A logo for a school

Description automatically generated PE Curriculum Overview 2024-2025

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Year | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| Reception | **Introduction to PE- Unit 2**  Run, jump, throw, catch, roll, skip  Resources:  Get Set 4 PE | **Fundamentals- Unit 2**  Run, jump, hop, balance, change direction, travel  Resources:  Get Set 4 PE | **Gymnastics- Unit 2**  Shapes, balances, jumps, rock and roll, barrel roll, straight roll, progressions of a forward roll, travelling  Resources:  Get Set 4 PE | **Dance- Unit 2**  **A**ctions, dynamics, space  Resources:  Get Set 4 PE | **Games- Unit 2**  Run, change direction, throw, catch, strike  Resources:  Get Set 4 PE | **Ball Skills- Unit 2**  Roll, track, throw, dribble with hands, dribble with feet, kick, catch  Resources:  Get Set 4 PE |
| Year 1 | **Athletics**  Run, balance, agility, co-ordination, hop, jump, leap, throw  Resources:  Get Set 4 PE | **Fundamentals**  Balance, jump, hop, run, speed, agility, dodge, skip, co-ordination  Resources:  Get Set 4 PE | **Gymnastics**  Travelling actions, shapes, balances, shape jumps, barrel roll, straight roll, forward roll  Resources:  Get Set 4 PE | **Gymnastics**  Travelling actions, shapes, balances, shape jumps, barrel roll, straight roll, forward roll  Resources:  Get Set 4 PE | **Dance**  Actions, dynamics, space, relationships  Resources:  Get Set 4 PE | **Dance**  Actions, dynamics, space, relationships  Resources:  Get Set 4 PE |
| **Ball Skills**  Dribble with hands, roll, throw, catch, dribble with feet, track  Resources:  Get Set 4 PE | **Sending and Receiving**  Roll, throw, catch, track, kick, receive with feet, send with racket  Resources:  Get Set 4 PE | **Target Games**  Underarm throw, overarm throw  Resources:  Get Set 4 PE | **Invasion games**  Dribble, throw, catch, kick, receive, run, jump, change direction, change speed  Resources:  Get Set 4 PE | **Striking and Fielding Games**  Underarm throw, overarm throw, catch, track, bat  Resources:  Get Set 4 PE | **Net and Wall Games**  Throw, catch, hit a ball, track a ball  Resources:  Get Set 4 PE |
| Year 2 | **Athletics**  Run, jump for distance, jump for height, throw for distance, throw for accuracy  Resources:  Get Set 4 PE | **Fundamentals**  Run, speed, agility, dodge, balance, jump, hop, skip  Resources:  Get Set 4 PE | **Gymnastics**  Shapes, balances, travelling actions, shape jumps, barrel roll, straight roll, forward roll  Resources:  Get Set 4 PE | **Gymnastics**  Shapes, balances, travelling actions, shape jumps, barrel roll, straight roll, forward roll  Resources:  Get Set 4 PE | **Dance**  Actions, dynamics, space, relationships  Resources:  Get Set 4 PE | **Dance**  Actions, dynamics, space, relationships  Resources:  Get Set 4 PE |
| **Ball Skills**  Roll, track, dribble with feet, kick, throw, catch, dribble with hands  Resources:  Get Set 4 PE | **Sending and Receiving**  Roll, track, catch, receive with feet, kick, send and receive with a racket  Resources:  Get Set 4 PE | **Target Games**  Roll, overarm throw, underarm throw, strike, dodge, jump  Resources:  Get Set 4 PE | **Invasion games**  Dribble, throw, catch, kick, receive, run, jump, change direction, change speed  Resources:  Get Set 4 PE | **Striking and Fielding Games**  Underarm throw, overarm throw, catch, track, bowl, bat  Resources:  Get Set 4 PE | **Net and Wall Games**  Throw, catch, hit, track  Resources:  Get Set 4 PE |
| Year 3 | **Athletics**  Sprint, jump for distance, push throw, pull throw  Resources:  Get Set 4 PE | **Fundamentals**  **Y3/4**  Balance, run, dodge, hop, jump, skip  Resources:  Get Set 4 PE | **Dance**  Actions, dynamics, space, relationships  Resources:  Get Set 4 PE | **Football**  Dribble, pass, receive, track  Resources:  Get Set 4 PE | **Tennis**  Forehand, backhand, throwing, catching, rallying  Resources:  Get Set 4 PE | **Rounders**  Underarm and overarm throw, catch, bowl, track, field and retrieve a ball, bat  Resources:  Get Set 4 PE |
| **Gymnastics**  Point and patch balances, jumps, straight roll, barrel roll, forward roll  Resources:  Get Set 4 PE | **Gymnastics**  Point and patch balances, jumps, straight roll, barrel roll, forward roll  Resources:  Get Set 4 PE | **Ball Skills**  **Y3/4**  Track, throw, catch, dribble, kick  Resources:  Get Set 4 PE | **Outdoor and Adventurous Activities**  **Physical:** balance, co-ordination, run at speed, run over distance  **Social:** communication, co-operation, inclusion, collaborate  **Emotional:** determination, trust, confidence, honesty  **Thinking:** problem solving, evaluate, reflection, create, comprehension, select and apply  Resources:  Get Set 4 PE | **Swimming**  Begin to use front crawl, backstroke and breaststroke.  Begin to swim competently up to a distance of 25m.  Resources: Qualified swimming instructor | **Swimming**  Begin to use front crawl, backstroke and breaststroke.  Begin to swim competently up to a distance of 25m.  Resources: Qualified swimming instructor |
| Year 4 | **Athletics**  Pace, sprint, jump for distance, throw for distance  Resources:  Get Set 4 PE | **Fundamentals**  **Y3/4**  Balance, run, dodge, hop, jump, skip  Resources:  Get Set 4 PE | **Ball Skills**  **Y3/4**  Track, throw, catch, dribble, kick  Resources:  Get Set 4 PE | **Dance**  Actions, dynamics, space, relationships  Resources:  Get Set 4 PE | **Basketball**  Run, jump, throw, catch, dribble, shoot  Resources:  Get Set 4 PE | **Tennis**  Throwing, catching, forehand, backhand, rallying  Resources:  Get Set 4 PE |
| **Gymnastics**  Individual and partner balances, rotation jumps, straight roll, barrel roll, forward roll, straddle roll, bridge, shoulder stand  Resources:  Get Set 4 PE | **Gymnastics**  Individual and partner balances, rotation jumps, straight roll, barrel roll, forward roll, straddle roll, bridge, shoulder stand  Resources:  Get Set 4 PE | **Swimming**  Swim competently, confidently and proficiency for at least 25m.  Use a range of strokes effectively.  Resources: Qualified swimming instructor | **Swimming**  Perform safe self-rescue in different water-based situations.  Resources: Qualified swimming instructor | **Dodgeball**  Throw, catch, dodge, jump  Resources:  Get Set 4 PE | **Rounders**  Underarm and overarm throw, catch, bowl, track a ball, field and retrieve a ball, bat  Resources:  Get Set 4 PE |
|  | **Y 4 Outdoor and Adventurous Activities (Completed during Summer 1)**  **Physical:** balance, run at speed, run over distance, co-ordination  **Social:** communication, co-operation, collaboration  **Emotional:** determination, resilience, honesty, trust, confidence  **Thinking:** problem solving, evaluation, reflection, create, select and apply  Resources: Qualified instructor on residential. | | | | | |
| Year 5 | **Athletics**  Pace, sprint, relay changeovers, jump for distance, push throw, pull throw  Resources:  Get Set 4 PE | **Fitness**  Agility, balance, co-ordination, speed, stamina, strength  Resources:  Get Set 4 PE | **Gymnastics**  Symmetrical and asymmetrical balances, rotation jumps, straight roll, forward roll, straddle roll, backward roll, cartwheel, bridge, shoulder stand  Resources:  Get Set 4 PE | **Gymnastics**  Symmetrical and asymmetrical balances, rotation jumps, straight roll, forward roll, straddle roll, backward roll, cartwheel, bridge, shoulder stand  Resources:  Get Set 4 PE | **Dance**  Actions, dynamics, space, relationships  Resources:  Get Set 4 PE | **Dance**  Actions, dynamics, space, relationships  Resources:  Get Set 4 PE |
| **Handball**  Throw, catch, run, dribble, shoot, change direction, change speed  Resources:  Get Set 4 PE | **Swimming**  6 weeks of catch-up swimming sessions. (To enhance skills previously taught and to ensure the children who did not meet the objectives by the end of Year 4 do so.)  Resources: Qualified swimming instructor | **Tag Rugby**  Throw, catch, run, change direction, change speed  Resources:  Get Set 4 PE | **Cricket**  Deep and close catching, underarm and overarm throwing, overarm bowling, long and short barrier, batting  Resources:  Get Set 4 PE | **Tennis**  Forehand groundstroke, backhand groundstroke, forehand volley, backhand volley, underarm serve, rallying  Resources:  Get Set 4 PE | **Yoga**  Balance, strength, flexibility, co-ordination  Resources:  Get Set 4 PE |
|  | **Y 5 Outdoor and Adventurous Activities (Completed during Spring 2)**  **Physical:** balance, co-ordination, run at speed, run over distance  **Social:** negotiation, communication, leadership, work safely  **Emotional**: empathy, confidence, resilience  **Thinking**: problem solving, reflect, critical thinking, select and apply, comprehension  Resources: Qualified instructor on residential. | | | | | |
| Year 6 | **Athletics**  Pace, sprint, jump for distance, push throw, fling throw  Resources:  Get Set 4 PE | **Fitness**  Agility, balance, co-ordination, speed, stamina, strength  Resources:  Get Set 4 PE | **Gymnastics**  Straddle roll, forward roll, backward roll, counter balance, counter tension, bridge, shoulder stand, handstand, cartwheel, flight  Resources:  Get Set 4 PE | **Gymnastics**  Straddle roll, forward roll, backward roll, counter balance, counter tension, bridge, shoulder stand, handstand, cartwheel, flight  Resources:  Get Set 4 PE | **Dance**  Actions, dynamics, space, relationships  Resources:  Get Set 4 PE | **Dance**  Actions, dynamics, space, relationships  Resources:  Get Set 4 PE |
| **Swimming**  6 weeks of catch-up swimming sessions. (To enhance skills previously taught and to ensure the children who did not meet the objectives by the end of Year 5 do so.)  Resources: Qualified swimming instructor | **Hockey**  Dribble, pass, receive, tackle, intercept, run, shoot  Resources:  Get Set 4 PE | **Netball**  Throw, catch, change direction, change speed, shoot  Resources:  Get Set 4 PE | **Cricket**  Deep and close catch, underarm and overarm throw, overarm bowl, long and short barrier, batting  Resources:  Get Set 4 PE | **Badminton**  **Y5/6**  Underarm clear, overarm clear, serve, rally, run  Resources:  Get Set 4 PE | **Golf**  Balance, co-ordination, striking  Resources:  Get Set 4 PE |
|  | **Y 6 Outdoor and Adventurous Activities (Completed during Spring 2)**  **Physical:** balance, co-ordination, run at speed, run over distance  **Social:** communication, collaboration, inclusion, leadership, work safely  **Emotional**: confidence, honesty, trust  **Thinking:** evaluation, reflection, problem solving, comprehension, select and apply  Resources: Qualified instructor on residential. | | | | | |