



PE Curriculum Overview 2021-22

Year	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
FS Following children's own interests and investigations	Theme: Games Key Questions: How to play games with increasing accuracy and confidence. Skills: • Run, jump, hop, and skip with increasing confidence and accuracy • Begin to show accuracy with throwing, catching and striking • Understand and follow basic rules of a game Knowledge: To understand basic skills and rules necessary to play a range of games.	Theme: Dance Key Questions: How to copy and remember a dance move and find a safe space to play. Skills: • Negotiate space and obstacles safely, with consideration for themselves and others • Begin to move with some accuracy Knowledge: To copy a dance move and show special awareness.	Theme: Gym Key Questions: How to balance and move safely. Skills: • Demonstrate strength, balance and co-ordination when playing Knowledge: To understand how to balance and travel safely.	Theme: Games (2) Key Questions: How to play games with increasing accuracy and confidence. Skills: • Run, jump, hop, and skip with increasing confidence and accuracy • Begin to show accuracy with throwing, catching and striking • Understand and follow basic rules of a game Knowledge: To understand basic skills and rules necessary to play a range of games.	Theme: Athletics Key Questions: How to compete and race. Skills: • Run, jump, hop, and skip with increasing confidence and accuracy • Throw with confidence and increasing accuracy Knowledge: To understand the basic principles of athletic events.	Theme: Swimming Key Questions: How to gain water confidence and enter a pool safely. Skills: • Gain water confidence. • Get in and out of the pool safely. • Travel forwards and backwards 5m in the water. • Be comfortable with water showered overhead. • Float front and back and regain upright position. Knowledge: To understand pool safety. To understand pool rules.
1	Theme: Gym Key Question: How to create a sequence and roll safely. Skills: Link two or more actions to make a sequence. • Show contrasts (such as small/tall, straight/curved and wide/narrow). • Travel by rolling forwards, backwards and sideways. Knowledge: To understand what a sequence is and show contrasting shapes,	Theme: Dance Key Question: How to copy and remember dance moves and positions. Skills: Copy and remember moves and positions. • Move with careful control and coordination. • Link two or more actions to perform a sequence. Knowledge: To copy a range of dance movements and show special awareness.	Theme: Gym Key Question: How to link and contrast gymnastic movements. Skills: Link three or more actions to make a sequence. • Show contrasts (such as small/tall, straight/curved and wide/narrow). • Travel by rolling forwards, backwards and sideways. Knowledge: To understand how to link movements and travel safely.	Theme: Games Key Question: How to play a range of hitting, throwing and catching games. Skills: Use the terms 'opponent' and 'team-mate'. • Use rolling, hitting, running, jumping, catching and kicking skills in combination. Knowledge: To understand the skill and rules necessary to play a range of games.	Theme: Swimming Key Question: How to swim unaided up to 5 metres. Skills: • Blow bubbles with mouth and nose in the water • Travel forwards & backwards for 5m arms & legs • Star float front & back • Push and glide front & back Knowledge: To understand how to move arms & legs simultaneously to travel forwards and then regain an upright position	Theme: Swimming Key Question: How to swim unaided up to 5m. Skills: • Blow bubbles with mouth and nose in the water • Travel forwards & backwards for 5m using recognised arms and legs actions • Star float front & back • Push and glide front & back • Fully submerge to pick up an object Knowledge: To understand how to move arms & legs in a recognised frontcrawl stroke. To understand how to kick on back.
2	Theme: Gym Key Question: How to climb, stretch and land safely. Skills: Hold a position whilst balancing on different points of the body. • Climb safely on equipment.	Theme: Dance Key Question: How to develop and create dance moves and routines. Skills: Choose movements to communicate a mood, feeling or idea.	Theme: Gym Key Question: How to hold a range of positions and develop flexibility. Skills: Hold a range of positions whilst balancing on different points of the body.	Theme: Games Key Question: How to play a range of games and develop tactics. Skills: • Use rolling, hitting, running, jumping, catching and kicking skills in combination.	Theme: Swimming Key Question: How to swim unaided up to 10 metres. Skills: • Travel 10m front & back in recognised frontcrawl & backstroke.	Theme: Swimming Key Question: How to swim unaided over 10 metres. Skills: • Travel 10m front & back in recognised frontcrawl & backstroke.



PE Curriculum Overview 2021-22

	<ul style="list-style-type: none"> Stretch and curl to develop flexibility. Jump in a variety of ways and land with increasing control and balance <p>Knowledge: To understand how to use equipment safely and compare a range of positions.</p>	<ul style="list-style-type: none"> Copy and remember actions. Move with some control and awareness of space. <p>Knowledge: To understand and evaluate dance moves and routines.</p>	<ul style="list-style-type: none"> Climb safely on different equipment. Stretch, curl and twist to develop flexibility. Jump in a variety of ways and land with increasing control and balance. <p>Knowledge: To understand how flexibility and balance is used to increase gymnastic performance.</p>	<ul style="list-style-type: none"> Develop tactics. Lead others when appropriate. <p>Knowledge: To understand the skill and rules necessary to play a range of games.</p>	<ul style="list-style-type: none"> Push & glide front/back and log roll Fully submerge to pick up an object <p>Knowledge: To understand basic strokes and techniques.</p>	<ul style="list-style-type: none"> Push & glide front/back and log roll Travel 5m on front, tuck and rotate onto back and swim 5m on back <p>Knowledge: To understand how techniques and floating improve swimming performance.</p>
3	<p>Theme: Games</p> <p>Key Question: How to pass, catch and strike with accuracy.</p> <p>Skills: Throw and catch with control and accuracy.</p> <ul style="list-style-type: none"> Strike a ball and field with control. Choose appropriate tactics to cause problems for the opposition. Follow the rules of the game and play fairly. Maintain possession of a ball (with, e.g. feet, a hockey stick or hands). Pass to team mates at appropriate times. Lead others and act as a respectful team member. Throw and catch with control and accuracy. <p>Knowledge: To understand rules, tactics and techniques.</p>	<p>Theme: Gym</p> <p>Key Question: How to improve balance and placement.</p> <p>Skills: Show a kinaesthetic sense in order to improve the placement and alignment of body parts (e.g. in balances experiment to find out how to get the centre of gravity successfully over base and organise body parts to create an interesting body shape).</p> <p>Knowledge: To understand how balance and movement can be established.</p>	<p>Theme: Dance</p> <p>Key Question: How to plan and perform a dance routine.</p> <p>Skills: Plan, perform and repeat sequences.</p> <ul style="list-style-type: none"> Move in a clear, fluent and expressive manner. Refine movements into sequences. Show changes of direction, speed and level during a performance. <p>Knowledge: To understand the elements that make a dance performance.</p>	<p>Theme: Invasion games</p> <p>Key Question: How to follow rules and play a game fairly.</p> <p>Skills: Throw and catch with control and accuracy.</p> <ul style="list-style-type: none"> Strike a ball and field with control. Choose appropriate tactics to cause problems for the opposition. Follow the rules of the game and play fairly. Maintain possession of a ball (with, e.g. feet, a hockey stick or hands). Pass to team mates at appropriate times. Lead others and act as a respectful team member. Throw and catch with control and accuracy. <p>Knowledge: To understand how possession and leadership helps in team sports.</p>	<p>Theme: Swimming</p> <p>Key Question: How to swim unaided up to 15m.</p> <p>Skills: Swim 15m unaided front & back.</p> <ul style="list-style-type: none"> Breathe bilaterally in frontcrawl. Introduce breaststroke & dolphin leg kick. Introduce sculling headfirst. Perform a sequence of changing shapes (floats) on the surface of the water. <p>Knowledge: To understand breathing and stroke technique.</p>	<p>Theme: Athletics</p> <p>Key Question: How to sprint and travel over longer distances.</p> <p>Skills: Sprint over a short distance up to 60 metres.</p> <ul style="list-style-type: none"> Run over a longer distance, conserving energy in order to sustain performance. Use a range of throwing techniques (such as under arm, over arm). Throw with accuracy to hit a target or cover a distance. Jump in a number of ways, using a run up where appropriate. Compete with others and aim to improve personal best performances. Arrive properly equipped for outdoor and adventurous activity. <p>Knowledge: To understand how to conserve energy and use appropriate athletic techniques.</p>
4	<p>Theme: Hockey</p> <p>Key Question: How to pass and maintain a ball.</p> <p>Skills: Strike a ball and field with control.</p> <ul style="list-style-type: none"> Choose appropriate tactics to cause problems for the opposition. Follow the rules of the game and play fairly. Maintain possession of a ball (with, e.g. feet, a hockey stick or hands). 	<p>Theme: Rugby</p> <p>Key Question: How to catch and pass with accuracy.</p> <p>Skills: Throw and catch with control and accuracy.</p> <ul style="list-style-type: none"> Choose appropriate tactics to cause problems for the opposition. Follow the rules of the game and play fairly. Maintain possession of a ball 	<p>Theme: Gym</p> <p>Key Question: How to improve balance and use equipment safely.</p> <p>Skills: improve the placement and alignment of body parts (e.g. in balances experiment to find out how to get the centre of gravity successfully over base and organise body parts to create an interesting body shape).</p>	<p>Theme: Dance</p> <p>Key Question: How to travel and change direction in different ways.</p> <p>Skills: Plan, perform and repeat sequences.</p> <ul style="list-style-type: none"> Move in a clear, fluent and expressive manner. Refine movements into sequences. Show changes of direction, speed and level during a performance. 	<p>Theme: Swimming</p> <p>Key Question: How to swim unaided over 25m.</p> <p>Skills: Swim 25m unaided</p> <ul style="list-style-type: none"> Breathe bilaterally in frontcrawl. Push & glide and swim 25m frontcrawl Push & glide and swim 15m backstroke Push & glide and swim 15m breaststroke 	<p>Theme: Athletics</p> <p>Key Question: How to sprint and run over greater distances and sustain performance.</p> <p>Skills: Sprint over a short distance up to 70 metres.</p> <ul style="list-style-type: none"> Run over a longer distance, conserving energy in order to sustain performance. Use a range of throwing techniques (such as under arm, over arm).



PE Curriculum Overview 2021-22

	<ul style="list-style-type: none"> • Pass to team mates at appropriate times. • Lead others and act as a respectful team member. <p>Knowledge: To understand how possession and striking improves performance.</p>		<ul style="list-style-type: none"> • Swing and hang from equipment safely (using hands). <p>Knowledge: To understand how to manipulate and move body parts to create unique shapes.</p>	<ul style="list-style-type: none"> • Travel in a variety of ways, including flight, by transferring weight to generate power in movements <p>Knowledge: To understand how transferring body weight helps move and balance.</p>	<ul style="list-style-type: none"> • Push & glide and swim 10m butterfly. • Sculling headfirst and feetfirst for 5m • Perform a handstand and forward roll • Swim 10m wearing clothes <p>Knowledge: To understand how to swim below the surface of the water and coordinate swimming techniques.</p>	<ul style="list-style-type: none"> • Throw with accuracy to hit a target or cover a distance. • Jump in a number of ways, using a run up where appropriate. • Understand the need to show accomplishment in managing risks. <p>Knowledge: To understand how to sustain performance and increase accuracy.</p>
5	<p>Theme: Invasion Games</p> <p>Key Question: How to choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc)</p> <p>Skills: Work alone, or with team mates in order to gain points or possession.</p> <ul style="list-style-type: none"> • Strike or throw a ball with accuracy. • Use forehand and backhand when playing racket games. <p>Knowledge: To understand the rules and play a range of striking and racket games with increasing accuracy.</p>	<p>Theme: Gymnastics</p> <p>Key Question: How do you perform complex moves that combine strength and stamina gained through gymnastics activities?</p> <p>Skills: Hold shapes that are strong, fluent and expressive.</p> <ul style="list-style-type: none"> • Include in a sequence set pieces, choosing the most appropriate linking elements. • Vary speed, direction, level and body rotation during floor performances. • Practise and refine the gymnastic techniques used in performances (listed above). <p>Knowledge: Understand how sequence, speed and movement improves a gymnastic routine.</p>	<p>Theme: Dance</p> <p>Key Question: How do you perform expressively?</p> <p>Skills: Perform and create sequences.</p> <ul style="list-style-type: none"> • Express an idea in original ways. • Plan to perform with high energy, slow grace or other themes. <p>Demonstrate good kinaesthetic awareness.</p> <p>Knowledge: Compare and evaluate a performance and understand the discipline of dance.</p>	<p>Theme: Basketball</p> <p>Key Question: How to play basketball competitively?</p> <p>Skills: Choose and combine techniques in game situations (running, throwing, catching, passing and jumping. Embrace both leadership and team roles and gain the commitment and respect of a team.</p> <p>Knowledge: To understand the rules and play a 5 a side basketball.</p>	<p>Theme: Swimming</p> <p>Key Question: How do you swim 25m-50m unaided?</p> <p>Skills:</p> <ul style="list-style-type: none"> • Push & glide and swim 25m frontcrawl • Push & glide and swim 25m backstroke • Push & glide and swim 25m breaststroke • Push & glide and swim 15m butterfly • Sink, push & glide on side and rotate into frontcrawl / backstroke • Swim 10m wearing clothes • Perform a shout and signal rescue • Swim 50m continuously using one stroke • Tread water for 15-30 seconds <p>Knowledge: Understand how breathing and technique improves your swimming ability.</p>	<p>Theme: Athletics</p> <p>Key Question: How do you improve athletic performance?</p> <p>Skills: Choose the best place for running over a variety of distances.</p> <ul style="list-style-type: none"> • Throw accurately and refine performance by analysing technique and body shape. <p>Knowledge: Understand how to compete in a range of athletic events.</p>
6	<p>Theme: Football</p> <p>Key Question: How to play football?</p> <p>Skills: Field, defend and attack tactically by anticipating the direction of play.</p> <ul style="list-style-type: none"> • Choose the most appropriate tactics for a game. 	<p>Theme: Gymnastics</p> <p>Key Question: How to perform gymnastics routines with a range of movements?</p> <p>Skills: Create complex and well-executed sequences that include a full range of movements including:</p> <ul style="list-style-type: none"> • travelling 	<p>Theme: Dance</p> <p>Key Question: How do you perform expressively and hold a precise and strong body posture during dance?</p> <p>Skills: Perform and create complex sequences.</p> <ul style="list-style-type: none"> • Express an idea in original and imaginative ways. 	<p>Theme: Tag rugby</p> <p>Key Question: How to play Tag Rugby?</p> <p>Skills: Field, defend and attack tactically by anticipating the direction of play.</p> <ul style="list-style-type: none"> • Choose the most appropriate tactics for a game. 	<p>Theme: Swimming</p> <p>Key Question: How to swim 50m-100m unaided.</p> <p>Skills:</p> <ul style="list-style-type: none"> • Push & glide and swim 25m frontcrawl • Push & glide and swim 25m backstroke 	<p>Theme: Athletics</p> <p>Key Question: How to compete and improve your personal performance?</p> <p>Skills:</p> <ul style="list-style-type: none"> • Show control in take-off and landings when jumping. • Compete with others and keep track of personal best performances, setting



PE Curriculum Overview 2021-22

	<ul style="list-style-type: none">• Uphold the spirit of fair play and respect in all competitive situations.• Lead others when called upon and act as a good role model within a team. <p>Knowledge: Understand the rules of football and the spirit of the game.</p>	<ul style="list-style-type: none">• balances• swinging• springing• flight• vaults• rotations, bending, stretching and twisting <p>Knowledge: Understand how balance and technique improves a gymnastic routine.</p>	<ul style="list-style-type: none">• Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece <p>Knowledge: Compare and evaluate a performance express thoughts and emotions through dance in imaginative ways.</p>	<ul style="list-style-type: none">• Uphold the spirit of fair play and respect in all competitive situations.• Lead others when called upon and act as a good role model within a team. <p>Knowledge: To understand the rules and tactics when playing tag rugby.</p>	<ul style="list-style-type: none">• Push & glide and swim 25m breaststroke• Push & glide and swim 25m butterfly• Sink, push & glide on side and rotate into frontcrawl / backstroke• Swim 50m-100m continuously using one stroke• Swim 10m wearing clothes• Perform a shout and signal rescue• Tread water for 30 seconds using eggbeater <p>Knowledge: Understand how breathing, technique improves your swimming ability and helps towards maintaining a healthy lifestyle.</p>	<p>targets for improvement.</p> <ul style="list-style-type: none">• Select appropriate equipment <p>Knowledge: Understand how to compete in a range of athletic events and improve your performance.</p>
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