

## Flowery Field Primary School

### Physical Education Curriculum Overview

Year	Hour	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y3	1	<u>Agility, Balance, Coordination</u>  Developing FMS further using SAQ Activities. Developing sending/receiving and simple attacking skills through uneven sides (3v1, 4v2)	<u>Gymnastics</u> Balance/ agility Shapes, movement and rolls	<u>Orienteering (how to read a map)</u>  Developing orienteering and problem-solving skills through OAA.	<u>Basketball/Invasion</u> Passing, shooting, dribbling  Developing sending/receiving skills and simple attacking/defending strategies through Invasion Games activities.	<u>Striking/ fielding games</u> Hit a ball into space <u>Ball Skills</u> Throwing, catching, rolling. One hand passing, catching, blocking.	<u>Net and wall</u> Directing the ball  <u>Athletics</u> Agility, Balance, Coordination revision using SAQ.
	2	Dance	Dance	Dance	Dance	Dance	Dance
Y4	1	<u>Agility, Balance, Coordination</u>  Developing FMS further using SAQ Activities. Developing sending/receiving, dribbling, shooting and simple attacking/defending skills through uneven sides (3v1, 4v2, 5v3)	<u>Gymnastics</u> Balance/ agility Shapes, movement and rolls. Developing sequencing and movement skills.	<u>Orienteering (how to read a map)</u>  Developing orienteering and problem-solving skills through OAA. Working in unfamiliar locations.	<u>Basketball/Invasion</u> Passing, shooting, dribbling  <u>Handball/Invasion</u> Tactics and Teamwork	<u>Striking/ fielding games</u> Modified competitive games <u>Ball Skills</u> Throwing, catching, rolling. Passing/catching on the move.	<u>Net and wall</u> Directing the ball  <u>Athletics</u> Agility, Balance, Coordination revision using SAQ.
	2	Dance	Dance	Dance	Dance	Dance	Dance
	1	<u>Agility, Balance, Coordination</u>  Developing FMS further	<u>Gymnastics</u>  Balance/ agility /	(Orienteering In Forest School)	Basketball / Invasion games Support play and	Striking and fielding Skill specific	Net and wall Games Knowing positions.

Y5		using SAQ Activities. Developing sending/receiving, dribbling, shooting and attacking/defending principles.	Sequencing (different levels), introduction of higher level equipment and using mobile equipment.	<u>Ball Skills</u> throwing, catching, striking, fielding and simple principles of attack and evaluating tactics.	formations  <b>Handball / Invasion games</b> Hand eye coordination	Striking techniques Blocking the ball. Throwing and catching under pressure.	Developing consistency in forearm/backhand shots  <b>Athletics</b> Agility, Balance, Coordination
	2	Dance	Dance	Dance	Dance	Dance	Dance
Y6	1	<b>Athletics</b> Agility, Balance, Coordination Developing FMS further using SAQ Activities. <b>Basketball/Invasion games</b> Developing sending/receiving, dribbling, shooting and attacking/defending skills in SSG.	<b>Gymnastics</b> Group Balances & Complex Sequence Building	<b>(Orienteering In Forest School)</b>  <u>Ball Skills</u> throwing, catching, striking, fielding and simple principles of attack and evaluating tactics.	<b>Basketball / Invasion games</b> Support play and formations  <b>Handball / Invasion games</b> Tactics and Game Play	<b>Striking and fielding</b> Competing. Revision of striking, throwing and catching techniques. Tactical play and analysis.	<b>Net and wall</b> Developing shooting skills  <b>Athletics</b> Technical development Understanding of physical movement
	2	Dance	Dance	Dance	Dance	Dance	Dance

### Acquiring and developing skills

#### Pupils should be taught to:

- A – Consolidate their existing skills and gain new ones.
- B – Perform actions and skills with more consistent control and quality.

strategies, tactics and ideas to improve their effectiveness

- C - Apply rules and conventions for different activities.

#### 5 During the key stages, pupils should be taught the Knowledge, skills and understanding through five areas of activity:

- A- Dance activities
- B - Games activities
- C - Gymnastic activities
- Two activity areas from:
- D - Swimming activities and water safety
- E - Athletic activities
- F - Outdoor and adventurous activities