

## Curriculum Overview: PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Nursery</b>						
<b>Reception</b>	<p><b>Gymnastics 1</b> Take off and land on two feet, travel on mats and benches, perform simple shapes and balances</p> <p><b>Body Management 1</b> Move through hoops in different ways, reach and stretch to get equipment, make shapes bodies, travel over and under apparatus</p>	<p><b>Gymnastics 2</b> Link different ways of moving and rolling, balance on points and patches, perform a story to music using a start and finish position</p> <p><b>Body Management 2</b> Perform rolls and jumps including on apparatus and to work as part of a team</p>	<p><b>Dance 1</b> Use colours and feelings in dance, perform as animals using different levels and directions, work with a partner to use leading and following movements.</p> <p><b>Manipulation and Coordination 1</b> -To handle and kick a ball, to hop, jump and step, to send and stop in a game</p>	<p><b>Dance 2</b> To perform with a partner to the count of 8, work with a partner to perform, perform a dance using 4 action, practice and perform a dance about Africa.</p> <p><b>Manipulation and Coordination 2</b> Use a baton to push beanbags and balls and dribble, perform different jumps</p>	<p><b>Speed, Agility, Travel 1</b> Move and jump in different directions and speeds and stop safely</p> <p><b>Cooperate and Solve Problems 1</b> Work as a team to complete a task, use our bodies to make number shapes</p>	<p><b>Speed, Agility, Travel 2</b> -To move in different ways, jump on, off and over apparatus, use strength to hold shapes</p> <p><b>Cooperate and Solve Problems 2</b> Follow a trail with a partner, make jumping patterns, navigate obstacles</p>
<b>Year 1</b>	<p><b>Gymnastics 1</b> Perform 'like' actions in a sequence, perform shapes on large</p>	<p><b>Gymnastics 2</b> Move on, off and over apparatus and use the 'Magic Chair' landing, rock</p>	<p><b>Attack, Defend, Shoot 1</b> Hit a target, defend a target, roll and slide balls and</p>	<p><b>Attack, Defend, Shoot 2</b> Move side to side to defend a goal, bounce a ball with</p>	<p><b>Hit, Catch, Run 1</b> Select a space to throw or roll a ball into, track and collect a rolling</p>	<p><b>Hit, Catch, Run 2</b> Catch a ball over a short distance, begin to hit a ball with power,</p>

	<p>and small body parts, take off and land and use shape in our jumps, travel on our feet, showing good body tension, create different levels in our performance.</p> <p><b>Send and Return 1</b> Slide a beanbag to a target, hit a ball in different ways with our hands, move towards a ball to return it, work with a partner to stop and return a beanbag, rally with a partner, send a ball into space to make it harder for our opponent.</p>	<p>on different parts of our body and rock using shape, perform specific point balances such as 'h' and 'y' balance, perform actions at the same time as others (unison), perform actions one person after the other (canon), turn and jump and quarter and half turn.</p> <p><b>Send and Return 2</b> Send the ball over a net to our partner, track and stop a moving object using both hands, send balls accurately from different positions, e.g. kneeling or sitting, spot space in the playing area and hit the ball there, play a game with a partner.</p>	<p>beanbags, shoot in a game to get points, work with a partner to score points, use our attacking and defending skills in a game.</p> <p><b>Dance 1</b> Show moods and feelings we would experience in the jungle, move as if we were living in the jungle, create and perform movements which show friendship, perform leading and following movements, perform a short dance with a clear start, middle and end, use repeated actions in our dance</p>	<p>control to ourselves, aim at different targets, adapt to a game with changing rules, play in the best defensive position in a game.</p> <p><b>Dance 2</b> Perform actions to well-known nursery rhymes, march in time to the beat and turn while marching, march in time as a group, perform actions in canon (one after the other), perform a short dance using canon, perform in rounds in different groups.</p>	<p>ball, catch a ball to stop an opponent from scoring, use our hands to hit a ball, run between bases to score points, work as a team to score points</p> <p><b>Run, Jump, Throw 1</b> Start and stop moving at speed, use our arms when running at different speeds, take off on two feet to jump at distance, use the correct technique to throw different objects for distance, show improvement in our throwing, take part in a competition using running, jumping and throwing skills</p>	<p>position ourselves in the path of the ball, field a ball to a base, catch a high ball, stop other teams from scoring points</p> <p><b>Run, Jump, Throw 2</b> Use agile movements in different activities, know different ways to recognise the start and end of an activity e.g. whistle, develop stamina when running, develop core strength to improve throwing, stride and jump for height, choose the best starting position for running quickly.</p>
<b>Year 2</b>	<p><b>Gymnastics 1</b> Combine 4 elements into a floor sequence, create power in a</p>	<p><b>Gymnastics 2</b> Use a relevé walk in a sequence, perform a dish and arch shape moving</p>	<p><b>Dance 1</b> Use penguin images to inspire our dance, show feelings of</p>	<p><b>Dance 2</b> Develop a dance that shows different emotions, dance with rhythm</p>	<p><b>Attack, Defend, Shoot 2</b> Throw different types of equipment, move</p>	<p><b>Run, Jump, Throw 2</b> Work individually to run over a longer distance, improve</p>

	<p>variety of different jumps, take weight on our hands and move in different ways, use our flexibility in a bridge and japana gymnastic shape, perform the point balance arabesque, perform a teddy roll.</p> <p><b>Send and Return 1</b> Stay on our toes to move quickly to the ball, identify which hand is dominant in a game, know the basic rules of serving to our partner, develop agility and use it in a game, use the correct grip to hit a self-fed ball, use the ready position in a rally.</p>	<p>smoothly from one to the other, develop our strength in back support and crab, hold an L-sit with a straight back, bring rhythm and flow to our sequence.</p> <p><b>Send and Return 2</b> Feed a ball to our partner with consistency, send the ball to different parts of the court, throw and catch in a seated position, accurately serve the ball to different parts of the court, use overarm attacking shots in a game, manage what we should be doing within the competition.</p>	<p>abandonment through dance, create movements that show friendship between two characters, create a solo dance with changes of direction and speed, match our movements to music, choose a formation for our dance and explain our choice</p> <p><b>Attack, Defend, Shoot 1</b> Kick the ball over long and short distances, stop a ball with control using the foot, work as a team to keep the ball, bounce a ball with my partner, bounce the ball while we are moving (dribbling), pass the ball forward in a game</p>	<p>following a clockwork pattern, work on our own to create a short movement phrase, watch, copy and repeat actions to create a 'motif', perform our motif in different formations, use different movement pathways in our dance.</p> <p><b>Hit, Catch, Run 1</b> Hit a ball and score points running to cones, defend a target by kicking, bowl underarm with control, hit a ball using different bats and techniques, throw accurately to a base, hit a ball into space, away from fielders</p>	<p>to space after passing the ball, pass and move forward to a target with a partner, position ourselves as a goalkeeper, intercept a ball from a person on the other team, use the skills we have developed in a competition.</p> <p><b>Run, Jump, Throw 1</b> Move quickly whilst being aware of others around, create power with our legs to turn at speed, move through an obstacle course with speed and control, choose the best throw for different situations, use quick feet whilst sprinting, perform static and dynamic balances.</p>	<p>strength to increase our jumping distance, create power when throwing for distance, use breathing techniques to be able to run more, cooperate with our partners to complete a task well, listen to others and work as a team to achieve the highest score possible.</p> <p><b>Hit, Catch, Run 2</b> Time our run around the bases to stay safe, kick a ball into space using different parts of the foot, respond to how a ball is being bowled when hitting, know about the role of the wicketkeeper and the backstop, bowl underarm in a game with accuracy</p>
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