 PE Curriculum Overview 2024-2025

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| Year | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| Reception | **Introduction to PE- Unit 2**Run, jump, throw, catch, roll, skipResources:Get Set 4 PE | **Fundamentals- Unit 2**Run, jump, hop, balance, change direction, travelResources:Get Set 4 PE | **Gymnastics- Unit 2**Shapes, balances, jumps, rock and roll, barrel roll, straight roll, progressions of a forward roll, travellingResources:Get Set 4 PE | **Dance- Unit 2****A**ctions, dynamics, spaceResources:Get Set 4 PE | **Games- Unit 2**Run, change direction, throw, catch, strikeResources:Get Set 4 PE | **Ball Skills- Unit 2**Roll, track, throw, dribble with hands, dribble with feet, kick, catchResources:Get Set 4 PE |
| Year 1 | **Athletics**Run, balance, agility, co-ordination, hop, jump, leap, throwResources:Get Set 4 PE | **Fundamentals**Balance, jump, hop, run, speed, agility, dodge, skip, co-ordinationResources:Get Set 4 PE | **Gymnastics**Travelling actions, shapes, balances, shape jumps, barrel roll, straight roll, forward rollResources:Get Set 4 PE | **Gymnastics**Travelling actions, shapes, balances, shape jumps, barrel roll, straight roll, forward rollResources:Get Set 4 PE | **Dance**Actions, dynamics, space, relationshipsResources:Get Set 4 PE | **Dance**Actions, dynamics, space, relationshipsResources:Get Set 4 PE |
| **Ball Skills**Dribble with hands, roll, throw, catch, dribble with feet, trackResources:Get Set 4 PE | **Sending and Receiving**Roll, throw, catch, track, kick, receive with feet, send with racketResources:Get Set 4 PE | **Target Games**Underarm throw, overarm throwResources:Get Set 4 PE | **Invasion games**Dribble, throw, catch, kick, receive, run, jump, change direction, change speedResources:Get Set 4 PE | **Striking and Fielding Games**Underarm throw, overarm throw, catch, track, batResources:Get Set 4 PE | **Net and Wall Games**Throw, catch, hit a ball, track a ballResources:Get Set 4 PE |
| Year 2 | **Athletics**Run, jump for distance, jump for height, throw for distance, throw for accuracyResources:Get Set 4 PE | **Fundamentals**Run, speed, agility, dodge, balance, jump, hop, skipResources:Get Set 4 PE | **Gymnastics**Shapes, balances, travelling actions, shape jumps, barrel roll, straight roll, forward rollResources:Get Set 4 PE | **Gymnastics**Shapes, balances, travelling actions, shape jumps, barrel roll, straight roll, forward rollResources:Get Set 4 PE | **Dance**Actions, dynamics, space, relationshipsResources:Get Set 4 PE | **Dance**Actions, dynamics, space, relationshipsResources:Get Set 4 PE |
| **Ball Skills**Roll, track, dribble with feet, kick, throw, catch, dribble with handsResources:Get Set 4 PE | **Sending and Receiving**Roll, track, catch, receive with feet, kick, send and receive with a racketResources:Get Set 4 PE | **Target Games**Roll, overarm throw, underarm throw, strike, dodge, jumpResources:Get Set 4 PE | **Invasion games**Dribble, throw, catch, kick, receive, run, jump, change direction, change speedResources:Get Set 4 PE | **Striking and Fielding Games**Underarm throw, overarm throw, catch, track, bowl, batResources:Get Set 4 PE | **Net and Wall Games**Throw, catch, hit, trackResources:Get Set 4 PE |
| Year 3 | **Athletics**Sprint, jump for distance, push throw, pull throwResources:Get Set 4 PE | **Fundamentals****Y3/4**Balance, run, dodge, hop, jump, skipResources:Get Set 4 PE | **Dance**Actions, dynamics, space, relationshipsResources:Get Set 4 PE | **Football**Dribble, pass, receive, trackResources:Get Set 4 PE | **Tennis**Forehand, backhand, throwing, catching, rallyingResources:Get Set 4 PE | **Rounders**Underarm and overarm throw, catch, bowl, track, field and retrieve a ball, batResources:Get Set 4 PE |
| **Gymnastics**Point and patch balances, jumps, straight roll, barrel roll, forward rollResources:Get Set 4 PE | **Gymnastics**Point and patch balances, jumps, straight roll, barrel roll, forward rollResources:Get Set 4 PE | **Ball Skills****Y3/4**Track, throw, catch, dribble, kickResources: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 applyResources: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 distanceResources:Get Set 4 PE | **Fundamentals****Y3/4**Balance, run, dodge, hop, jump, skipResources:Get Set 4 PE | **Ball Skills****Y3/4**Track, throw, catch, dribble, kickResources:Get Set 4 PE | **Dance**Actions, dynamics, space, relationshipsResources:Get Set 4 PE | **Basketball**Run, jump, throw, catch, dribble, shootResources:Get Set 4 PE | **Tennis**Throwing, catching, forehand, backhand, rallyingResources:Get Set 4 PE |
| **Gymnastics**Individual and partner balances, rotation jumps, straight roll, barrel roll, forward roll, straddle roll, bridge, shoulder standResources:Get Set 4 PE | **Gymnastics**Individual and partner balances, rotation jumps, straight roll, barrel roll, forward roll, straddle roll, bridge, shoulder standResources: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, jumpResources:Get Set 4 PE | **Rounders**Underarm and overarm throw, catch, bowl, track a ball, field and retrieve a ball, batResources: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 applyResources: Qualified instructor on residential.  |
| Year 5 | **Athletics**Pace, sprint, relay changeovers, jump for distance, push throw, pull throwResources:Get Set 4 PE | **Fitness**Agility, balance, co-ordination, speed, stamina, strengthResources:Get Set 4 PE | **Gymnastics**Symmetrical and asymmetrical balances, rotation jumps, straight roll, forward roll, straddle roll, backward roll, cartwheel, bridge, shoulder standResources:Get Set 4 PE | **Gymnastics**Symmetrical and asymmetrical balances, rotation jumps, straight roll, forward roll, straddle roll, backward roll, cartwheel, bridge, shoulder standResources:Get Set 4 PE | **Dance**Actions, dynamics, space, relationshipsResources:Get Set 4 PE | **Dance**Actions, dynamics, space, relationshipsResources:Get Set 4 PE |
| **Handball**Throw, catch, run, dribble, shoot, change direction, change speedResources: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 speedResources:Get Set 4 PE | **Cricket**Deep and close catching, underarm and overarm throwing, overarm bowling, long and short barrier, battingResources:Get Set 4 PE | **Tennis**Forehand groundstroke, backhand groundstroke, forehand volley, backhand volley, underarm serve, rallyingResources:Get Set 4 PE | **Yoga**Balance, strength, flexibility, co-ordinationResources: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, comprehensionResources: Qualified instructor on residential.  |
| Year 6 | **Athletics**Pace, sprint, jump for distance, push throw, fling throwResources:Get Set 4 PE | **Fitness**Agility, balance, co-ordination, speed, stamina, strengthResources:Get Set 4 PE | **Gymnastics**Straddle roll, forward roll, backward roll, counter balance, counter tension, bridge, shoulder stand, handstand, cartwheel, flightResources:Get Set 4 PE | **Gymnastics**Straddle roll, forward roll, backward roll, counter balance, counter tension, bridge, shoulder stand, handstand, cartwheel, flightResources:Get Set 4 PE | **Dance**Actions, dynamics, space, relationshipsResources:Get Set 4 PE | **Dance**Actions, dynamics, space, relationshipsResources: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, shootResources:Get Set 4 PE | **Netball**Throw, catch, change direction, change speed, shootResources:Get Set 4 PE | **Cricket**Deep and close catch, underarm and overarm throw, overarm bowl, long and short barrier, battingResources:Get Set 4 PE | **Badminton****Y5/6**Underarm clear, overarm clear, serve, rally, runResources:Get Set 4 PE | **Golf**Balance, co-ordination, strikingResources: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 applyResources: Qualified instructor on residential.  |