

Physical Education Curriculum Overview

	Autumn Term		Spring Term		Summer Term	
	1 st Half	2 nd Half	1 st Half	2 nd Half	1 st Half	2nd Half
Reception	Stability, Locomotion and Object Control		Stability, Locomotion and Object Control OAA		Stability, Locomotion and Object Control Athletics	
Years 1	Locomotion, Stability and Object Control					
	Games Fundamental Movement Games	Games Ball Skills	Games Sending and Receiving	Games Invasion games	Athletics	
	Health and Fitness (Yoga, SAQ, Cross Country, circuits)/ Gymnastics Making Shapes (Core Skill)	Dance Story Book Approach	Gymnastics Family of Actions (Core Skill)	Dance Country Dancing	Outdoor and Adventurous Activities	Games – strike and field
National Curriculum Link	master basic movements including running, jumping, throwing and catching develop balance, agility and co-ordination, 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 movement patterns Master basic movements, developing balance, agility and co-ordination.					
Year 2	Games Fundamental Movement Games	Ball Skills	Invasion Games	Target Games	Athletics	
	Health and Fitness (Yoga, SAQ, Cross Country, circuits)	Gymnastics Rocking and Rolling	Dance A trip to...	Gymnastics Balancing Act (Core Task)	Outdoor and Adventurous Activities	Strike and Field Games
National Curriculum Link	master basic movements including running, jumping, throwing and catching develop balance, agility and co-ordination, 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 movement patterns					

<p>Years 3</p>	<p>Invasion Games Tag Rugby, hockey and Handball based</p>	<p>Invasion Games Netball and Basketball based</p>	<p>Gymnastics</p>	<p>Target Games</p>	<p>Athletics</p>	<p>Net and wall games</p>
	<p>3F Health and Fitness (Yoga, SAQ, Cross Country, circuits) 3W Swimming</p>	<p>3F Dance 3W Swimming</p>	<p>3F Swimming 3W Health and Fitness (Yoga, SAQ, Cross Country, circuits)</p>	<p>3F Swimming 3W Dance</p>	<p>Outdoor and Adventurous Activities</p>	<p>Striking and fielding games</p>
<p>National Curriculum Link</p>	<p>use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis] apply basic principles suitable for attacking and defending develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] 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 swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations</p>					
<p>Years 4</p>	<p>Invasion Games Tag Rugby and Football based</p>	<p>Dance Country Dancing</p>	<p>Gymnastics Double Take (Core Skill)</p>	<p>Invasion Games Hockey/Handball based</p>	<p>Net and Wall Games</p>	<p>Striking and Fielding Games</p>
	<p>Health and Fitness (Yoga, SAQ, Cross Country, circuits)</p>	<p>Target Games</p>	<p>Invasion Games Netball/Basketball based</p>	<p>Outdoor and Adventurous Activities</p>	<p>Athletics</p>	
<p>National Curriculum Link</p>	<p>use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis] apply basic principles suitable for attacking and defending develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] 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>					
<p>Year 5</p>	<p>Basketball/Netball</p>	<p>Tag Rugby/Handball</p>	<p>Outdoor and Adventurous</p>	<p>Gymnastics Acrobatic</p>	<p>Tennis</p>	<p>Rounders</p>

			Activities	Gymnastics (Core Skill)		
	Tchoukball	Pop Lacrosse	Dance Year Group Topic Approach (Indoor athletics – 2 lessons)	Cricket	Athletics	Golf
National Curriculum Link	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis]</p> <p>apply basic principles suitable for attacking and defending</p> <p>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</p> <p>perform dances using a range of movement patterns</p> <p>take part in outdoor and adventurous activity challenges both individually and within a team</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>					
Years 6	Netball/Basketball	Tag Rugby	Football	Cricket	Tennis	Rounders
	Tchoukball	Hockey	Orienteering (Indoor athletics - 2 lessons)	Dance Exam Dance (Core Task)	Athletics	Spikeball
National Curriculum Link	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis]</p> <p>apply basic principles suitable for attacking and defending</p> <p>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</p> <p>perform dances using a range of movement patterns</p> <p>take part in outdoor and adventurous activity challenges both individually and within a team</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>					