



PE Curriculum Overview

Year Group		Autumn		Spring		Summer
1	Knowledge	<p>Ball skills 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 participate in team games, developing simple tactics for attacking and defending</p> <p>Gymnastics Be physically active for sustained periods of time. Perform simple movement patterns.</p>	Knowledge	<p>Handball 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</p> <p>Football participate in team games, developing simple tactics for attacking and defending</p>	Knowledge	<p>T&G 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 participate in team games,</p> <p>Dance Perform dances using simple movement patterns.</p>
	Skills	<p>Understand how to keep us healthy Exercise is good for our minds Hop on the same foot Catch and through a bean bag Link skills and actions in different ways Jump for height and distance Balance and co- ordination</p>	Skills	<p>Understand how to keep us healthy Zig zag through a series of markers Link skills in different ways Establish sequence of actions Through and catch bean bag uses correct technique Balance Co-ordination Comment on performance</p>	Skills	<p>Hold a balance Zig zag through a series of markers Hop on the same foot Jump for height and distance Balance Exercise is good for our minds Healthy bodies Healthy minds Describe and comment on performance</p>

2	Knowledge	Gymnastics Ball Games 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 Participate in team games, developing simple tactics for attacking and defending	Knowledge	Handball Football 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 Participate in team games, developing simple tactics for attacking and defending	Knowledge	Targets Dance Perform dances using simple movement patterns
	Skills	Hop along a straight line on one leg Jump for a distance controlling the landing Catch a small ball Throw overarm Structure sequences of actions and skills in different orders to improve performance	Skills	Catch a small ball Throw overarm Structure sequences of actions and skills in different orders to improve performance	Skills	Zigzag through some tightly spaced markers Structure sequences of actions and skills in different orders to improve performance
3	Knowledge	<u>Ball skills</u> Accurately pass and receive ball with hands. Demonstrating control when passing dribbling and receiving with feet. Signalling for ball and recognizing others signals, while passing and receiving.	Knowledge	<u>Dance</u> Improvise freely translate ideas from a stimulus into movement Share and create phrases with a partner and a small group Repeat remember and perform phrases <u>Swimming</u>	Knowledge	<u>Athletics</u> Run at fast medium and slow speed changing speed and direction Take part in a relay, remembering when to run and what to do

		<p>Work in groups to retain possession and show progression down the pith.</p> <p><u>Gym</u></p> <p>Recognize and explain why teams succeeded in activity Adapt sequences to suit different types of apparatus and criteria</p> <p>Explain how strength and suppleness affect performance</p> <p>Compare and contrast gymnastic sequences</p>		<p>All students will be able to perform activities to improve muscular endurance.</p> <p>Most students will understand the action for front crawl leg kick.</p> <p>Some students will be able to define the term muscular endurance.</p>		
	Skills	<p>Demonstrate confident control of equipment</p> <p>Copy skills and techniques and use them within the context of a game</p> <p>Apply the basic principles of attacking and defending to fulfil a role within a game</p> <p>Participate in team games using tactics</p> <p>Copy a variety of balances, jumps, travelling and turns across a range of apparatus and in a variety of spaces</p> <p>Perform modelled sequences on the floor and using apparatus which are designed to develop balance and flexibility</p> <p>Control basic variations in level, speed and direction (eg slow/fast, high/low, up/down)</p> <p>Create sequences in pairs</p>	Skills	<p>Explore movements in response to a stimulus (eg instruction, music, sounds)</p> <p>Perform imaginative movements with control</p> <p>Create and perform simple movement patterns</p>	Skills	<p>Demonstrate control when running, sprinting, throwing and jumping</p> <p>Vary technique following instruction to improve performance when competing (eg racing over varied distances)</p> <p>Suggest ways to improve performance in different physical activities and sports</p> <p>Compare his/her own performance to others'</p>
4	Knowledge	<p>Ball Skills</p> <p>-use running, jumping, throwing and catching in isolation and in combination</p>	Knowledge	<p>Swimming</p> <p>-perform a sequence of changing shapes whilst floating on the surface.</p>	Knowledge	<p>Cricket</p> <p>-take part in outdoor and adventurous activity challenges both individually and within a team</p>

	<p>-compare their performances with previous ones and demonstrate improvement to achieve their personal best</p> <p><u>Gymnastics</u></p> <p>-develop flexibility, strength, technique, control and balance for example, through athletics and gymnastics</p> <p>-compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>-swim approx. 10m using a range of different strokes (back/breast/front crawl)</p> <p><u>Netball</u></p> <p>-take part in outdoor and adventurous activity challenges both individually and within a team</p> <p>-use running, jumping, throwing and catching in isolation and in combination</p> <p>-play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</p> <p>-compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>			<p>-use running, jumping, throwing and catching in isolation and in combination</p> <p>-play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</p> <p>-compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>
	<p>Skills</p>	<p><u>Ball Skills</u></p> <p>-compare their performances with previous ones and demonstrate improvement</p> <p>-coordination skills</p> <p>-technique, control</p> <p><u>Gymnastics</u></p> <p>-develop flexibility, strength, technique, control</p> <p>-rhyme</p> <p>-compare their performances with previous ones and demonstrate improvement</p>	<p>Skills</p> <p><u>Swimming</u></p> <p>-life skills of how to swim.</p> <p>-movement in the water</p> <p>-safety precautions when in water</p> <p><u>Netball</u></p> <p>-good sportsmanship</p> <p>-ball skills</p> <p>-game rules</p> <p>-compare their performances with previous ones and demonstrate improvement</p> <p>-coordination skills</p> <p>-technique, control</p>	<p>Skills</p>	<p><u>Cricket</u></p> <p>-good sportsmanship</p> <p>-ball skills</p> <p>-game rules</p> <p>-compare their performances with previous ones and demonstrate improvement</p> <p>-coordination skills</p> <p>-technique, control</p>

		-coordination skills				
5	Knowledge	<p>G</p> <p>Gymnastics Children will practice a range of moves, developing their fluidity. They will learn new moves and find safe ways to do them.</p> <p>Football Children will build on their previous knowledge of football to develop their skills. This will include kicking the ball at a target, dribbling through cones and passing the ball to others.</p> <p>Swimming Children go swimming in Autumn 2. They practice swimming for a longer period of time. They practice their front crawl and back stroke, with some swimming in the deep end.</p>	Knowledge	<p>Basketball Children will learn new ball skills, including how to bounce the ball effectively to a partner and aiming at a target. They work together in teams using tactics to hopefully win the game.</p> <p>Hockey Children will practice their hockey skills in Spring. They look at the most effective ways to hit the ball to reach their desired target. They will work in teams developing new strategies and tactics.</p>	Knowledge	<p>Athletics Children will engage in a range of activities. They will run over different distances, evaluating their performances and the time it takes them to run the distances.</p> <p>Dance During the dance topic children will learn new moves, creating their own choreography individually and in small groups. They will also follow the choreography of another person.</p>
	Skills	<p>Perform a sequence. The safest way to do the moves. To travel across the floor in a range of ways, e.g. galloping.</p>	Skills	<p>Co-ordination. Ball handling skills. Aiming for a target. Using tactics and strategies to win</p>	Skills	<p>Co-ordination. To understand how the length you run affects the speed you run. Knowing that to run a further distance</p>

		<p>Co-ordination. Kicking a football. Dribbling a football between cones. Showing creativity with tactics and strategy. Drawing on previous knowledge and experiences of tactics and strategies. Using the correct swimming method to get from one side of the pool to the other. Using the correct arm and leg movements for front crawl and back stroke.</p>		<p>a point. Working as a team, listening to the ideas of others and independently reviewing your own performance enabling you to improve it. Using a hockey stick to hit the ball. Understanding the rules of the game to play correctly.</p>		<p>requires a slower pace to begin with. Building up stamina. Identifying different levels of performance and use subject specific vocabulary. To watch an example, being respectful of the other persons performance. To use knowledge of different steps to create a routine.</p>
6	Knowledge	<p><u>Gymnastics</u> *Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p><u>Swimming</u> •use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] •perform safe self-rescue in different water-based situations.</p>	Knowledge	<p><u>Hockey/Football</u> •Play competitive games, modified where appropriate.</p> <p><u>Basketball</u> •Play competitive games</p>	Knowledge	<p><u>Athletics</u> *Use running, jumping, throwing and catching in isolation and in combination.</p> <p><u>Dance</u> *Perform dances using a range of movement patterns.</p>
	Skills	<p>*To develop flexibility, strength, technique, control and balance. •swim competently, confidently and proficiently over a distance of at least 25 metres</p>	Skills	<p>•Apply basic principles suitable for attacking and defending.</p>	Skills	<p>Develop flexibility, strength, technique, control and balance</p>