






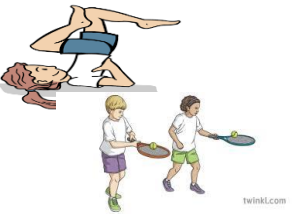






**Curriculum Overview: PE**






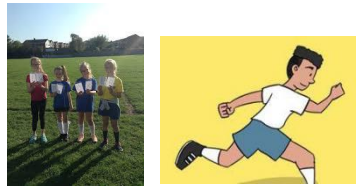
**Physical Education at Corpus Christi Catholic Primary**

In PE we must ensure we always wear the correct PE kit.







	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception						
	<p><b><u>We are great at Fundamentals</u></b>  <b><u>Introduction to PE:1</u></b></p> <p><b><u>Walking/Jumping</u></b>                      Explore/develop jumping                      Sustain walking.</p> <p><b><u>Outdoor Adventure</u></b></p> <p><b><u>Games For Understanding</u></b>                      Taking turns/keeping the score                      Understanding and playing by the rules</p>	<p><b><u>We are gymnasts</u></b>  <b><u>Gymnastics</u></b>                      High, Low, Over, Under                      Introduction to high, low, over and under                      Introduction to the apparatus</p> <p><b><u>We are recapping the Fundamentals</u></b>  <b><u>Introduction to PE:2</u></b></p> <ul style="list-style-type: none"> <li>• Moving safely</li> <li>• Running</li> <li>• Jumping</li> <li>• Throwing</li> <li>• Catching</li> <li>• Rolling</li> </ul> <p>To be introduced to Physical Education and structured movement through the topic of 'everyday life'.</p>	<p><b><u>We are great movers</u></b>  <b><u>Dance unit 1</u></b></p> <p><b><u>Ourselves</u></b></p> <ul style="list-style-type: none"> <li>• Responding in movement</li> <li>• to words and music</li> <li>• Creating their own movement</li> </ul> <p><b><u>We are brilliant at bat &amp; ball skills</u></b>  <b><u>Ball Skills Hands 1</u></b>                      Explore pushing and rolling                      Combine pushing and rolling</p>	<p><b><u>We are great at invasion games</u></b>  <b><u>Ball Skills Feet</u></b>                      Explore and develop moving with a ball using our feet                      Understand dribbling                      Develop dribbling against an opponent</p> <p><b><u>We are gymnasts</u></b>  <b><u>Gymnastics unit 2</u></b></p> <ul style="list-style-type: none"> <li>• Shapes</li> <li>• Balances</li> <li>• Jumps</li> <li>• Rock and roll</li> <li>• Barrel roll</li> <li>• Straight roll</li> <li>• Progression of forward roll</li> <li>• Travelling</li> </ul> <p>To develop their basic gymnastic skills through the topic of 'traditional tales'</p>	<p><b><u>We are brilliant at bat &amp; ball skills</u></b>  <b><u>Ball Skills Hands 2</u></b>                      Explore throwing overarm and underarm                      Explore rolling, stopping a ball and catching</p> <p><b><u>We are great movers</u></b>  <b><u>Dance unit 2</u></b>  <b><u>Nursery Rhymes</u></b>                      Moving in sequence                      Exploring character movements</p>	<p><b><u>We are great at invasion games</u></b>  <b><u>Locomotion: Walking</u></b>                      Explore/develop walking in different pathways Apply walking into a game</p> <p><b><u>Outdoor Adventure</u></b>                      To take part in outdoor and adventurous activity challenges both individually and within a team</p>

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>KS1 Year 1, 1/2 and 2/3</p> 						
	<p><b>We are fit and athletic</b> <b>Fitness</b></p> <p><b>Year 1:</b> <b>Running/Jumping</b> Explore running Running for speed: Acceleration Explore running in a team Develop jumping Explore how jumping affects our bodies</p> <p><b>Year 2 Jumping</b> Consolidate jumping Apply jumping into a game Explore jumping combinations Develop jumping combinations</p> <p><b>Outdoor Adventure</b></p> <p><b>Year 1:Team Building</b> Introducing teamwork Building trust and developing communication Cooperation and communication</p> <p><b>Year 2: Team Building</b> Develop teamwork Explore simple strategies Problem solving: Consolidate teamwork</p>	<p><b>We are movers!</b> <b>Gymnastics</b></p> <p><b>Year 1:Wide, Narrow, Curled</b> Introduction to wide, narrow and curled Exploring the difference between wide, narrow and curled Transitioning between wide, narrow and curled movements Linking two movements together.</p> <p><b>Year 2:Linking</b> Developing linking Linking on apparatus Jump, roll, balance sequences/on apparatus Creation of sequences and performance</p> <p><b>Net and wall games</b> <b>(Football)</b></p> <p><b>Year 1:Ball Skills Feet</b> Develop moving the ball using the feet Apply dribbling into games</p>	<p><b>We are dancers</b> <b>Dance</b></p> <p><b>Year 1: Growing</b> Responding to rhythm Introduction to motifs Creating motifs Creating movement sequences Relationships and performance</p> <p><b>Year 2: Water</b> Responding to stimuli Developing whole group movement Improvisation and physical descriptions Creating contrasting movement sequences Sequences, relationships and performance</p> <p><b>We are runners</b> <b>Year 1: Athletics</b> Locomotion: Running/Jumping Explore running Running for speed: Acceleration Explore running in a team Develop jumping</p>	<p><b>We are great at</b> <b>Invasion Games</b></p> <p><b>Year 1:Ball Skills</b> <b>Hands 1</b> Introduce sending (bouncing) with control Introduce aiming with accuracy Introduce power and speed when sending a ball Introduce/develop stopping, combining sending skills Combine sending and receiving skills</p> <p><b>Year 2: Ball Skills</b> <b>Hands 1</b> Develop dribbling/passing and receiving Combine dribbling, passing and receiving, keeping possession Develop dribbling/passing and receiving to score a point Combine dribbling, passing and receiving to score a point</p>	<p><b>We are super at</b> <b>striking and fielding</b> <b>games.</b></p> <p><b>Year 1:Ball Skills Hands</b> Introduce throwing with accuracy Apply throwing with accuracy in a team Introduce stopping a ball Develop sending (rolling) skills to score a point Consolidate sending and stopping to win a game</p> <p><b>Year 2:Ball Skills Hands</b> Develop underarm throwing Apply underarm throwing to win a game Apply underarm throwing to beat an opponent Introduce overarm throwing</p> <p><b>We are amazing at</b> <b>sending and receiving</b></p> <p><b>Year 1: Games For</b> <b>Understanding</b> (Hockey) Understanding the principles of attack/defence</p>	<p><b>We are throwers and</b> <b>jumpers</b></p> <p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>• Jumping for distance and height</li> <li>• Throwing for distance</li> </ul> <p>To develop skills required in athletic activities such as throwing and jumping</p> <p><b>Outdoor Adventure</b></p> <p>To take part in outdoor and adventurous activity challenges both individually and within a team</p>

		<p>Consolidate dribbling Explore kicking (passing)</p> <p>Apply kicking (passing) to score a point</p> <p><b><u>Year 2:Ball Skills Feet</u></b></p> <p>Develop dribbling/passing/receiving, keeping possession Combine dribbling, passing and receiving, keeping possession/to score a point Apply dribbling, passing and receiving as a team to score a point</p>	<p>Explore how jumping affects our bodies</p> <p><b><u>Year 2: Athletics</u></b></p> <p>Locomotion: Jumping Consolidate jumping Apply jumping into a game Explore jumping combinations Develop jumping combinations</p>	<p><b><u>Outdoor Adventure</u></b></p> <p><b><u>Year 1: Team Building</u></b> Introducing teamwork Building trust and developing communication Cooperation and communication</p> <p><b><u>Year 2: Team Building</u></b> Develop teamwork Explore simple strategies Problem solving: Consolidate teamwork</p>	<p>Applying attacking/defending principles into a game Consolidate attacking/defending</p> <p><b><u>Year 2: Games For Understanding</u></b> (Hockey) Games For Understanding Attacking/defending as a team Understanding the transition between defence and attack Create and apply attacking/ defensive tactics</p>	
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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
LKS2 Year 3 and 4						
	<p><b><u>We are fit and athletic</u></b></p> <p><b><u>Fitness and Athletics</u></b></p> <p><b><u>Year 3 Athletics</u></b> Explore running for speed Explore acceleration Introduce /develop relay: Running for speed in a team Throwing: Accuracy vs distance Standing long jump</p> <p><b><u>Year 4 Athletics</u></b> Develop running at speed Exploring our stride pattern Exploring running at pace Understand and apply tactics when running for distance Introduce the Javelin Standing triple jump</p>	<p><b><u>We are movers!</u></b></p> <p><b><u>Gymnastics</u></b></p> <p><b><u>Year 3: Symmetry &amp; Asymmetry</u></b> Introduction to symmetry and asymmetry Application of learning onto apparatus Sequence formation Sequence completion</p> <p><b><u>Year 4: Bridges</u></b> Introduction to bridges Application of bridge learning onto apparatus Develop sequences with bridges Sequence formation Sequence completion</p>	<p><b><u>We are dancers</u></b></p> <p><b><u>Dance</u></b></p> <p><b><u>Year 3: Wild Animals</u></b> Responding to stimuli Developing character dance into a motif Developing sequences with a partner in character that show relationships Extending sequences with a partner in character</p> <p><b><u>Year 4:Cats</u></b> Responding to stimuli working together Extending sequences with a partner in character Exploring two contrasting Relationships and interlinking dance moves</p>	<p><b><u>We are great at Invasion Games</u></b></p> <p><b><u>Year 3: Basketball</u></b> Introduce dribbling; keeping control Introduce passing and receiving Combine dribbling and passing to create space Develop passing, receiving and dribbling Introduce shooting</p> <p><b><u>Year 4:Basketball</u></b> Refine dribbling Refine passing and receiving Refine passing and dribbling creating space Refine passing and dribbling creating shooting opportunities Introduce marking</p>	<p><b><u>We are super at striking and fielding games.</u></b></p> <p><b><u>Striking and fielding</u></b></p> <p><b><u>Year 3:Rounders</u></b> Introduce to rounders Introduce overarm throwing Apply overarm and underarm throwing Introduce stopping the ball Application of stopping the ball in a game.</p> <p><b><u>Year 4:Rounders</u></b> Develop fielding bowling with a backstop Introduce batting; how Develop batting; where and why Introduce and apply basic fielding tactics</p>	<p><b><u>We can achieve our personal best</u></b></p> <p><b><u>Athletics</u></b></p> <ul style="list-style-type: none"> <li>• Pacing</li> <li>• Sprinting</li> <li>• Jumping</li> <li>• Throwing</li> </ul> <p>To develop basic running, jumping and throwing techniques.</p>

	<p><b>Outdoor Adventure</b></p> <p><b>Year 3: Communication &amp; Tactics</b>          Creating and applying simple tactics          Developing leadership          Developing communication as a team / collaborate effectively as a team          Create defending and attacking tactics as a team</p> <p><b>Year 4: Problem Solving</b>          Focus on cooperation and responsibility          Develop communication and collaboration          Understand why motivating each other is important when working in a team</p>	<p><b>Net and wall games</b></p> <p><b>Year 3:Hockey</b>          Introduce dribbling; keeping control          Introduce passing and receiving          Combine dribbling and passing to create space          Develop passing, receiving and dribbling          Introduce shooting</p> <p><b>Year 4: Hockey</b>          Refine dribbling and passing          Develop shooting; combine passing and dribbling to create shooting opportunities          Develop passing and dribbling creating space for attacking opportunities          Introduce defending; blocking and tackling</p>	<p><b>Outdoor Adventure</b></p> <p><b>Orienteering Year 3 and 4</b>          To develop their ability to orientate a map and locate points, returning to base as quickly as possible.          To develop their understanding of what makes an effective team and understand how important teamwork is when orienteering.          To develop life skills such as respect and communication as they collaborate with their team to successfully complete the orienteering challenges.          To develop their ability to remain positive and try their best in every challenge. Pupils will begin to show leadership attributes.</p>	<p><b>Year 3: Football</b>          Introduce/develop dribbling keeping control          Introduce passing and receiving          Combine dribbling and passing to create space          Develop passing, receiving and dribbling</p> <p><b>Year 4:Football</b>          Refine dribbling          Turning Refine passing and receiving          Develop passing and dribbling creating space          Introduce shooting</p>	<p><b>Year 3:Dodgeball</b>          Developing changing direction          Introduce throwing with accuracy          Introduce catching          Develop moving, changing direction at speed          Combine throwing and dodging</p> <p><b>Year 4:Dodgeball</b>          Introduce jumping and ducking          Develop throwing with accuracy and power over an increased distance          Develop catching          Consolidate dodging, jumping and ducking into games          Combine dodging, catching and throwing</p>	<p><b>Outdoor Adventure</b></p> <p>To take part in outdoor and adventurous activity challenges both individually and within a team</p>
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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
UKS2 Year 5, 5/6 and 6						
	<p><b>Fitness and Athletics</b></p> <p><b><u>We are mastering our skills in Sports Hall Athletics</u></b></p> <p><b><u>Year 5 Athletics</u></b> Finishing a race Evaluating our performance Sprinting: My personal best Relay changeovers Introduce the Shot Put Introducing the hurdles</p> <p><b><u>Year 6 Athletics</u></b> Running for speed competition Running for distance competition Throwing competition Jumping competition</p>	<p><b>Gymnastics</b></p> <p><b><u>We are gymnasts</u></b></p> <p><b><u>Year 5: Counter Balance &amp; Counter</u></b></p> <ul style="list-style-type: none"> <li>• Tension</li> <li>• Introduction to counter balance</li> <li>• Application of counter balance</li> <li>• learning onto apparatus</li> <li>• Sequence formation</li> <li>• Counter Tension <ul style="list-style-type: none"> <li>• Sequence completion</li> </ul> </li> </ul> <p><b><u>Year 6: Matching &amp; Mirroring</u></b> Introduction to matching/ mirroring Application of matching/ mirroring learning onto apparatus Sequence development</p>	<p><b>Net and wall games</b></p> <p><b><u>Year 5: Dodgeball</u></b> Introduce blocking Consolidate catching Understand where we throw and why we need to throw with accuracy and power Explore basic attacking and defending tactics</p> <p><b><u>Year 6: Dodgeball</u></b> Consolidate/understanding attacking and defending tactics Transition between attack and defence Applying the rules: Officiating games Managing tactics and officiate games</p>	<p><b>Invasion games</b></p> <p><b><u>We are footballers</u></b></p> <p><b><u>Year 5: Football</u></b> Refine dribbling and passing to maintain possession Introduce and develop defending Develop shooting Refine attacking skills, passing, dribbling and shooting, introduce officiating</p> <p><b><u>Year 6: Football</u></b> Consolidate keeping possession, develop officiating Consolidate defending Organise formations and manage teams Organise formations decide tactics, manage teams and officiate games</p>	<p><b>Striking and fielding</b></p> <p><b><u>We are mastering striking and fielding</u></b></p> <p><b><u>Year 5: Cricket</u></b> Refine batting, understand and develop batting and bowling tactics Refine fielding stooping, catching and throwing Combine bowling and fielding creating and applying tactics Introduce umpiring and scoring</p> <p><b><u>Year 6: Cricket</u></b> Consolidate batting/ fielding/bowling Create, understand and apply attacking/defensive tactics in game</p>	<p><b>Striking and fielding</b></p> <p><b><u>Year 5: Rounders</u></b> Develop fielding tactics maximising players Understand what happens if the batter misses the ball Refine fielding tactics, what players where? Applying tactics in mini games</p> <p><b><u>Year 6: Rounders</u></b> Introduction to full rounders Consolidate fielding tactics Refine our understanding of what happens if the batter misses or hits the ball backwards Batting considerations</p>

	<p><b>Outdoor Adventure</b></p> <p><b>Year5:Orienteering</b> Introduce the concept and meaning of orienteering Introduce the concept of reading a map or a plan, being able to use a key correctly to help us navigate</p> <p><b>Year6:Orienteering</b> Orientate a map and locate points on the map in a set order Consolidate pupils understanding of how to orientate a map, locate points on the map, then travel to them, recording what they find</p>	<p><b>Net and wall games</b></p> <p><b>We are netballers</b></p> <p><b>Year 5:Netball</b> Refine passing and receiving Apply passing, footwork and shooting into mini games, introduce officiating Introduce defending Explore the function of other passing styles</p> <p><b>Year 6:Netball</b> Consolidate keeping possession, develop officiating Consolidate defending Create, understand and apply attacking/defending tactics in game situations</p>	<p><b>Dance</b></p> <p><b>We are dancers</b></p> <p><b>Year 5:Greeks</b> Exploring the Greeks using compositional principles Extending sequences with a partner using compositional principles Creating movement using improvisation where movement is reactive</p> <p><b>Year 6:Carnival</b> Performing with technical control and rhythm in a group Creating rhythmic patterns using the body Experiencing dance from a different culture Chorographical elements including still imagery</p>	<p><b>Outdoor Adventure</b></p> <p><b>Communication and Tactics</b></p> <p><b>Year 5 and 6</b> Work within teams to refine effective strategies and tactics in order to complete the different problem solving challenges successfully. To think tactically and communicate these ideas for completing the challenges to their team members. To refine life skills such as collaboration and communication effectively as they apply both speaking and listening skills within their teams. To apply effective leadership skills as they control their own emotions and take responsibility for their team members.</p>	<p><b>Invasion games</b></p> <p><b>Year 5: Tag Rugby</b> Refine passing and moving to create attacking opportunities Explore different passes that can be used to outwit defenders Refine defending as a team Create and apply defending tactics. Develop officiating</p> <p><b>Year 6: Tag Rugby</b> Consolidate passing and moving Consolidate defending Create, understand and apply attacking/defending tactics in game situations Consolidate attacking and defending in min games</p>	<p><b>Athletics</b></p> <p><b>We are throwers and jumpers</b></p> <ul style="list-style-type: none"> <li>• Jumping for distance</li> <li>• Jumping for height</li> <li>• Push throwing for distance</li> <li>• Fling throwing for distance</li> </ul> <p>To complete challenges for distance that involve using different styles and combinations of jumping and throwing.</p>
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