

PE Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	<ul style="list-style-type: none"> Dance- Movement to music and rhymes Basic movements 	<ul style="list-style-type: none"> Dance- Movement to music and rhymes Basic movements 	<ul style="list-style-type: none"> Gymnastics – rolls and balance Multi skills 	<ul style="list-style-type: none"> Ball skills, throwing and catching/sending and receiving Multi skills 	<ul style="list-style-type: none"> Multi skills Athletics 	<ul style="list-style-type: none"> Cricket Multi-skills
Year 1	<ul style="list-style-type: none"> Ball skills Basic movements 	<ul style="list-style-type: none"> Gruffalo Dance/ gymnastics. Ball skills 	<ul style="list-style-type: none"> Gymnastics Ball games 	<ul style="list-style-type: none"> Ball games Multi skills 	<ul style="list-style-type: none"> Athletics Invasion games 	<ul style="list-style-type: none"> Team games eg. cricket and rounders Invasion games
Year 2	<ul style="list-style-type: none"> Tag Rugby Ball skills/circuit training 	<ul style="list-style-type: none"> Dance Ball skills (Netball) 	<ul style="list-style-type: none"> Gymnastics and Skipping Multi skills 	<ul style="list-style-type: none"> Hockey Short Tennis 	<ul style="list-style-type: none"> Cricket Athletics 	<ul style="list-style-type: none"> Rounders Athletics
Year 3	<ul style="list-style-type: none"> Swimming Tag rugby 	<ul style="list-style-type: none"> Swimming Dance 	<ul style="list-style-type: none"> Swimming Gymnastics 	<ul style="list-style-type: none"> Swimming Short Tennis/Hockey 	<ul style="list-style-type: none"> Swimming Cricket & athletics 	<ul style="list-style-type: none"> Rounders Athletics
Year 4	<ul style="list-style-type: none"> Tag rugby Multi skills/circuit training 	<ul style="list-style-type: none"> Netball Dance 	<ul style="list-style-type: none"> Gymnastics Football 	<ul style="list-style-type: none"> Hockey Short Tennis 	<ul style="list-style-type: none"> Cricket Athletics 	<ul style="list-style-type: none"> Athletics Rounders
Year 5	<ul style="list-style-type: none"> Tag rugby Multi skills/circuit training 	<ul style="list-style-type: none"> Netball Dance 	<ul style="list-style-type: none"> Gymnastics Football 	<ul style="list-style-type: none"> Hockey Short Tennis 	<ul style="list-style-type: none"> Cricket Athletics 	<ul style="list-style-type: none"> Rounders Athletics
Year 6	<ul style="list-style-type: none"> Tag rugby Netball 	<ul style="list-style-type: none"> Dance Tennis 	<ul style="list-style-type: none"> Gymnastics Football 	<ul style="list-style-type: none"> Basketball Hockey 	<ul style="list-style-type: none"> Cricket Athletics 	<ul style="list-style-type: none"> Rounders Athletics

Links to the NC

Year 1 and Year 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.
- Participate in team games, developing simple tactics for attacking and defending.
- Perform dances using simple movement patterns

Year 3

- Use running, jumping, throwing and catching in isolation and in combination.
- 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.
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- Perform dances using a range of movement patterns.
- Take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Year 4

- Use running, jumping, throwing and catching in isolation and in combination.
- 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.
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- Perform dances using a range of movement patterns.

Year 5

- Use running, jumping, throwing and catching in isolation and in combination.
- 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.
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- Perform dances using a range of movement patterns.
- Take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Year 6

- Use running, jumping, throwing and catching in isolation and in combination.
- 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.
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- Perform dances using a range of movement patterns.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Swimming NC -

- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- Perform safe self-rescue in different water-based situations.