

PCG PE Programmes

Invasion Games

Session	Topic	Ideas	KS1	KS2
1	Passing and Receiving	Introduction to the basics of passing and receiving in this game. Make sure all children are aware of the basic principle needed for a successful pass and receive.	Static games and include a scoring system. Slow the group to reinforce technique.	Start static but look to introduce a moving drill.
2	Passing and Receiving	Continue this introduction, developing the previous weeks drills / ideas.	Reinforce technique and look at different ways to introduce the technique.	Look to move forward with a fluid game with more decision making.
3	Passing	Focus in on each child's ability to make a successful pass and what is needed. Communication, awareness and calculation of the pass.	Add a second target and potentially a fluid game to test decision making.	A scoring game / competitive situation with point for completed passes.
4	Passing Extended	Can you challenge the children to pass in a different way or in a more challenging environment. Add more calculations for example non-competitive defenders.	Introducing different ways to manipulate / pass a ball to a target.	Create an environment of decision making and challenge the children to come up with new techniques.
5	Passing in game	Take the skills learnt in the previous weeks into a game style session. This may not be a full game yet, but mini games and drills to emulate a game environment.	Slowly introduce a passing game with moving parts.	Introduce a game with normal scoring and additional scoring for passes.
6	End Product	A fun but challenging session based on the 'end product' of this sport. Fun and fast-moving session.	Demonstrate how a pass can create a goal!	A team v team game with passing and scoring.
7	Movement in possession	Introduce the importance of movement whilst your team are in possession. Finding space and communication can be a main focus here.	Demonstrate how by moving we can receive a pass in a busy environment.	A two ball game with the challenge of finding space to receive and reach a target.
8	Defending	Introduce defending into some of the previous drills. Use a drill the children had success with but discuss with them the details of defending.	Start to introduce how last weeks session can be stopped by a defender.	A one ball game now, who comes out on top. Attackers v Defenders.
9	Passing and Moving	Develop on a previous session on passing and session 7 to put passing and moving into a game style session.	Challenge the group to understand attack v defence.	The start of mini games. 2v2, 3v3.
10	Game Practice	Detail the previous sessions into mini games	The start of mini games. 2v2, 3v3.	Develop the games according to last sessions progress.
11	Game Practice	Detail the previous sessions into mini games	The start of mini games. 2v2, 3v3.	Develop the games according to last sessions progress.
12	Game Practice	Detail the previous sessions into mini games	Develop the games according to last sessions progress.	Larger games 5v5?

Racket Sports

Session	Topic	Ideas	KS1	KS2
1	Hand to Eye	Take the children through a range of drills which develop the child's hand to eye coordination. This can be with a range of equipment and ideas.	Start with an individual session balancing and moving the ball – static then moving.	Start with balance and moving but quickly challenge the group.
2	Racket to Eye	Introduce the children to the racket of the sport and take them through a range of individual challenges to improve their racket coordination.	A similar session to last week but with sport specifics.	Increase the skill and challenges from last week. Look to challenge individuals.
3	Basic Racket Movements	Introduce the basic movements / shots associated with this sport. Either with or without the 'ball' first and then add the ball into a challenge.	A Coach led session of copying movements and ball / racket interactions.	A Coach led session of copying movements and ball / racket interactions.
4	Racket Movements	Continue session 3 and start to add more challenges and targets for the children to aim at.	Assess the group and speed of progression. Try to introduce the ball.	Introduce the ball and challenge the group with ideas and techniques used in the sport.
5	Hitting Targets	A fun session based around the previous skills learnt.	An individual game focusing on hitting the ball to a target.	Individual or scoring based games to challenge the skills.
6	Hitting Targets	Continued session 5 to further challenge the children into increasing their accuracy.	Look at adding player v player or changing the targets.	Increase the challenges and make more game realistic.
7	Racket to Eye	Revisit session 2 with some fun and innovative challenges to increase racket to eye coordination.	Look at more racket coordination and how the children have improved.	Add a player to player element of ball manipulation.
8	Receiving and Hitting	Introduce the element of receiving and hitting. This may include a partner throwing for a partner rather than a racket each. Develop the ability to calculate a throw on the full / on the bounce / rolling etc.	Ball tracking from a partner to assess the children's ability to follow the path of a ball.	Player to player interactions. Racket to racket or hand to racket. Create game realism.
9	Receiving and Hitting	Continuation of session 8 to further develop the child's ability to read a shot / throw and increase their success of hitting the ball.	Player to player interactions. Racket to racket or hand to racket. Create game realism.	Challenging services hand to racket to get the children moving and tracking.
10	Hitting with a Partner	See if the children can move onto hitting the ball in a game style session. Tennis may include a volleys game, rounders a full throw etc. If some need to revisit session 8/9 this is not a problem.	Assess the group and have different stations to challenge individuals.	Aim for a game realistic session to challenge the children to be tracking and hitting at a good pace.
11	Game Practice	Detail the previous sessions into mini games	Mini Games or game based drills	Game
12	Game Practice	Detail the previous sessions into mini games	Game or mini games or game based drills depending on the group.	Game

Athletics

Session	Topic	Ideas	KS1	KS2
1	Running Games	Start this block with some fun games to get the children running, changing direction and enjoying moving.	<p>When delivering Athletics, the key differences should be around the depth of the detail you go into on each individual technique.</p> <p>Sprint starts should be introduced to KS1 and then allow them to explore whereas KS2 spend some time explain why and how this technique works.</p> <p>Throwing techniques again should be explored, allowing KS1 children to find their own way, whereas KS2 we would want to be demonstrating why the correct technique will lead to “better” results.</p> <p>Races can be a mixture of fun and competitive with KS2 getting used to the start of races and the adrenaline towards the start of a race.</p>	
2	Running Games	Continue the fun games and start to talk about running styles, techniques and agility.		
3	Sprinting	Using games and races to talk about sprinting technique, sprint starts and power. Split the session up with leg power exercises.		
4	Throwing	Introduce the different things that children may throw in athletics. Keep this session fun and target based so that they get lots of turns on each equipment.		
5	Throwing	Now start to look at their technique and the body parts used to generate power in a throw. Moving throws / standing throws.		
6	Races	A race-based session, looking at the different races children may do in athletics. Make sure to mix up the people in the races.		
7	Running Games	Another fun session full of running games.		
8	Jumping	Focus in on the jumping element of athletics. Use fun games to introduce jumping and then look at the different events such as long jump / high jump / triple jump.		
9	Jumping	Continue session 7 to further develop techniques.		
10	Sports Day Practice	Create a mini sports day style session.		
11	Sports Day Practice	Create a mini sports day style session.		
12	Sports Day Practice	Create a mini sports day style session.		

Gymnastics

Session	Topic	Ideas	KS1	KS2
1	Balancing	Introduce and develop the children's ability to balance. Challenge the children according to their current level.	Floor and mat work.	Floor and mat work and introduce equipment to add a challenge.
2	Movement and Balance	Add movement before and after balances and sporadic moments for balance to be held to challenge the children. Equipment could be added here too.	Start to add equipment but ensure the children are balancing well and safely.	A small game to challenge their balance. Musical statues style.
3	Jumping and Landing	Introduce jumping from the floor to the floor and the correct landing technique. 2 to 2 feet, 1 to 2 feet, 2 to 1 foot and 1 to 1 foot (switch).	Mat work and in partners taking turns.	Assess the group, the need for equipment may be from the beginning.
4	Jumping	Extend jumping session and challenge the children to continue landing safely. Add movement before the jump (run, skip, hop). A challenge of jumping from small equipment.	Small movement into the jump and ensure children are using a good technique.	Challenge the form of the run and landing. Use equipment and different stations to change decision making.
5	Jumping	Start to challenge the children to jump from higher equipment assuring they are landing safely. Look at how they mount the equipment for an extension.	Introduce equipment but assess individuals' techniques.	Use different equipment. Continue to assess technique. Challenge landing form and stability.
6	Performance Session	Use this as a session to allow the children to perform what they have learnt from the previous session.	Set up a small performance area and allow children to perform.	Use a range of equipment and ask children to practice and then perform.
7	Equipment Session	An open session to allow the children to explore the gym equipment. Climbing walls could be used here.		
8	Exploring Equipment	A range of equipment out around the hall in different combinations. Ask the children to safely explore going up, over, in and out.	Equipment that aligns with the confidence in the group.	Introduce partner work and different challenges.
9	Rolling	Introduce rolling to the children. Sit to stand without hands. Body parts to rock and roll on. Rolling up and sideways. Rolling on and off apparatus.	Slow session with lots of Coach input and assessment.	Assess the ability and confidence of the group. Introduce the equipment if needed.
10	Rolling	Using rolling to move and complete full roll movements. Look at getting back onto feet smoothly.	Log roll etc. Safe movements and getting back to feet.	Look at introducing the forward roll.
11	Jumping Extended	Go back to jumping and look at movements for example rolls into jumps or out of jumps. Running into jumps.	Introduce session 10 into jumps.	Introduce session 10 into jumps.
12	Performance Session	Use this as a session to allow the children to perform what they have learnt from the previous session.		

Ball Skills R-2

Session	Topic	Ideas
1	Balancing	Introduce and develop the children's ability to balance. Challenge the children according to their current level.
2	Movement and Balance	Add movement before and after balances and sporadic moments for balance to be held to challenge the children. Equipment could be added here too.
3	Jumping and Landing	Introduce jumping from the floor to the floor and the correct landing technique. 2 to 2 feet, 1 to 2 feet, 2 to 1 foot and 1 to 1 foot (switch).
4	Jumping	Extend jumping session and challenge the children to continue landing safely. Add movement before the jump (run, skip, hop). A challenge of jumping from small equipment.
5	Jumping	Start to challenge the children to jump from higher equipment assuring they are landing safely. Look at how they mount the equipment for an extension.
6	Performance Session	Use this as a session to allow the children to perform what they have learnt from the previous session.
7	Equipment Session	An open session to allow the children to explore the gym equipment. Climbing walls could be used here.
8	Exploring Equipment	Have a range of equipment out around the hall in different combinations. Ask the children to safely explore going up, over, in and out and challenging to find different paths. Add fun challenges of balancing or jumping.
9	Rolling	Introduce rolling to the children. Sit to stand without hands. Body parts to rock and roll on. Rolling up and sideways. Rolling on and off apparatus.
10	Rolling	Using rolling to move and complete full roll movements. Look at getting back onto feet smoothly. (Older / advanced groups could look at forward roll).
11	Jumping Extended	Go back to jumping and look at movements for example rolls into jumps or out of jumps. Running into jumps.
12	Performance Session	Use this as a session to allow the children to perform what they have learnt from the previous session.

Dance

KS1 Dance:

<https://www.bbc.co.uk/teach/school-radio/articles/zk2nnrd#zmg6vj6>

KS2 Dance:

<https://www.bbc.co.uk/teach/school-radio/articles/zsq9bqt>

Using one of the topics above (tie in with school topics if possible) follow the sessions and use an in-hall projector to allow the children to follow along.

Tie in with some of the gymnastics plans around movements to create continuity and development.

EXAMPLE SCHOOL YEAR

The following are examples of school's years to be followed and topics to be rotated through. Adaptation may be needed for the weather and flexibility to change around school plans, equipment available and child engagement.

We believe that children should be given an insight and opportunity to experience as many sports as possible in their formative years and by being flexible and understanding of our groups we can give as many individuals as possible exposure to a wide range of sports.

		KS1 Alternatives
AUTUMN 1:	Invasion Games – Netball	Ball Skills
AUTUMN 2:	Invasion Games – Dodge Ball	ABC and SAQ
SPRING 1:	Gymnastics	
SPRING 2:	Dance	
SUMMER 1:	Racket Sports – Tennis	Racket Control Skills
SUMMER 2:	Athletics	
AUTUMN 1:	Invasion Games – Basketball	Ball Skills
AUTUMN 2:	Invasion Games – Hockey	Fun Invasion Games
SPRING 1:	Ball Skills Indoors	
SPRING 2:	Gymnastics	
SUMMER 1:	Cricket	Summer Sport Skills
SUMMER 2:	Athletics	

EXAMPLE OF A MIXED SPORT TERMS

AUTUMN 1:	Invasion Games – Football and Handball	Ball Skills
AUTUMN 2:	Invasion Games – Basketball and Netball	Ball Skills and ABC
SPRING 1:	Dance and Gymnastics	
SPRING 2:	Dodgeball and Gymnastics	
SUMMER 1:	Cricket and Rounders	Throwing and Catching
SUMMER 2:	Athletics and Tennis	Athletics + ABC