



Baines' Endowed

Church of England Primary Academy & Children's Centre

A member of **CDARI**

Physical Education Curriculum Overview

Scheme of Work: PE Passport Lancashire

	Swimming
	Athletics
	OAA
	Games (invasion)
	Striking and fielding
	Dance
	Gymnastics

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<u>Nursery</u>	Fine Motor Skills: Elmer	Fine Motor Skills: Hungry Caterpillar				Fundamental Movement Skills

Reception	Fundamental Movement Skills	Fundamental Movement Skills - Transport	Fine Motor Skills: Hungry Caterpillar	Fine Motor Skills: Beanstalk	Fine Motor Skills: Mini Beasts	Fine Motor Skills: Seaside
Key Stage One Curriculum on a Two Year Cycle						
Year 1	FMS - Dance - Communicate a mood - Copy and remember moves OAA Day	FMS - Dance - Communicate a mood - Copy and remember moves	Games - Use rolling skills in a game Gymnastics 2 footed landing - Hold shapes and balances - Travelling, rolling, jumping, still	Games Catch and bounce a ball Games Gymnastics - Move with control - Show contrasts - Perform different shapes	Athletics - Running, jumping and throwing - Sprints and distance	FMS - Striking and fielding Throw overarm Striking and fielding - Use hitting skills in a game - Striking and fielding - Throw underarm - Use kicking skills - Pass the ball - Travel with the ball in

						different directions
Year 2	Games • Throw, catch and bounce a ball Dance • Explore different speeds • Perform movements using body parts	Games • Throw ball for distance • Throw different shapes/sizes Dance • Perform a sequence with beginning and end • Move in time to the music	Games • Defending and attacking • Travelling Gymnastics • Copy and repeat movements • Hold shapes whilst balancing • Travelling - rolling forwards/backwards/sideways	Games • Kicking skills • Pass to another player • Travel with the ball • Dribbling OAA Day	Athletics	Striking and fielding • Strike a ball • Throw for distance • Vary throws • Throwing and catching
Key Stage Two						
Year 3	Games - Invasion	Games - Invasion	Games - Invasion	Striking and fielding	Athletics • Jump - using a	OAA Day

	• Throw and catch • Pass in a variety of ways • Travelling in different ways • Attacking and defending • Finding space to pass to teammates • Keep and win back possession Gymnastics • Link balances, jumps and rolls individually	• Throw and catch • Pass in a variety of ways • Travelling in different ways • Keep and win back possession Gymnastics • Link balances, jumps and rolls with a partner • Show control • Refine movements	• Attacking and defending • Finding space to pass to teammates • Keep and win back possession Dance • Plan, perform and repeat sequences • Move in an expressive manner • Travel in a variety of ways	• Throw and catch • Strike for distance • Batting • Overarm bowl Fielding to stop balls going past Dance • Show changes of speed/direction • Compare and adapt movements	run up if required • Sprint and distance running • Range of throwing - throw to hit a target	Striking and fielding • Throw and catch • Strike for distance • Batting • Overarm bowl • Fielding to stop balls going past
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	• Move in an expressive manner • Travel in a variety of ways					
Year 4	Games - Invasion • Throw and catch with control • Pass to teammates • Marking techniques • Throw a ball in a different way • Make best use of space • Move the ball with a range of	Games • Throw and catch with control • Pass to teammates • Throw a ball in a different way • Make best use of space • Move the ball with a range of techniques • Keep possession	Games - Invasion • Use a range of attacking and defending • Pass with increasing speed and accuracy • Help teammates keep and win back possession Dance	Swimming • Coordinate leg and arm movements • Coordinate breathing Dance • Show changes of speed/direction • Compare and adapt movements	Swimming • Swim at the surface and below the water Athletics • Jump - using a run up if required • Sprint and distance running • Range of throwing - throw to hit a target	OAA Day Swimming • Swim between 25-50m • Use more than one stroke Striking and fielding • Use fielding skills to prevent scoring • Strike a ball and field with control • Send and receive

	technique s • Keep possession on and run • Work with teammates to make it difficult for the opposition Gymnastics • Link balances, jumps and rolls individually • Move in an expressive way • Swing from	on and run • Work with teammates to make it difficult for the opposition Gymnastics • Perform in canon and unison • Link balances, jumps and rolls with a partner • Show control	• Plan, perform and repeat sequences • Move in an expressive manner • Travel in a variety of ways			• Use bat/racquet to hit a ball • Strike a moving and stationary ball
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	equipment					
Year 5	Swimming • Coordinate leg and arm movements • Coordinate breathing Gymnastics • Link balances, rolls and jumps together • Practice symmetrical and asymmetrical shapes	Swimming • Swim at the surface and below the water Games - Invasion • Work alone or with teammates to gain points • Awareness of space • Keep and win back possession • Pass a ball with speed/accuracy	Swimming • Swim between 25-50m • Use more than one stroke Dance • Compose creative, imaginative sequences • Use transitions to link • Perform expressively	OAA • Use communication effectively within roles • Orientate themselves around a large trail • Use maps and compasses Dance • Compose creative, imaginative sequences • Use transitions to link	Athletics • Compete • Set targets • Combine sprinting with hurdles • Choose the best running pace • Control when taking off and landing • Throwing accurately Refine and analyse	OAA Day Striking and fielding • Play confidently in the role of fielder/striker • Direct a hit from a bowled ball • Use different techniques to hit a ball • Overarm ball/serve • Use fielding skills to prevent scoring Games - Invasion

		• Use ball skills in different ways and link • Different ways of throwing and catching		• Perform expressively		• Work alone or with teammates to gain points • Awareness of space • Keep and win back possession • Pass a ball with speed/accuracy • Use ball skills in different ways • Dribbling
Year 6	Games - Invasion • Work alone or with teammates to gain	Games - Invasion • Work alone or with teammates to gain	Gymnastics • Create complex and well executed sequences	Games - Invasion • Build on set plays Gymnastics	OAA • Embrace both roles • Use a range of devices	OAA Day Striking and fielding • Hit a bowled

	possession, defend and attack • Lead a warm up • Show confidence using ball skills • Linking skills forever • Good awareness of space • Make the best pass Dance • Self and peer evaluation • Compose creative, imaginative sequences	possession, defend and attack • Lead a warm up • Show confidence using ball skills • Linking skills forever • Good awareness of space • Make the best pass Dance • Self and peer evaluation • Compose creative, imaginative sequences	• Hold strong shapes • Choose linking elements • Use equipment to vault and swing • Vary speed/direction/rotation • Refine • Work alone or with teammates to gain points • Awareness of space • Keep and win back possession	• Create complex and well executed sequences • Hold strong shapes • Choose linking elements • Use equipment to vault and swing • Vary speed/direction/rotation • Refine Striking and fielding • Hit a bowled ball over longer distances	to orientate themselves Athletics • Compete • Set targets • Combine sprinting with hurdles • Choose the best running pace • Control when taking off and landing • Throwing accurately • Refine and analyse	ball over longer distances • Hand eye coordination when striking • Throw and catch under pressure
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	sequence s • Improvise • Perform and create complex sequence s • Hold posture	• Improvise • Perform and create complex sequence s • Hold posture	• Pass a ball with speed/accuracy • Use ball skills in different ways • Dribbling	• Hand eye coordination when striking • Throw and catch under pressure		
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