

PE Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cygnets	Bertie Bunny Story	Rainbow Socks	The Jungle Adventure	Kicking Games	SAQ	Sports Day
Reception	1- Bertie Bunny Story 2- Games	1- Rainbow Socks Story 2- Jump Shape Balance	1- ABC Games 2- Throw and Catch Games	1- Jungle Adventure Story 2- ABC Games	1- SAQ Games 2- Target Control Combine	1- SAQ/Sports Day 2- Attack and Defend Games
Year 1	Connecting Games (2 weeks) 1- Throw Prepare Catch 2- Look Run Avoid	1- Duel Win Lose 2- ABC Games	1- Jump Shape Create 2- Hands Feet Equipment	1- Mini Tennis 2- Inspire Create Perform	1- Fair Share Dare 2- Throwing and Catching Games	1- Run Jump Throw (sports day) 2- Attack and Defend Games
Year 2	Connecting Games (2 weeks) 1- ABC Games 2- Look Run Avoid	1- Throw Prepare Catch (cricket games) 2- Hands Feet Equipment (Handball, Football, Netball)	1- Mini Tennis 2- Jump Shape Create	1- Duel Win Lose 2- React Roll Retrieve	1- Football Games 2- Attack and Defend	1- Run Jump Throw (sports day) 2- Fair Share Dare
Year 3	Connecting Games (2 weeks) 1- Sports Hall Athletics 2- Pass Move Score	1- Football/ Handball 2- Symmetry Balance Travel Perform	1- Duel Win Lose 2- Fair Share Dare	1- Invade Evade Capture (tag rugby) 2- Aim Strike Retrieve	1- Athletics 2- Solve Explore Challenge	1- Mini Tennis & Pickleball 2- Cricket & Rounders
Year 4	Connecting Games (2 weeks)	1- Netball & Hockey 2- Hands Feet Equipment	1- Tag Rugby & Flag Football	1- Badminton & Pickleball	1- Athletics 2- Aim Strike Retrieve	1- Mini Tennis & Pickleball

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	1- Sports Hall Athletics 2- Look Run Avoid		2- Inspire Create Perform	2- Solve Explore Challenge		2- Invade Evade Capture
Year 5	Connecting Games (2 weeks) 1- Sports Hall Athletics 2- Pass Move Score/Swimming	1- Football & Handball 2- Symmetry Balance Perform	1- Mini-Tennis & Pickleball 2- Watch Move Connect	1- Cricket & Rounders 2- Invade Evade Capture	1- Athletics 2- Aim Strike Achieve	1- Flag Football 2- Solve Explore Challenge
Year 6	Connecting Games (2 weeks) 1- Sports Hall Athletics 2- WW2 Dance	1- Tag Rugby & Flag Football 2- Solve Explore Challenge	1- High 5 Netball 2- Hockey	1- Aim Strike Retrieve 2- Football & Basketball	1- Athletics 2- Mini Tennis	1- Badminton & Pickleball 2- Cricket & Rounders

EYFS and KSI Aims:

- Develop competence to excel in a broad range of physical activities.
- Are physically active for sustained periods of time.
- Engage in competitive sports and activities.
- Lead healthy, active lives.

Pupils should be taught to:

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- 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.
- Perform dances using simple movement patterns.
- Understand the importance of active, healthy living.

KS2 Aims:

- Develop competence to excel in a broad range of physical activities.
- Are physically active for sustained periods of time.
- Engage in competitive sports and activities.
- Lead healthy, active lives.

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.
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].
- Perform dances using a range of movement patterns.
- Take part in competitive and festival activity challenges both individually and within a team, compare their performances with previous ones and demonstrate improvement to achieve their personal best.

During swimming sessions, 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.