



Uniquely Different, United Together, Universally Prepared

Overview of the Physical Education curriculum

Year Group	Autumn Term		Spring Term		Summer Term	
Reception	<b>Body Management</b>  <b>Skills covered:</b> Explore balance and managing own body including manipulating small objects. Able to stretch, reach, extend in a variety of ways and positions. Able to control body and perform specific movements on command.	<b>Gymnastics</b>  <b>Skills covered:</b> To develop confidence in fundamental movements. To experience jumping, sliding, rolling, moving over, under and on apparatus. To develop coordination and gross motor skills.	<b>Manipulation and Coordination</b>  <b>Skills covered:</b> Send and receive a variety of objects with different body parts. Work with others to control objects in space. Coordinate body parts such as hand-eye, foot-eye over a variety of activities and in different ways.	<b>Manipulation and Coordination</b>  <b>Skills covered:</b> Send and receive a variety of objects with different body parts. Work with others to control objects in space. Coordinate body parts such as hand-eye, foot-eye over a variety of activities and in different ways.	<b>Cooperate and Solve Problems</b>  <b>Skills covered:</b> Organise and match various items, images, colours and symbols. Work with a partner to listen, share ideas, question and choose. Collect, distinguish and differentiate colours and create a shape as a team. Move confidently and cooperatively in space. Travel in a range of ways.	<b>Speed Agility Travel</b>  <b>Skills covered:</b> Travel with some control and coordination. Change direction at speed through both choice and instructions. Perform actions demonstrating changes in speed. Stop, start, pause, prepare for an anticipate movement in a variety of situations.
Strands of Physical Education	Invasion Games	Gymnastics	Dance	Striking and Fielding	Net/Wall Games	Athletics  Outdoor Adventurous Activities
Year 1	<b>Attack Defend Shoot</b>  <b>Skills covered:</b> To practise basic movements including running, jumping, throwing and catching. To begin to engage in competitive activities.	<b>Gymnastics</b>  <b>Skills covered:</b> Identify and use simple gymnastics actions and shapes. Apply basic strength to a range of gymnastics actions. To recognise like actions and link.	<b>Dance</b>  <b>Skills covered:</b> Respond to a range of stimuli and types of music. Explore space, direction, levels and speeds. Experiment creating actions and performing movements with different body parts.	<b>Hit, Catch and Run</b>  <b>Skills Covered:</b> Able to hit objects with their hand or a bat. Track and receive a rolling ball.	<b>Send and Return</b>  <b>Skills covered:</b> Able to send an object with increased confidence using hand or bat. Move towards a moving ball to return. Sending and returning a variety of balls.	<b>OAA (Outdoor Adventurous Activities)</b>  <b>Skills covered:</b> Use thinking skills to follow multi step instructions. Solve more challenging problems as an individual. Comprehend that one thing can represent another.

	To experience opportunities to improve agility, balance and coordination.			Throw and catch a range of balls or objects.		Take part in activities with increasing challenge to build confidence.  <b>Run Jump Throw</b>  <b>Skills covered:</b> Pupils will begin to link running and jumping. To learn and refine a range of running which includes varying pathways and speeds. Developing throwing techniques to send objects over long distances.
Year 2	<b>Attack Defend Shoot</b>  <b>Skills covered:</b> Can send a ball using feet and can receive a ball using feet. Refine ways to control bodies and a range of equipment. Recall and link combinations of skills e.g. dribbling and passing.	<b>Gymnastics</b>  <b>Skills covered:</b> Describe and explain how performers can transition and link gymnastic elements. Perform with control and consistency basic actions at different speeds and on different levels. Challenge themselves to develop strength and flexibility. Create and perform a simple sequence that is judged using simple gymnastic scoring.	<b>Dance</b>  <b>Skills covered:</b> Describe and explain how performers can transition and link shapes and balances. Perform basic actions with control and consistency at different speeds and on different levels. Challenge themselves to move imaginatively responding to music. Work as part of a group to create a perform short movement sequences to music.	<b>Hit Catch Run</b>  <b>Skills covered:</b> To develop hitting skills with a variety of bats. Practice feeding/bowling skills. Hit and run to score points in games.	<b>Send and Return</b>  <b>Skills covered:</b> Be able to track the path of a ball over a net and move towards it. Begin to hit and return a ball using a hand and racquet with some consistency. Play modified net/wall games; throwing, catching and sending over a net.	<b>Run Jump Throw</b>  <b>Skills covered:</b> Pupils will begin to link running and jumping. To learn and refine a range of running which includes varying pathways and speeds. Develop throwing techniques to send objects over long distances.
Year 3	<b>Netball</b>  <b>Skills covered:</b> To be able to perform basic netball skills such	<b>Gymnastics</b>  <b>Skills covered:</b> Modify actions independently using	<b>Dance</b>  <b>Skills covered:</b>	<b>Rounders</b>  <b>Skills covered:</b> To be able to play simple rounders games.	<b>Tennis</b>  <b>Skills covered:</b> Identify and describe	<b>OAA</b>  <b>Skills covered:</b> To work with others to solve problems.

	<p>as passing and catching using recognised throws. To use space efficiently to build attacking play. To implement the basic rules of netball.</p>	<p>different pathways, directions and shapes. Consolidate and improve the quality of movements and gymnastics actions. Relate strength and flexibility to the actions and movements they are performing. To use basic compositional ideas to improve sequence work-unison.</p>	<p>Practise different sections of a dance aiming to put together a performance. Perform using facial expressions. Perform with a prop.</p>	<p>To apply some rules to games. To develop and use simple rounders skill.</p>	<p>some rules of net/wall games. Serve to begin a game. Explore forehand hitting. Play with some understanding of modified court boundaries.</p>	<p>To describe their work and use different strategies to solve problems. To lead others and be led. To differentiate between when a task is competitive and when it is collaborative.</p> <p><b>Athletics</b></p> <p><b>Skills covered:</b> Control movements and body actions in response to specific instructions. Demonstrate agility and speed. Jump for height and distance with control and balance. Throw with speed and power and apply appropriate force.</p>
Year 4	<p><b>Football</b></p> <p><b>Skills covered:</b> Introduce some defensive skills. Dribbling in different directions using different parts of their feet. Passing for distance Evaluating skills to aid improvement.</p>	<p><b>Gymnastics</b></p> <p><b>Skills covered:</b> To become increasingly competent and confident to perform skills more consistently. Able to perform in time with a partner and group. Use compositional ideas in sequences such as changes in height, speed and direction.</p>	<p><b>Dance</b></p> <p><b>Skills covered:</b> Work to include freeze frames in routines. Practise and perform a variety of different formations in dance. Develop a dance to perform as a group with a set starting position.</p>	<p><b>Cricket</b></p> <p><b>Skills covered:</b> To develop the range of striking and fielding skills they can apply in a competitive context Choose and use a range of simple tactics in isolation and in a game context. Consolidate existing skills and apply with consistency. Strike to ball with intent, use decision making attempt direction.</p>	<p><b>Badminton</b></p> <p><b>Skills covered:</b> Explore and use different shots with both the forehand and backhand. Demonstrate different net/wall skills. Practise some trick shots in isolation. Work to return the serve. Demonstrate different court positions in gameplay.</p>	<p><b>OAA</b></p> <p><b>Skills covered:</b> Work well in a team or group within defined and understood roles. Plan and refine strategies to solve problems. Identify the relevance of and use maps, compass and symbols. Identify what they do well and suggest what they could do to improve.</p> <p><b>Athletics</b></p> <p><b>Skills covered:</b> Using running, jumping and throwing stations, children investigate in small groups</p>

						different ways of performing these activities Using a variety of equipment, ways of measuring and timing, comparing the effectiveness of different styles of runs, jumps and throws.
Year 5	<p><b>Tag Rugby</b></p> <p><b>Skills covered:</b> Use strength, agility and coordination when defending. Increase power and strength of passes, moving the ball accurately in a variety of situations. Select and apply a range of tactics and techniques and play with consistency. To play effectively in a variety of positions and formations on the pitch. Relate a greater number of attacking and defensive tactics to gameplay Become more skilful when performing movements at speed. Select and apply appropriate skill in a game situation. Play effectively as a team in defence taking individual</p>	<p><b>Gymnastics</b></p> <p><b>Skills covered:</b> Create longer and more complex sequences and adapt performances. Take the lead in a group when preparing a sequence. Develop symmetry individually, as a pair and in a small group. Compare performances and judge strengths and areas for improvement. Select a component for improvement. For example—timing or flow.</p>	<p><b>Dance</b></p> <p><b>Skills covered:</b> Perform different styles of dance fluently and clearly. Refine &amp; improve dances adapting them to include the use of space rhythm &amp; expression. Worked collaboratively in groups to compose simple dances. Recognise and comment on dances suggesting ideas for improvement.</p>	<p><b>Rounders</b></p> <p><b>Skills covered:</b> Link together a range of skills and use in combination. Collaborate with a team to choose, use and adapt rules in games. Recognise how some aspects of fitness apply to rounders, e.g. power, flexibility and cardiovascular endurance.</p>	<p><b>Tennis</b></p> <p><b>Skills covered:</b> Use different types of serves in-game and new shots learnt in games. Play with others to score and defend points in competitive games. Move confidently around the playing area using footwork techniques. Develop further ways of playing with others cooperatively and in competition. Introduce Volley shot.</p>	<p><b>OAA</b></p> <p><b>Skills covered:</b> Explore ways of communicating in a range of challenging activities. Navigate and solve problems from memory. Develop and use trust to complete the task and perform under pressure.</p> <p><b>Athletics</b></p> <p><b>Skills covered:</b> Sustain pace over short and longer distances such as running 100m and running for 2 minutes. Able to run as part of a relay team working at their maximum speed. Perform a range of jumps and throws demonstrating increasing power and accuracy.</p>

	responsibility for your role.					
Year 6	<p><b>Handball</b></p> <p><b>Skills covered:</b> Apply aspects of fitness to the game such as power, strength, agility and coordination. Choose and implement a wider range of strategies to play defensively and offensively. Grasp more technical aspects of the game. Observe, recognise and analyse good individual and team performances.</p>	<p><b>Gymnastics</b></p> <p><b>Skills covered:</b> Lead group warm-up showing understanding of the need for strength and flexibility. Demonstrate accuracy, consistency, and clarity of movement. Work independently and in small groups to make up own sequences. Arrange own apparatus to enhance work and vary compositional ideas. Experience flight on and off of high apparatus.</p>	<p><b>Dance</b></p> <p><b>Skills covered:</b> Work collaboratively to include more complex compositional ideas. Develop motifs and incorporate into self-composed dances as individuals, pairs &amp; groups. Talk about different styles of dance with understanding, using appropriate language &amp; terminology.</p>	<p><b>Cricket</b></p> <p><b>Skills covered:</b> Apply with consistency standard rules in a variety of different styles of games. Attempt a small range of shots in isolation and in competitive scenarios. Use a range of tactics for attacking and defending in the role of bowler, batter and fielder.</p>	<p><b>Badminton</b></p> <p><b>Skills covered:</b> Develop a wider range of shots. Begin to select and apply more sophisticated tactics such as net play, and offensive and defensive positioning. Play with fluency with a partner in doubles/partner scenarios. Develop backhand shots. Begin to use full scoring systems. Continue developing doubles play and tactics to improve.</p>	<p><b>OAA</b></p> <p><b>Skills covered:</b> Use information given by others to complete tasks and work collaboratively. Undertake more complex tasks. Take responsibility for a role in a task. Use knowledge of PE and physical activities to suggest design ideas &amp; amendments to games.</p>

	<p>Suggest, plan and lead simple drills for given skills.          Combine and perform more complex skills at speed in games.          Use set plays in game situation and explain when and why they are used.          Switch effectively as a team between defence and attack.</p>					<p><b>Athletics</b></p> <p><b>Skills covered:</b>          Become confident and expert in a range of techniques and recognise their success.          Apply strength and flexibility to a broad range of throwing, running and jumping activities.          Work in collaboration and demonstrate improvement when working with self and others.          Accurately and confidently judge across a variety of activities.</p>
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**Swimming**

Each year group will go swimming for 10 sessions each year. Refer to the Physical Education progression document for skills taught.