

St Bartholomew's C of E Primary School PE Curriculum Overview



Reception	Term					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<p>Fundamentals 1 Skills: I can safely negotiate space. I can show good control and co-ordination in small and large movements. I can talk about ways to keep healthy and safe. I can handle equipment safely.</p>	<p>Fundamentals 2 Skills: I can move confidently in a range of ways. I know the importance for good health of physical exercise. I can safely negotiate space.</p>	<p>Gymnastics Skills: I can copy and create shapes with my body. I can jump and land safely. I can create short sequences.</p>	<p>Ball skills Skills: I can roll a ball towards a target. I can stop a rolling ball. I can bounce a ball. I can kick a ball.</p>	<p>Games 1 Skills: I can run and stop safely. I can safely negotiate space. I can show good control and co-ordination in small and large movements. To work cooperatively.</p>	<p>Games 2 Skills: I can develop my accuracy when throwing. I can follow rules in a game. I can work cooperatively in a game.</p>

Year 1	Term					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<p>Ball skills Skills: I can explore different ball skills showing balance and control. I can recognise changes in my body when I do exercise. I can roll a ball towards a target. I can begin to dribble with a ball. I can move with control to track a ball. I can send a ball using some technique.</p>	<p>Invasion Skills: I can begin to dribble with a ball with my hands and feet. I know who is on my team. I can send and receive a ball. I can find space. I can help my team. I understand what a defender is. I can dodge.</p>	<p>Gymnastics Skills: I can link simple actions together. I can remember and repeat actions and shapes. I can show awareness of space when travelling. I can make my body tense, relaxed, stretched and curled. I can use apparatus safely. I can jump in different directions and with different shapes. I can roll on different parts of my body. I can travel on my hands and feet.</p>	<p>Net and Wall Skills: I can use the ready position to help me move quickly. I can sometimes catch a ball. I can throw underarm. I can hold a racket in one hand. I can push and hit a ball using a racket.</p>	<p>Striking and Fielding Skills: I can roll a ball towards a target. I can stop a medium sized ball with some consistency. I can track a ball. I can underarm throw a ball. I can recognise changes in my body during exercise. I can push a ball using my hand and an object. I know how to score points.</p>	<p>Athletics Skills: I can run using opposite leg forward to my arm. I can+ take bigger strides when running faster. I can jump and land with soft knees. I can swing my arms forward when jumping. I can throw with a balanced stance.</p>

Year 2	Term					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<p>Ball skills Skills: I can demonstrate simple ball skills with control. I can describe how my body feels during exercise. I can coordinate my body to roll a ball to hit a target. I can send and receive a ball. I can sometimes dribble with the ball at my feet and hands.</p>	<p>Invasion Skills: I can sometimes dribble with the ball with my hands and feet. I know how to score points and can remember the score. I can send and receive the ball with control. I can move with the ball towards goal. I understand the role of a defender. I can dodge and find space away from the other team.</p>	<p>Gymnastics Skills: I can link actions together. I can use shapes in a sequence. I can perform balances with control. I can use directions and levels to make my work look interesting. I can jump and land with control.</p>	<p>Net and Wall Skills: I can use the ready position to help me move quickly to catch a ball. I can catch a ball. I can use underarm throwing in a variety of simple games. I can use some simple tactics. I can control a ball with a racket. I can push and hit a ball with a racket with some control and accuracy. I can show awareness of opponents when playing games.</p>	<p>Striking and Fielding Skills: I can roll a ball to hit a target. I can use rolling and tracking skills in simple games. I can track a ball and stop it. I can move to catch a ball. I can underarm throw in simple games. I can describe how my body feels during exercise. I can sometimes hit a ball that has been bowled to me. I know how to score points I can remember the score. I can use simple tactics.</p>	<p>Athletics Skills: I can balance when running alternating arms and legs. I can take big strides when running fast. I can keep a balanced stance when changing direction. I can look forward to take off and landing. I can swing arms to take off. I can stand sideways on to the direction of the throw. I can point my hand at a target after I throw. I can keep soft knees when linking running and jumping movements.</p>

Year 3	Term					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<p>Football Skills:</p> <p>I can dribble the ball with some control.</p> <p>I can move the ball towards goal.</p> <p>I can pass the ball to a stationary target.</p> <p>I can pass and receive the ball.</p> <p>I can control the ball using different parts of the body.</p> <p>I can use jockeying to defend.</p> <p>I am learning the rules of the game.</p>	<p>Tag-Rugby Skills:</p> <p>I can pass and receive the ball with some control.</p> <p>I am learning the rules of the game.</p> <p>I can move into space to help my team.</p> <p>I can move and dodge into space.</p> <p>I understand why I warm up.</p> <p>I can defend an opponent.</p>	<p>Gymnastics Skills:</p> <p>I can choose actions that flow well into one another.</p> <p>I show good control when balancing.</p> <p>I can adapt sequences to suit different types of apparatus.</p> <p>I can move in unison with a partner.</p> <p>I can use my own ideas for movements.</p> <p>I can perform a variety of rolls.</p> <p>I can incorporate a hoop into a sequence.</p>	<p>Netball Skills:</p> <p>I can explain why is important to warm up.</p> <p>I can throw and catch a ball with some control.</p> <p>I can explain the footwork and held ball rule.</p> <p>I can move into space to help my team.</p> <p>I can move the ball towards goal with increasing control.</p> <p>I can sometimes use the footwork rule.</p> <p>I can defend an opponent.</p> <p>I can shoot the ball with some control.</p>	<p>Rounders Skills:</p> <p>I can use overarm and underarm throwing and catching skills.</p> <p>I am developing an understanding of tactics and beginning to use them in game situations.</p> <p>I understand the aim of the game.</p> <p>I am able to bowl a ball towards a target.</p> <p>I understand the aim of the game.</p> <p>I can move to track a ball.</p> <p>I am beginning to strike a bowled ball.</p>	<p>Athletics Skills:</p> <p>I can sprint on the balls of my feet moving my hands pocket to mouth.</p> <p>I can hold the bottom of a baton for smooth changeover.</p> <p>I can keep a consistent stride pattern.</p> <p>I can jump with balance and control by bending my knees on take off and landing.</p> <p>I can step forward to create power.</p> <p>I can transfer my weight from my back leg to my front.</p>

Year 4	Term					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<p>Football Skills:</p> <p>I can move away from defenders with the ball. I can help my team keep possession. I can pass the ball to a stationary target consistently. I can pass and receive the ball with increasing control. I can control the ball using different parts of the body with increasing control. I can delay and help prevent the other team from scoring. I understand the rules of the game.</p>	<p>Tag-Rugby Skills:</p> <p>I can pass and receive the ball with increasing control. I understand the rules of the game. I can use simple tactics to help my team. I can dodge to lose a defender. I can explain what happens in my body when I warm up. I can delay and help prevent the other team from scoring.</p>	<p>Gymnastics Skills:</p> <p>I can safely perform balances with a partner. I understand how body tension can improve the quality of my movements. I can safely perform gymnastic movements with some control. I can perform rolls with control. I can plan and perform sequences that include change in level and shape. I can watch, describe and suggest possible improvements to other performances.</p>	<p>Netball Skills:</p> <p>I can explain what happens to my body when I warm up. I can throw and catch with increasing control. I can explain and use the rules of footwork and held ball. I can keep possession and score goals when I play in attack. I can use the footwork rule. I can delay and help prevent the other team from scoring. I can shoot the ball with increasing control.</p>	<p>Rounders Skills:</p> <p>I can use overarm and underarm throwing and catching skills with increasing accuracy. I can choose and use simple tactics for different situations. I can play in a fielding and batting role. I am able to bowl a ball with some accuracy and consistency. I understand the rules of the game and I can use them often. I can use different fielding techniques. I can sometimes strike a bowled ball.</p>	<p>Athletics Skills:</p> <p>I can run at a maintained pace. I can run faster at the end of a race. I can run with fluency and coordination. I can communicate with my team to ensure smooth change over. I can hold my hand out with fingers wide to receive a baton. I can jump with control and balance by bending my knees. I can create power in my jumps by transferring my weight from front to back. I can measure jumps accurately.</p>

Year 5	Term					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<p>Football Skills:</p> <p>I can dribble the ball with some control under pressure.</p> <p>I can pass the ball to a stationary target with control and accuracy.</p> <p>I can dribble, pass and receive the ball with some control under pressure.</p> <p>I can change direction when in possession of the ball.</p> <p>I understand there are different skills for different situations and I am beginning to use this.</p> <p>I can contribute when attacking and defending.</p> <p>As a goalkeeper, I can move to stay</p>	<p>Tag-Rugby Skills:</p> <p>I can pass the ball with some control under pressure.</p> <p>I can move into space to help my team.</p> <p>I can pass and receive the ball with some control under pressure.</p> <p>I can tag pupils to help to prevent them from scoring.</p> <p>I understand the rules of the game and I can use them most of the time.</p> <p>I can change direction to lose a defender.</p> <p>I know how to help my team when attacking.</p>	<p>Gymnastics Skills:</p> <p>I can create and perform sequences with a partner.</p> <p>I can set criteria to make simple judgements about performances and suggest ways they could be improved.</p> <p>I can use strength and flexibility to improve the quality of skills I perform.</p> <p>I can perform gymnastic actions with increasing control and fluency.</p> <p>I can use canon and synchronisation when performing with a partner and a group.</p>	<p>Netball Skills:</p> <p>I can choose the correct skill for different situations.</p> <p>I can move into space to help my team.</p> <p>I can pass and receive the ball under pressure.</p> <p>I can use the rules of the games.</p> <p>I can shoot the ball with some control under pressure.</p>	<p>Cricket Skills:</p> <p>I can catch a small ball in a game.</p> <p>I can overarm throw a ball to hit a target.</p> <p>I can consistently underarm bowl the ball.</p> <p>I can file a ball and send it back to the bowler.</p> <p>I can sometimes strike a bowled ball.</p> <p>I can use close and deep catching.</p> <p>I am beginning to strike the ball using different techniques.</p> <p>I can help my team to file and stop the batter from scoring.</p>	<p>Athletics Skills:</p> <p>I can choose the best pace for a running event.</p> <p>I can communicate with teammates to exchange a baton smoothly.</p> <p>I can perform a range of jumps and show control at take-off and landing by bending my knees.</p> <p>I can finish my throw with my hand high.</p> <p>I can throw in a balanced stance.</p>

	<p>in line with the ball.</p> <p>I can lead a partner through short warm-up routines.</p> <p>I can use simple tactics for attack and defence.</p>		<p>I can attempt progressions of inverted skills, taking weight on my hands.</p> <p>I can create and perform sequences using apparatus with a partner.</p>			
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Year 6	Term					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<p>Football Skills:</p> <p>I can dribble the ball with increasing control under pressure.</p> <p>I can pass the ball to a stationary target with consistency with control and accuracy.</p> <p>I can dribble, pass and receive the ball with increasing pressure.</p> <p>I can change direction and maintain possession of the ball.</p> <p>I can select the appropriate action for the situation.</p> <p>I can use defensive skills to gain possession of the ball.</p>	<p>Tag-Rugby Skills:</p> <p>I can pass the ball with increasing control under pressure.</p> <p>I can create and use tactics to help my team.</p> <p>I can create and use space to help my team.</p> <p>I can pass and receive the ball with increasing control under pressure.</p> <p>I can tag pupils to help to prevent them from scoring.</p> <p>I can use the rules of the game consistently.</p> <p>I can select the appropriate action for the situation.</p> <p>I can select different</p>	<p>Gymnastics Skills:</p> <p>I can perform gymnastic actions with control and fluency.</p> <p>I can suggest changes and use feedback to improve a sequence.</p> <p>I understand what counter balance and counter tension is and can show examples with a partner.</p> <p>I can combine and perform gymnastic actions, shapes and balances with control and fluency.</p> <p>I can perform some progressions of inverted movements.</p> <p>I can create and perform sequences using</p>	<p>Netball Skills:</p> <p>I can use the rules of the game consistently.</p> <p>I can pass and receive the ball with increasing control under pressure.</p> <p>I can create and use space to help my team.</p> <p>I can use movement to lose a defender.</p> <p>I can shoot the ball with increasing control under pressure.</p>	<p>Cricket Skills:</p> <p>I can catch a small ball in a game with increasing consistency and under some pressure.</p> <p>I can consistently overarm throw a ball to hit a target.</p> <p>I can quickly field a ball and send it back to the bowler.</p> <p>I can underarm bowl a ball and hit the wickets.</p> <p>I can strike a bowled ball with increasing consistency.</p> <p>I can effectively use close and deep catching under some pressure.</p> <p>I can strike the ball using different techniques.</p> <p>I can track a ball and successfully field it back to the bowler.</p>	<p>Athletics Skills:</p> <p>I can select and apply the best pace for a running event.</p> <p>I can vary my stride length to match someone else's pace.</p> <p>I can demonstrate a consistent stride length when sprinting.</p> <p>I can work collaboratively in a team by listening and sharing ideas.</p> <p>I can maintain a consistent rhythm.</p> <p>I can run with a fluent controlled running action.</p> <p>I can bend my knees to jump for height driving my hand upwards.</p> <p>I can perform jumps for distance using good technique.</p> <p>I can throw for distance with a balanced stance.</p>

	<p>As a goalkeeper, I can adjust my position to make it harder for the other team to score.</p> <p>I can lead a small group through a short warm-up routine.</p> <p>I can create and use a variety of tactics to help my team.</p>	<p>movement skills to lose a defender.</p>	<p>compositional devices to improve the quality.</p>			
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