



Baines' Endowed

Church of England Primary Academy & Children's Centre

A member of **CDARI**

Physical Education Curriculum Overview

Scheme of Work: PE Passport

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

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

<u>Reception</u>	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	<p>FMS- Games</p> <ul style="list-style-type: none"> • Catch and bounce a ball <p>FMS - Striking and fielding</p> <ul style="list-style-type: none"> • Throw underarm 	<p>FMS - Games</p> <ul style="list-style-type: none"> • Use rolling skills in a game <p>Gymnastics</p> <ul style="list-style-type: none"> • 2 footed landing • Hold shapes and balances • Travelling, rolling, jumping, still 	<p>FMS - Striking and fielding</p> <ul style="list-style-type: none"> • Throw overarm <p>Dance</p> <ul style="list-style-type: none"> • Communicate a mood • Copy and remember moves 	<p>FMS - Games</p> <ul style="list-style-type: none"> • Use kicking skills • Pass the ball • Travel with the ball in different directions <p>Gymnastics</p> <ul style="list-style-type: none"> • Move with control • Show contrasts • Perform different shapes 	<p>FMS - Games</p> <ul style="list-style-type: none"> • Marking, attacking, defending, dodging <p>Athletics</p> <ul style="list-style-type: none"> • Running, jumping and throwing • Sprints and distance 	<p>OAA Day</p> <p>Dance</p> <ul style="list-style-type: none"> • Communicate a mood • Copy and remember moves <p>FMS - Striking and fielding</p> <ul style="list-style-type: none"> • Use hitting skills in a game
Year 1/2	<p>FMS- Games</p> <ul style="list-style-type: none"> • Catch and 	<p>FMS - Games</p> <ul style="list-style-type: none"> • Use rolling 	<p>FMS - Striking and fielding</p>	<p>FMS - Games</p> <p>Gymnastics</p>	<p>FMS - Games</p> <ul style="list-style-type: none"> • Marking, attacking, 	<p>OAA Day</p> <p>Dance</p>

	<p>bounce a ball</p> <p>FMS - Striking and fielding</p> <ul style="list-style-type: none"> • Throw underarm 	<p>skills in a game</p> <p>Gymnastics</p> <ul style="list-style-type: none"> • 2 footed landing • Hold shapes and balances • Travelling, rolling, jumping, still 	<p>Throw overarm</p> <p>Dance</p> <ul style="list-style-type: none"> • Communicate a mood • Copy and remember moves 	<ul style="list-style-type: none"> • Move with control • Show contrasts • Perform different shapes 	<p>defending, dodging</p> <p>Athletics</p> <ul style="list-style-type: none"> • Running, jumping and throwing • Sprints and distance 	<ul style="list-style-type: none"> • Communicate a mood • Copy and remember moves <p>FMS - Striking and fielding</p> <ul style="list-style-type: none"> • Use hitting skills in a game
Year 2	<p>Games</p> <ul style="list-style-type: none"> • Throw, catch and bounce a ball <p>Dance</p> <ul style="list-style-type: none"> • Explore different speeds • Perform movements using body parts 	<p>Games</p> <ul style="list-style-type: none"> • Throw ball for distance • Throw different shapes/sizes <p>Dance</p> <ul style="list-style-type: none"> • Perform a sequence with beginning and end 	<p>Games</p> <ul style="list-style-type: none"> • Defending and attacking • Travelling <p>Gymnastics</p> <ul style="list-style-type: none"> • Copy and repeat movements • Hold shapes whilst balancing • Travelling - rolling 	<p>Games</p> <ul style="list-style-type: none"> • Kicking skills • Pass to another player • Travel with the ball • Dribbling <p>Gymnastics</p> <ul style="list-style-type: none"> • Link moves together - make a sequence 	<p>Athletics</p> <p>Striking and fielding</p> <ul style="list-style-type: none"> • Strike a ball • Throw for distance • Vary throws • Throwing and catching 	<p>OAA Day</p> <p>FMS</p> <p>Striking and fielding</p> <ul style="list-style-type: none"> • Strike a ball • Throw for distance • Vary throws • Throwing and catching

		<ul style="list-style-type: none"> • Move in time to the music 	forwards/backwards/sideways	<ul style="list-style-type: none"> • Show control • Jump in a variety of ways 		
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Key Stage Two

Year 3	<p>Games - Invasion</p> <ul style="list-style-type: none"> • Throw and catch • Pass in a variety of ways • Travelling in different ways <p>Gymnastics</p> <ul style="list-style-type: none"> • Link balances, jumps and rolls individually • Move in an expressive manner 	<p>Games - Invasion</p> <ul style="list-style-type: none"> • Throw and catch • Pass in a variety of ways • Travelling in different ways <p>Gymnastics</p> <ul style="list-style-type: none"> • Link balances, jumps and rolls with a partner • Show control 	<p>Games - Invasion</p> <ul style="list-style-type: none"> • Attacking and defending • Finding space to pass to teammates • Keep and win back possession <p>Dance</p> <ul style="list-style-type: none"> • Plan, perform and repeat sequences 	<p>Games</p> <ul style="list-style-type: none"> • Attacking and defending • Finding space to pass to teammates • Keep and win back possession <p>Dance</p> <ul style="list-style-type: none"> • Show changes of speed/direction • Compare and adapt 	<p>Athletics</p> <ul style="list-style-type: none"> • Jump - using a run up if required • Sprint and distance running • Range of throwing - throw to hit a target <p>Striking and fielding</p> <ul style="list-style-type: none"> • Throw and catch • Strike for distance • Batting • Overarm bowl 	<p>OAA Day</p> <p>Athletics</p> <ul style="list-style-type: none"> • Jump - using a run up if required • Sprint and distance running • Range of throwing - throw to hit a target <p>Striking and fielding</p> <ul style="list-style-type: none"> • Throw and catch • Strike for distance • Batting
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	<ul style="list-style-type: none"> Travel in a variety of ways 	<ul style="list-style-type: none"> Refine movements 	<ul style="list-style-type: none"> Move in an expressive manner Travel in a variety of ways 	<ul style="list-style-type: none"> movements 	<ul style="list-style-type: none"> Fielding to stop balls going past 	<ul style="list-style-type: none"> Overarm bowl Fielding to stop balls going past
Year 4	<p>Games - Invasion</p> <ul style="list-style-type: none"> Throw and catch with control Pass to teammates Throw a ball in a different way Build a rally <p>Gymnastics</p> <ul style="list-style-type: none"> Link balances, jumps and rolls individually 	<p>Games</p> <ul style="list-style-type: none"> Make best use of space Move the ball with a range of techniques Keep possession and run Work with teammate to make it difficult for the opposition 	<p>Games - Invasion</p> <ul style="list-style-type: none"> Use a range of attacking and defending Pass with increasing speed and accuracy Help teammates keep and win back possession Marking techniques 	<p>Swimming</p> <ul style="list-style-type: none"> Coordinate leg and arm movements Coordinate breathing <p>Dance</p> <ul style="list-style-type: none"> Show changes of speed/direction Compare and adapt movements 	<p>Swimming</p> <ul style="list-style-type: none"> Swim at the surface and below the water <p>Striking and fielding</p> <ul style="list-style-type: none"> Use fielding skills to prevent scoring Strike a ball and field with control Send and receive Use bat/racquet 	<p>OAA Day</p> <p>Swimming</p> <ul style="list-style-type: none"> Swim between 25-50m Use more than one stroke <p>Athletics</p> <ul style="list-style-type: none"> Jump - using a run up if required Sprint and distance running Range of throwing - throw to hit a target

	<ul style="list-style-type: none"> • Move in an expressive way • Swing from equipment 	<p>Dance</p> <ul style="list-style-type: none"> • Plan, perform and repeat sequences • Move in an expressive manner • Travel in a variety of ways 	<p>Gymnastics</p> <ul style="list-style-type: none"> • Perform in canon and unison • Link balances, jumps and rolls with a partner • Show control 		<ul style="list-style-type: none"> • Hit a ball • Strike a moving and stationary ball 	
Year 5	<p>Swimming</p> <ul style="list-style-type: none"> • Coordinate leg and arm movements • Coordinate breathing <p>Gymnastics</p> <ul style="list-style-type: none"> • Link balances, rolls and jumps together 	<p>Swimming</p> <ul style="list-style-type: none"> • Swim at the surface and below the water <p>Gymnastics</p> <ul style="list-style-type: none"> • Form longer, more complex sequences • Show control 	<p>Swimming</p> <ul style="list-style-type: none"> • Swim between 25-50m • Use more than one stroke <p>Dance</p> <ul style="list-style-type: none"> • Compose creative, imaginative sequences 	<p>OAA</p> <ul style="list-style-type: none"> • Use communication effectively within roles • Orientate themselves around a large trail • Use maps and compasses 	<p>Games - Invasion</p> <ul style="list-style-type: none"> • Work alone or with teammates to gain points • Awareness of space • Keep and win back possession • Pass a ball with 	<p>OAA Day</p> <p>Athletics</p> <ul style="list-style-type: none"> • Compete • Set targets • Combine sprinting with hurdles • Choose the best running pace • Control when taking off

	<ul style="list-style-type: none"> Practice symmetrical and asymmetrical shapes 	<p>and precision</p>	<ul style="list-style-type: none"> Use transitions to link Perform expressively 	<p>Games - Invasion</p> <ul style="list-style-type: none"> 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 and link Different ways of throwing and catching 	<p>speed/accuracy</p> <ul style="list-style-type: none"> Use ball skills in different ways Dribbling <p>Dance</p> <ul style="list-style-type: none"> Compose creative, imaginative sequences Use transitions to link Perform expressively 	<p>and landing</p> <ul style="list-style-type: none"> Throwing accurately Refine and analyse <p>Striking and fielding</p> <ul style="list-style-type: none"> 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
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						skills to prevent scoring
Year 6	<p>Games - Invasion</p> <ul style="list-style-type: none"> • Work alone or with teammates to gain possession, defend and attack • Lead a warm up • Show confidence using ball skills • Linking skills forever • Good awareness of space • Make the best pass 	<p>Games - Invasion</p> <ul style="list-style-type: none"> • Work alone or with teammates to gain possession, defend and attack • Lead a warm up • Show confidence using ball skills • Linking skills forever • Good awareness of space • Make the best pass 	<p>Striking and fielding</p> <ul style="list-style-type: none"> • Hit a bowled ball over longer distances • Hand eye coordination when striking • Throw and catch under pressure <p>Dance</p> <ul style="list-style-type: none"> • Self and peer evaluation • Compose creative, imaginative sequences • Improvise 	<p>Games - Invasion</p> <ul style="list-style-type: none"> • Build on set plays <p>Gymnastics</p> <ul style="list-style-type: none"> • Create complex and well executed sequences • Hold strong shapes • Choose linking elements • Use equipment to vault and swing • Vary speed/direction/rotation 	<p>OAA</p> <ul style="list-style-type: none"> • Embrace both roles • Use a range of devices to orientate themselves <p>Striking and fielding</p> <ul style="list-style-type: none"> • Hit a bowled ball over longer distances • Hand eye coordination when striking • Throw and catch under pressure 	<p>OAA Day</p> <p>Athletics</p> <ul style="list-style-type: none"> • Compete • Set targets • Combine sprinting with hurdles • Choose the best running pace • Control when taking off and landing • Throwing accurately • Refine and analyse <p>Games</p>

	<p>Dance</p> <ul style="list-style-type: none"> • Self and peer evaluation • Compose creative, imaginative sequences • Improvise • Perform and create complex sequences • Hold posture 	<p>Gymnastics</p> <ul style="list-style-type: none"> • Create complex and well executed sequences • Hold strong shapes • Choose linking elements • Use equipment to vault and swing • Vary speed/direction/rotation • Refine 	<ul style="list-style-type: none"> • Perform and create complex sequences • Hold posture 	<ul style="list-style-type: none"> • Refine 		
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