



Overview of PE curriculum

	Autumn Term	Spring Term	Summer Term
Class 1 (Reception/Year 1)	Games (spatial awareness/aiming at a target – throwing) Gymnastics	Dance Games (spatial awareness/ aiming at a target - kicking)	OAA (Outdoor Adventurous Activities) Athletics
Class 2 (Year 1/2)	Games (passing and receiving skills) Gymnastics	Dance Games (bat and ball skills)	OAA (Outdoor Adventurous Activities) Athletics
Class 3 (Year 3/4)	Games (invasion games -netball/hockey) Gymnastics Swimming	Dance Games (cricket – cycle A/ tag rugby – cycle B) Swimming (until February half term)	OAA (Outdoor Adventurous Activities) Games (net/wall games/mini-tennis – cycle A/football – cycle B) Athletics
Class 4 (Year 5/6)	Games (invasion games – football –cycle A/tag rugby – cycle B) Gymnastics	Dance Games (striking and fielding games – cricket – cycle A/hockey Cycle B) Swimming (from February half-term)	OAA (Outdoor Adventurous Activities) - Orienteering Games (net/wall games – mini-tennis – cycle A/netball – cycle B) Athletics Swimming

	Autumn Term	Spring Term	Summer Term
Class 1	<u>Games:</u> To understand space and how to use it during physical activity To practice throwing different size balls	<u>Dance:</u> Exploring different actions using different body parts and movement patterns. To begin to develop and understanding of	<u>OAA</u> To experience OAA which explore different skills in communication, team work and problem solving. Following

	<p>using both hands To be able to roll a ball with increasing accuracy towards a target using both hands</p> <p><u>Gymnastics:</u> To learn to use the available space To travel in different ways To learn about balance and to practice balancing on different body parts To practice rolling and jumping in different ways and to perform these skills in a simple sequence To begin to appreciate why exercise is important and how it can benefit the human body</p>	<p>tempo and choosing actions to suit the musical accompaniment</p> <p><u>Games:</u> To understand space and use it during physical activity and simple games To develop ball skills; to practice ball skills, dribbling using both feet</p>	<p>instructions and using available space.</p> <p><u>Athletics</u> Developing skills in running, jumping and throwing. Working as an individual and in team situations to achieve personal bests.</p>
Class 2	<p><u>Games:</u> To practice and develop throwing and kicking skills with both hands or feet using a range of different size balls and objects To work on aiming at targets when throwing or kicking objects To introduce simple tactics and defence strategies when playing simple competitive games</p> <p><u>Gymnastics:</u> To develop balancing, rolling, travelling and jumping skills to link together in a sequence, working both on the floor and the apparatus. To understand the importance of warming and cooling down after taking part in exercise.</p> <p><u>Dance:</u></p>	<p><u>Dance:</u> To create a sequence of movements in response to stimuli to express thoughts, ideas, moods and feelings To be able to copy, repeat and remember movements, linking actions more fluently and with control and co-ordination</p> <p><u>Games:</u> Bat and ball games Work on developing co-ordination and skills when using bats and balls. To use simple tactics and strategies in competitive situations</p>	<p><u>OAA:</u> To take part in OAA activities which explore different skills in team work, problem solving and communication, following instructions and recognising space. Children will learn how to follow a simple map/plan to complete activities and recognise simple symbols to find given objects.</p> <p><u>Athletics:</u> To develop skills in running, jumping and throwing. Working as an individual and improving their own performance and skills. Learning to work successfully as a team and compete against others in competitions.</p>

<p>Class 3</p>	<p><u>Games:</u> (Netball or hockey) Invasion games to practice different ways of passing and moving a ball and to understand which passes to use in different situations To understand how to attack and defend the ball in a game situation To take part in a range of invasion games using simple tactics and defence strategies</p> <p><u>Gymnastics:</u> To develop balancing, rolling, travelling and jumping skills to link together in a sequence, working both on the floor and the apparatus. To understand the importance of warming and cooling down after taking part in exercise.</p>	<p><u>Dance:</u> To use music to inspire movement and create a mood. To perform a range of actions with a range of dynamics, control and fluency. To learn how to portray characters and use this in a performance. To compare their performances with previous ones and demonstrate improvement.</p> <p><u>Games:</u> (Cricket or Tag Rugby) To be able to throw and catch a ball with increased accuracy and control. To learn how to bowl a ball using different techniques. To develop co-ordination when striking with a bat. To practice different ways of passing and moving a ball and understand which passes to use in different situations To develop tactics and strategies in competitive situations, both individually and as part of a team.</p> <p><u>Swimming:</u> To work towards swimming confidently and competently a distance of at least 25 metres without the aid of buoyancy aids To use a range of strokes effectively.</p>	<p><u>OAA:</u> To take part in outdoor and adventurous activities which explore different skills in communication, team work, following instructions and recognising space. To be able to follow symbols and plans and be able to find given objects/locations.</p> <p><u>Games:</u> (Mini-tennis or football) Develop skills when playing net/wall games with a focus on developing hand/eye co-ordination and accuracy when aiming for a target. To be able to pass a ball accurately with both feet To be able to score points/goals from both stationary and moving positions To apply the basic principles of attacking and defending To play mini-tennis/football in competitive situations individually as part of a team.</p> <p><u>Athletics:</u> To be able to take part in running activities for appropriate sustained periods of time. To develop skills in field event activities; throwing and jumping. To compete as an individual and work successfully as a team to beat competition.</p>
<p>Class 4</p>	<p><u>Gymnastics:</u> To continue to develop strength, flexibility, balance and control through</p>	<p><u>Dance:</u> To use their imagination to create a sequence of movements both as individual and as part</p>	<p><u>Games:</u> (mini-tennis or netball) To develop skills in net sports concentrating on improving hand/eye co-</p>

	<p>gymnastic activities To work on balances and counter balances with a partner in both weight bearing and non-weight bearing positions. To work on flight and moving with control in different aerial positions.</p> <p><u>Games:</u> (Football or tag rugby) Invasion games To participate in team games, developing simple tactics for attacking and defending To learn different defensive and attacking positions in a range of games To work towards scoring and defending goals from stationary and moving positions To engage in competitive team situations.</p>	<p>of a group. To learn to communicate the artistic intention of a dance clearly and musically To perform dances using a range of movement patterns To compare their performances with previous ones and demonstrate improvement.</p> <p><u>Games:</u> (Cricket or hockey) To continue to develop and improve skills and co-ordination when striking using a bat or stick To learn how to bowl using a variety of techniques To learn how to pass a ball effectively between one player and another Explore different positions and roles in the sports To develop team and leadership qualities To work on developing strategies and tactics in competitive situations.</p> <p><u>Swimming:</u> To work towards swimming confidently and competently a distance of at least 25 metres without the aid of buoyancy aids To use a range of strokes effectively.</p>	<p>ordination and accuracy when aiming at a target To practice and be able to score goals in netball/points in tennis To developing simple tactics for attacking and defending To understand the different roles and positions within a netball team To engage in competitive team sports <u>OAA:</u> (Orienteering) To take part in OAA both individually and within a team To explore different skills in communication, team work, giving and following instructions and recognising space To take part in orienteering activities within the school grounds; using symbols and finding giving locations</p> <p><u>Athletics:</u> To develop flexibility, strength and control when taking part in track or field events To continue to develop skills in running, jumping and throwing To be able to run for appropriate, sustained periods of time To demonstrate improvement to achieve their personal best</p> <p><u>Swimming:</u> To work towards swimming confidently and competently a distance of at least 25 metres without the aid of buoyancy aids To use a range of strokes effectively.</p>
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