

Curriculum Overview: Get Set 4 PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Different movements including skipping, hopping and holding poses and creating sequences to different rhythms.	Climbing apparatus and using steps. Travelling with confidence over, around and through equipment and collaborate with others to manage movement around large items.	Develop movements including; balancing and riding and develop ball skill through exploration of catching, patting and kicking.	Use an increasing number of patterns of movements relating to music and rhythm and develop confidence using scooters, bikes and trikes.	Take part in group activities they make up themselves and join in games that include; racing, chasing, balancing, riding and ball skills.	Show preference for a dominant hand/ side throughout their developing skills.
Reception	Introduction to PE 1 Moving safely around others and in spaces, work co-operatively and use different travelling actions. Introduction to PE 2 Control with equipment and following instructions to play safely as a group.	Fundamentals 1 Balancing, running, stopping, jumping and changing direction. Dance 1 Exploration of how body parts move whilst communicating ideas through performance; use of levels, mirrored actions and control.	Fundamentals 2 Balancing, running, stopping, jumping, hopping and changing direction. Gymnastics 1 Creating shapes with our bodies on and off apparatus, including different way to travel and link sequences together.	Balls Skills 1 Rolling, stopping, bouncing, dribbling and catching a ball. Dance 2 Creating performances using bodies and props whilst considering shape, level and direction to express ideas through movement in response to a theme.	Ball Skills 2 Rolling, tracking, throwing, catching, dribbling and kicking a ball. Gymnastics 2 Sequences using shapes, balances and travelling actions with development of using apparatus whilst; rocking, rolling, jumping, landing and creating sequences.	Games 1 Running, stopping, throwing, scoring and tagging within team games. Games 2 Aiming, throwing, striking and following rules when playing team and paired games.

Year 1	<p>Fundamentals Exploration of movement and balance at different speeds; jumping, running and skipping.</p> <p>Ball Skills Dribbling, rolling, throwing, catching and tracking with both hands and feet.</p>	<p>Fitness Master running, jumping, throwing and develop balance agility and co-ordination. Understand health benefits of exercise.</p> <p>Dance Explore speed, actions and pathways in themed inspired dance.</p>	<p>Sending and Receiving Rolling, throwing, receiving and sending over different distances to then apply skills in games.</p> <p>Gymnastics Create sequences including a range of rolls and jumps with developing control in performances.</p>	<p>Invasion Understand and carry out the role of attacker and defender whilst supporting teammates.</p> <p>Yoga Improve flexibility holding poses with different equipment and explore the benefits of yoga for mindfulness.</p>	<p>Net and Wall Games Racket skills including; hitting, sending and playing against an opponent over a net.</p> <p>Target Games Underarm and overarm throws selected appropriately for a target and used with developing accuracy.</p>	<p>Striking and Fielding Underarm and overarm throwing, collecting and hitting a ball in a game with an understanding of scoring points .</p> <p>Athletics Hop, jump, leap, throw and change direction with increased speed and accuracy.</p>
Year 2	<p>Fundamentals Change direction, running, dodging, jumping, combining movements develop balance, stability and landing.</p> <p>Ball Skills Dribbling, rolling, throwing, catching, stopping and tracking with both hands and feet.</p>	<p>Fitness Developing agility, balance and coordination through jumping, skipping and exercise to develop strength.</p> <p>Dance Dynamics of dance and sharing ideas through movements by using pathways and levels to respond to a stimulus whilst performing in unison with changes of speed.</p>	<p>Sending and Receiving Roll, track, receive, catch, throw, send and receive with increasing accuracy and knowledge of dominant hand/foot.</p> <p>Gymnastics Perform balances using different shapes. Take off, land, roll and build sequences.</p>	<p>Invasion Knowledge of possession, scoring, attacking and defending skills applied in games and when performing simple tactics for attacking and defending.</p> <p>Yoga Recall and copy poses, linking actions to create a flow with a developing awareness of flexibility.</p>	<p>Net and Wall Games Defend space, play with a partner and develop racket skills whilst playing with an opponent.</p> <p>Target Games Aim at a target with consideration of power using underarm and overarm throws to strike and hit into a moving target. Improve Personal Best.</p>	<p>Striking and Fielding Track, throw, catch with accuracy and tactic to work against an opponent and understand rules to play fairly.</p> <p>Athletics Jump and throw for distance, height and increase sprinting speed.</p>