



PE Curriculum Overview



	Term 1		Term 2		Term 3		Term 4		Term 5		Term 6	
	A	B	A	B	A	B	A	B	A	B	A	B
EYFS	Co-operation and Moving		Ball Skills and Wheeled Toys		Moving to Music		Balance		Obstacles		Team Games	
Year 1/2	Exploring Movements (FUNdamentals)	Ball Control (Invasion)	Gymnastics (Balance and agility/ position and direction)	Gymnastics (Jump into the past)	Dance	Dance	Rolling, Bouncing, Throwing and Catching	Balance and Control - Striking	Net Games Bats and Balls	Partner Games (Strike and field)	Athletics (Fun with quoites and cones)	Running and Jumping (Athletics)
Year 3/4	Passing for Possession (Invasion)	Invasion (Tag rugby)	Gymnastics (Symmetrical shapes)	Gymnastics (Travelling)	Dance	Dance	Over the Net (Net)	Dribbling to Invade (Hockey and football)	Striking and Exploring (Striking and fielding)	Quidditch	Being an Athlete (Athletics)	Thinking aloud (Outdoor adventure)
Year 5/6	Flag Football (Invasion)	Rules and Concepts (Invasion – netball and football)	Gymnastics	Gymnastics	Dance	Dance	Accuracy and Rallies (Net games)	Invasion in a Team (Football and Hockey)	Exploring, Striking and Fielding	Striking and Fielding - Cricket	Olympic Training (Athletics)	Leadership – Outdoor adventure.

The children in Years 3 & 4 attend swimming lessons in the spring and summer terms, along with any children in Y5 & 6 who are unable to swim.

National Curriculum Subject Content

Key Stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident, and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and with others) and cooperative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination and begin to apply these in a range of activities.
- Participate in team games, developing simple tactics for attacking and defending.
- Perform dances using simple patterns.

Key Stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught about:

- Use running, jumping, throwing and catching in isolation and in combination.
- Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
- Perform dances using a range of movement patterns.
- Take part in outdoor and adventurous activity challenges both individually and within a team.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

	<p>Swimming and Water Safety</p> <ul style="list-style-type: none">• Swim competently, confidently and proficiently over a distance of at least 25 metres.• Use a range of strokes effectively.• Perform safe self-rescue in different water based situations.
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EYFS	
<p>Children in the EYFS will be learning to:</p> <ul style="list-style-type: none">• Experiment with different ways of moving.• Jump off an object and land appropriately.• Negotiate space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.• Travel with confidence and skills around, over, under and through balancing and climbing equipment.• Show increasing control over an object in pushing, patting, throwing or kicking it.• Show good control and coordination in large and small movements.• Know the importance for good health of physical exercise and a healthy diet, and talk about ways to keep healthy and safe.	