

Physical Education Curriculum Overview



EYFS						
Unit of work	Games – Basic ball skills	Dance	Gymnastics / Yoga	Games – Target and catching	Athletics	Bat and ball – striking skills
Core learning: knowledge	Develop fundamental movement skills, becoming increasingly competent and confident, and access a broad range of activities to extend their agility, balance and coordination.					
Core learning: skills	Children will be introduced to sending (throwing) with control Introduce aiming with accuracy Introduce power and speed when sending a ball. Children will develop their basic ball skills including throwing, catching, rolling and kicking.	Children will develop body awareness as well as spatial awareness by moving through space. Children will experiment with moving high, medium and low. Children will explore different ways of moving including walking, running, skipping and jumping.	Children will develop confidence in different ways of travelling. Children will travel along a variety of different gymnastic equipment including mats, benches, horses and large climbing apparatus. Children will develop skills in balancing, rolling, travelling, climbing and jumping. Children will know how to keep themselves and others safe whilst using the gymnastic equipment.	Children will experience a variety of different games including a range of equipment (quoits, beanbags, balls) which will develop confidence in spatial awareness, coordination, and strength.	Children will be introduced to basic movements including running, jogging, sprinting, racing, throwing, balance and obstacles.	Children will be introduced to the bats and balls. Children will be shown how to hold a bat and the correct swinging technique. Children will work in partners and practice..
Vocabulary	Throw, roll, catch, care, skills,.	Movement Space High, Stretch low	Balance, Rolling Jumping Climbing Travelling Equipment safety	Catch, Throw aim,	Race, Run Jog Javelin obstacles,	Bat Ball Practice Aim Target swing
End of unit application task	Sports day Opportunity throughout sessions to perform.					

Year 1

Unit of work	Games – Basic ball skills	Dance	Gymnastics / Yoga	Games – Target and catching	Athletics	Bat and ball – striking skills
Prior learning	Shows increasing control over an object in pushing, patting, throwing, catching or kicking it	Experiments with different ways of moving. Jumps off an object and lands appropriately. Travels with confidence and skill around, under, over and through balancing and climbing equipment.		Shows increasing control over an object in pushing, patting, throwing, catching or kicking it	Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.	
Core learning: knowledge	Develop fundamental movement skills, becoming increasingly competent and confident, and access a broad range of activities to extend their agility, balance and coordination.					
Core learning; skills	Introduce sending (bouncing) with control Introduce aiming with accuracy Introduce power and speed when sending a ball	Copy and explore basic body movements Remember simple dance steps and perform with some control Choose actions to link to the theme of ‘animals’	Copy and explore basic actions with some control and co-ordination Recognise and use space effectively	Introduce/develop stopping and combining sending skills Develop catching skills including tracking the ball and being ready to receive it	Evaluate performance using time Know and understand quicker and slower ways of travelling Develop fundamental movement skills. E.g. hopping, skipping...; Engage in competitive and cooperative physical activities in a range of increasingly challenging situations.	Develop pushing (dribbling) a ball with a racket – introducing control Explore hitting and develop pushing a ball (with a racket) towards a target Explore hitting a ball (with a racket) with accuracy
Vocabulary	Throw, push, catch, roll	Body parts Stop Start Different animals	Body parts Balance Find ‘space’	Catch, reach, hold, aim	Travel, hop, skip, faster, slower, sprint	Throw, dribble, hit, target
End of unit application task	Sports day Multi-skills competition for whole year group Some pupils attend a dance club and will have opportunity to perform					

Year 2

Unit of work	Develop ball skills	Gymnastics	Dance- Explorers	Target games – Catching	Athletics	Bat and Ball skills – striking
Prior learning	Sending a ball with some accuracy Aiming with some control and power	Can use space effectively Worked on basic body movements, balancing and coordination.	Explored basic body movements and performed with some control Animal movements theme	Some control and accuracy when sending and receiving a ball or beanbag Catching with both hands together	Can complete a range for movements including hopping, running, jumping Have experienced competition through multiskills festival and sports day	Stop and catch a ball with some control Pass a ball to another person Some accuracy when using a target
Core learning: knowledge	Develop fundamental movement skills, becoming increasingly competent and confident, and access a broad range of activities to extend their agility, balance and coordination.					
Core learning; skills	Stopping and catching a ball with control. Passing a ball to someone else. Taking part in opposed conditioned games. Begin to understand about the benefits of exercise.	Learning to explore and repeat simple actions and link ideas with control and coordination. Working on ideas alone and with others. Describing own and others work noticing similarities and differences. Understanding how to work safely. Recognising changes in our body and say why PE is good for health. Explore different ways of travelling and balancing using the mats in gymnastics. Learn how to control body movements Work with a partner and create sequences.	Responding to stimuli Developing our motif with expression and emotion Applying choreography in our motifs Sequences, relationships and performance Improvising and physical descriptions Creating contrasting movements and sequences	Develop dribbling, passing and receiving Combine dribbling, passing, receiving and keeping possession Consolidate application and understanding of underarm throwing Apply underarm and overarm throwing to win a game Apply underarm throwing to beat an opponent	Develop running skills and running at different speeds Recap and develop jumping Apply jumping to a game	Hitting (striking) a ball (with a racket) with accuracy and power to beat an opponent Introduce hitting (sending/striking) a ball into a space. Where? Why? Striking the ball (with a bat) into space with intent
Vocabulary	Rebound; Tracking; Following the movement of a ball; Aiming; Direction; Controlling;	Sequence; Curled; Wide; Narrow; Extension; Relaxation	Stimulus; Heart rate; Warm up; Cool down	Tracking, receive, hold, underarm, overarm	Speed, slow, heart rate, jump, launch, land	Strike, tracking, space, aim, open, fielding
End of unit application task	Multi-skills festival for all pupils Sports day and sports fortnight events					

Year 3

Unit of work	Invasion games – hockey	Gymnastics	Dance - Weather	Net and Wall games - tennis	Striking and fielding – Cricket	Athletics
Prior learning	Stop and pass a ball with some control Tagging games	Can travel in different ways Some control of body movements Can repeat actions with some coordination and accuracy	Can apply choreography in a dance performance Applied emotion and expression when moving	Dribbling, passing and receiving skills Able to use an under arm and over arm throw	Make contact with a ball and e.g. a racket accurately Able to aim for a target	Runs at speed for a short distance race Balancing Jumping, hopping
Core learning: knowledge	Become increasingly competent and confident, and access a broad range of opportunities to extend their agility, balance and coordination					
Core learning; skills	Introduce dribbling Introduce passing and receiving Combine dribbling and passing to create space Develop passing, receiving and dribbling Pass and dribble with control without an opponent Introduce shooting	Introduction to symmetry Introduction to asymmetry Application of learning onto apparatus Sequence formation Sequence completion Use a greater number of their own ideas for movements in response to a task Explain how strength and suppleness affect performance Compare and contrast gymnastic sequences, commenting on similarities and differences	Responding to stimuli Developing thematic dance into a motif Extending dance to create sequences with with a partner Developing sequences with a partner Improvise freely, translating ideas from a stimulus into movement Create dance phrases that communicate ideas Share and create dance phrases with a partner and in a small group Use dynamic, rhythmic and expressive qualities clearly and with control	Introduction to tennis, outwitting an opponent Creating space to win a point Consolidate how to win a game Introduce rackets Introduce the forehand Attempt to serve to begin a game Keep count / score in a game Move towards a ball to return it over a net/line	Understand the concept of batting and fielding Introduce throwing overarm Introduce throwing underarm Introduce catching Striking with intent Understand the need for tactics	Explore running for speed Explore acceleration Understand how their bodies feel when they exert themselves Engage in competitive and cooperative physical activities Completing standing long jump using arms and legs to help us jump further
Vocabulary	Dribble Pass Receive Space Shooting	Symmetry Asymmetry Sequence	Motif Theme Sequence	Space Racket Receive Aim Forehand	Batting Fielding	Sprint Relay Baton Jump
End of unit application task	Sports day Rugby Mega Fest Netball competition Diamond cricket competition					

Year 4

Unit of work	Invasion games – Tag Rugby	Dance- Africa	Gymnastics	Net and Wall games Football	Striking and Fielding Rounders	Athletics
Prior learning	Children have played hockey and explored being positioned to pass and receive a ball	Children have explored responding to a stimuli as well as creating sequences of movements alone or together	Children have explored symmetry and asymmetry and using equipment	Children have played hockey where they have explored dribbling as well as striking	Children have played cricket in Year 3 – underarm and overarm throwing, fielding and striking the ball	Developed understanding of importance of speed, movement and direction in different situations
Core learning: knowledge	Become increasingly competent and confident, and access a broad range of opportunities to extend their agility, balance and coordination understanding of how to improve in different physical activities and sports, and learn how to evaluate and recognise their own success;					
Core learning: skills	Moving with the ball, passing and receiving Tagging Combining passing, moving and creating space Develop defending skills Combining moves to score	Respond imaginatively to a range of stimuli related to character and narrative Use simple motifs and movement patterns to structure dance phrases on their own, with a partner and in a group Refine, repeat and remember dance phrases and dances Perform dances clearly and fluently	Introduction to bridges Application of bridge learning onto apparatus Develop sequences with bridges Sequence formation and sequence completion	Refine dribbling and passing Develop turning Refine passing and receiving Introduce shooting Developing the range and consistency of my skills in all games. Using and adapting tactics in different situations. Recognising how specific activities affect my body Recognising which part of my work needs improving.	Introduce to rounders Apply overarm and underarm throwing Introduce stopping the ball Application of stopping the ball in a game Develop fielding bowling with a backstop Introduce and develop batting – how, where and why Introduce and apply basic fielding tactics	Develop running at speed Explore our stride patterns Explore running at pace Understand and apply tactics when running for distance Introduction to javelin Standing triple jump
Vocabulary	Space Pass Dodge	Motifs Patterns Emotion Expression character	Bridge	Dribble Pass	Backstop Fielding	Pace Breathing Stride
End of unit application task	Dance routine is videoed and shared with parents Rugby Mega Fest Netball competition Diamond cricket competition Sports day					

Year 6

Unit of work	Invasion games	Dance	Basketball	Gymnastics	Athletics	Striking and Fielding – Rounders
Prior learning	Children have played Tag Rugby and Hockey in Years 3 and 4	African dance Circus theme Apply expression Planned and performed dances	Developing passing and dribbling skills as well as making and finding space – in hockey and tag rugby	Children have learnt about balancing, bridges and counter balance / counter tension	Children have explored a range of athletics skills, both track and field based events	Children have played rounders in Years 4 and 5
Core learning: knowledge	Develop an understanding of how to improve in different physical activities and sports, and learn how to evaluate and recognise their own success; Further develop and understand resilience and fairness in sports. Be able to engage in competitive and cooperative activities in a range of increasingly challenging situations, and enjoying communicating, collaborating and competing with each other					
Core learning: skills	Deciding what approach to use to meet the challenge set. Adapting my skills and understanding as I move from familiar to unfamiliar environments. Seeing the importance of a group or team plan, and the value of pooling. Consolidate moving, passing and defending Create, understand and apply attacking / defending tactics in game situations	Explore behaviours of people in 1939 Creating sequences in small groups that show character emotion Creating movements that interconnect	Playing competitive games, applying basic principles Refining ball skills through basketball Developing balance and coordination in gymnastics Recognising how exercise affects heart rate Understanding why exercise is good for their fitness, health and wellbeing Understanding the need to prepare properly for games. Consolidate keeping possession and officiating Consolidate defending Develop and understand tactics in game situations	Introduction to matching / mirroring Application of matching / mirroring learning onto apparatus Sequence development Being able to reflect on what they have done and how it could be improved	Running for speed competition Running for distance competition Increasing number of techniques used Developing consistency of actions in a number of events Choosing the appropriate technique for a specific event Evaluating their own and others' techniques and suggest ways to improve	Playing in competitive games and applying basic principles suitable for attacking and defending Understanding own role and that of the team when batting and fielding Using prior knowledge of fielding tactics and consider when, where and why they will apply these during a game Consider tactics which batters can apply during a game Refine our understanding of what happens when a player misses a ball or hits it backwards
Vocabulary	Possession Repossession Team positions	Style Footwork Lean Unison	Defend Attack Score a 'basket' Free throw Possession	Counter balance Tension Mirroring Matching	Javelin Discus Personal best	Stance Fielding Bowling Overarm Underarm
End of unit application task	Quick Sticks Hockey competition Basketball competition Netball competition Kwik Cricket competition					