Physical Education Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS Through continuous provision children will have ongoing opportunities to develop their physical development throughout the year. Gross Motor Skills: Using the trim trail, multi skills courts, daily mile, wheeled toys, large scale construction, gardening mud kitchen, ball games, hula hoops, spinning cones and the scramble net. Fine Motor Skills: playdough disco, cutting, woodwork, drawing, painting, funky fingers activities.						
EYFS	● Revise and refine the fundamental movement skills they have already acquired:- rolling- crawling -walking - jumping - running -hopping - skipping - climbing ● Develop the overall body strength, coordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming. ● Develop their small motor skills so that they can use a range of tools competently, safely and confidently. ● Suggested tools: pencils for drawing and writing, paintbrushes, scissors, knives, forks and spoons. ● Develop the foundations of a handwriting style which is fast, accurate and efficient		● Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. ● Combine different movements with ease and fluency. ● Further develop the skills they need to manage the school day successfully: - lining up and queuing – meal times personal hygiene. ● Progress towards a more fluent style of moving, with developing control and grace. ● confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.		● Develop overall body-strength, balance, co-ordination and agility. ● Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. ● Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball. ● Know and talk about the different factors that support their overall health and wellbeing: - regular physical activity- healthy eating- tooth brushing - sensible amounts of 'screen time'- having a good sleep routine- being a safe pedestrian	
CT PE lessons	**Multi Skills**	**Dance/Yoga**	**Gymnastics 1**	**Gymnastics 2**	**Games**	**Forest School (OAA, cultural capital and enrichment)**
Year 1 **CT**	**Gymnastics** KS 1 National Curriculum Aims Pupils should be taught: ● Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. *Children will create and perform a movement sequence linking two actions to make a sequence. Children will recognise and copy contrasting actions (small/tall, narrow/wide). They will explore travelling in different ways, changing direction and speed. Children will hold still shapes and simple balances.*	**Dance** **Dance unit: "Animals in the Jungle"** KS1 National Curriculum Aims Pupils should be taught to: ● Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities; ● Perform dances using simple movement patterns. *Children will listen to music and begin to recognise tempo and mood and move accordingly. They will copy simple dance moves and perform their own dances. Children will explore making a sequence of movements and begin to improve and perfect the dance they have created.* Also incorporating Dance performances for Christmas.		**Team Building** KS 1 National Curriculum Aims Pupils should be taught: ● To engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasing challenging situations. ● To participate in games. *Children will explore and develop teamwork skills and develop their communication skills. They will co-operate and communicate with a partner and groups to solve challenges.*	**Forest School (OAA, cultural capital and enrichment)** ● take part in outdoor and adventurous activity challenges both individually and within a team. *plus* **Athletics** KS 1 National Curriculum Aims Pupils should be taught: ● Master basic movements including running, jumping, throwing catching as well as developing balance agility and co-ordination and begin to apply these in a range of activities. ● To engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasing challenging situations.	**Tennis** KS 1 National Curriculum Aims Pupils should be taught: ● Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities ● To engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasing challenging situations. ● To participate in games. *Children will use their throw and catch skills to throw and catch a small ball with control, and bounce catch to self and a partner. Children will learn how to balance a ball on a racket. They will develop racket familiarisation, moving a ball with racket in a forehand and backhand position across a range of activities and games.*

						• To participate in games. *Children will learn to move at different speeds for varying distances. They will perform the 5 jumps with increasing control at take-off and landing. They will learn to perform a roll and underarm throw with increasing success and begin to throw overarm with increasing success.*	
	PPA	**Transition from EYFS - throwing and catching basic skills**	**Fitness**	**Gymnastics**	**Basic ball skills for invasion games (including football)**	**Field sports skills - catching, throwing and striking a ball**	**Athletic activities and Sports Day**
Year 2	**CT**	**Gymnastics** KS 1 National Curriculum Aims Pupils should be taught: • Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. *Children will copy, explore and remember actions and movements to create their own Sequence. Children will explore travelling in a variety of ways, including rolling. They will learn to hold a still shape whilst balancing on different points of the body.*	**Yoga** KS1 National Curriculum Aims Pupils should be taught to: • Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities; • Perform dances using simple movement patterns. *Children will copy and repeat yoga poses. They will develop an awareness of strength and flexibility when completing yoga poses. Children will copy and remember actions linking them into a flow. They will create a flow and teach it to a partner. Children will explore poses and create a yoga flow.*	**Forest School (OAA, cultural capital and enrichment)** • take part in outdoor and adventurous activity challenges both individually and within a team. *plus* **Mexican Dance** KS1 National Curriculum Aims Pupils should be taught to: • Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities; • Perform dances using simple movement patterns. *Children will copy and repeat actions. They will put a sequence of actions together to create a motif. Children will explore simple choreographic devices such as unison, canon and mirroring. They will begin to improvise independently to create a simple dance from different times and cultures.*	**Invasion Games** KS1 National Curriculum Aims Pupils should be taught to: • Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities; • Participate in team games, developing simple tactics for attacking and defending. • To participate in games. *Children will begin to use and understand the terms attacking and defending. They will use at least one technique attack or defend to play a game successfully. Children will develop throwing and catching techniques and apply them within a game.*	**Dance** **Dance Unit: Street Dance Tutting "Rather Be"** KS 1 National Curriculum Aims Pupils should be taught: • Perform dances using simple movement patterns. *Children can change rhythm, speed, level and direction; can dance with control and co-ordination. They will be able to make a sequence by linking sections together including linking some movement to show a mood or feeling. They will choose actions which relate to the theme.*	**Tennis** KS 1 National Curriculum Aims Pupils should be taught: • Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities • To engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasing challenging situations. • To participate in games. *Children will develop delivering a tennis ball, using previously taught throwing techniques and strike a tennis ball using a tennis racket, across a range of activities and games.*
	PPA	**Introduction to Football**	**Fitness**	**Gymnastics**	**Introduction to Tag Rugby**	**Field sports & Introduction to Rounders**	**Athletic activities and Sports Day**
Year 3	**CT**	**Netball** KS 2 National Curriculum Aims Pupils should be taught to: • use running, jumping, throwing and catching in isolation and in combination • play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.	**Forest School (OAA, cultural capital and enrichment)** • take part in outdoor and adventurous activity challenges both individually and within a team. *plus* **Development of athletic field skills.**	**Gymnastics** KS 2 National Curriculum Aims Pupils should be taught to: • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] • compare their performances with previous ones and demonstrate improvement to achieve their personal best. *Children will create pike, tuck, star, straight, straddle shapes. They will develop transitioning smoothly into and out of balances. They will learn*	**Hockey** KS 2 National Curriculum Aims Pupils should be taught to: • use running, jumping, throwing and catching in isolation and in combination • play competitive games, modified where appropriate [for example, badminton ,basketball, cricket, football hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.	**Athletics** KS 2 National Curriculum Aims Pupils should be taught to: • use running, jumping, throwing and catching in isolation and in combination • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] • take part in outdoor and adventurous activity challenges both individually and within a team.	**Dance** **Dance Unit: Street Dance Club Can't Handle Me** KS 2 National Curriculum Aims Pupils should be taught to: • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] • perform dances using a range of movement patterns

		Children will learn to throw and catch with greater control and accuracy. They will learn to pass the ball in two different ways in a game situation and use simple attacking and defending skills in a game.	*Introduction to specific equipment used in KS2 e.g Howler for throwing.*	*create a sequence with matching and contrasting actions and shapes. They will develop a partner sequence incorporating equipment. Children will perform learnt skills and techniques with control and confidence. Children will watch, describe and evaluate the effectiveness of a performance.*	*Children will be introduced to a modified small-sided hockey game where they will apply previously taught ball skills and tactics. They will develop hand eye / eye-hand coordination, ball skills and correct hockey-dribbling technique. They will develop hockey ball skills and ball control, whilst static and on the move. They will begin to analyse individual and team performances, throughout a set of modified games.*	*Children will learn to compete across modified athletics events involving running, jumping and throwing. Children will begin to run smoothly at different speeds. They will perform combinations of jumps with increasing control. They will begin to understand what makes a good jump and recognise areas for improvement. They will be introduced to long jump, triple jump, vertical jump. Children will begin to throw using different styles and become more successful at aiming throws and begin to describe what makes a successful throw.*	● compare their performances with previous ones and demonstrate improvement to achieve their personal best. *Children will learn to copy and create actions in response to an idea and be able to adapt this using changes of space. Children will use actions, dynamics, spacing and timing. They will draw on their skills of flexibility and hold their bodies in different positions. They will perform different routines, stunts and jumps. Children will develop a good sense of rhythm. Children will develop choreographic devices such as unison, canon and mirroring. Children will use actions, dynamics, spacing and timing. Children will learn to work together in order to successfully complete a routine. Children will watch, describe and evaluate the effectiveness of a performance.*
	PPA	**Developing Tag Rugby**	**Developing Football**	**Cross country**	**Developing Netball**	**Developing Cricket**	**Athletics: inc prep for Sports Day events**
Year 4	**CT**	**Hockey** KS 2 National Curriculum Aims Pupils should be taught to: ● use running, jumping, throwing and catching in isolation and in combination ● play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending. *Children will recap all previously taught hockey specific ball skills, techniques and tactics. They will develop their understanding of decision making in hockey; when to pass/shoot and when to dribble. Children will develop their understanding of hockey defending and attacking principles. They will be introduced to the correct tackling technique. Children will be able to apply all previously taught skills within a modified competitive hockey game.* **Swimming** **KS 2 National Curriculum Aims** **Pupils should be taught to:** ● **swim competently, confidently and proficiently over a distance of at least 25 metres** ● **use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]** **perform safe self-rescue in different water-based situations.**	**Fitness** **Fitness Unit** KS 2 National Curriculum Aims Pupils should be taught to: ● develop balance, agility, co-ordination, flexibility, strength, technique & control ● gain an appreciation of physical activity as a lifelong habit and understand how it can improve mental wellbeing *Children will improve in a range of aerobic & anaerobic fitness areas, developing core strength. Children will show determination to complete a task and to improve their own performance. Children will demonstrate correct technique in carrying out set exercises*	**Gymnastics** KS 2 National Curriculum Aims Pupils should be taught to: ● develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] ● compare their performances with previous ones and demonstrate improvement to achieve their personal best. *Children to develop individual and partner balances. Children to create 1, 2, 3 and 4- point balances on apparatus and against a partner. Children will perform and create sequences with fluency and expression. They will watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.*	**Forest School (OAA, cultural capital and enrichment)** ● take part in outdoor and adventurous activity challenges both individually and within a team. *plus* **Hockey contd** KS 2 National Curriculum Aims Pupils should be taught to: ● use running, jumping, throwing and catching in isolation and in combination ● play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending. *Children will recap all previously taught hockey specific ball skills, techniques and tactics. They will develop their understanding of decision making in hockey; when to pass/shoot and when to dribble. Children will develop their understanding of hockey defending and attacking principles. They will be introduced to the correct tackling technique. Children will be able to apply all previously taught skills within a modified competitive hockey game.* .	**Athletics** KS 2 National Curriculum Aims Pupils should be taught to: ● use running, jumping, throwing and catching in isolation and in combination ● develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] ● take part in outdoor and adventurous activity challenges both individually and within a team. *Children will learn to compete across modified athletics events involving running, jumping and throwing. Children will choose different styles of running for different distances. They will develop their pace and sustain their effort over longer distances. They will begin to watch and describe specific aspects of running e.g. what arms and legs are doing. Children will perform combinations of jumps e.g. hop, step, jump showing control and consistency. They will choose different styles of jumping. Explore different styles of throwing e.g. pulling, pushing and slinging.*	**Rounders** KS 2 National Curriculum Aims Pupils should be taught to: ● use running, jumping, throwing and catching in isolation and in combination ● play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending. ● take part in outdoor and adventurous activity challenges both individually and within a team. *Children will develop their ball striking technique, striking a static and bouncing ball They will develop their throwing and catching technique. Children will be able to apply all taught skills within a competitive rounders game and understand basic rounders game rules.*

	PPA	**Tag Rugby**	**Football**	**Cross Country**	**Netball & Basketball**	**Cricket**	**Athletics**
Year 5	**CT**	**Dance** **Dance Unit: "Sax" Fleur East** KS 2 National Curriculum Aims Pupils should be taught to: ● develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] ● perform dances using a range of movement patterns ● compare their performances with previous ones and demonstrate improvement to achieve their personal best. *Children to create a dance using a given structure and perform the actions showing quality and control. Children to use choreographing devices when working as a group keeping in time with the music. Children to work collaboratively creating a dance in the appropriate style. Children to move rhythmically and accurately in dance sequences. Children to perform the sequence, applying a variety of skills and techniques confidently, consistently and with precision. Children will watch, describe and evaluate the effectiveness of a performance.*	**Forest School (OAA, cultural capital and enrichment)** ● take part in outdoor and adventurous activity challenges both individually and within a team. *Plus invasion games (see Spring 1)*	**Invasion Games: Basketball/Football** KS 2 National Curriculum Aims Pupils should be taught to: ● use running, jumping, throwing and catching in isolation and in combination ● play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending. ● take part in outdoor and adventurous activity challenges both individually and within a team. *Children will recap all previously taught ball skills, techniques and tactics. They will develop their understanding of decision making and use of employing tactics. Children will be able to apply all previously taught skills within modified competitive mini-games.*	**Gymnastics** KS 2 National Curriculum Aims Pupils should be taught to: ● develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] ● compare their performances with previous ones and demonstrate improvement to achieve their personal best. *Children to further develop individual and partner balances. Children will learn to create actions in response to an idea and be able to adapt this using changes of space. Children will use actions, dynamics, spacing and timing. They will draw on their skills of flexibility and hold their bodies in different positions. Children will perform and create sequences with fluency and expression. They will watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.*	**Cricket** KS 2 National Curriculum Aims Pupils should be taught to: ● use running, jumping, throwing and catching in isolation and in combination ● play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending. ● take part in outdoor and adventurous activity challenges both individually and within a team. *Children will develop their ball striking technique, striking a static and bouncing ball. They will develop their throwing and catching technique. Children will be able to apply all taught skills within modified competitive games and understand the rules of Dynamo cricket.*	**Athletics** KS 2 National Curriculum Aims Pupils should be taught to: ● use running, jumping, throwing and catching in isolation and in combination ● develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] ● take part in outdoor and adventurous activity challenges both individually and within a team. *Children will learn to compete across modified athletics events involving running, jumping and throwing. Children will learn to sustain pace over longer distances. They will be able to explain what stamina and speed are. Children will perform the long jump, triple jump, standing jump and vertical jump with increasing control. Children will begin to analyse their own and others performance giving areas of strength and areas for improvements. Children will perform a howler throw with increasing control. Children will describe what makes a good throw and how to improve.*
	PPA	**Netball & Cross Country**	**Netball & Basketball**	**Tag Rugby**	**Rounders**	**Athletics**	**Pop Lacrosse**
Year 6	**CT**	**Forest School (OAA, cultural capital and enrichment)** ● take part in outdoor and adventurous activity challenges both individually and within a team. *plus* **Gymnastics** KS 2 National Curriculum Aims Pupils should be taught to: ● develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	**Fitness** KS 2 National Curriculum Aims Pupils should be taught to: ● develop balance, agility, co-ordination, flexibility, strength, technique & control ● gain an appreciation of physical activity as a lifelong habit and understand how it can improve mental wellbeing *Children will improve in a range of aerobic & anaerobic fitness areas, developing and improving their core strength through activities such as circuit training, boxercise and workouts. Children will demonstrate correct technique in carrying out set exercises Children will show determination to complete a task and to improve their own performance.*	**Yoga** KS 2 National Curriculum Aims Pupils should be taught to: ● develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] ● compare their performances with previous ones and demonstrate improvement to achieve their personal best. *Children will copy and repeat yoga poses of increasing complexity. They will develop an awareness of strength and flexibility. Children to demonstrate strong and controlled movements throughout. Children to combine flexibility, techniques and movements. Children to move appropriately and with the required style in relation to the stimulus, e.g. using various levels*	**Invasion Games: Hockey/Football** KS 2 National Curriculum Aims Pupils should be taught to: ● use running, jumping, throwing and catching in isolation and in combination ● play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending. ● take part in outdoor and adventurous activity challenges both individually and within a team. *Children will employ all previously taught ball skills, techniques and tactics. They will further*	**Rounders** KS 2 National Curriculum Aims Pupils should be taught to: ● use running, jumping, throwing and catching in isolation and in combination ● play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending. ● take part in outdoor and adventurous activity challenges both individually and within a team. *Children will develop their ball striking technique, striking a ball moving at pace. They will develop their throwing and catching technique. Children will be able to apply all*	**Residential Trip (Adventurous activity)** **Athletics** KS 2 National Curriculum Aims Pupils should be taught to: ● use running, jumping, throwing and catching in isolation and in combination ● develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] ● take part in outdoor and adventurous activity challenges both individually and within a team. *Children will be able to compete across modified athletics events involving running,*

		• compare their performances with previous ones and demonstrate improvement to achieve their personal best. *Children will draw on previous learning to incorporate skills into sequences in pairs and small groups, with & without apparatus.. Children will perform and create sequences with fluency and expression. They will watch, describe and evaluate the effectiveness of performances, giving ideas for improvements*		*and motifs. Children to understand beneficial effects to mental wellbeing as well as physical.*	*develop their understanding of decision making and use of employing tactics. Children will be able to apply all previously taught skills and design their own games with agreed rules.* .	*taught skills and tactics within a competitive rounders game.*	*jumping and throwing. Children to sustain pace over longer distances. Children to demonstrate a range of jumps showing power and control and consistency at both take-off and landing. Children to throw with greater accuracy, control and efficiency of movement.* **Beckenham Place Park Activities**
	PPA	**Basketball & Cross Country**	**Netball & Basketball**	**Tag Rugby**	**Cricket**	**Athletics**	**Pop Lacrosse**