

PE Curriculum Overview

PE 2020-21	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Leap into life Functional Movement. Aesthetic Movement. Manipulative Movement. Movement Concepts. Healthy Lifestyle Awareness. Managing Risk.	Leap into life Functional Movement. Aesthetic Movement. Manipulative Movement. Movement Concepts. Healthy Lifestyle Awareness. Managing Risk.	Leap into life Functional Movement. Aesthetic Movement. Manipulative Movement. Movement Concepts. Healthy Lifestyle Awareness. Managing Risk.	Leap into life Functional Movement. Aesthetic Movement. Manipulative Movement. Movement Concepts. Healthy Lifestyle Awareness. Managing Risk.	Leap into life Functional Movement. Aesthetic Movement. Manipulative Movement. Movement Concepts. Healthy Lifestyle Awareness. Managing Risk. PEGS Level 1	Leap into life Functional Movement. Aesthetic Movement. Manipulative Movement. Movement Concepts. Healthy Lifestyle Awareness. Managing Risk. PEGS Level 1
Year One	Leap into life Functional Movement. Aesthetic Movement. Manipulative Movement. Movement Concepts. Healthy Lifestyle Awareness. Managing Risk. Swimming Swim competently, confidently and proficiently over 25 metres. Use a range of strokes effectively. Perform safe self-rescue.	Leap into life Functional Movement. Aesthetic Movement. Manipulative Movement. Movement Concepts. Healthy Lifestyle Awareness. Managing Risk. Swimming Swim competently, confidently and proficiently over 25 metres. Use a range of strokes effectively. Perform safe self-rescue.	Leap into life Functional Movement. Aesthetic Movement. Manipulative Movement. Movement Concepts. Healthy Lifestyle Awareness. Managing Risk. Dance Master basic movements (running, jumping, throwing, catching, developing balance, agility and co-ordination) Begin to apply the above in a range of activities. Perform dances using simple movement patterns.	Leap into life Functional Movement. Aesthetic Movement. Manipulative Movement. Movement Concepts. Healthy Lifestyle Awareness. Managing Risk.	Leap into life Functional Movement. Aesthetic Movement. Manipulative Movement. Movement Concepts. Healthy Lifestyle Awareness. Managing Risk. PE and Games Skills Master basic movements (running, jumping, throwing, catching, developing balance, agility , co-ordination) Apply the above in activities. Participate in team games, developing simple tactics for attacking and defending.	Leap into life Functional Movement. Aesthetic Movement. Manipulative Movement. Movement Concepts. Healthy Lifestyle Awareness. Managing Risk. PE and Games Skills Master basic movements (running, jumping, throwing, catching, developing balance, agility , co-ordination) Apply the above in activities. Participate in team games, developing simple tactics for attacking and defending.
Year Two	Swimming Swim competently, confidently and proficiently over 25 metres. Use a range of strokes effectively. Perform safe self-rescue. Dance Master basic movements (running, jumping, throwing, catching, developing balance, agility and co-ordination) Begin to apply the above in a range of activities. Perform dances using simple movement patterns.	Swimming Swim competently, confidently and proficiently over 25 metres. Use a range of strokes effectively. Perform safe self-rescue. Gymnastics Master basic movements (running, jumping, throwing, catching, developing balance, agility and co-ordination) Begin to apply the above in a range of activities. Perform simple movement patterns.	Games – Throwing and Catching (focus) Master basic movements (running, jumping, throwing, catching, developing balance, agility and co-ordination) Begin to apply the above in a range of activities. Participate in team games, developing simple tactics for attacking and defending. Gymnastics Master basic movements (running, jumping, balance, agility and co-ordination) Apply the above in activities.	Games – Throwing and Catching (focus) Master basic movements (running, jumping, throwing, catching, developing balance, agility and co-ordination) Begin to apply the above in a range of activities. Participate in team games, developing simple tactics for attacking and defending. Gymnastics Master basic movements (running, jumping, balance, agility and co-ordination) Apply the above in activities.	Games - Hitting and striking (focus) Master basic movements (running, jumping, throwing, catching, developing balance, agility and co-ordination) Begin to apply the above in a range of activities. Participate in team games, developing simple tactics for attacking and defending. Athletics Master basic movements (running, jumping, throwing, balance, agility and co-ordination) Begin to apply the above in a range of activities.	Games - Hitting and striking (focus) Master basic movements (running, jumping, throwing, catching, developing balance, agility and co-ordination) Begin to apply the above in a range of activities. Participate in team games, developing simple tactics for attacking and defending. Athletics Master basic movements (running, jumping, throwing, balance, agility and co-ordination) Begin to apply the above in a range of activities.

			Perform simple movement patterns.	Perform simple movement patterns.		
PE 2019-20	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year Three	<p>Invasion Games – Football Use running, jumping, throwing and catching in isolation and in combination. Play competitive games and apply basic principles suitable for attacking and defending. Develop flexibility, strength, technique, control and balance. Compare performances with previous ones and demonstrate improvement.</p>	<p>Invasion Games – Football Use running, jumping, throwing and catching in isolation and in combination. Play competitive games and apply basic principles suitable for attacking and defending. Develop flexibility, strength, technique, control and balance. Compare performances with previous ones and demonstrate improvement.</p>	<p>Swimming Swim competently, confidently and proficiently over a distance of 25 metres. Use a range of strokes. Perform safe self-rescue in different water-based situations.</p> <p>Gymnastics Develop flexibility, strength, technique, control and balance. Perform a range of movement patterns. Compare performances with previous ones and demonstrate improvement.</p>	<p>Swimming Swim competently, confidently and proficiently over a distance of 25 metres. Use a range of strokes. Perform safe self-rescue in different water-based situations.</p> <p>Gymnastics Develop flexibility, strength, technique, control and balance. Perform a range of movement patterns. Compare performances with previous ones and demonstrate improvement.</p>	<p>Net/Wall Racquet Sports Use running, jumping, throwing and catching in isolation and in combination. Play competitive games and apply basic principles suitable for attacking and defending. Compare performances with previous ones and demonstrate improvement.</p>	<p>Athletics Use running, jumping, throwing and catching in isolation and in combination. Develop flexibility, strength, technique, control and balance. Compare performances with previous ones and demonstrate improvement.</p>
Year Four	<p>Dance Develop flexibility, strength, technique, control and balance. Perform dances using a range of movement patterns. Compare performances with previous ones and demonstrate improvement.</p> <p>Invasion Games – Football Use running, jumping, throwing and catching in isolation and in combination. Play competitive games and apply basic principles suitable for attacking and defending. Develop flexibility, strength, technique, control and balance.</p>	<p>Dance Develop flexibility, strength, technique, control and balance. Perform dances using a range of movement patterns. Compare performances with previous ones and demonstrate improvement.</p> <p>Invasion Games – Football Use running, jumping, throwing and catching in isolation and in combination. Play competitive games and apply basic principles suitable for attacking and defending. Develop flexibility, strength, technique, control and balance.</p>	<p>Swimming Swim competently, confidently and proficiently over a distance of 25 metres. Use a range of strokes effectively. Perform safe self-rescue in different water-based situations.</p> <p>Gymnastics Develop flexibility, strength, technique, control and balance. Perform a range of movement patterns. Compare performances with previous ones and demonstrate improvement.</p>	<p>Swimming Swim competently, confidently and proficiently over a distance of 25 metres. Use a range of strokes effectively. Perform safe self-rescue in different water-based situations.</p> <p>Gymnastics Develop flexibility, strength, technique, control and balance. Perform a range of movement patterns. Compare performances with previous ones and demonstrate improvement.</p>	<p>Gymnastics Develop flexibility, strength, technique, control and balance. Perform a range of movement patterns. Compare performances with previous ones and demonstrate improvement.</p> <p>Batting and Fielding - Rounders Use running, jumping, throwing and catching in isolation and in combination. Play competitive games and apply basic principles. Compare performances with previous ones and demonstrate improvement.</p>	<p>Gymnastics Develop flexibility, strength, technique, control and balance. Perform a range of movement patterns. Compare performances with previous ones and demonstrate improvement.</p> <p>Batting and Fielding - Rounders Use running, jumping, throwing and catching in isolation and in combination. Play competitive games and apply basic principles. Compare performances with previous ones and demonstrate improvement.</p>

PE 2019-20	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year Five	<p>Outdoor Adventurous Activity Take part in outdoor and adventurous activity both individually and within a team</p> <p>Gymnastics Develop flexibility, strength, technique, control and balance. Perform a range of movement patterns. Compare performances with previous ones and demonstrate improvement.</p> <p>Invasion Games – Netball Use running, jumping, throwing and catching in isolation and in combination. Play competitive games and apply basic principles suitable for attacking and defending. Develop flexibility, strength, technique, control and balance. Compare performances with previous ones and demonstrate improvement.</p>	<p>Gymnastics Develop flexibility, strength, technique, control and balance. Perform a range of movement patterns. Compare performances with previous ones and demonstrate improvement.</p> <p>Invasion Games – Netball Use running, jumping, throwing and catching in isolation and in combination. Play competitive games and apply basic principles suitable for attacking and defending. Develop flexibility, strength, technique, control and balance. Compare performances with previous ones and demonstrate improvement.</p>	<p>Net/Wall Racquet Sports Use running, jumping, throwing and catching in isolation and in combination. Play competitive games and apply basic principles suitable for attacking and defending. Compare performances with previous ones and demonstrate improvement.</p> <p>Invasion Games – Tag Rugby Use running, jumping, throwing and catching in isolation and in combination. Play competitive games and apply basic principles suitable for attacking and defending. Develop flexibility, strength, technique, control and balance. Compare performances with previous ones and demonstrate improvement.</p>	<p>Net/Wall Racquet Sports Use running, jumping, throwing and catching in isolation and in combination. Play competitive games and apply basic principles suitable for attacking and defending. Compare performances with previous ones and demonstrate improvement.</p> <p>Invasion Games – Tag Rugby Use running, jumping, throwing and catching in isolation and in combination. Play competitive games and apply basic principles suitable for attacking and defending. Develop flexibility, strength, technique, control and balance. Compare performances with previous ones and demonstrate improvement.</p>	<p>Orienteering Take part in outdoor and adventurous activity both individually and within a team</p> <p>Athletics Use running, jumping, throwing and catching in isolation and in combination. Develop flexibility, strength, technique, control and balance. Compare performances with previous ones and demonstrate improvement.</p> <p>Batting and Fielding - Cricket Use running, jumping, throwing and catching in isolation and in combination. Play competitive games and apply basic principles. Compare performances with previous ones and demonstrate improvement.</p>	<p>Athletics Use running, jumping, throwing and catching in isolation and in combination. Develop flexibility, strength, technique, control and balance. Compare performances with previous ones and demonstrate improvement.</p> <p>Batting and Fielding - Cricket Use running, jumping, throwing and catching in isolation and in combination. Play competitive games and apply basic principles. Compare performances with previous ones and demonstrate improvement.</p>
Year Six	<p>Outdoor Adventurous Activity Take part in outdoor and adventurous activity both individually and within a team</p> <p>Games – ultimate Frisbee Use running, jumping, throwing and catching in isolation and in combination. Play competitive games and apply basic principles suitable for attacking and defending. Develop flexibility, strength, technique, control and balance. Compare performances with previous ones and demonstrate improvement.</p>	<p>Gymnastics Develop flexibility, strength, technique, control and balance. Perform a range of movement patterns. Compare performances with previous ones and demonstrate improvement.</p>	<p>Games-Tag rugby Use running, throwing and catching in isolation and in combination. Play competitive games and apply basic principles suitable for attacking and defending. Develop flexibility, strength, technique, control and balance. Compare performances with previous ones and demonstrate improvement.</p> <p>Dance Develop flexibility, strength, technique, control and balance. Perform dances using a range of movement patterns. Compare performances with previous ones and demonstrate improvement.</p>	<p>Games-Tag rugby Use running, throwing and catching in isolation and in combination. Play competitive games and apply basic principles suitable for attacking and defending. Develop flexibility, strength, technique, control and balance. Compare performances with previous ones and demonstrate improvement.</p> <p>Dance Develop flexibility, strength, technique, control and balance. Perform dances using a range of movement patterns. Compare performances with previous ones and demonstrate improvement.</p>	<p>Athletics Use running, jumping, throwing and catching in isolation and in combination. Develop flexibility, strength, technique, control and balance. Compare performances with previous ones and demonstrate improvement.</p> <p>Batting and Fielding - Cricket Use running, jumping, throwing and catching in isolation and in combination. Play competitive games and apply basic principles. Compare performances with previous ones and demonstrate improvement.</p>	<p>Dance Develop flexibility, strength, technique, control and balance. Perform dances using a range of movement patterns. Compare performances with previous ones and demonstrate improvement.</p> <p>Batting and Fielding - Cricket Use running, jumping, throwing and catching in isolation and in combination. Play competitive games and apply basic principles. Compare performances with previous ones and demonstrate improvement.</p>

