

PE Curriculum

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Invasion Games	<p>1. Know equipment needs to be used safely. Roll a piece of equipment.</p> <p>2. Move freely using suitable spaces and speed. Moving and stopping safely.</p> <p>3. Throw underarm. Catch a ball.</p> <p>4. Kick in different ways.</p> <p>5. Discuss how their body feels before, during and after an activity.</p>	<p>1. Explore different ways to send a ball or other equipment e.g. hitting a ball with a bat.</p> <p>2. Travel with a ball in different ways.</p> <p>3. Pass and receive a ball in different ways With increased control.</p> <p>4. Kick a ball with coordination and accuracy.</p> <p>5. Play a variety of running and avoiding games, developing simple attacking and defending techniques.</p> <p>6. Talk about what our bodies do during exercise e.g. breathing. Explain why they enjoy playing games and physical activities</p> <p>Design a simple target and passing game.</p>	<p>1. Perform a range of throwing, catching, rolling, kicking, striking, catching and gathering with control and accuracy.</p> <p>2. Keep the ball and find best places to score.</p> <p>3. Throw and hit a ball in different ways (e.g. high, low, fast or slow).</p> <p>4. To kick a ball at a chosen target and successfully pass to a team mate.</p> <p>5. Understand and develop tactics for attacking and defending. Recognise the best ways to score points and stop points being scored. Making it difficult for opponents.</p> <p>6. Describe how my body feels during different activities. Explain what our bodies needs to keep healthy.</p>	<p>1. Practise passing to a partner using a number of sending and receiving techniques. Introduce different ways of passing a ball. E.g. rugby, British American Football.</p> <p>2. Remain in control of ball while travelling. Catch with increasing control and accuracy. Keep possession with some success when using equipment that is not used for throwing and catching skills.</p> <p>3. Master the basic throwing technique. Throw and catch with control when under limited pressure.</p> <p>4. Improve accuracy of passes and use space to keep possession better. Know which passes are best, tactics to keep possession.</p> <p>5. Play games that involve keeping possession and scoring in targets. 3vs 1 and 4vs 1 games. How to organise themselves differently to play each</p>	<p>1. Travel with a ball showing change of speed or direction, using feet or hands. Play 3vs1 and 4vs1 and how to use the space and help each other.</p> <p>2. Choose and adapt their techniques to keep possession and give their team chance to shoot.</p> <p>3. To use accurate throwing, passing and dribbling in games</p> <p>4. To accurately pass a ball in a game situation and successfully kick towards a target or goal.</p> <p>5. Understand simple patterns of play. Plan ideas and tactics similar across invasion games. Know what rules are needed to make games fair. Evaluate how successful their tactics have been, use appropriate language to describe performance and identify what they do that makes things difficult for their opponents. Know what they need to improve their game and what they need to practice.</p> <p>6. Know the location of key muscles. Know what the heart rate is and why it needs to increase during exercise.</p>	<p>1. To use ABC (agility, balance, coordination) techniques to keep control of a ball in a competitive situation.</p> <p>2. Show ways to keep ball away from defenders. How to shield the ball. Change speed, direction with ball to get away from defender. Shoot accurately in a variety of ways. Mark an opponent.</p> <p>3. Use a range of techniques when passing, high, low, bounced, fast slow.</p> <p>4. To use a number of techniques to pass, dribble and shoot.</p> <p>5. To choose the best tactics for attacking and defending. Watch and evaluate the success of the games they play in. Identify parts of the game that are going well and parts that need improving.</p> <p>6. Organise their own warm up and cool down activities to suit the sport.</p>	<p>1. Show precision and accuracy when sending and receiving, in a game scenario. Performing skills with accuracy, confidence and control.</p> <p>2. Understand different ways of attacking and encourage them to use positions for their team carefully.</p> <p>3. Understand different ways to attack and defend. Choosing the right formations and tactics for attack and defence.</p> <p>4. Know how they support other players in attack and defence.</p> <p>5. Know some ideas for warm up exercises and routines. Know how playing invasion games helps your fitness and benefits of playing outside of school.</p>

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				<p>of the games successfully.</p> <p>6. Keep up an activity over a period of time and know what they need to warm up and cool down for invasion games.</p>			
Gymnastics	<p>1.Move freely in a variety of different ways.</p> <p>2.Copy actions. Repeat actions and skills.</p> <p>3.Roll, travel, balance, stretch and curl in different ways.</p> <p>4.Experiment moving in different ways on equipment and jump landing safely.</p> <p>5.Understand the need for varied and healthy food.</p> <p>6.Help to put away equipment correctly.</p>	<p>1.Move between mats and small apparatus and change the speed of movement.</p> <p>2.Respond to instructions and commands. Copy a sequence of movements</p> <p>3.Control their body when travelling and balancing. Roll, curl, travel and balance in different ways.</p> <p>4.Develop balance, agility and co-ordination of travelling, stillness, jumping, timing, changing shape, size, and direction.</p> <p>5.Recognise how it feels when the body is tense. Discuss how the body changes during exercise.</p>	<p>1.Use imagination to find different ways of using apparatus. Form simple sequences of different actions using floor and apparatus.</p> <p>2.Develop short sequences on their own. Have a clear start, middle and end.</p> <p>3.To balance on isolated parts of the body using the floor and hold balance.</p> <p>4.Develop balance, agility and co-ordination. of travelling, stillness, jumping, timing, changing shape, size, direction</p> <p>Have a clear focus when watching others perform. Say when a movement or skill is performed well</p>	<p>1.Link different balances moving in and out of positions of stillness. Explore jumping techniques and to link them with other gymnastic actions. Develop and perform actions.</p> <p>2.Improve the ability to choose appropriate actions when creating a sequence of gymnastic movements to music. Copy a partner's sequence on floor and apparatus.</p> <p>3.Transfer weight smoothly from one part of body to another.</p> <p>4.Use actions on floor and over, through, across and along apparatus. Vary and apply actions on floor and apparatus.</p>	<p>1.Devise, perform and repeat sequences that include travel, body shapes and balances.</p> <p>2. To include changes of dynamics. Work with a partner. Use counterbalances and incorporate them into a sequence of movements.</p> <p>3. Identify and practise symmetrical and asymmetrical body shapes.</p> <p>4.Adapt sequences to include apparatus and to suit partner or small group.</p> <p>5.Identify some muscle groups used in gymnastic activities</p> <p>6.Suggest ways to improve the quality of sequence</p>	<p>1.Perform actions in a fluent and consistent performance, including a change of directions and a range of shapes.</p> <p>2.Explore range of symmetric and asymmetric actions, shapes and balances. Control actions and combine them fluently.</p> <p>3.Combine movements with other in a group (matching and mirroring).</p> <p>4.Move from floor to apparatus, change levels and move safely.</p> <p>5.Be aware of extension, body tension and control.</p> <p>6.Watch a performance and evaluate its success. Identify what was performed well and what needs improving. Choose a focus for improvement.</p>	<p>1.Use combinations of dynamics (pathways) to use space effectively. Use compositional ideas (contrasts and variation in shape, speed, level, timing and actions)</p> <p>2.Make up own rule for longer, more complex sequences. Plan a sequence and adapt it to limited equipment.</p> <p>3.Combine movements with other in a group (matching and mirroring).</p> <p>4. Make up a sequence and adapt it to different apparatus layouts.</p> <p>5.Know how gymnastics promotes strength, power and suppleness. Understand the importance of warming up.</p>

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		6.Handle apparatus safely.	(aesthetic appreciation). Describe what they have done and what they have seen. (Make easier or harder.) 5.Recognise how it feels when the body is tense. Discuss how the body changes during exercise. 6.Handle apparatus safely.	5.Explain why warming up is important.			Devise effective warm up for gymnastics. Understand the value of exercise outside of school day.
Dance	<p>1.Explore different ways of moving.</p> <p>2.Demonstrate good control and co-ordination in large and small movement.</p> <p>3.Move to music and copy dance moves.</p> <p>4.Understand the importance for good health of physical exercise, healthy diet and talk about different ways to keep healthy and safe.</p>	<p>1.Perform dance movements and simple routines using simple movement patterns.</p> <p>2.Show that they have a clear starting and finishing position. Change rhythm, speed, level and direction.</p> <p>3.Respond to different music showing a range of emotions.</p> <p>4.Understand the importance of warm ups and cool downs.</p>	<p>1.Make a sequence by linking sections together.</p> <p>2.Change rhythm, speed, level and direction.</p> <p>3.Remember and repeat simple dance phrases. Dance with rhythm, control and co-ordination.</p> <p>4.Know why we must warm up and cool down.</p> <p>5.Evaluate and improve a dance performance. Use a range of vocabulary to describe moods</p>	<p>1.Repeat, remember and perform these phrases in a dance. Share and create phrases with a partner and in small groups.</p> <p>2.Describe how different speeds improve the performance.</p> <p>3.Describe and give examples of 'push and pull' and 'over and under' movements.</p> <p>4.Keep up an activity over a period of time and know what they need to warm up and cool down for dance.</p>	<p>1.Make sure my dance moves are clear and fluent.</p> <p>2.Perform movements with accuracy and timing.</p> <p>3.To explore levels and dynamics</p> <p>4.Know the location of key muscles. Know what the heart rate is and why it needs to increase during exercise.</p> <p>5.Describe, interpret and evaluate their own and others' dances, taking account of character and narrative.</p> <p>6.Explore and create characters and narratives in response to a range of stimuli.</p>	<p>1. Create and perform an individual dance that reflects the chosen dance style, individually, in pairs and in a group</p> <p>2.Compose dances consistently with controlled movements. Demonstrate awareness of rhythm</p> <p>3.Understand the effect of dynamics on a performance.</p> <p>4.Organise their own warm up and cool down activities to suit the dance.</p> <p>5.Discuss how others can improve their work.</p>	<p>1.Explore, improvise and combine movement ideas fluently and effectively.</p> <p>2.Understand how a dance is formed and performed.</p> <p>3.Create routines using appropriate dynamics that fit the style of the music.</p> <p>4.Lead an appropriate warm up and stretch explaining what and why we are doing each activity.</p> <p>5.To evaluate, refine and develop their own and others' work.</p>

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	<p>5.Understand how something makes you feel.</p>	<p>5.Understand the feelings behind another groups routine.</p> <p>6.Demonstrate reaction to a given stimulus.</p>	<p>and how dances make them feel.</p> <p>6.Select appropriate responses to a given stimulus</p>	<p>5.Identify positives and give constructive feedback.</p> <p>6.To use knowledge of dance to create a story.</p>		<p>6. Using a stimulus, create a story through dance, expressing feelings – demonstrate through dynamics.</p>	<p>6.To use a stimulus to motivate thoughts and ideas to create a new routine.</p>
<p>Net and Wall</p>	<p>1.To throw and catch a large ball.</p> <p>2.To show increasing control over an object in pushing, patting, throwing or catching.</p> <p>3.To use equipment with one hand.</p> <p>4.To play simple games including a net or partition.</p> <p>5.To observe the affects that exercise has on the body.</p> <p>6.Understand that equipment and tools need to be used safely.</p>	<p>1.Focus on throwing and catching. Play running and avoiding games.</p> <p>2.Pass and receive a ball in different ways with control and increased accuracy.</p> <p>3.Play games based on net games (like tennis and badminton).</p> <p>4.Children have an opportunity to play 1 v 1, 1 v 2, and 1 v 3.</p> <p>5.Explain how practicing skills can help you feel warmer and why is it good to play and get out of breath.</p>	<p>1.Vary types of throw, using a range of different equipment. Catch a variety of objects.</p> <p>2.Use hand eye coordination to control a ball e.g. Bounce or balance balls on rackets.</p> <p>3.Practice hitting suitable balls with rackets. Become familiar with a range of rackets and bats.</p> <p>4.Use their skills to play end to end games, games over a barrier and fielding games.</p>	<p>1.Practise throwing and catching with a variety of different balls and using different types of throwing.</p> <p>2.Play games using throwing and catching skills. Vary strength, length and direction of throw.</p> <p>3.Hit the ball with a racket. Use different shots.</p> <p>4.Know how can they make it difficult for opponent to receive ball. Understand attack and defence tactics. Understand rules about the games.</p>	<p>1.Play games using throwing and catching skills. Vary strength, length and direction of throw.</p> <p>2.To accurately serve underarm.</p> <p>3.Play a variety of shots in game situations and to begin to explore when different shots should be played. Hit the ball from both sides of the body. Build up a rally, focusing on the accuracy of strokes. Understand where to stand when receiving.</p> <p>4.Understand how they can make it difficult for opponent to receive ball. Understand attack and defence tactics.</p>	<p>1.Use different types of shots during a game – ground strokes and volleys.</p> <p>2.Show an awareness of where it is best for the ball to be hit, e.g. in to space</p> <p>3.Use forehand and backhand with a racquet. Hold and swing racket and where to stand on the court when hitting, catching and receiving. Hit the ball on both sides of the body and above head.</p> <p>4.Explain why they or others are playing well in the games. Know what they need to get better at and what to practice. Know how to change court to make easier. Understand practices to help with precision and</p>	<p>1.To develop knowledge, understanding and the principles within doubles games, using tactics and strategies used.</p> <p>2.Understand how to serve in different games – low and high serves.</p> <p>3.Demonstrate the correct grip and starting positions. Understand different shot types – overhead shots, drop shots etc. Hit the ball in the court away from opponent, how to outwit them using speed height and direction of ball.</p> <p>4.Know where to stand when attacking and defending. Devise a scoring system.</p>

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						consistency and speed about the court.	Explain why they or others are playing well in the games.
Striking and Fielding	<p>1.To show a preference for a dominant hand. To use a range of pe equipment.</p> <p>2.To catch a large ball</p> <p>3.To roll a ball or a hoop</p> <p>4.To show increasing control over an object in kicking.</p> <p>5.To understand how our body changes during exercise.</p>	<p>1.To practice basic striking, sending and receiving.</p> <p>2. To practice accurately throwing and consistently catching.</p> <p>3.To use throwing and catching skills in a game.</p> <p>4.To strike with a racket or a bat.</p> <p>5.To use fielding skills within fun games and activities.</p> <p>6.Understand the importance of warm ups, cool down and specific stretches.</p>	<p>1.To become familiar with a range of rackets and bats when playing small games.</p> <p>2.Develop catching skills.</p> <p>3.To throw a ball with increasing accuracy and distance</p> <p>4.Position the body to strike a ball.</p> <p>5.To use fielding skills to play a game.</p> <p>6. Know why we must warm up and cool down.</p>	<p>1.Consolidate and develop the range and consistency of their skills in striking and fielding games.</p> <p>2. To develop and investigate different ways of throwing and know when to use them.</p> <p>3.Practise the correct technique for catching a ball and use it in a game.</p> <p>4. Know how to handle and hold equipment used for striking e.g. cricket bat, rounders bat, tennis racket etc. Practise correct batting and striking techniques and use in a game situation. Strike a ball for distance.</p> <p>5.Practise the correct technique for fielding.</p> <p>6.Recognise how specific activities affect their bodies.</p>	<p>1.Keep, adapt and make rules for striking and fielding games.</p> <p>2.Develop different ways of throwing for certain situations.</p> <p>3.To catch with one hand. To throw and catch more accurately using underarm and overarm</p> <p>4.Strike a ball with intent (accuracy and control) and throw it more accurately when bowling and/or fielding.</p> <p>5.To use Agility, balance and coordination to get in to good fielding positions. Choose and use a range of simple tactics and strategies. Recognise good performance and identify the parts of a performance that need improving.</p> <p>6. Know the location of key muscles. Know what the heart rate is and why it needs to increase during exercise.</p>	<p>1.Develop the range and consistency of their skills, especially in specific striking and fielding games.</p> <p>2.Develop a safe and effective overarm throw. Develop an aesthetic cricket bowl.</p> <p>3.Choose fielding techniques.</p> <p>4.Develop batting control for accuracy, distance and position of the batter. Show an awareness of where it is best for the ball to be hit, e.g. away from fielders</p> <p>5.Develop an understanding of different positions in games such as cricket and rounders and the skills needed to be productive in those roles. E.g. wicket keeper, back stop, fielder on base.</p> <p>6. Organise their own warm up and cool down activities to suit the activity.</p>	<p>1.Use and adapt rules, strategies and tactics, using their knowledge of basic principles of batting and fielding.</p> <p>2.To consistently demonstrate a safe and effective overarm throw. Develop an aesthetic cricket bowl and rounders throw etc.</p> <p>3.To choose appropriate fielding techniques to limit scoring opportunities and position accordingly.</p> <p>4.Demonstrate the correct grip and starting positions. To know where different shots should be aimed to be effective and outwit an opponent or fielders.</p> <p>5.Evaluate strengths and weaknesses in their own and others' performances and suggest improvements.</p>

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							6. Lead an appropriate warm up and stretch explaining what and why we are doing each activity.
Multiskills and Athletics	<p>1. Learn skills of running, jumping and throwing with a range of equipment.</p> <p>2. To move freely with pleasure and confidence in a range of ways.</p> <p>3. To vary speeds of running on commands given.</p> <p>4. Use comparative language e.g. faster, longer and be able to physically demonstrate this.</p> <p>5. To negotiate space effectively when playing racing and chasing games, adjusting speed or changing direction to avoid obstacles.</p>	<p>1. Improve running technique and run for longer distances. Run and jump sequence. Develop an under and over arm throwing action. To stop, then turn to change direction.</p> <p>2. Know running, jumping and throwing is good for them and describe what it feels like. To hop on one leg.</p> <p>3. To practice accurately throwing a range of athletic equipment.</p> <p>4. Take part in a variety of team races using a variety of equipment.</p>	<p>1. Run with a good technique at different speeds. Perform a two footed jump. Show a good throwing technique and extend accuracy and distance.</p> <p>2. Learn the best jumping techniques for distance. Hurdle an object and maintain a running style.</p> <p>3. Throw different objects in a variety of ways.</p> <p>4. Compete in a range of team events.</p> <p>5. Describe the differences in the way their body works and feels when trying athletic activities.</p>	<p>1. Select running speed for appropriate activity. Make up and repeat a short sequence of linked jumps. Throw a variety of objects, changing their action for accuracy and distance.</p> <p>2. Reinforce jumping techniques.</p> <p>3. Use different techniques, speeds and effort to meet challenges set for running, jumping and throwing.</p> <p>4. Take part in relay activities remembering when to run and what to do.</p> <p>5. Recognise when their body is warmer or cooler and when their heart beats faster and slower.</p>	<p>1. Show some control when using a range of basic running, jumping and throwing actions.</p> <p>2. Perform a range of jumps showing contrasting techniques and sometimes using a short run up. Keep a steady pace. Practise 5 basic jumps eg hop, step, jump. Combine basic actions and form simple jump combinations.</p> <p>3. Throw with some accuracy and power into a target area. Run for short distances and times, and for longer distances and times.</p> <p>4. Identify and describe different aspects of athletic styles and use to improve own performance</p> <p>5. Relate different athletic activities to changes in heart rate, breathing and temperature.</p>	<p>1. Choose their favourite ways of running, jumping and throwing.</p> <p>2. Mark a run up for jumping and throwing.</p> <p>3. Choose the best equipment for different activities.</p> <p>4. Watch a partner's athletic performance and identify the main strengths. Identify parts of the performance that need to be practised and refined, and suggest improvements</p> <p>5. Predict how different activities will affect heart rate, temperature and performance. Watch partner's performance and identify strengths.</p>	<p>1. Sustain pace over longer distances, e.g. sprint for seven seconds, run for one or two minutes. Choose the best pace for a running event, in order to sustain running and improve their personal target.</p> <p>2. Perform a range of jumps showing power, control and consistency at both take-off and landing.</p> <p>3. Throw with greater control, accuracy and efficiency. Show accuracy and good technique when throwing for distance. Choose appropriate techniques for specific events. Organise and judge events and challenges well.</p> <p>4. Watch a partner's athletic performance and identify the main strengths. Identify parts of the</p>

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							<p>performance that need to be practised and refined, and suggest improvements</p> <p>5. Understand why exercise is good for fitness, health and wellbeing. Say why some athletic activities can improve strength, power or stamina and explain how these can help their performance in other types of activity.</p>
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Our Four Key Concepts for successful outcomes in PE

Aesthetics

Core Strength

Attack and Defence

Fitness and Diet