









## PE & Games Curriculum Overview



Reception	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b>Physical development</b></p> 	<p><b>Body Management Unit 1</b> Explore balance and managing own body including manipulating small objects; stretch, reach and extend in a variety of ways and positions; control body and perform specific movements on command.</p>	<p><b>Body Management Unit 2</b> Explore a variety of rolling, sliding and slithering; jump using a variety of take offs and landings on low apparatus using varied combinations of hands and feet</p>	<p><b>Gymnastics Unit 1</b> Experience jumping, sliding, rolling and moving over and under apparatus – developing coordination and gross motor skills and confidence in fundamental movements</p>	<p><b>Dance Unit 1</b> Recognise that actions can be reproduced in time to movement, beat patterns and different speeds; copy, repeat and perform simple movement patterns and a wide variety of dance actions</p>	<p><b>Manipulation &amp; co-ordination Unit 1</b> Send and receive a variety of objects with different body Parts; work with others to control objects in space; and coordinate body parts such as hand-eye, foot-eye over a variety of activities and in different ways.</p> <p><b>Athletics</b> <b>Sports day activities</b> Building on relevant skills learnt this year</p>	<p><b>Speed, agility, travel Unit 1</b> Travel with some control and coordination; change direction at speed through both choice and Instructions; perform actions demonstrating changes in speed; and stop, start, pause, prepare for and anticipate movement in a variety of situations.</p>



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<b>Indoor</b> 	<b>Gymnastics</b> <b>Unit 1</b> Identify and use simple gymnastics actions and shapes, applying basic strength and recognising like actions and linking them	<b>OAA</b> Use thinking skills to follow multi-step instructions. Solve more challenging problems as an individual. Comprehend that one thing can represent another. Take part in activities with increasing challenge to build confidence.	<b>Dance</b> <b>Unit 1</b> Respond to a range of stimuli and types of music; explore space, direction, levels and speeds; and experiment creating actions and performing movements with different body parts	<b>Gymnastics</b> <b>Unit 2</b> To show a range of recognised point balances. To introduce turn, twist, rock, and roll and to link these. To perform unison simple canon and unison techniques.	<b>Games</b> <b>Send and return</b> <b>Unit 1</b> Able to send an object with increased confidence using hand or bat; move towards a moving ball to return; and send and return a variety of balls.	<b>Run, throw, jump</b> <b>Unit 2</b> Increase stamina and core strength. Work collaboratively on more complex tasks. Work to improve strength, balance, agility and coordination.
<b>Outdoor</b> 	<b>Games</b> <b>Attack, Defend and Shoot</b> <b>Unit 1</b> Practise basic movements – including running, jumping, throwing and catching – and experience opportunities to improve agility, balance and coordination as well as beginning to engage in competitive activities	<b>Games</b> <b>Attack, Defend and Shoot</b> <b>Unit 2</b> Use and apply simple strategies for invasion games, recognising rules and applying them – also explaining reasons why we enjoy exercise	<b>Games</b> <b>Hit, catch and run</b> <b>Unit 1</b> Able to hit objects with hand or bat; track and retrieve a rolling ball; and throw and catch a variety of balls and objects.	<b>Games</b> <b>Hit, catch and run</b> <b>Unit 2</b> Develop sending and receiving skills to benefit fielding as a team; distinguish between the roles of batters and fielders; and introduce the concept of simple tactics.	<b>Athletics</b> <b>Run, Jump, Throw</b> <b>Unit 1</b> Begin to link running and jumping; learn and refine a range of running which includes varying pathways and speeds; and develop throwing techniques to send objects over long distances.	<b>Games</b> <b>Send and return</b> <b>Unit 2</b> Develop sending skills with a variety of balls; track, intercept and stop a variety of objects such as balls and beanbags; and select and apply skills to beat opposition

Year 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Indoor</b> 	<b>Gymnastics</b> <b>Unit 1</b> Create and perform a simple sequence with control and consistency using basic actions at different speeds and on different levels – challenging themselves to develop strength and flexibility	<b>OAA</b> Use searching skills to find given things from clues and pictures. As a pair, navigate space. Use and explore unusual equipment to develop motor skills, coordination and problem-solving.	<b>Dance</b> <b>Unit 1</b> Perform basic actions with control and consistency at different speeds and on different levels and work as part of a group to create and perform short movement sequences (challenging themselves to move imaginatively) to music	<b>Gymnastics</b> <b>Unit 2</b> Develop body management through a range of floor exercises. Use core strength to link recognised gymnastics elements. Attempt to use rhythm while performing a sequence.	<b>Games</b> <b>Send and return</b> <b>Unit 1</b> Track the path of a ball over a net and move towards it; begin to hit and return a ball using a variety of hand and racquet with some consistency; and play modified net/wall games throwing, catching and sending over a net	<b>Athletics</b> <b>Run, throw, jump</b> <b>Unit 2</b> Improve running and jumping movements over sustained periods. Reflect on activities and make connections to healthy, active lifestyles. Jump for distance and height.
<b>Outdoor</b> 	<b>Games</b> <b>Attack, Defend and Shoot</b> <b>Unit 1</b> Can send and receive a ball using feet and recall and link a combination of skills e.g. dribbling and passing	<b>Games</b> <b>Attack, Defend and Shoot</b> <b>Unit 2</b> Select and apply a small range of simple tactics, recognising good quality in self and others and working together to build basic attacking play	<b>Games</b> <b>Hit, catch and run</b> <b>Unit 1</b> Develop hitting skills with a variety of bats; practice feeding/bowling skills; and hit and run to score points in games	<b>Games</b> <b>Hit, catch and run</b> <b>Unit 2</b> Work on a variety of ways to score runs in the different hit, catch, run games; work in teams to field; and begin to play the role of wicketkeeper or backstop	<b>Athletics</b> <b>Run, Jump, Throw</b> <b>Unit 1</b> Develop power, agility, coordination and balance over a variety of activities; throw and handle a variety of objects including quoits, beanbags, balls and hoops; and negotiate obstacles showing increased control of body and limbs	<b>Games</b> <b>Send and return</b> <b>Unit 2</b> Make it difficult for their opponent to score a Point; begin to choose specific tactics appropriate to the situation; transfer net/wall skills to volleyball style games; and Improve agility and coordination and use in a game

Year 3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p data-bbox="203 272 353 316"><b>Indoor</b></p> 	<p data-bbox="465 272 696 316"><b>Gymnastics</b></p> <p data-bbox="465 328 562 363"><b>Unit 1</b></p> <p data-bbox="465 368 696 628">Develop body management over a range of floor exercise and attempt to bring explosive moves into this through jumps and leaps whilst showing increasing flexibility in shapes and balances</p>	<p data-bbox="736 272 842 316"><b>OAA</b></p> <p data-bbox="736 328 976 547">Use searching skills to find given things from clues and pictures. As a pair, navigate space. Use and explore unusual equipment to develop motor skills, coordination and problem-solving.</p>	<p data-bbox="1008 272 1149 316"><b>Dance</b></p> <p data-bbox="1008 328 1247 531">Practise different sections of a dance aiming to put together a performance – to include using facial expressions and performing with a prop</p>	<p data-bbox="1279 272 1509 316"><b>Gymnastics</b></p> <p data-bbox="1279 328 1375 363"><b>Unit 2</b></p> <p data-bbox="1279 368 1518 644">Identify similarities and differences in sequences. Develop body management over arrange of floor exercises. Attempt to bring explosive moves into floor work. Show increasing flexibility in shapes and balances.</p>	<p data-bbox="1550 272 1742 316"><b>Athletics</b></p> <p data-bbox="1550 328 1794 531">Demonstrate agility and speed; jump for height and distance with control and balance; and throw with speed and power and apply appropriate force</p>	<p data-bbox="1821 272 1962 316"><b>Dance</b></p> <p data-bbox="1821 328 2051 584"><b>Unit 2</b> Building stylistic qualities through repetition and applying movement to own bodies. Building basic creative choreography skills in travelling, dynamics and partner work.</p>
<p data-bbox="203 659 389 702"><b>Outdoor</b></p> 	<p data-bbox="465 659 647 702"><b>Football</b></p> <p data-bbox="465 715 705 948">Basic control skills of sending and receiving; send the ball with some accuracy to maintain possession and build attacking play; implement the basic skills of football</p>	<p data-bbox="736 659 900 702"><b>Hockey</b></p> <p data-bbox="736 715 965 1066">Implement the basic rules of hockey and be able to consistently perform basic hockey skills such as dribbling and push pass; and develop tactics and apply them in competitive situations, increasing speed and endurance during gameplay</p>	<p data-bbox="1008 659 1234 702"><b>Basketball</b></p> <p data-bbox="1008 715 1247 1034">Perform some basic basketball skills, throwing, catching and dribbling. Building attacking/offensive play. Implement some basic rules of basketball.</p>	<p data-bbox="1279 659 1505 702"><b>Tag Rugby</b></p> <p data-bbox="1279 715 1518 1098">Combine basic tag rugby skills such as catching and quickly passing in one movement; select and implement appropriate skills in game situations and play effectively when attacking and defending; and increase the power of passes so the ball can move quickly over greater distance</p>	<p data-bbox="1550 659 1697 702"><b>Tennis</b></p> <p data-bbox="1550 715 1771 858">Identify and describe some rules of tennis; serve to begin a game; and explore forehand hitting</p>	<p data-bbox="1821 659 1973 702"><b>Cricket</b></p> <p data-bbox="1821 715 2051 975">Adhere to some of the basic rules of cricket; develop a range of skills to use in isolation and a competitive context; and use basic skills with more consistency including striking a bowled ball</p>

Year 4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p data-bbox="203 272 353 316"><b>Indoor</b></p> 	<p data-bbox="472 272 707 316"><b>Gymnastics</b></p> <p data-bbox="472 328 562 363"><b>Unit 1</b></p> <p data-bbox="472 370 707 687">Become increasingly competent and confident to perform skills more consistently and in time (with a partner and a group) and also use compositional ideas in sequences such as changes in height speed and direction</p>	<p data-bbox="741 272 808 304"><b>OAA</b></p> <p data-bbox="741 311 976 528">Use searching skills to find given things from clues and pictures. As a pair, navigate space. Use and explore unusual equipment to develop motor skills, coordination and problem-solving.</p>	<p data-bbox="1014 272 1149 316"><b>Dance</b></p> <p data-bbox="1014 328 1081 360"><b>Unit 1</b></p> <p data-bbox="1014 367 1249 592">Practise and perform a variety of different formations in dance – developing a dance to perform as a group with a set starting position (to include freeze frames)</p>	<p data-bbox="1285 272 1507 316"><b>Gymnastics</b></p> <p data-bbox="1285 328 1375 360"><b>Unit 2</b></p> <p data-bbox="1285 367 1523 616">Develop an increased range of body actions and shapes to include in a sequence. Define muscle groups needed to support the core of the body. Refine taking weight on small and large body parts.</p>	<p data-bbox="1556 272 1778 316"><b>Badminton</b></p> <p data-bbox="1556 328 1792 520">Explore and use different shots with both the forehand and backhand. Demonstrate different badminton skills. Practise some trick shots in isolation.</p>	<p data-bbox="1827 272 1984 316"><b>Handball</b></p> <p data-bbox="1827 328 2040 592">Develop 3 step rule incorporating bounce. Defend and stop attacks by blocking and intercepting. Pass and move with the ball to setup attacks. Demonstrate and implement the rules of handball.</p>
<p data-bbox="203 732 394 775"><b>Outdoor</b></p> 	<p data-bbox="472 732 696 775"><b>Swimming</b></p> <p data-bbox="472 788 707 1206">Perform safe self-rescue in different water-based situations. Swim competently, confidently and proficiently over a distance of <b>at least</b> 25 metres. Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke. (Term times may differ for some classes)</p>	<p data-bbox="741 732 965 775"><b>Swimming</b></p> <p data-bbox="741 788 976 1206">Perform safe self-rescue in different water-based situations. Swim competently, confidently and proficiently over a distance of <b>at least</b> 25 metres. Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke. (Term times may differ for some classes)</p>	<p data-bbox="1014 732 1171 775"><b>Netball</b></p> <p data-bbox="1014 788 1249 1062">Introduce high five netball positions. Acquire and apply basic shooting techniques. Demonstrate and implement some basic rules of high five. Develop netball skills such as marking and footwork.</p>	<p data-bbox="1285 732 1491 775"><b>Volleyball</b></p> <p data-bbox="1285 788 1523 1110">Consistently perform basic pairs volleyball skills such as rainbow pass and switching. Implement the basic rules of pairs volleyball. Develop tactics and apply them competitively. Increase accuracy and power during gameplay.</p>	<p data-bbox="1556 732 1738 775"><b>Athletics</b></p> <p data-bbox="1556 788 1792 1046">Investigate different ways of running, jumping and throwing and use a variety of equipment to measure, time and compare the effectiveness of different styles of runs, jumps and throws</p>	<p data-bbox="1827 732 2029 775"><b>Rounders</b></p> <p data-bbox="1827 788 2063 1015">Develop range of rounders skills that can be applied in a competitive context and choose and use a range of simple tactics in isolation and games context</p>

Year 5	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Indoor</b> 	<b>Gymnastics</b> <b>Unit 1</b> Create longer and more complex sequences and adapt performances, (including developing symmetry as an individual, as a pair or in a group) - and also taking the lead in a group when preparing a sequence	<b>OAA</b> Explore ways of communicating in a range of challenging activities; develop and use trust to complete a task and perform under pressure; and navigate and solve problems from memory	<b>Dance</b> <b>Unit 1</b> Perform different styles of dance fluently and clearly and refine/improve dances, adapting them to include the use of space, rhythm and expression	<b>Gymnastics</b> <b>Unit 2</b> Take responsibility for your own warm-up. Perform more complex actions, shapes and balances with consistency. Use information given by others to improve performance. Remember and repeat longer sequences with more difficult actions.	<b>Tennis</b> Play with others to score and defend points in competitive games, introducing and applying volley shots and overhead shots	<b>Dance</b> <b>Unit 2</b> Using professional examples to inspire ideas for explosive action. Owning and exploring new movement possibilities.
<b>Outdoor</b> 	<b>Tag Rugby</b> Combine basic tag rugby skills such as catching and quickly passing in one movement; select and implement appropriate skills in game situations and play effectively when attacking and defending; and increase the power of passes so the ball can move quickly over greater distance	<b>Hockey</b> Choose and implement a range of strategies and tactics to attack and defend, combining and performing more complex skills at great speed	<b>Football</b> Play effectively in a variety of positions and formations on the pitch, relating a greater number of attacking and defensive tactics to gameplay – becoming more skilful when performing movements at speed	<b>Basketball</b> Use strength, agility and coordination when defending. Increase power and strength of passes, moving the ball accurately in a variety of situations. Select and apply a range of tactics and techniques to play with consistency.	<b>Athletics</b> Sustain pace over short and longer distances as running 100m and running for 2 minutes; run as part of a relay teamworking at maximum speed; and perform a range of jumps and throws, demonstrating increasing power and accuracy	<b>Cricket</b> Link together a range of skills and use in combination; collaborate with a team to choose, use and adapt rules in games; and recognise how some aspects of fitness apply to cricket e.g. power, flexibility and cardiovascular endurance  <b>Swimming</b> Booster sessions offered for those who need it

Year 6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Indoor</b> 	<b>Gymnastics</b> <b>Unit 1</b> Work independently and in groups to make up own sequences (including flight on and off high apparatus) – demonstrating accuracy, consistency and clarity of movement.	<b>OAA</b> Use information given by others to complete more complex tasks and work collaboratively and also take responsibility for a role in a task	<b>Dance</b> Perform with clear intention and meaning; perform set patterns with knowledge and understanding of their meaning; work collaboratively; and value the contributions that dance makes to different cultures	<b>Gymnastics</b> <b>Unit 2</b> Perform increasingly complex sequences. Combine own ideas with others to build sequences. Compose and practise actions and relate to music. Show a desire to improve competency across a broad range of gymnastics actions.	<b>Badminton</b> Develop a wider range of shots including drop and smash. Begin to use more sophisticated tactics. Play with fluency with a partner in doubles scenarios.	<b>Tennis</b> Develop backhand shots. Introduce the lob shot. Begin to use full tennis scoring systems. Continue developing doubles play and tactics to improve.
<b>Outdoor</b> 	<b>Netball</b> Work as a team to improve group tactics and gameplay, developing defensive skills and playing within the rules (using blocking skills for shots and passes)	<b>Tag Rugby</b> Choose and implement a range of strategies and tactics to attack and defend. Combine and perform more complex skills at speed. Observe, analyse and recognise good individual and team performances. Suggest, plan and lead a warm-up as a small group.	<b>Football</b> Choose and implement a range of strategies to attack and defend. Perform a wider range of more complex skills. Recognise and describe good performances. Suggest, plan and lead simple drills for given skills.	<b>Handball</b> Work as a team to improve group tactics and gameplay, developing defensive skills and playing within the rules (using screening to break down offensive play)	<b>Athletics</b> Apply strength and flexibility to a range of throwing, jumping and running activities and become confident and expert in a range of techniques – demonstrating improvement when working with self and others	<b>Rounders</b> Play small sided games using standard rounders pitch layout, applying rounders rules consistently and using a range of tactics for attacking and defending in the role of bowler, batter and fielder  <b>Swimming</b> Booster sessions offered for those who need it.

Each year group will also receive at least one day's session of Forest School (covering OAA)