

## **Physical Education Curriculum Overview**

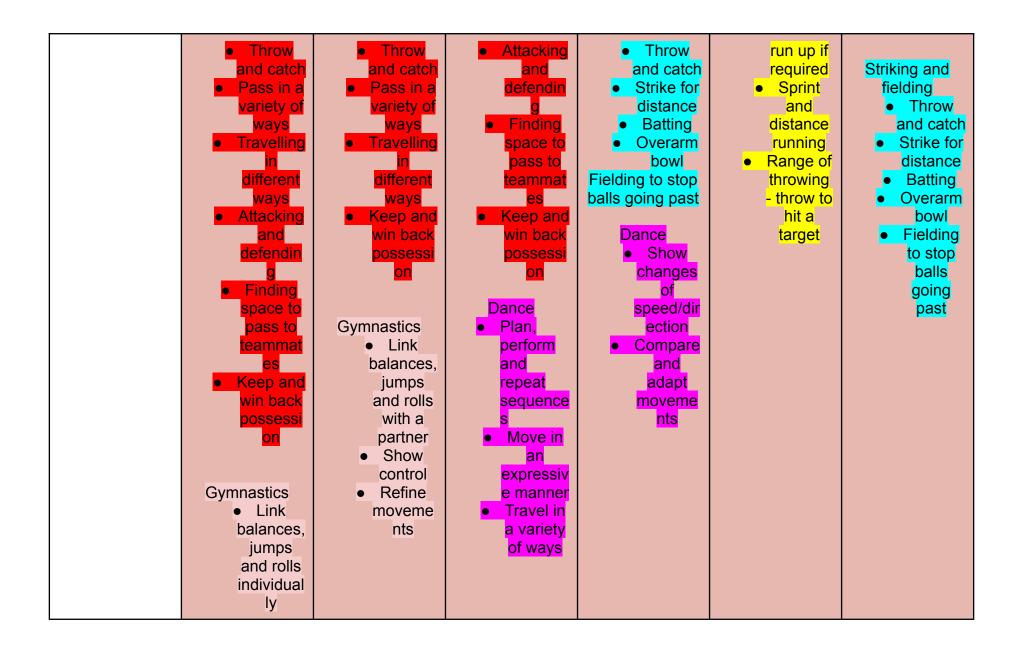
## **Scheme of Work: PE Passport Lancashire**

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

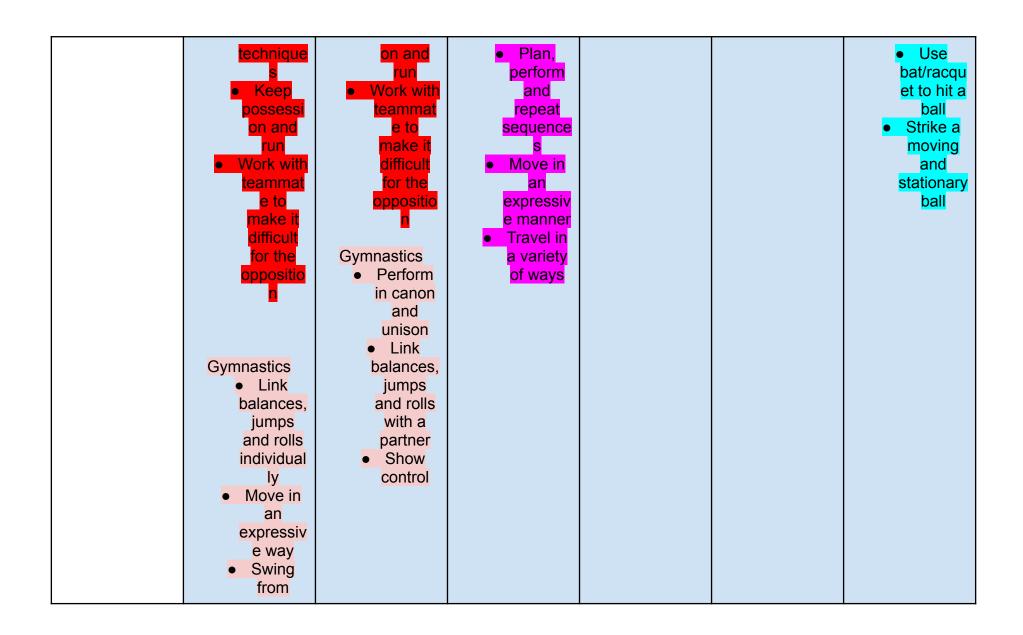
Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<u>Nursery</u>	Fine Motor Skills: Elmer	Fine Motor Skills: Hungry Caterpillar				Fundamental Movement Skills

Reception  Key Stage One C	Fundamental Movement Skills  urriculum on a Two	Fundamental Movement Skills - Transport  Year Cycle	Fine Motor Skills: Hungry Caterpillar	Fine Motor Skills: Beanstalk	Fine Motor Skills: Mini Beasts	Fine Motor Skills: Seaside
Year 1	FMS  Dance  Communicate a mood Copy and remembermoves  COAA 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

Year 2	Games  Throw, catch and bounce a ball  Dance Explore different speeds Perform moveme nts using body parts	Games  Throw ball for distance Throw different shapes/si zes  Dance Perform a sequence with beginning and end Move in time to	Games  Defending and attacking Travelling  Gymnastics Copy and repeat movemen ts Hold shapes whilst balancing Travelling rolling forwards/	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 catc hing
		time to the music	backward s/sideway s			
Key Stage Two						
Year 3	Games - Invasion	Games - Invasion	Games - Invasion	Striking and fielding	Athletics  • Jump - using a	OAA Day



	<ul> <li>Move in an expressiv e manner</li> <li>Travel in a variety of ways</li> </ul>					
Year 4	Games - Invasion  Throw and catch with control Pass to teammat es Marking technique s Throw a ball in a different way Make best use of space Move the ball with a range of	<ul> <li>Throw and catch with control</li> <li>Pass to teammat es</li> <li>Throw a ball in a different way</li> <li>Make best use of space</li> <li>Move the ball with a range of technique s</li> <li>Keep possessi</li> </ul>	Games - Invasion  Use a range of attacking and defendin g Pass with increasin g speed and accuracy Help teammates keep and win back possession  Dance	Swimming  Coordinate eleg and arm moveme nts Coordinate e breathing Dance Show changes of speed/direction Compare and adapt moveme nts	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	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



	equipme nt					
Year 5	Swimming Coordinateleg and arm movements Coordinateleg breathing  Gymnastics Link balances, rolls and jumps together Practice symmetrical and asymmetrical and asymmetrical shapes	Swimming Swim at the surface and below the water  Games - Invasion Work alone or with teammat es to gain points Awarene ss of space Keep and win back possessi on Pass a ball with speed/ac curacy	Swimming Swim between 25-50m Use more than one stroke  Dance Compose creative, imaginati ve sequence s Use transition s to link Perform expressiv ely	OAA  Use communi cation effectivel y within roles  Orientate themselv es around a large trail Use maps and compass es Dance Compose creative, imaginati ve sequence s Use transition s to link	Athletics     Compete     Set     targets     Combine     sprinting     with     hurdles     Choose     the best     running     pace     Control     when     taking off     and     landing     Throwing     accuratel     y  Refine and     analyse	Striking and fielding     Play confidentl y in the role of fielder/striker     Direct a hit from a bowled ball     Use different technique s to hit a ball     Overarm ball/serve     Use fielding skills to prevent scoring     Games Invasion

		<ul> <li>Use ball skills in different ways and link</li> <li>Different ways of throwing and catching</li> </ul>		Perform expressiv ely		<ul> <li>Work         alone or         with         teammat         es to gain         points</li> <li>Awarene         ss of         space</li> <li>Keep and         win back         possessi         on         <ul> <li>Pass a</li> <li>ball with</li> <li>speed/ac              curacy</li> <li>Use ball              skills in              different              ways</li> <li>Dribbling</li> </ul> </li> </ul>
Year 6	Games - Invasion  Work alone or with teammat es to gain	Games - Invasion Work alone or with teammat es to gain	Gymnastics  • Create complex and well executed sequence s	Games - Invasion Build on set plays  Gymnastics	OAA  • Embrace both roles  • Use a range of devices	OAA Day  Striking and fielding  Hit a bowled

possessi on, defend and attack Lead a warm up Show confidenc e using ball skills Linking skills Linking skills forever Good awarenes s of space Make the best pass  Dance Dance Self and peer evaluatio n Compose Compose Compose	<ul> <li>Hold strong shapes</li> <li>Choose linking elements</li> <li>Use equipme nt to vault and swing</li> <li>Vary speed/direction/rot ation</li> <li>Refine</li> <li>Work alone or with teammates to gain points</li> <li>Awareness of</li> </ul>	<ul> <li>Create complex and well executed sequence s</li> <li>Hold strong shapes</li> <li>Choose linking elements</li> <li>Use equipme nt to vault and swing</li> <li>Vary speed/dir ection/rot ation</li> <li>Refine</li> <li>Striking and fielding</li> <li>Hit a</li> </ul>	Athletics  Compete Set targets Combine sprinting with hurdles Choose the best running pace Control when taking off and landing Inding Throwing accuratel y Refine	ball over longer distances  Hand eye coordinati on when striking  Throw and catch under pressure
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	sequence s Improvise Perform and create complex sequence s Hold posture	<ul> <li>Improvise</li> <li>Perform and create complex sequence s</li> <li>Hold posture</li> </ul>	<ul> <li>Pass a ball with speed/ac curacy</li> <li>Use ball skills in different ways</li> <li>Dribbling</li> </ul>	<ul> <li>Hand eye coordinati on when striking</li> <li>Throw and catch under pressure</li> </ul>		
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