

PE Curriculum Overview 2022/23

	Autumn	Spring	Summer			
EYFS	<p>Fundamentals Unit 1 Get Set 4 PE</p> <ul style="list-style-type: none"> Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. Go up steps and stairs, or climb up apparatus, using alternate feet. Skip, hop, stand on one leg and hold a pose for a game like musical statues. Use large-muscle movements to wave flags and streamers, paint and make marks. <p>Fundamentals 2</p> <ul style="list-style-type: none"> Explore changing direction and dodging Discover how the body moves at different speeds Move with some control and balance Explore stability and landing safely Demonstrate control in take off and landing when jumping Begin to explore hopping in different directions Show co-ordination when turning a rope Use rhythm to jump continuously in a French rope 	<p>Introduction to PE Unit 1 and 2</p> <ul style="list-style-type: none"> Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. Develop overall body-strength, balance, co-ordination and agility. <p>Sending and Receiving</p> <ul style="list-style-type: none"> Send and receive a ball with feet Catch a ball with some success Roll a ball towards a target Throw a ball to a partner Track a ball that is coming towards them Work co-operatively with a partner. 	<p>Dance Unit 1</p> <ul style="list-style-type: none"> Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm. Progress towards a more fluent style of moving, with developing control and grace. Combine different movements with ease and fluency. <p>Target Games</p> <ul style="list-style-type: none"> Explore technique when throwing overarm towards a target Explore technique when throwing underarm towards a target Explore striking a ball with their hand and equipment 	<p>Gymnastics Unit 1</p> <ul style="list-style-type: none"> Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming. Combine different movements with ease and fluency. Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. Develop overall body-strength, balance, coordination and agility. <p>Team building</p> <ul style="list-style-type: none"> Suggest idea in response to a task Follow a path and lead others Communicate simple instructions and listen to others Identify when they were successful and make basic observations about how to improve 	<p>Ball Skills Unit 1</p> <ul style="list-style-type: none"> Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming. Combine different movements with ease and fluency. Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball. 	<p>Swimming Beginners</p> <ul style="list-style-type: none"> Begin to use arms and legs together more effectively across the water unaided Begin to explore breathing in sync with their kicking action Demonstrate an awareness of water safety and float on their front and on their back
Year 1	<p>Fundamentals</p> <ul style="list-style-type: none"> Explore changing direction and dodging Discover how the body moves at different speeds Move with some control and balance Explore stability and landing safely Demonstrate control in take off and landing when jumping Begin to explore hopping in different directions Show co-ordination when turning a rope Use rhythm to jump continuously in a French rope <p>Ball Skills</p> <ul style="list-style-type: none"> Roll and throw with some accuracy towards a target Begin to catch with two hands Catch after a bounce Track a ball being sent directly Begin to dribble with hands and feet 	<p>Gymnastics</p> <ul style="list-style-type: none"> Explore basic and still shapes straight, tuck, straddle, pike Perform balances making their body tense, stretched and curled Explore barrel, straight and forward roll progressions Explore shape jumps including jumping off low apparatus <p>Sending and Receiving</p> <ul style="list-style-type: none"> Send and receive a ball with feet Catch a ball with some success Roll a ball towards a target Throw a ball to a partner Track a ball that is coming towards them Work co-operatively with a partner. 	<p>Dance</p> <ul style="list-style-type: none"> Copy, remember and repeat actions to represent a theme. Explore creating their own actions in relation to a theme. Explore varying speeds to represent an idea Explore pathways within their performances Begin to explore actions and pathways with a partner Begin to use counts within their performance <p>Target Games</p> <ul style="list-style-type: none"> Explore technique when throwing overarm towards a target Explore technique when throwing underarm towards a target Explore striking a ball with their hand and equipment 	<p>Invasion</p> <ul style="list-style-type: none"> Explore S&R with hands and feet to a partner Explore dribbling with hands and feet Explore changing direction to move away from a partner Explore tracking and move to stay with a partner Recognise good space when playing games <p>Team building</p> <ul style="list-style-type: none"> Suggest idea in response to a task Follow a path and lead others Communicate simple instructions and listen to others Identify when they were successful and make basic observations about how to improve 	<p>Net and Wall</p> <ul style="list-style-type: none"> Explore hitting a dropped ball with a racket Throw a ball over a net to land into a court areas Explore underarm rallying with a partner Use the ready position to move towards a ball <p>Striking and Fielding</p> <ul style="list-style-type: none"> Explore striking a ball with their hand and equipment Develop tracking and retrieving a ball for their team Explore technique when throwing over and underarm Develop coordination and technique when catching 	<p>Athletics</p> <ul style="list-style-type: none"> Explore running at different speeds Develop balance whilst jumping and landing Explore hopping, jumping and leaping for distance Explore throwing for distance and accuracy <p>Swimming Beginners</p> <ul style="list-style-type: none"> Begin to use arms and legs together more effectively across the water unaided Begin to explore breathing in sync with their kicking action Demonstrate an awareness of water safety and float on their front and on their back
Year 2	<p>Fundamentals</p> <ul style="list-style-type: none"> Demonstrate balance when changing direction. Clearly show different speeds when 	<p>Gymnastics</p> <ul style="list-style-type: none"> Explore using shapes in different gymnastic balances Remember repeat and link 	<p>Dance</p> <ul style="list-style-type: none"> Accurately remember, repeat and link actions to express an idea Develop an understanding of 	<p>Fitness</p> <ul style="list-style-type: none"> Demonstrate improved technique when changing direction on the move Demonstrate increased balance 	<p>Net and Wall</p> <ul style="list-style-type: none"> Develop hitting a dropped ball over a net Accurately underarm throw over a 	<p>Swimming Beginners</p> <ul style="list-style-type: none"> Begin to use arms and legs together more effectively across the water unaided

	<p>running.</p> <ul style="list-style-type: none"> ● Demonstrate balance when performing movements ● Demonstrate jumping for distance, height and in different directions ● Demonstrate hopping for distance, height and in different directions ● Explore single and double bounce when jumping in a rope <p>Ball skills</p> <ul style="list-style-type: none"> ● Roll, throw and kick a ball to hit a target ● Develop catching a range of objects with two hands ● Catch with and without a bounce ● Consistently track and collect a ball being sent directly ● Dribble a ball with hands and feet with some control 	<p>combinations of gymnastic</p> <ul style="list-style-type: none"> ● Explore barrel straight and forward roll and put into sequence work ● Explore shape, jumps and take off combinations <p>Invasion</p> <ul style="list-style-type: none"> ● Develop S&R with increased control ● Explore dribbling with hands and feet with increasing control on the move ● Developing moving into space away from defenders ● Explore staying close to other players to try and stop them getting the ball ● Explore moving with a ball towards goal. 	<p>dynamics</p> <ul style="list-style-type: none"> ● Develop the use of pathways and travelling actions to include levels ● Explore working with a partner using unison, matching and mirroring ● Develop the use of facial expressions in their performance <p>Team Building</p> <ul style="list-style-type: none"> ● Begin to plan and with some success apply strategies to overcome a challenge ● Understand how to use, follow and create a simple diagram/ map ● Work co-opertatively with a partner and a small group ● Verbalise when they were successful and areas that they could improve 	<p>whilst travelling along and over equipment</p> <ul style="list-style-type: none"> ● Perform actions with increased control when co-ordinating their body with an without equipment ● can demonstrate running at different speeds ● demonstrate increased control in body weight exercise ● show an ability to work for longer periods of time <p>Target Games</p> <ul style="list-style-type: none"> ● Develop coordination ad technique when throwing overarm at a target ● Develop coordination and technique when throwing underarm at a target ● Develop striking a ball with equipment with some consistency. 	<p>net to a partner</p> <ul style="list-style-type: none"> ● Explore underarm rallying with a partner catchin after one bounce ● Consistently use the ready position to move towards the ball. <p>Striking and Fielding</p> <ul style="list-style-type: none"> ● Develop striking a ball with their hand and equipment with some consistency ● Understand that there are different roles within a fielding team ● Develop coordination and technique when throwing over and underarm ● Catch with two hands with some coordination and technique. 	<ul style="list-style-type: none"> ● Begin to explore breathing in sync with the kicking action ● Demonstrate an awareness of water safety and float on their front and back <p>Athletics</p> <ul style="list-style-type: none"> ● Develop sprinting action ● Develop jumping, hopping and skipping actions ● Explore safely jumping for distance and height ● Develop overarm throwing for distance
Year 3	<p>Fundamentals</p> <ul style="list-style-type: none"> ● Change direction quickly under pressure. Demonstrate when and how to accelerate and decelerate ● Demonstrate good balance and control when performing other fundamental skills. ● Link hopping and jumping actions with other fundamental skills. ● Consistently skip in a rope <p>Fitness</p> <ul style="list-style-type: none"> ● Show balance when changing direction at speed. ● Show control whilst completing activities which challenge balance ● Explore increased speed when coordinating their bodies ● Demonstrate improved sprinting technique ● Identify activities which help to strengthen different muscle groups ● Demonstrate using their breath to maintain their work rate.. 	<p>Gymnastics</p> <ul style="list-style-type: none"> ● Explore matching and contrasting shapes. ● Explore point and patch balances and transition smoothly into and out of them. ● Develop the straight, barrel, and forward roll. ● Develop stepping into shape jumps with control. <p>Dodgeball</p> <ul style="list-style-type: none"> ● Throw with increasing accuracy and success in game situations ● Catch with increasing consistency in game situations ● Explore striking techniques appropriate to the situation 	<p>Dance</p> <ul style="list-style-type: none"> ● Respond imaginatively to a range of stimuli related to character and narrative. ● Change dynamics confidently within a performance to express changes in character. ● Confidently use changes in level, direction and pathway ● Use action and reaction to represent an idea. ● Perform complex dances that communicate narrative and character well, performing clearly and fluently <p>Netball</p> <ul style="list-style-type: none"> ● Develop passing to a teammate using a variety of techniques appropriate to the game. ● Develop decision making around when to pass and when to shoot. ● Develop defending one on one and know when to win the ball. ● Move into space to help their team keep possession and score goals. 	<p>Tag Rugby</p> <ul style="list-style-type: none"> ● Develop passing to a teammate using a variety of techniques appropriate to the game ● Develop control whilst dribbling under pressure. ● Develop decision making around when to pass and when to shoot. ● Develop defending one on one and know when to win the ball. ● Move into space to help their team keep possession and score goals. <p>Tennis</p> <ul style="list-style-type: none"> ● Demonstrate increased technique when using shots both cooperatively and competitively. ● Develop technique in serving underarm with increased consistency. ● Develop rallying using both forehand and backhand with increased technique. ● Begin to use appropriate footwork patterns to move around the court. 	<p>Rounders</p> <ul style="list-style-type: none"> ● Move into space to help their team keep possession and score goals. ● Develop bowling with some consistency, abiding by the rules of the game. ● Use overarm and underarm throwing with increased consistency in game situations. ● Beginning to catch with one and two hands with some consistency in game situations <p>Ball Skills</p> <ul style="list-style-type: none"> ● Accurately use a range of techniques to send a ball to a target. ● Catch different sized objects with increasing consistency with one and two hands. ● Consistently track a ball sent directly and indirectly. ● Dribble a ball with increasing control and co-ordination. 	<p>Swimming</p> <ul style="list-style-type: none"> ● Explore technique for specific strokes to include head above water breaststroke, backstroke and front crawl ● Demonstrate improved breathing technique in front crawl ● Are comfortable with some personal survival techniques to include survival strokes such as sculling and treading water. <p>Athletics</p> <ul style="list-style-type: none"> ● Develop an understanding of speed and pace in relation to distance.. ● Develop power and speed in the sprinting technique. ● Develop technique when jumping for distance. ● Explore power and technique when throwing for distance in a pull and heave throw. <p>Cricket</p> <ul style="list-style-type: none"> ● Explore defensive and driving hitting techniques and directional batting. ● Develop over and underarm bowling technique. Select and apply long and short barriers appropriate to the situation ● Demonstrate clear technique when using a variety of throws under pressure ● Explore catching skills (close/deep and wicket keeping) and apply these with some consistency in game situations
Year 4&5	<p>Fitness</p> <ul style="list-style-type: none"> ● Demonstrate improved body posture and speed when changing direction ● Change their body position to 	<p>Gymnastics</p> <ul style="list-style-type: none"> ● Perform shapes consistently and fluently to a high standard, sometimes linked with other 	<p>Dance</p> <ul style="list-style-type: none"> ● Choreograph planned dances by using, adapting and developing actions and steps from different 	<p>Tag Rugby</p> <ul style="list-style-type: none"> ● Develop control when S&R under pressure. ● Explore creating tactics with others 	<p>Athletics</p> <ul style="list-style-type: none"> ● Apply fluency and coordination when running for speed in relay changeovers. 	<p>Swimming</p> <ul style="list-style-type: none"> ● Demonstrate increased technique in a range of strokes, swimming over a distance of 25m

	<p>maintain a controlled centre of gravity</p> <ul style="list-style-type: none"> ● Demonstrate increased speed when coordinating their bodies ● Identify the best pace for a set distance or time. ● Demonstrate increased technique in body weight exercises ● Use their breath to increase their ability to move for sustained periods of time. <p>Netball</p> <ul style="list-style-type: none"> ● Develop control when S&R under pressure. ● Explore creating tactics with others and applying them to game situations. ● Develop tracking and marking with a variety of techniques and increased success. ● Move to create space for themselves and others in their team. 	<p>gymnastic actions.</p> <ul style="list-style-type: none"> ● Explore progressions of a cartwheel. ● Explore symmetrical and asymmetrical balances. ● Develop control and fluency in the straight, barrel, forward, straddle and backward roll. ● Select a range of jumps to include in sequence work. <p>Dodgeball</p> <ul style="list-style-type: none"> ● Demonstrate clear technique when throwing under pressure ● Demonstrate good technique and consistency in catching under pressure 	<p>dance styles</p> <ul style="list-style-type: none"> ● Confidently use dynamics to express different dance styles ● Use direction and patterning to express different dance styles ● Confidently use formations, canon and unison to express a dance idea. ● Perform dances expressively, using a range of performance skills, showing accuracy and fluency <p>Football</p> <ul style="list-style-type: none"> ● Develop control when S&R under pressure ● Select and apply a variety of dribbling techniques to game situations ● Explore creating tactics with others and applying them to game situations. ● Developing tracking and marking with a variety of techniques and increased success ● Move to create space for themselves and others in their team. 	<p>and applying them to game situations</p> <ul style="list-style-type: none"> ● Develop tracking and marking with a variety of techniques and increased success. ● Move to create space for themselves and others in their team. <p>Badminton Y5/6</p> <ul style="list-style-type: none"> ● Develop the range of shots used in the games they play ● Develop their range of serving techniques appropriate to the game they are playing ● Use a variety of shots to keep a continuous rally. ● Demonstrate effective footwork patterns to move around the court. 	<ul style="list-style-type: none"> ● Effectively apply speeds appropriate for the even ● Develop power, control and consistency in jumping for distance. ● Explore technique and rhythm in the triple jump. ● Develop technique and power in javelin and shot put. <p>Tennis</p> <ul style="list-style-type: none"> ● Develop the range of shots used in the games they play ● Develop their range of serving techniques appropriate to the game they are playing ● Use a variety of shots to keep a continuous rally ● Demonstrate effective footwork patterns to move around the court. 	<ul style="list-style-type: none"> ● Explore underwater breaststroke breathing technique over a distance of 25m ● Demonstrating a good understanding of water safety. Explore safety techniques to include the HELP and huddle positions <p>Cricket</p> <ul style="list-style-type: none"> ● Explore defensive and driving hitting techniques and directional batting. ● Develop over and underarm bowling technique. Select and apply long and short barriers appropriate to the situation ● Demonstrate clear technique when using a variety of throws under pressure ● Explore catching skills (close/deep and wicket keeping) and apply these with some consistency in game situations <p>Athletics</p> <ul style="list-style-type: none"> ● perform jumps for distance using good technique ● select and apply pace for running ● accuracy and technique for throwing
Year 6	<p>Hockey</p> <ul style="list-style-type: none"> ● develop dribbling , passing, receiving and shooting with increased control ● use marking, tackling and interception to improve defence ● work collaboratively to create tactics <p>Fitness</p> <ul style="list-style-type: none"> ● running techniques ● identify areas for improvement ● understand components of fitness ● understand different areas of fitness and how they help in different activities 	<p>Volleyball</p> <ul style="list-style-type: none"> ● select appropriate shots for the situation ● use running, jumping, throwing and catching in isolation and combination ● play competitive games <p>Gymnastics</p> <ul style="list-style-type: none"> ● combine and perform gymnastic actions, shapes and balances with control and fluency ● create and perform sequences using compositional devices to improve the quality ● work collaboratively with others to create a sequence ● understand what counter balance and counter tension is 	<p>Dance</p> <ul style="list-style-type: none"> ● choreograph a dance and work safely using a prop ● perform dances confidently and fluently with accuracy and good timing ● refine actions, dynamics and relationships to show ideas, emotions, feelings and characters ● use feedback to evaluate using appropriate language <p>Basketball</p> <ul style="list-style-type: none"> ● dribble, pass, receive and shoot the ball with increasing accuracy ● work collaboratively to create tactics with team ● create and use space to help the team 	<p>Tennis</p> <ul style="list-style-type: none"> ● select appropriate shots for the situation ● demonstrate a variety of footwork patterns ● apply a range of shots to keep a continuous rally ● serve accurately a consistently <p>OAA</p> <ul style="list-style-type: none"> ● orientate a map effectively to navigate around a course ● pool ideas in a group, applying and selecting the best method to solve a problem ● use critical thinking skills to form ideas and strategies to solve challenges ● work effectively with a partner and a group to solve challenges 	<p>Golf</p> <ul style="list-style-type: none"> ● identify different areas of golf course ● show control of distance when chipping and putting ● use a wider range of skills with increasing control under pressure <p>Handball</p> <ul style="list-style-type: none"> ● use running, jumping, throwing and catching in isolation and in combination ● play competitive games ● dribble consistently using a range of techniques ● creating attacking tactics with others ● creating and applying defending tactics ● move to the correct space when transitioning from attack to defense 	<p>Cricket</p> <ul style="list-style-type: none"> ● Explore defensive and driving hitting techniques and directional batting. ● Develop over and underarm bowling technique. Select and apply long and short barriers appropriate to the situation ● Demonstrate clear technique when using a variety of throws under pressure ● Explore catching skills (close/deep and wicket keeping) and apply these with some consistency in game situations <p>Athletics</p> <ul style="list-style-type: none"> ● perform jumps for distance using good technique ● select and apply pace for running ● accuracy and technique for throwing <p>Swimming</p> <ul style="list-style-type: none"> ● Swim confidently and proficiently over a distance of at least 25m ● use a range of strokes effectively ● perform safe self rescue in different water-based situations