

Curriculum Overview – Physical Education

Year group	Term	NC Objectives	
Year 1	Autumn 1	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities - ref 1	Games-rolling (1) <ul style="list-style-type: none"> To explore rolling different technique To develop the skill of rolling different equipment Gym (1) <ul style="list-style-type: none"> To develop the basic skills of travelling To develop the basic skills of rolling To develop the basic skills of jumping
	Autumn 2	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities - ref 1 Perform dances using simple movement patterns – ref 3	Gym (1) <ul style="list-style-type: none"> To apply the skills of travelling, rolling and jumping To link basic movements together Dance (3) <ul style="list-style-type: none">
	Spring 1	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities - ref 1 Perform dances using simple movement patterns – ref 3	Games-catching(1) <ul style="list-style-type: none"> To explore the skill of catching a ball To develop travelling skills Dance (3)
	Spring 2	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co	Games-catching (1) <ul style="list-style-type: none"> To catch a ball with two hands To explore the skill of bouncing a ball Gym (1) <ul style="list-style-type: none"> To perform basic skills with straight back and tuck shapes To apply the skills of travelling, rolling and jumping with two different shapes
	Summer 1	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co	Games –under arm(1) <ul style="list-style-type: none"> To explore throwing equipment underarm To develop the skill of running Athletics (1) <ul style="list-style-type: none"> To develop the skill of running fast To explore different ways of throwing
	Summer 2	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co	Games over arm (1) <ul style="list-style-type: none"> To explore the skill of throwing over arm

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			<ul style="list-style-type: none"> To develop the skill of throwing overarm for accuracy Athletics (1) <ul style="list-style-type: none"> To develop the skill of hopping To develop posture when walking and running To develop the skill of changing direction
Year 2	Autumn 1	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities - ref 1	Throwing and catching-outdoors (1) <ul style="list-style-type: none"> To develop the skill of catching To develop the skill of throwing underarm Gym (1) <ul style="list-style-type: none"> To develop the skills of running with different shapes To develop the skills of balancing on different body parts To develop the basic skills of travelling on hands and feet
	Autumn 2	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities - ref 1 Perform dances using simple movement patterns – ref 3	Throwing and catching-outdoors (1) <ul style="list-style-type: none"> To develop the skill of throwing overarm for distance To develop the skill of fielding a ball Dance (3)
	Spring 1	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities - ref 1	Kicking-outdoors (1) <ul style="list-style-type: none"> To develop the skill of striking a ball To develop the skill of controlling the ball Core skills (1) <ul style="list-style-type: none"> To develop simple tactics
	Spring 2	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities - ref 1 Perform dances using simple movement patterns – ref 3	Net and wall-outdoors (1) <ul style="list-style-type: none"> To develop the skill of striking a ball with accuracy To apply the ready and hold position Dance (3)
	Summer 1	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities - ref 1 Participate in team games, developing simple tactics for	Striking and fielding games (2) <ul style="list-style-type: none"> To develop the skill of throwing a ball with accuracy To develop the skill of striking a ball Athletics (1) <ul style="list-style-type: none"> To throw overarm with accuracy

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		attacking and defending – ref 2	<ul style="list-style-type: none"> To explore jumping for distance
	Summer 2	<p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities - ref 1</p> <p>Participate in team games, developing simple tactics for attacking and defending – ref 2</p>	<p>Striking and fielding games (2)</p> <ul style="list-style-type: none"> To apply the skill of striking a ball in a simple game To develop simple tactics <p>Athletics (1)</p> <ul style="list-style-type: none"> To explore a push throw To complete an obstacle course
Year 3	Autumn 1	<p>use running, jumping, throwing and catching in isolation and in combination – ref 4</p> <p>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending – ref 5</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best.- ref 9</p> <p>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] – ref 6</p>	<p>Netball Skills (4,5,9)</p> <ul style="list-style-type: none"> To explore different throwing actions To consolidate throwing actions and practise catching <p>Gym (6,9)</p> <ul style="list-style-type: none"> To develop ways of travelling on hands on feet To develop ways to balance on small body parts To create a sequence of travelling and balancing actions
	Autumn 2	<p>use running, jumping, throwing and catching in isolation and in combination – ref 4</p> <p>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending – ref 5</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best.- ref 9</p> <p>perform dances using a range of movement patterns – ref 7</p>	<p>Rugby Skills (4,5,9)</p> <ul style="list-style-type: none"> To send and receive a ball To send and move into space to receive a ball <p>Dance (7)</p> <ul style="list-style-type: none"> Create movement using a stimulus Using mime effectively to communicate an idea
	Spring 1	<p>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending – ref 5</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best.- ref</p>	<p>Football Skills (5,9)</p> <ul style="list-style-type: none"> To send and receive a pass in a simple game To use simple tactics in an invasion game <p>Swimming (6,9)</p>

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		9 develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] – ref 6	
	Spring 2	perform dances using a range of movement patterns – ref 7 compare their performances with previous ones and demonstrate improvement to achieve their personal best.- ref 9 develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] – ref 6	Dance-Maypole (7) Swimming (6,9)
	Summer 1	compare their performances with previous ones and demonstrate improvement to achieve their personal best.- ref 9 develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] – ref 6	Athletics (6,9) <ul style="list-style-type: none"> • To explore different running techniques • To explore the swing throw • To throw for distance using three throwing techniques • To perform 5 different jumps Swimming (6,9)
	Summer 2	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending – ref 5 compare their performances with previous ones and demonstrate improvement to achieve their personal best.- ref 9 develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] – ref 6	Tennis Skills (5,9) <ul style="list-style-type: none"> • Improve movement skills and body positions • Familiarise them with a raquet and practise striking skills using a raquet Swimming (6,9)
Year 4	Autumn 1	compare their performances with previous ones and demonstrate improvement to achieve their personal best.- ref 9 develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] – ref 6 use running, jumping, throwing and catching in isolation and in combination – ref 4 play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles	Swimming (6,9) Invasion Games (4,5,9) <ul style="list-style-type: none"> • To travel with a ball • To use simple tactics to outwit an opponent • To apply basic principles suitable for attacking

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		suitable for attacking and defending – ref 5	
Autumn 2		<p>compare their performances with previous ones and demonstrate improvement to achieve their personal best.- ref 9</p> <p>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] – ref 6</p> <p>use running, jumping, throwing and catching in isolation and in combination – ref 4</p> <p>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending – ref 5</p>	<p>Swimming (6,9)</p> <p>Invasion Games (4,5,9)</p> <ul style="list-style-type: none"> To travel with a ball with control To evaluate and recognise their own success To apply basic principles suitable for attacking in an invasion game i.e. core task “On the attack”
Spring 1		<p>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending – ref 5</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best.- ref 9</p> <p>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] – ref 6</p>	<p>Net and Wall Games (5,9)</p> <ul style="list-style-type: none"> Choose a range of simple tactics to use in a simple game To suggest ideas and practises to improve their play <p>Gym (6,9)</p> <ul style="list-style-type: none"> Understanding gestures and developing transitions Working creatively with a stimulus
Spring 2		<p>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending – ref 5</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best.- ref 9</p> <p>perform dances using a range of movement patterns – ref 7</p>	<p>Net and Wall Games (5,9)</p> <ul style="list-style-type: none"> To develop a range of striking skills suitable for net/wall activities Strike the ball using their hand or small bat <p>Dance (7)</p> <ul style="list-style-type: none"> Performing in a whole class performance and responding to own work Creating gestures and developing work
Summer 1		<p>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending – ref 5</p> <p>compare their performances with previous ones and</p>	<p>Striking and fielding Games (5,9)</p> <ul style="list-style-type: none"> To strike a ball in a striking and fielding game To evaluate success <p>Athletics (6,9)</p> <ul style="list-style-type: none"> Select an appropriate running technique for distance

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		demonstrate improvement to achieve their personal best.- ref 9 develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] – ref 6	<ul style="list-style-type: none"> To perform a hop, step and jump To perform a start in a sprint type race
	Summer 2	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending – ref 5 compare their performances with previous ones and demonstrate improvement to achieve their personal best.- ref 9 take part in outdoor and adventurous activity challenges both individually and within a team – ref 8	Striking and fielding Games (5,9) <ul style="list-style-type: none"> To use tactics in a striking and fielding game To evaluate tactics in a striking and fielding game To receive a ball in a striking and fielding game OAA (8) <ul style="list-style-type: none"> To improve communication skills To improve ability to work with and trust others To work safely with a partner in an adventurous environment
Year 5	Autumn 1	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending – ref 5 develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] – ref 6 compare their performances with previous ones and demonstrate improvement to achieve their personal best.- ref 9	Football (5,9) Gym (6,9)
	Autumn 2	use running, jumping, throwing and catching in isolation and in combination – ref 4 play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending – ref 5 compare their performances with previous ones and demonstrate improvement to achieve their personal best.- ref 9 develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] – ref 6	Netball (4,5,9) Gym (6,9)
	Spring 1	play competitive games, modified where appropriate [for	Hockey (5,9)

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	<p>example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending – ref 5</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best.- ref 9</p> <p>perform dances using a range of movement patterns – ref 7</p>	Dance (7)
Spring 2	<p>use running, jumping, throwing and catching in isolation and in combination – ref 4</p> <p>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending – ref 5</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best.- ref 9</p> <p>perform dances using a range of movement patterns – ref 7</p>	Rugby (4,5,9) Gym (6,9)
Summer 1	<p>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] – ref 6</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best.- ref 9</p> <p>use running, jumping, throwing and catching in isolation and in combination – ref 4</p>	Athletics (6, 9) Striking and fielding Games (4,5,9)
Summer 2	<p>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] – ref 6</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best.- ref 9</p> <p>use running, jumping, throwing and catching in isolation and in combination – ref 4</p>	Athletics (6, 9) Striking and fielding Games (4,5,9)

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Year 6	Autumn 1	<p>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending – ref 5</p> <p>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] – ref 6</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best.- ref 9</p>	<p>Football (5,9)</p> <p>Circuits and core skills (6,9)</p>
	Autumn 2	<p>use running, jumping, throwing and catching in isolation and in combination – ref 4</p> <p>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending – ref 5</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best.- ref 9</p> <p>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] – ref 6</p>	<p>Netball (4,5,9)</p> <p>Gym (6,9)</p>
	Spring 1	<p>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending – ref 5</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best.- ref 9</p> <p>perform dances using a range of movement patterns – ref 7</p>	<p>Hockey (5,9)</p> <p>Dance (7)</p>
	Spring 2	<p>use running, jumping, throwing and catching in isolation and in combination – ref 4</p> <p>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending – ref 5</p> <p>compare their performances with previous ones and</p>	<p>Rugby (4,5,9)</p> <p>Gym (6,9)</p>

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		demonstrate improvement to achieve their personal best.- ref 9 develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] – ref 6	
Summer 1		develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] – ref 6 compare their performances with previous ones and demonstrate improvement to achieve their personal best.- ref 9 use running, jumping, throwing and catching in isolation and in combination – ref 4	Athletics (6, 9) Striking and fielding Games (4,5,9)
Summer 2		develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] – ref 6 compare their performances with previous ones and demonstrate improvement to achieve their personal best.- ref 9 use running, jumping, throwing and catching in isolation and in combination – ref 4 take part in outdoor and adventurous activity challenges both individually and within a team – ref 8	Athletics (6, 9) Striking and fielding Games (4,5,9) OAA (8)