

2022-2023 Cycle A		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Outdoor PE	FROG	<b>Basketball</b> Use throwing and catching in isolation and in combination. Use running and jumping in isolation and in combination. <b>Use throwing and catching in isolation and in combination.</b> <b>Use running and jumping in isolation and in combination.</b> <b>Throw and catch a ball with control and accuracy.</b>	<b>Football</b> Use rolling, hitting and kicking skills in games. <b>Sprint short distances and run longer distances, conserving energy.</b>	<b>Tag rugby</b> Use throwing and catching in isolation and in combination. Use running and jumping in isolation and in combination. <b>Use throwing and catching in isolation and in combination.</b> <b>Use running and jumping in isolation and in combination.</b> <b>Sprint short distances and run longer distances, conserving energy.</b>	<b>Hockey</b> Use rolling, hitting and kicking skills in games.	<b>Summer Sports *</b> Use rolling, hitting and kicking skills in games. Use throwing and catching in isolation and in combination. Use running and jumping in isolation and in combination. <b>Use throwing and catching in isolation and in combination.</b> <b>Use running and jumping in isolation and in combination.</b> <b>Sprint short distances and run longer distances, conserving energy.</b> <b>Accurately throw a tennis ball both underarm and overarm.</b> <b>Throw and catch a ball with control and accuracy.</b> <b>Strike a ball and field with purpose.</b>	
		<b>Y4</b> <b>Swimming and Water Safety:</b> <b>Swim competently, confidently and proficiently over a distance of at least 25 metres.</b>					
	Play competitive games, modified where appropriate [for example, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending. Decide on the best tactical position to be in for the game. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Can describe how my body feels during exercise, using parts of the body to describe the effects. Knows how to exercise safely and understand the importance of warming up and cooling down. <b>Play competitive games, modified where appropriate [for example, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.</b> <b>Decide on the best tactical position for the game.</b> <b>Follow the rules of a game</b> <b>Works collaboratively to problem solve.</b> <b>Compare their performances with previous ones and demonstrate improvement to achieve their personal best</b> <b>Understands why warming up before physical activity is important.</b> <b>Understands why physical activity is good for our health.</b>						

	FROG Lilac						
	School Award						
	Further Implementation tools						

\*A mixture of tennis, rounders, cricket, golf and athletics

Y3 statements / Y4 statements