

## PE

Below are the PE units that children will study at The Rydal Academy. In every year, children will complete two sports every half term. There is a brief explanation of each focus area and suggestions for activities that you can do with your child at home to support their learning.

	Unit 1	Unit 2	
Autumn 1	<p><b>Football</b></p> <ul style="list-style-type: none"> <li>In Y1 football we are focusing on passing techniques. Can you pass a ball 10 times without the ball stopping? If the ball stops you need to start again.</li> <li>In Y2 football we are focusing on ball control. Try practicing moves from the following video: <a href="https://www.youtube.com/watch?v=wIQaz2GMkTs">https://www.youtube.com/watch?v=wIQaz2GMkTs</a></li> <li>In Y3 football we are focusing on kicking techniques.</li> <li>Watch: <a href="https://www.youtube.com/watch?v=qyw0_1ln8rU">https://www.youtube.com/watch?v=qyw0_1ln8rU</a> and look carefully at the kicking techniques used. Can you practise kicking football with a partner at home.</li> <li>In Y4 football we are focusing on attacking, defending and movement. Can you find someone to play 1 v 1 with and see how long you can keep the ball away from them. Watch a football match and tell someone who is the best attacker and defender</li> <li>In Y5 football we are focusing on shooting. Can you complete an easier version of a trick shot like ones in the video. <a href="https://www.youtube.com/watch?v=X561U1FESRE">https://www.youtube.com/watch?v=X561U1FESRE</a></li> <li>In Y6 football we are combining the learning focuses from previous years. How many keepy-ups can you do without the ball touching the floor? Also, can you beat your best on any activities from previous years?</li> </ul>	<p><b>Cricket</b></p> <ul style="list-style-type: none"> <li>In Y1 cricket we are focusing on batting the ball consistently. Using a make-shift bat and a paper ball, can you block the paper balls being thrown towards you?</li> <li>In Y2 cricket we are focusing on bowling the ball accurately. Look at this video and see if you can bowl a ball against a tree. <a href="https://www.youtube.com/watch?v=VHTzqkFuljs">https://www.youtube.com/watch?v=VHTzqkFuljs</a></li> <li>In Y3 cricket we are focusing on fielding. How many times can you pass a ball back and forth without dropping it?</li> <li>In Y4 cricket we are combining the learning focuses from previous years. Can you beat your best on any activities from previous years?</li> </ul>	<p><b>Rugby</b></p> <ul style="list-style-type: none"> <li>In Y5 rugby we are focusing on passing and catching a ball. Pass an uncooked egg back and forth with someone and try not to get covered in egg!</li> <li>In Y6 rugby the focus is to beat defenders and stop attackers. Watch a rugby game and tell someone who is the best attacker and defender. Can you practice you side-stepping by watching this video and copying the movements. <a href="https://www.youtube.com/watch?v=u-ZEtNbYt18">https://www.youtube.com/watch?v=u-ZEtNbYt18</a></li> </ul>
Autumn 2	<p><b>New Age Kurling</b></p> <p>In Y1&amp;2 kurling we are focusing on aiming at a target. Can you play one of the coin football games from the video? <a href="https://www.youtube.com/watch?v=8c4bTWXy_JI">https://www.youtube.com/watch?v=8c4bTWXy_JI</a> The skidding skills will help you with your kurling skills!</p> <p>In Y3&amp;4 kurling we are focusing on aiming accurately at a target. Can you skid something across a hard surface and make it land on a piece of paper with a target drawn on? Make it into a game with someone you know</p> <p>In Y5&amp;6 kurling we are focusing on aiming accurately and using strategy to stop other from winning. Can you play a game of bowls with someone at home like in the video? Use any type of sphere object if you don't have any bowls available. <a href="https://www.youtube.com/watch?v=v3sID-qDIW8">https://www.youtube.com/watch?v=v3sID-qDIW8</a></p>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>In Yr1 gymnastics we are learning gymnastics movements through animals. Can you practice a teddy bear roll like a giant panda? <a href="https://www.youtube.com/watch?v=rruAv_HdE70">https://www.youtube.com/watch?v=rruAv_HdE70</a></li> <li>In Yr2 gymnastics we are learning gymnastic movements through landscapes and cityscapes. Can you practice a balance like the one from the video? <a href="https://www.youtube.com/watch?v=0R1ITs1-Xc8">https://www.youtube.com/watch?v=0R1ITs1-Xc8</a></li> <li>In KS2 gymnastics we are learning gymnastic movements through shape and movement. Can Y3 practice a tucked back roll like the one in the video <a href="https://www.youtube.com/watch?v=nGU0ltWTWDo">https://www.youtube.com/watch?v=nGU0ltWTWDo</a> Can Y4 practice a cartwheel like the one in the video <a href="https://www.youtube.com/watch?v=PYCsrRGINHA">https://www.youtube.com/watch?v=PYCsrRGINHA</a> Can Y5 practice a split leap like the one in the video <a href="https://www.youtube.com/watch?v=FPIqtlaiSUU">https://www.youtube.com/watch?v=FPIqtlaiSUU</a> Can Y6 practice a combination of difficult rolls like in the parkour video for beginners <a href="https://www.youtube.com/watch?v=6x-cG9giKXY">https://www.youtube.com/watch?v=6x-cG9giKXY</a></li> </ul>	

Spring 1	<p><b>Dodgeball</b></p> <ul style="list-style-type: none"> <li>In Y1 dodgeball we are focusing on throwing accurately. How many times can you bounce a ball against a wall in 1 minute?</li> <li>In Y2 dodgeball we are focusing on catching correctly. Can you catch a ball using only one hand? How many times can you catch a ball one-handed without dropping it.</li> <li>In Y3 dodgeball we are focusing on catching and throwing effectively. Can you try one of these catching and throwing games? <a href="https://www.youtube.com/watch?v=FYS9o-MwI">https://www.youtube.com/watch?v=FYS9o-MwI</a></li> <li>In Y4 dodgeball we are focusing on dodging effectively. Ask someone to blow bubbles at you and see if you can dodge them all whilst staying inside a small zone.</li> <li>In Y5 dodgeball we are focusing on aiming accurately. Tape a paper target onto a wall or a tree. How many times can you hit the target with a ball in 2 minutes? Can you beat your best?</li> <li>In Y6 dodgeball we are combining the learning focuses from previous years. Can you play a 1 v 1 dodgeball game? Also, can you beat your best on any activities from previous years?</li> </ul>	<p><b>Dance</b></p> <ul style="list-style-type: none"> <li>In Y1 we are learning creative dance through starry skies. Can you copy this dance to twinkle twinkle little star? <a href="https://www.youtube.com/watch?v=i6GDkELs9UY">https://www.youtube.com/watch?v=i6GDkELs9UY</a></li> <li>In Y2 we are learning creative dance through toys. Can you create a dance between two of your toys at home? Create a dance performance for someone at home.</li> <li>In Y3 we are learning creative dance through Earth. Can you copy this dance move? <a href="https://www.youtube.com/watch?v=iHtxvmgn5Vs">https://www.youtube.com/watch?v=iHtxvmgn5Vs</a></li> <li>In Y4 we are learning creative dance through water. Can you create a slow, flowing dance in the style of water? Play rain music in the background.</li> <li>In Y5 we are learning creative dance through haka. Can you copy the haka dance in the video? <a href="https://www.youtube.com/watch?v=p5cHEID5cf8">https://www.youtube.com/watch?v=p5cHEID5cf8</a></li> <li>In Y6 we are learning creative dance through electricity. Can you try to pop and lock by watching this video? <a href="https://www.youtube.com/watch?v=7fXaWDqtuko">https://www.youtube.com/watch?v=7fXaWDqtuko</a></li> </ul>	
Spring 2	<p><b>Hockey</b></p> <ul style="list-style-type: none"> <li>In Y1 hockey we are focusing on ball control. Can you hit a ball with a stick against different targets in your home?</li> <li>In Y2 hockey we are focusing on dribbling. Can you dribble a ball with a stick around a course you have made in your house?</li> <li>In Y3 hockey we are focusing on ball control and dribbling. Can you complete the stick handling drill from the video. Use a stick if you don't have the equipment. <a href="https://www.youtube.com/watch?v=j1aHxpsm3AI">https://www.youtube.com/watch?v=j1aHxpsm3AI</a></li> <li>In Y4 hockey we are focusing on passing with accuracy. Can you hit a ball into a target using a makeshift hockey stick?</li> <li>In Y5 hockey we are focusing on attacking and defending. Can you do this hockey workout from home? <a href="https://www.youtube.com/watch?v=fzqSkDiaYcc">https://www.youtube.com/watch?v=fzqSkDiaYcc</a></li> <li>In Y6 hockey we are combining the learning focuses from previous years. Can you do this hockey workout from home? <a href="https://www.youtube.com/watch?v=Mwcl99-XiTk">https://www.youtube.com/watch?v=Mwcl99-XiTk</a></li> </ul>	<p><b>Basketball</b></p> <ul style="list-style-type: none"> <li>In Y2 basketball we are focusing on moving with/without the ball. Can you complete this agility workout to help you move around the court quickly? <a href="https://www.youtube.com/watch?v=xj7TQ6xTjnU">https://www.youtube.com/watch?v=xj7TQ6xTjnU</a></li> <li>In Y4 basketball we are focusing on shooting with accuracy. Ask someone to make a hoop by joining their hands together in front of them. How many times can you throw a ball into the hoop?</li> <li>In Y6 basketball we are focusing on tactics and teamwork. Can you find 2 people to play with and play a game of piggy in the middle. How long can you keep the ball away from the centre person?</li> </ul>	<p><b>Netball</b></p> <ul style="list-style-type: none"> <li>In Y1 netball we are focusing on catching consistently. How high can you throw a ball into the air and catch it? As high as a tree? As high as a lamppost?</li> <li>In Y3 netball we are focusing on passing with accuracy. Can you complete the passing drill on the following video? <a href="https://www.youtube.com/watch?v=GIAhQqxYFeE">https://www.youtube.com/watch?v=GIAhQqxYFeE</a></li> <li>In Y5 netball we are focusing on attacking and defending. You need to be very fit to move up and down the court quickly. Can you complete this netball workout? <a href="https://www.youtube.com/watch?v=INwbXm2BrCU">https://www.youtube.com/watch?v=INwbXm2BrCU</a></li> </ul>

Summer 1	<p><b>Racket Sports (tennis, badminton and table tennis)</b></p> <ul style="list-style-type: none"> <li>In Y1 the focus is hitting with a racket. Can you learn the names of the different tennis shots? Try to recreate some of them at home using your imagination. <a href="https://www.youtube.com/watch?v=y6Bhl1nmmyk">https://www.youtube.com/watch?v=y6Bhl1nmmyk</a></li> <li>In Y2 the focus is hitting with a racket accurately. Can you complete this table tennis drill on a table at home? <a href="https://www.youtube.com/watch?v=gyBXqmh4VBo">https://www.youtube.com/watch?v=gyBXqmh4VBo</a></li> <li>In Y3 the focus is aiming with a racket. Can you play a game of blanketball? This is a game where you have to pass a ball using a blanket. <a href="https://www.youtube.com/watch?v=RqUwg5cl03M">https://www.youtube.com/watch?v=RqUwg5cl03M</a></li> <li>In Y4 the focus is aiming with a racket accurately. How many sphere shaped objects can you hit into a container in 1 minute? For example ,use an orange, ball, stone.</li> <li>In Y5 the focus is passing with a racket. Can you play a game of badminton over a washing line outside. Try to create the longest rally.</li> <li>In Y6 the focus is passing with a racket accurately. Using a tennis racket, can you pass a tennis ball to someone else accurately. Bounce the ball with one hand, hit it with the other and try to hit it close enough so the other person can catch it.</li> </ul>	<p><b>Parachute Games</b></p> <ul style="list-style-type: none"> <li>In Y1 parachute games, children are focusing on playing and engaging in parachute games. Can you create your own army parachute toy like the one in the video? <a href="https://www.youtube.com/watch?v=TrWMO4ewJg0">https://www.youtube.com/watch?v=TrWMO4ewJg0</a></li> <li>In Y2 parachute games, children are focusing on playing and engaging in parachute games. Can you recreate this parachute game at home? <a href="https://www.youtube.com/watch?v=1OYkr3tzncv">https://www.youtube.com/watch?v=1OYkr3tzncv</a></li> <li>In Y3 parachute games, children are focusing on leading/instructing a parachute game. Can you create your own parachute game at home to show children in PE class?</li> </ul>	<p><b>Orienteering</b></p> <ul style="list-style-type: none"> <li>In Y4 orienteering the focus is to recognise the features of a map. Can you create a map of your lounge using a key.</li> <li>In Y5 orienteering the focus is to work well in a team. Create a treasure hunt around the house and make a map to help complete the course.</li> <li>In Y6 orienteering the focus is to recognise the features of a map and work well in a team. Ask a friend/parent to create a treasure hunt for you to complete.</li> </ul>
Summer 2	<p><b>Athletics</b></p> <p>The same athletic events are covered every year so that children can try to beat their best every year. The athletic events we do are all covered on this website <a href="https://www.topendsports.com/sport/athletics/sportshall.htm">https://www.topendsports.com/sport/athletics/sportshall.htm</a></p> <ul style="list-style-type: none"> <li>In Y1 can you practice your speed bounce by completing this video <a href="https://www.youtube.com/watch?v=rF2lfm7wgxo">https://www.youtube.com/watch?v=rF2lfm7wgxo</a></li> <li>In Y2 can you practice the 1 foot balance test by completing this video <a href="https://www.youtube.com/watch?v=3vdJhti9tZE">https://www.youtube.com/watch?v=3vdJhti9tZE</a></li> <li>In Y3 can you practice the triple jump by completing the instructional video <a href="https://www.youtube.com/watch?v=Hc2HTAmk_Bk">https://www.youtube.com/watch?v=Hc2HTAmk_Bk</a></li> <li>In Y4 can you practice the 5 strides by completing this video <a href="https://www.youtube.com/watch?v=vl7lc2VEL7Q">https://www.youtube.com/watch?v=vl7lc2VEL7Q</a></li> <li>In Y5 can you improve you sprinting speed by watching this video <a href="https://www.youtube.com/watch?v=39Tge5HAbc8">https://www.youtube.com/watch?v=39Tge5HAbc8</a></li> <li>In Y6 can you complete the vertical jump test at home? <a href="https://www.youtube.com/watch?v=pu5dYtr1gFE">https://www.youtube.com/watch?v=pu5dYtr1gFE</a></li> </ul>	<p><b>Rounders</b></p> <ul style="list-style-type: none"> <li>In Y1 the focus is batting the ball consistently using larger equipment. Can you practice your batting skills by following this video. Use makeshift equipment if you do not have any at home. <a href="https://www.youtube.com/watch?v=smTBrE52Fag">https://www.youtube.com/watch?v=smTBrE52Fag</a></li> <li>In Y2 the focus is batting the ball consistently using larger equipment. Can you do the rounders keepy uppy challenge? How many can you do? <a href="https://www.youtube.com/watch?v=D2OpPpUvNN0">https://www.youtube.com/watch?v=D2OpPpUvNN0</a></li> <li>In Y3 the focus is fielding efficiently. To learn the rules of rounders and help understand how to field effectively, can you watch this video on the rules of rounders. Can you tell somebody the rules? <a href="https://www.youtube.com/watch?v=6GklXr0hKaY">https://www.youtube.com/watch?v=6GklXr0hKaY</a></li> <li>In Y4 the focus is fielding efficiently. Can you complete this fielding drill at home? <a href="https://www.youtube.com/watch?v=WC3kFvO8GRQ">https://www.youtube.com/watch?v=WC3kFvO8GRQ</a></li> <li>In Y5 the focus is batting, bowling and fielding to a good standard. Can you play a game of rounders with 2 of the people? 1 batter, 1 bowler, 1 fielder. Rather than running around a diamond, run to a cone and back.</li> <li>In Y6 the focus is batting, bowling and fielding to a good standard. Can you complete this instructional rounders video at home? <a href="https://www.youtube.com/watch?v=YWJtql-Jg0A">https://www.youtube.com/watch?v=YWJtql-Jg0A</a></li> </ul>	