>	<p><b>Dance and swimming and water safety</b></p> <p>Inspirational figures: Michael Phelps and Mark Spitz (swimming), Anna Pavlova, Fred Astaire (dance).</p>	<p><b>Athletics and Striking and fielding(Rounders)</b></p> <p><b>Outdoor and Adventure(Y6) - Barton Hall Residential</b></p> <p>Inspirational figures: Michael Phelps and Mark Spitz (swimming), Brian Lara (cricketer), Jesse Owens, Mo Farah, Cathy Freeman, Usain Bolt (running).</p>
----------------	--	---	---