



# PE Curriculum Overview 2023/2024

TERM	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Focus:</b>	<ul style="list-style-type: none"> <li>Develop overall body-strength, balance, coordination and agility</li> <li>Develop the overall body strength, coordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming..</li> <li>Combine different movements with ease and fluency</li> </ul>	<ul style="list-style-type: none"> <li>Combine different movements with ease and fluency</li> <li>Progress towards a more fluent style of moving, with developing control and grace.</li> <li>Start taking part in some group activities which they make up for themselves, or in teams.</li> <li>Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm.</li> </ul>	<ul style="list-style-type: none"> <li>Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.</li> <li>Develop overall body-strength, balance, coordination and agility.</li> <li>Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width.</li> </ul>	<ul style="list-style-type: none"> <li>Develop overall body-strength, balance, coordination and agility.</li> <li>Develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.</li> <li>Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</li> <li>Show a preference for a dominant hand..</li> </ul>	<ul style="list-style-type: none"> <li>Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.</li> <li>Develop overall body-strength, balance, coordination and agility</li> <li>Go up steps and stairs, or climb up apparatus, using alternate feet.</li> </ul>	<ul style="list-style-type: none"> <li>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.</li> <li>Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width.</li> <li>Start taking part in some group activities which they make up for themselves, or in teams.</li> </ul>
<b>Reception</b>	<b>Dance - Dinosaurs</b>	<b>Dance – Dance ‘Till You Drop</b>	<b>Gymnastics – In the Jungle</b>	<b>Ball fun!</b>	<b>Gymnastics – Jumps and Rolls</b>	<b>The Olympics</b>
<b>Concepts and skills taught:</b>	<ul style="list-style-type: none"> <li>Spatial awareness</li> <li>Develop the ability to create movements to music.</li> <li>Create their own set of dinosaur movements.               <ul style="list-style-type: none"> <li>Turn these movements into short motifs and link to create a class dance.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Spatial awareness</li> <li>Build up a repertoire of songs and simple dances.</li> <li>Confidence to perform these dances in a group.</li> <li>Adapt and change each dance thinking about the mood and style.</li> <li>Develop a range of different moves for each dance.</li> </ul>	<ul style="list-style-type: none"> <li>Balance and coordination</li> <li>Move and balance like different jungle animals.</li> <li>Experiment with moving around, under, through and over small and large equipment.</li> <li>Create their own gymnastic sequence.</li> </ul>	<ul style="list-style-type: none"> <li>Hand-eye coordination</li> <li>Practise and develop skills which include controlling a ball, rolling and throwing a ball, bouncing a ball, kicking a ball, catching a ball and striking a ball.</li> <li>Develop individual skills, as well as learning how to play a few simple games and become part of a team</li> </ul>	<ul style="list-style-type: none"> <li>Balance and coordination</li> <li>Jumping, balance and rolling</li> <li>Perform different types of jumps and balances on the floor and on different gymnastics equipment.</li> <li>Learn different types of rolls, which they will practise and perform in the gymnastic sequences they create.</li> </ul>	<ul style="list-style-type: none"> <li>Hand-eye coordination</li> <li>Practise a range of skills, using different equipment.</li> <li>Throw, run and jump in a range of different ways.</li> <li>Learning will be linked to a range of Olympic sports.</li> <li>Take part in an Olympic multi-skills competition.</li> </ul>

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
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# PE Curriculum Overview 2023/2024

FOCUS:	Travelling and Balance	Travel + Balance and Racket Skills	Body Shapes and Striking + Fielding Skills	Body Shapes + Balances and Invasion Skills	Balancing and Invasion Skills	Teamwork and Leadership
Autumn 1	1. Gymnastics – Travelling 2. Balancing Beanbags	1. Gymnastics – Travelling and Balance 2. Tennis (Racket Skills)	1. Gymnastics – Body Shapes 2. Cricket (Striking and Fielding Skills)	1. Gymnastics – Body Shapes + Balancing/Counter Balancing. 2. Netball (Invasion Games)	1. Gymnastics – Balancing (Apparatus Work – Horse and Beam) 2. Basketball (Invasion Games)	1. Gymnastics – Sequence Development (Focus on Teamwork/Leadership) 2. Invasion Games Skills
Concepts and skills taught:	<ul style="list-style-type: none"> <li>Move confidently and safely using change of speed, level and direction.</li> <li>Copy/create movement phrases with beginnings, middles and ends.</li> <li>Balance beanbags on different body parts – progress onto travelling whilst balancing beanbags.</li> </ul>	<ul style="list-style-type: none"> <li>Move confidently and safely using change of speed, level and direction.</li> <li>Copy/mirror/create balances and movement phrases.</li> <li>Improve coordination and control of body using equipment.</li> <li>To remember, repeat and link combinations of skills.</li> </ul>	<ul style="list-style-type: none"> <li>Explore and experiment with body shapes (e.g. letters).</li> <li>Create and perform a short sequence of shapes on their own and with a partner.</li> <li>Develop batting and fielding skills.</li> </ul>	<ul style="list-style-type: none"> <li>Develop shapes into a gymnastics sequence using balance and counter balance.</li> <li>Working individually/in pairs/groups.</li> <li>Ball aim and control.</li> <li>Passing/receiving, marking/defending and shooting.</li> </ul>	<ul style="list-style-type: none"> <li>To develop shapes and partner balances accurately.</li> <li>To combine and perform gymnastic actions and shapes more fluently and effectively.</li> <li>To choose, combine and perform skills more fluently and effectively in games.</li> </ul>	<ul style="list-style-type: none"> <li>To create sequences that include a wide range of gymnastics actions, shapes and balances (on floor and apparatus).</li> <li>To adapt sequences by understanding, choosing and applying a range of compositional ideas.</li> <li>Use a variety of elements that they have learned over the course of their gymnastics lessons.</li> <li>Passing/receiving, marking/defending and shooting.</li> </ul>
FOCUS:	Movement and Aim + Control	Movement and Footwork	Movement + Coordination and Invasion Skills	Stamina and Invasion Skills	Sequences and Invasion Skills	Stamina and Control
Autumn 2	1. Dance - The Magic Toys 2. Beanbag Skills - Throwing and Catching	1. Life-Cycle Dances – Plants 2. Football Skills (Dribbling/Travelling)	1. Keep Fit 2. Netball (Developing Invasion Skills)	1. Keep Fit 2. Basketball (Developing/Consolidating Skills)	1. Street Dance 2. Football (Invasion Games)	1. Box Fit 2. Hockey
Concepts and skills taught:	<ul style="list-style-type: none"> <li>Balance and movement</li> <li>Explore gymnastics actions and still shapes</li> <li>Show control and accuracy with the basic actions for underarm throwing and kicking.</li> <li>Understand the concepts of aiming and taking the beanbag to a good position for aiming.</li> </ul>	<ul style="list-style-type: none"> <li>Good quality movement (levels – high/middle/low)</li> <li>Understand the concept of aiming and taking the ball to a good position for aiming.</li> <li>Perform a range of kicking and gathering skills with control.</li> </ul>	<ul style="list-style-type: none"> <li>Building stamina</li> <li>Control/speed/stamina/weights.</li> <li>Passing/receiving, marking/defending and shooting</li> <li>Working individually/in pairs/groups</li> </ul>	<ul style="list-style-type: none"> <li>Control/direction/speed/stamina /beep test.</li> <li>To develop the range and consistency of their passing and receiving skills.</li> <li>To develop their attacking and defending skills.</li> </ul>	<ul style="list-style-type: none"> <li>To create and structure motifs and phrases.</li> <li>To compose dances by using, adapting and developing steps.</li> <li>Understand and apply a range of tactics and strategies for defence and attack.</li> <li>To choose, combine and perform skills more fluently and effectively in a mini version of football.</li> </ul>	<ul style="list-style-type: none"> <li>To understand boxing stance and foot placement determine the effectiveness of offense, defence and footwork.</li> <li>To increase stamina through skipping, jogging and pad work.</li> <li>To perform the beep test at a faster rate.</li> <li>Dribble/mark/pass/receive/shoot.</li> </ul>
FOCUS:	Movement/Sequence and Throwing + Catching	Sequences + Apparatus and Early Ball Skills	Travel + Movement and Tennis Skills	Balance and Resilience	Canon + Unison and Striking + Fielding Skills	Balance, Footwork and Decision Making Skills
Spring 1	1. Gymnastics – Movement and Sequence 2. (Small) Ball Skills – throwing/catching using bounce.	1. Gymnastics – Sequences and Apparatus 2. Netball (Early Ball Skills)	1. Gymnastics – Travelling and Movement 2. Tennis (Net and Wall)	1. Gymnastics – Balance and Beam 2. Circuit Training (Resilience)	1. Gymnastics – Canon and Unison 2. Softball (Striking and Fielding Games)	1. Fencing 2. Obstacle Course
Concepts and skills taught:	<ul style="list-style-type: none"> <li>Move confidently and safely in their own and general space, using change of speed and direction.</li> <li>Perform movement phrases using a range of actions and body parts.</li> <li>Throwing/catching (using bounce progressing to without).</li> </ul>	<ul style="list-style-type: none"> <li>Perform movement phrases with control and accuracy.</li> <li>Manage the space safely, showing good awareness of each other, mats and apparatus.</li> <li>Develop passing, receiving, aiming and shooting skills.</li> </ul>	<ul style="list-style-type: none"> <li>Explore different methods of travelling using speed/levels and actions.</li> <li>Improve coordination and control of body using equipment.</li> <li>Consolidate and develop the range and consistency of skills.</li> </ul>	<ul style="list-style-type: none"> <li>Link shapes and balances into short sequences.</li> <li>Consolidate and improve the quality of body shapes and balances, and transfer these onto apparatus.</li> <li>Building stamina</li> </ul>	<ul style="list-style-type: none"> <li>To perform movements in canon and unison and incorporate them into their sequences.</li> <li>To make use of changes in speed, level and direction in their work and apply their own compositional ideas to the sequences they create.</li> <li>To use and adapt rules for softball, using their knowledge of the basic principles of batting and fielding.</li> </ul>	<ul style="list-style-type: none"> <li>Offensive and defensive techniques - attack, lunge, parry</li> <li>Learning and development of core footwork and balance skills.</li> <li>Learning and development of blade skills and correct use of distance and timing.</li> <li>Use of attacks, defence and preparations.</li> <li>Learning of elementary, tactical and decision making skills.</li> <li>verbal/written directions</li> <li>Creating obstacle courses - matching skills to different sports</li> </ul>
FOCUS	Coordination	Movement + Coordination and Early Ball Skills	Stamina and Navigation	Coordination and Striking and Fielding Skills	Stamina and Striking + Fielding Skills	
Spring 2	1. Dance – Animals 2. Football (Early ball skills)	1. Dance – Colours and Moods 2. Basketball (Early Ball Skills)	1. Dance - Romans 2. Orienteering	1. Dance – Salsa 2. Softball (Developing/Consolidating Skills)	1. Box Fit 2. Cricket (Striking and Fielding Games)	1. Dance - Haka 2. Striking and Fielding Skills
Concepts and skills taught:	<ul style="list-style-type: none"> <li>Explore movement ideas and respond imaginatively to stimuli.</li> <li>Explore, remember, repeat and link a range of actions with coordination.</li> <li>Understand the concept of tracking, and get in line with the ball to receive it.</li> </ul>	<ul style="list-style-type: none"> <li>Use simple dance vocabulary to describe movement, dance phrases and expressive qualities.</li> <li>Respond to stimuli with a range of actions and begin to link colours to feelings and movement.</li> <li>Use a range of passing, receiving, aiming and shooting skills with control (progress onto travelling with ball).</li> </ul>	<ul style="list-style-type: none"> <li>Stance/footwork/position/stamina</li> <li>To work together and take turns in different roles.</li> <li>To hold a plan and orientate themselves successfully</li> <li>To solve simple challenges, using orienteering conventions.</li> <li>Teamwork/group work.</li> </ul>	<ul style="list-style-type: none"> <li>Control/direction/shape/speed.</li> <li>Unison/coordination/working in pairs.</li> <li>To consolidate and develop the range and consistency of their skills in striking and fielding games.</li> </ul>	<ul style="list-style-type: none"> <li>Stance/footwork/position/stamina</li> <li>To work together and take turns in different roles.</li> <li>Work as a team in small competitive games.</li> <li>To develop the range and consistency of their skills in striking and fielding games.</li> </ul>	<ul style="list-style-type: none"> <li>Stance/footwork/position</li> <li>Unison/coordination/working in pairs.</li> <li>To consolidate and develop the range and consistency of their skills in striking and fielding games.</li> </ul>
FOCUS	Stamina and Coordination + Control	Floor Work and Coordination + Control	Striking + Fielding Skills and Throwing	Stamina and Positioning	OAA + Coordination	Invasion Game Skills
Summer 1	1. Keep Fit 2. Softball Tennis (Early net and wall skills)	1. Gymnastics – Floor Work 2. Invasion Games (Early Game Skills)	1. Rounders (Striking and Fielding Skills) 2. Badminton	1. Box Fit 2. Athletics – Types of Jump	1. Orienteering 2. Athletics – Running and Jumping	1. Tag Rugby 2. Handball



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<b>Concepts and Skills taught:</b>	<ul style="list-style-type: none"> <li>• Footwork/position Control/direction/speed/stamina</li> <li>• Improve coordination and control of body using equipment.</li> </ul>	<ul style="list-style-type: none"> <li>• Improve control of body by creating shapes (e.g. bridges). Explore, remember, repeat and link a range of actions with coordination.</li> <li>• Improve coordination using equipment.</li> </ul>	<ul style="list-style-type: none"> <li>• To consolidate and develop the range and consistency of their skills in striking and fielding games.</li> <li>• To use their bodies and equipment with greater control and coordination.</li> <li>• To develop the accuracy of their throwing skills at targets.</li> <li>• To control a shuttlecock with a racket and develop rallying skills with a partner.</li> </ul>	<ul style="list-style-type: none"> <li>• Stance/footwork/position. Learn to jump and land safely and with control, using different jumps.</li> <li>• Positioning/take off/action in air/landing.</li> </ul>	<ul style="list-style-type: none"> <li>• Reading features on a map</li> <li>• Following a compass bearing</li> <li>• To develop the consistency of their running techniques.</li> <li>• To increase the number of techniques they use for jumping.</li> <li>• To choose appropriate techniques for specific events.               <ul style="list-style-type: none"> <li>•</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Develop the range and constancy of passing and receiving skills.</li> <li>• Develop a broader range of techniques for attacking and defending.</li> <li>• Understand and apply a range of tactics and strategies for defence and attack.</li> </ul>
<b>Focus</b>	<b>Movement and Direction + Control</b>	<b>Stamina and Coordination + Control</b>	<b>Basic Cycling Skills and Stamina</b>	<b>Net and Wall Game Skills and Navigation</b>	<b>Net and Wall Game Skills and Throwing + Stamina/Control</b>	<b>Striking and Fielding Skills</b>
<b>Summer 2</b>	<ol style="list-style-type: none"> <li>1. Dance – Weather and Seasons</li> <li>2. Athletics – Running and Jumping</li> </ol>	<ol style="list-style-type: none"> <li>1. Keep Fit</li> <li>2. Athletics – Running and Jumping + Change of Direction</li> </ol>	<ol style="list-style-type: none"> <li>1. Seated volleyball</li> <li>2. Athletics – Sprints and Relays</li> </ol>	<ol style="list-style-type: none"> <li>1. Tennis (Net and Wall Games)</li> <li>2. Orienteering (Obstacle Challenge, Crossing the Swamp, etc.)</li> </ol>	<ol style="list-style-type: none"> <li>1. Badminton (Net and Wall Games)</li> <li>2. Ultimate Frisbee</li> </ol>	<ol style="list-style-type: none"> <li>1. Rounders</li> <li>2. Athletics</li> </ol>
<b>Concepts and Skills taught:</b>	<ul style="list-style-type: none"> <li>• Copy and explore basic body actions demonstrated by the teacher.</li> <li>• Explore actions in response to stimuli</li> <li>• Copy, watch and describe dance movements or phrases.</li> <li>• Speed/direction/footwork/position</li> </ul>	<ul style="list-style-type: none"> <li>• Footwork/position/skipping</li> <li>• Types of jump</li> <li>• Speed/direction/control</li> </ul>	<ul style="list-style-type: none"> <li>• Braking, pedalling and balance.</li> <li>• Footwork/position</li> <li>• Control/direction/speed</li> <li>• Practise running effectively, swinging arms and lifting knees high.</li> </ul>	<ul style="list-style-type: none"> <li>• Use throwing, catching and racket skills in net games.</li> <li>• Play net games on courts, competing against another team and scoring points.</li> <li>• Follow a simple orienteering course around the school grounds.</li> <li>• To choose and apply strategies and skills to meet the requirements of a task or challenge.</li> </ul>	<ul style="list-style-type: none"> <li>• To control a shuttlecock with a racket and develop rallying skills with a partner.</li> <li>• To use a range of tactics, choosing different shots to hit the shuttlecock into the court.</li> <li>• To develop the accuracy and consistency of overarm throwing.</li> <li>• To increase the number of techniques used for throwing.</li> </ul>	<ul style="list-style-type: none"> <li>• To develop the range and consistency of their skills in striking and fielding games.</li> <li>• To use and adapt rules for rounders, using knowledge of the basic principles of batting and fielding.</li> <li>• To choose and use a range of tactics and strategies when batting and fielding.               <ul style="list-style-type: none"> <li>• Play games in teams.</li> </ul> </li> </ul>