## PE – Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS Topic	Introduction to PE Unit 1	Fundamentals Unit 1	Gymnastics Unit 1	Dance Unit 1	Ball Skills Unit 1	Games Unit 1
Overview	Children will spend time learning basic principles of a PE lesson such as finding space, freezing on command, using and sharing equipment and working individually, with a partner and group.	Children will develop their fundamental movement skills such as balancing, running, changing direction, jumping, hopping and travelling.	Children will explore creating shapes, balances, jumps and begin to develop rocking and rolling on the floor and on apparatus. Children will begin to copy, create and remember short gymnastic routines.	Children will develop their expressive movement. Children will begin to create their own actions in response to stimulus. Children will develop counting skills in time to musical beats.	Children will develop fundamental ball skills such as rolling and receiving a ball, throwing to a target, dribbling with their feet and kicking a ball.	Children will develop their understanding of competitive games.  Children will continue to develop movement skills such as balancing, running, changing direction, jumping, hopping and travelling.
Prior Learning	New learning	EYFS – Introduction to PE	EYFS – Fundamentals	New learning	New learning	EYFS – Fundamentals and Gymnastics
Future Learning	Year 1 - Fundamentals	Year 1 - Gymnastics Year 1 - Fundamentals	Year 1 - Gymnastics	Year 1 - Dance	Year 1 - Ball Skills	Year 1- Invasion Games
Year 1 PE	Fundamentals – Year 1	Ball Skills - Year 1	Gymnastics - Year 1	Invasion Games - Year 1	Dance - Year 1	Striking and Field Games - Year 1
Overview	Pupils will explore the fundamental skills of balancing, running, changing direction, jumping, hopping and skipping. They will explore these skills in	In this unit, pupils will explore their fundamental ball skills such as throwing and catching, rolling, hitting a target,	In this unit pupils learn to use space safely and effectively. They explore and develop basic gymnastic actions on the floor and using low apparatus. Basic	Pupils develop the basic skills required in invasion games such as sending, receiving and dribbling a ball.	Pupils will explore travelling actions, movement skills and balancing. They will understand why it is important to	Pupils develop their basic understanding of striking and fielding games such as Rounders and Cricket. They learn

Driver to a warring	isolation as well as in combination. Pupils will be given opportunities to identify areas of strength and areas for improvement. Pupils will work collaboratively with others, taking turns and sharing ideas.	dribbling with both hands and feet and kicking a ball. Pupils will have the opportunity to work independently, in pairs and small groups. Pupils will be able to explore their own ideas in response to tasks.	skills of jumping, rolling, balancing and travelling are used individually and in combination to create movement phrases. Pupils are given opportunities to select their own actions to build short sequences and develop their confidence in performing. Pupils begin to understand the use of levels, directions and shapes when travelling and balancing.	They develop their understanding of attacking and defending and what being 'in possession' means. They have the opportunity to play uneven and even sided games. They learn how to score points in these types of games and how to play to the rules. They work independently, with a partner and in a small group and begin to selfmanage their own games, showing respect and kindness towards their teammates and opponent.	count to music and use this in their dances. Pupils will copy and repeat actions linking them together to make short dance phrases. Pupils will work individually and with a partner to create ideas in relation to the theme. Pupils will be given the opportunity to perform and also to provide feedback, beginning to use dance terminology to do so.	skills including throwing and catching, stopping a rolling ball, retrieving a ball and striking a ball. They are given opportunities to play one against one, one against two, and one against three. They learn how to score points and how to use simple tactics. They learn the rules of the games and use these to play fairly. They show respect towards others when playing competitively and develop communication skills.
Prior Learning	EYFS - Fundamentals Unit 1	EYFS – Ball Skills Unit 1	EYFS – Gymnastics Unit 1	EYFS - Games Unit 1	EYFS - Dance Unit 1	EYFS - Games Unit 1
Future Learning	Year 2 - Fundamentals	Year 2 - Ball Skills	Year 2 - Gymnastics	Year 3 - Football	Year 2 - Dance	Year 2 - Striking and Field Games
Year 2 PE	Fundamentals - Year 2	Ball Skills - Year 2	Gymnastics - Year 2	Dance - Year 2	Athletics - Year 2	Striking and Field Games - Year 2

Overview Pupils will develop In this unit, pupils In this unit pupils Pupils will explore In this unit, pupils In this unit, pupils the fundamental will develop their learn to explore space and how will develop skills develop their and develop basic skills of balancing, fundamental ball their body can required in athletic understanding of running, changing skills such as gymnastic actions move to express activities such as the principles of and idea, mood, striking and fielding direction, jumping, throwing and on the floor and running at hopping and catching, rolling, character or different speeds, games. They using apparatus. skipping. Pupils will hitting a target, They develop feeling. They will jumping and develop the skills of dribbling with both gymnastic skills of throwing. In all throwing and be given expand their knowledge of catching, tracking opportunities to hands and feet and jumping, rolling, athletic based balancing and and retrieving a ball work with a range kicking a ball. Pupils travelling actions activities, pupils and striking a ball. of different will have the travelling and use them in will engage in individually and in performing skills They begin to selfequipment. Pupils opportunity to relation to a will be asked to combination to stimulus. They will work and measuring manage smallindependently, in observe and create short build on their performance, sided games. Pupils learn how to score pairs and small understanding of competing to recognise sequences and improvements for groups. movement phrases. dynamics and improve on their points and play to the rules. Pupils will their own and Pupils develop an expression. They own score and others' skills and awareness of will use counts of 8 against others. begin to think identify areas of compositional consistently to They are given about how to use strength. Pupils will devices when keep in time with skills, strategies opportunities to be given the creating sequences the music and a work and tactics to collaboratively as outwit the opportunity to to include the use partner. Pupils will opposition work of shapes, levels also explore well as independently. appropriate to the collaboratively with and directions. pathways, levels, They learn how to others, taking turns They learn to work shapes, directions, situation. and sharing ideas. safely with and speeds and timing. improve by around others and They will be given identifying areas of whilst using the opportunity to strength as well as apparatus. Pupils work areas to develop. are given independently and opportunities to with others to provide feedback perform and to others and provide feedback

			recognise	beginning to use		
			elements of high-	key terminology.		
			quality	Rey terminology.		
			performance.			
Prior Learning	Year 1 –	Year 1 - Ball Skills	Year 1 - Gymnastics	Year 1 – Dance	Year 1 - Athletics	Year 1 – Striking
Frior Learning	Fundamentals	Teal 1 - Dall Skills	Tear 1 - Gymmastics	Teal 1 - Dalice	Tear 1 - Atriletics	and Fielding Games
Futura Lagraina		Year 3 - Football	Voor 2 Cumposties	Voor 2 Dance	Year 4 - Athletics	Year 3 - Cricket
Future Learning	Year 3/4 - Football		Year 3 - Gymnastics	Year 3 - Dance		
Year 3 PE	Football - Year 3/4	Hockey - Year 3/4	Gymnastics - Year 3	Tennis -Year 3	Dance - Year 3	Cricket - Year 3/4
Overview	Pupils will be	Pupils will learn to	In this unit pupils	In this unit pupils	Pupils create	Pupils learn how to
	encouraged to	contribute to the	focus on improving	develop the key	dances in relation	strike the ball into
	persevere when	game by helping to	the quality of their	skills required for	to an idea including	space so that they
	developing	keep possession of	gymnastic	tennis such as the	historical and	can score runs.
	competencies in	the ball, use simple	movements. They	ready position,	scientific stimuli.	When fielding,
	key skills and	attacking tactics	are introduced to	racket control and	Pupils work	they learn how to
	principles such as	using sending,	the terms	hitting a ball. They	individually, with a	keep the batters'
	defending,	receiving and	'extension' and	learn how to score	partner and in	scores low. In all
	attacking, sending,	dribbling a ball.	'body tension.'	points and how to	small groups,	games activities,
	receiving and	They will start by	They develop the	use skills, simple	sharing their ideas.	pupils have to think
	dribbling a ball.	playing uneven and	basic skills of	strategies and	Pupils develop	about how they
	They will start by	then move onto	rolling, jumping	tactics to outwit	their use of	use skills, strategies
	playing uneven and	even sided games.	and balancing and	the opposition.	counting and	and tactics to
	then move onto	They will begin to	use them	Pupils are given	rhythm. Pupils	outwit the
	even sided games.	think about	individually and in	opportunities to	learn to use canon,	opposition. In
	They learn to work	defending and	combination. Pupils	play games	unison, formation	cricket, pupils
	one on one and	winning the ball.	develop their	independently and	and levels in their	achieve this by
	cooperatively	Pupils will be	sequence work,	are taught the	dances. They will	striking a ball trying
	within a team,	encouraged to	collaborating with	importance of	be given the	avoid fielders, so
	showing respect for	think about how to	others to use	being honest whilst	opportunity to	that they can run
	their teammates,	use skills,	matching and	playing to the	perform to others	between wickets
	opposition and	strategies and	contrasting actions	rules.	and provide	to score runs.
	referee. Pupils will	tactics to outwit	and shapes and		feedback using key	Pupils are given
	be given	the opposition.	develop linking		terminology.	opportunities to
	opportunities to	Pupils will	sequences		,	work in

	select and apply	understand the	smoothly with			collaboration with
	tactics to outwit	importance of	actions that flow.			others, play fairly
	the opposition.	playing fairly and	Pupils develop			demonstrating an
		keeping to the	their confidence to			understanding of
		rules. They will be	perform,			the rules, as well as
		encouraged to be a	considering the			being respectful of
		supportive	quality and control			the people they
		teammate and	of their actions.			play with and
		identify why this				against.
		behaviour is				
		important.				
Prior Learning	Year 2 - Ball Skills	Year 2 - Ball skills	Gymnastics - Year 2	Year 2 - Target	Year 2 - Dance	Year 2 - Striking
	Year 2 -			games		and Field Games
	Fundamentals					
Future Learning	Year 5/6 - Football	Year 5/6 - Hockey	Year 4 - Gymnastics	Year 4 - Tennis	Year 4 - Dance	Year 3/4 -
						Rounders
Year 4 PE	Tag Rugby - Year	Netball - Year 3/4	Gymnastics - Year 4	Dance - Year 4	Athletics - Year 4	Rounders - Year
	3/4					3/4
Overview	In this unit pupils	Pupils will be	Pupils create more	Pupils focus on	In this unit, pupils	Pupils learn how to
	will learn to keep	encouraged to	complex	creating characters	will develop basic	score points by
	possession of the	persevere when	sequences. They	and narrative	running, jumping	striking a ball into
	ball using attacking	developing	learn a wider range	through movement	and throwing	space and running
	skills. They will play	competencies in	of travelling actions	and gesture. They	techniques. They	around cones or
	uneven and then	key skills and	and include the	gain inspiration	are set challenges	bases. When
	even sided games,	principles such as	use of pathways.	from a range of	for distance and	fielding, they learn
	developing	defending,	They develop	stimuli, working	time that involve	how to play in
	strategies and	attacking,	more advanced	individually, in pairs	using different	different fielding
	social skills to self-	throwing, catching	actions such as	and small groups.	styles and	roles. They focus
	manage games.	and shooting. They	inverted	In dance as a	combinations of	on developing
	Pupils will	will learn to use a	movements and	whole, pupils think	running, jumping	their throwing,
	understand the	range of different	explore ways to	about how to use	and throwing. As in	catching and
	importance of	passes in different	include apparatus.	movement to	all athletic	batting skills. In all
	playing fairly and	situations to keep	They will	explore and	activities, pupils	games activities,

	keeping to the rules. Pupils will think about how to use skills, strategies and tactics to outwit the opposition. They will learn how to	possession and attack towards goal. Pupils will learn about defending and attacking play as they begin to play even-sided versions	demonstrate control in their behaviour to create a safe environment for themselves and others to work in. They work independently and	communicate ideas and issues, and their own feelings and thoughts. Pupils will develop confidence in performing and will	think about how to achieve their greatest possible speed, distance or accuracy and learn how to persevere to achieve their personal best.	pupils have to think about how they use skills, strategies and tactics to outwit the opposition. Pupils are given opportunities to
	evaluate their own and others' performances and suggest improvements.	of 5-a-side Netball. They will learn key rules of the game such as footwork, held ball, contact and obstruction.	in collaboration with a partner to create and develop sequences. Pupils are given opportunities to receive and provide feedback in order to make improvements on their performances. In gymnastics as a whole, pupils develop performance skills considering the quality and control of their actions.	be given the opportunity to provide feedback and utilise feedback to improve their own work.		work in collaboration with others, play fairly demonstrating an understanding of the rules, as well as being respectful of the people they play with and against.
Prior Learning	Year 2 - Ball Skills	Year 2 - Ball Skills	Year 3 - Gymnastics	Year 3 - Dance	Year 2 - Athletics	Year 2 - Striking and Field Games
Future Learning	Year 5/6 - Tag Rugby	Year 5/6 - Netball	Year 5 - Gymnastics	Year 5 - Dance	Year 6 - Athletics	Year 5/6 - Rounders

Year 5 PE	Football - Year 5/6	Netball Year - 5/6	Gymnastics - Year 5	Tennis - Year 5	Dance - Year 5	Cricket - Year 5/6
Overview	Pupils will improve	In this unit pupils	In this unit, pupils	In this unit pupils	Pupils learn	Pupils develop the
	their defending and	will develop	create longer	develop their	different styles of	range and quality
	attacking play,	defending and	sequences	competencies in	dance, working	of striking and
	developing further	attacking play	individually, with a	racket skills when	individually, as a	fielding skills and
	knowledge of the	during even-sided	partner and a small	playing Tennis.	pair and in small	their understanding
	principles and	5-a-side netball.	group. They learn a	They learn specific	groups. In dance as	of cricket. They
	tactics of each.	Pupils will learn to	wider range of	skills such as a	a whole, pupils	learn how to play
	Pupils will begin to	use a range of	actions such as	forehand,	think about how to	the different roles
	develop	different passes to	inverted	backhand, volley	use movement to	of bowler, wicket
	consistency and	keep possession	movements to	and underarm	explore and	keeper, fielder and
	control in	and attack towards	include cartwheels	serve. Pupils are	communicate	batter. In all games
	dribbling, passing	a goal. Pupils will	and handstands.	given opportunities	ideas and issues,	activities, pupils
	and receiving a ball.	be encouraged to	They explore	to work	and their own	have to think about
	They will also learn	work	partner	cooperatively with	feelings and	how they use skills,
	the basics of	collaboratively to	relationships such	others and show	thoughts. As they	strategies and
	goalkeeping. Pupils	think about how to	as canon and	honesty and fair	work, they develop	tactics to outwit
	will evaluate their	use skills, strategies	synchronisation	play when abiding	an awareness of	the opposition. In
	own and other's	and tactics to	and matching and	by the rules. Pupils	the historical and	cricket, pupils
	performances,	outwit the	mirroring. Pupils	develop their	cultural origins of	achieve this by
	suggesting	opposition. They	are given	tactical awareness,	different dances.	striking a ball and
	improvements.	will start to show	opportunities to	learning how to	Pupils will be	trying to avoid
	They will learn the	control and fluency	receive and provide	outwit an	provided with the	fielders, so that
	importance of	when passing,	feedback in order	opponent.	opportunity to	they can run
	playing games	receiving and	to make		create and perform	between wickets to
	fairly, abiding by	shooting the ball.	improvements on		their work. They	score runs. Pupils
	the rules of the	They will learn key	their		will be asked to	are given
	game and being	rules of the game	performances. In		provide feedback	opportunities to
	respectful of their	such as footwork,	Gymnastics as a		using the correct	work in
	teammates,	held ball, contact	whole, pupils		dance terminology	collaboration with
	opponents and	and obstruction.	develop		and will be able to	others, play fairly
	referees.	Pupils also develop	performance skills		use this feedback	demonstrating an
		their	considering the		to improve their	understanding of

		understanding of	quality and control		work. Pupils will	the rules, as well as
		the importance of	of their actions.		work safely with	being respectful of
		fair play and			each other and	the people they
		honesty while self			show respect	play with and
		managing games.			towards others.	against.
Prior Learning	Year 3/4 - Football	Year 3/4 - Netball	Year 4 - Gymnastics	Year 3 - Tennis	Year 4 - Dance	Year 3/4 Cricket
Future Learning	Year 5/6 – Tag	Year 5/6 – Tag	Year 6 –	Year 5/6 –	Year 6 – Dance	Year 5/6 –
	Rugby	Rugby	Gymnastics	Rounders		Rounders
Year 6 PE	Tag Rugby - Year	Hockey - Year 5/6	Gymnastics - Year 6	Dance - Year 6	Athletics - Year 6	Rounders - Year
	5/6					5/6
Overview	In this unit pupils	In this unit pupils	In this unit, pupils	Pupils will focus on	In this unit, pupils	Pupils develop the
	will develop key	will improve their	use their	developing an idea	are set challenges	quality and
	skills and principles	defending and	knowledge of	or theme into	for distance and	consistency of their
	such as defending,	attacking skills	compositional	dance	time that involve	fielding skills and
	attacking,	playing even-sided	principles e.g. how	choreography. They	using different	understanding of
	throwing, catching,	games. They will	to use variations in	will work in pairs	styles and	when to use them
	running and	start to show	level, direction and	and groups using	combinations of	such as throwing
	dodging. When	control and fluency	pathway, how to	different	running, jumping	underarm and
	attacking, pupils	in dribbling,	combine and link	choreographing	and throwing. As	overarm, catching
	will support the	sending and	actions, how to	tools to create	in all athletic	and retrieving a
	ball carrier using	receiving a ball in a	relate to a partner	dances e.g.	activities, pupils	ball. They learn
	width and drawing	small game	and apparatus,	formations, timing,	think about how	how to play the
	defence. When	situation and under	when developing	dynamics. Pupils	to achieve their	different roles of
	defending, pupils	some pressure.	sequences. They	will have	greatest possible	bowler, backstop,
	learn how to tag,	Pupils will be	build trust when	opportunities to	speed, distance	fielder and batter
	how to track and	encouraged to	working	choreograph,	or accuracy and	and to apply
	slow down an	think about how to	collaboratively in	perform and	learn how to	tactics in these
	opponent, working	use tactics and	larger groups, using	provide feedback	persevere to	positions. In all
	as a defensive unit.	collaborate with	formations to	on dance. Pupils	achieve their	games activities,
	They will play	others to outwit	improve the	think about how to	personal best.	pupils have to think
	collaboratively in	their opposition.	aesthetics of their	use movement to	They learn how to	about how they
	both uneven and	Pupils will	performances.	convey ideas,	improve by	use skills, strategies
	then even sided	comment on their	Pupils are given	emotions, feelings	identifying areas	and tactics to

Drigs Logsning	games. Pupils will be encouraged to think about how to use skills, strategies and tactics to outwit the opposition. They develop their understanding of the importance of fair play and honesty while self managing games, as well as developing their ability to evaluate their own and others' performances.	own and other's performances and suggest ways to improve. They will also recognise the importance of fair play and honesty while self managing games.	opportunities to receive and provide feedback in order to make improvements on performances. In Gymnastics as a whole, pupils develop performance skills considering the quality and control of their actions.	and characters. Pupils will show an awareness of keeping others safe and will have the opportunity to lead others through short warm ups.	of strength as well as areas to develop. Pupils are also given opportunities to lead when officiating as well as observe and provide feedback to others.  In this unit pupils learn the following	outwit the opposition. Pupils work with a partner and group to organise and selfmanage their own games. Pupils play with honesty and fair play when playing competitively.
Prior Learning	Year 3/4 - Tag Rugby	Year 3/4 - Hockey	Year 5 - Gymnastics	Year 5 - Dance	Year 5 - Athletics	Year 3/4 - Rounders
Future Learning	KS3	KS3	KS3	KS3	KS3	KS3