



# PE Curriculum Overview

Year Group	Term					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>EYFS - Nursery</b>	<p>Skill: Understanding Rules and routines.</p> <p>Begin to develop self help skills and personal hygiene- going to the toilet and washing hands with adult support.</p> <p>Develop gross motor skills- riding scooters, bikes and trikes by pushing feet. Playing ring games and approaching steps and stairs.</p> <p>Develop fine motor skills- finger gym</p>	<p>Skill: Learning how to move safely and Spatial awareness- running, chasing, changing direction. Run and freeze. Develop gross motor skills- Squiggle Whilst We Wiggle.</p> <p>Continue to develop self skills- going to the toilet with some guidance from an adult.</p>	<p>Skill: Spatial awareness- go and stop games, traveling in different ways, hop on the spot and traveling.</p> <p>Gross motor skills- dancing, squiggle whilst we wiggle.</p> <p>Self help skills- using the toilet and washing hands independently.</p>	<p>Skill: Traveling and balancing- cosmic yoga, running, crawling, jumping, hopping.</p> <p>Developing confidence- traveling above floor height by walking or crawling along benches or small apparatus.</p> <p>Gross motor skills- climbing and jumping off small apparatus, completing circuits, Step ups on a bench, Ladders, Bean bag in hula hoop, Jumping Jacks, pulling along a bench, Commando Joe missions.</p> <p>Self care skills- following a tooth brush routine, taking off and putting on your</p>	<p>Skill: Gross motor skills and how to move safely- negotiating obstacles with speed, Hoops - Place in a zig zag children to jump in each one, Cones - running between cones, Rope - lie on floor for children to jump over. travel above floor height, moving slowly and fast in controlled movements.</p> <p>Moving as a form of expression- stamp feet if they are angry, glide or spin if they are happy, move slowly if they are tired.</p> <p>Self care skills- following a tooth brushing routine, attempt some easy fastening with zip.</p> <p>Understanding</p>	<p>Skill: Gross motor skills- using bikes to steer around obstacles, throwing and catching, transporting large objects safely.</p> <p>What it means to be healthy- looking at diet and exercise, what it does for our bodies.</p> <p>Working as a team- sports day, Commando Joe missions.</p>

				own coat.	what it means to be healthy- categorising healthy and unhealthy foods, different forms of exercise, a healthy picnic.  Partner work- building towers, turn taking games, jigsaws.	
<b>EYFS - Reception</b>	PE HUB - Gymnastics Unit 1 Dance Unit 1 Spatial Awareness Stop & Go Games Fundamentals of movement	PE HUB - Speed, Agility, Travel Unit 1 Body Management Unit 1 SAQ	PE HUB - Manipulation & Coordination Unit 1 Cooperate & Solve Problems Unit 1 Gymnastics - Large Apparatus SAQ	PE HUB - Gymnastics Unit 2 Body Management Unit 2 HealthRelated Fitness Circuits Dance  Healthy body - the effects of exercise	PE HUB - Speed, Agility, Travel Unit 2 Manipulation & Coordination Unit 1 Health Related Fitness Circuits  What I need to be healthy.	PE HUB - Dance Unit 2 Cooperate & Solve Problems Unit 2 SAQ Bat & Ball control Team Games Sports Day
<b>One</b>	Skill: Jumping, landing, rolling, balancing and coordination  Context: Gymnastics with apparatus	Skill: Basic movements such as throwing, catching and agility  Context: Throwing and catching (team games)	Skill: Perform dances using simple movement patterns  Context: Dance  Circuit skills training	Skill: Cognitive movements to improve mobility, range of movements  Context: Health related fitness (circuits)	Skill: Develop simple tactics for attacking and defending  Context: Invasion games (attack, defend, shoot)	Skill: Develop coordination and throwing and catching.  Context: Striking and fielding (hit, catch, run)  Athletics (Run, jump, throw)
<b>Two</b>	Commando Joe  Team games: Throwing and catching	Skill: Jumping, landing, rolling, balancing and coordination  Context: Gymnastics	Skill: Jumping and traveling  Context: Gymnastics	Skill: Developing throwing, catching and coordination.  Context: Athletics	Skill: Developing jumping and balancing  Context: Athletics	Skill: Master basic movements in running  Context: Athletics

		Team games: attacking and defending	Team games	Skill: Perform dances using simple movement patterns.  Context: Dance	Orienteering	Orienteering
Three	Skill: Play competitive games and apply basic principles for attacking and defending.  Context: Invasion game (Hockey)  Commando Joe	Skill: Perform dances using a range of movement patterns.  Context: Dance  Skill: Play competitive games and apply basic principles for attacking and defending.  Context: Invasion games (Basketball)	Skill: Start performing basic balances, moving onto traveling and performing basic roles. Then moving onto creating a routine, appraise a routine. Develop flexibility, strength technique and balance.  Context: Gymnastic s  Skill: Use running, jumping, throwing and catching in isolation and in combination. Play competitive games.  Context: Netball	Skill: Games- Practise skills in isolation and combination (eg throwing and catching with great accuracy) Context: Badminton  Skill: Play competitive games and apply basic principles for attacking and defending.  Context: Invasion games (tag rugby)	Skill: Use running, jumping, throwing and catching in isolation and in combination. Compare performances with previous ones and improve their personal best.  Context: Athletics  Skill: Use running, jumping, throwing and catching in isolation and in combination. Play competitive games.  Context: Striking and fielding	Skill: Use running, jumping, throwing and catching in isolation and in combination. Play competitive games.  Context: Striking and fielding  Skill: Swim competently, confidently and proficiently using a range of strokes.  Context: Swimming
Four	Skill: Develop flexibility, strength technique and balance.  Context: Gymnastics	Skill: Play competitive games and apply basic principles for attacking and defending  Context:	Skill: Develop techniques, control and coordination Enhance endurance  Context:	Skill: To play competitively, to comprehend tactics and utilise them in a game situation. Compare their performances	Skill: Use running. Throwing & catching in isolation & combination.  Play competitive games and apply	Skill: Develop techniques, control and coordination Context: Tennis  Skill: Use running, jumping, throwing

	<p>Skill: -Practise skills in isolation and combination (e.g. throwing and catching with greater accuracy) -Work well as a team in competitive games -Apply basic principles of attacking and defending</p> <p>Context: Hockey (Quicksticks)</p>	<p>Invasion games (basketball)</p> <p>Skill: Play competitive games Practise skills in isolation and combination</p> <p>Context: Badminton</p>	<p>Skipping</p> <p>Skill:</p> <ul style="list-style-type: none"> <li>• play competitive games</li> <li>• apply basic principles suitable for attacking and defending</li> <li>• use running, jumping, throwing and catching in isolation and in combination</li> <li>• Practise skills in isolation and combination (e.g. throwing and catching with greater accuracy)</li> <li>• Develop an understanding of fair play</li> </ul> <p>Context: Rugby</p>	<p>from previous weeks</p> <p>Commando Joe: Vikings</p> <p>Skill: -swim competently, confidently and proficiently over a distance of at least 25 metres -use a range of strokes effectively (e.g. front crawl, backstroke and breaststroke) -perform safe self-rescue in different water-based situations</p> <p>Context: Swimming</p>	<p>basic principles for attacking and defending</p> <p>Context: Striking &amp; Fielding (Rounders)</p>	<p>and catching in isolation and in combination. Compare performances with previous ones and improve their personal best.</p> <p>Context: Athletics</p>
<p>Five</p> <p>Cycling to</p>	<p>Skill: To use previous knowledge and technique of movements and create more</p>	<p>Skill: Understand the rules of the sport, play competitive games using tactics and communication.</p>	<p>Skill: Swim competently, confidently and proficiently using a range of strokes.</p>	<p>Skill: Play competitive games, modified where appropriate, and apply basic principles suitable</p>	<p>Skill: Use running, jumping, throwing and catching in isolation and in combination.</p>	<p>Skill: Use running. Throwing &amp; catching in isolation &amp; combination.</p>

<p><b>run throughout the year</b></p>	<p>advanced sequences using the apparatus. Compare and improve their performances from previous weeks. <b>Context: Gymnastics</b></p>	<p>Deciding techniques that would be most effective.  <b>Context: Tag rugby</b></p>	<p><b>Context: Swimming</b></p>	<p>for attacking and defending  <b>Context: Net/wall games</b></p>	<p>Compare performances with previous ones and improve their personal best.  <b>Context: Athletics</b></p>	<p>Play competitive games and apply basic principles for attacking and defending  <b>Context: Striking &amp; Fielding Rounders and Cricket</b></p>
<p><b>Six</b></p>	<p><b>Skill:</b> Play competitive games and apply basic principles for attacking and defending  <b>Context:</b> Invasion Games <b>rugby</b>  Swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively; perform safe self-rescue in different water-based situations.  <b>Context: Swimming</b>  Health related fitness</p>	<p><b>Skill:</b> Compare their performances with previous ones and demonstrate improvement to achieve their personal best. develop flexibility, strength, technique, control and balance  <b>Context: Gymnastics</b>  Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending <b>Context: Invasion game (Hockey)</b>  OAA (Robin Wood)</p>	<p><b>Skill:</b> Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending  Take part in outdoor and adventurous activity challenges both individually and within a team  <b>Context: Invasion game (Dodgeball)</b>  Commando Joe</p>	<p><b>Skill:</b> Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending  <b>Context: Net/wall game (badminton)</b>  <b>Striking and fielding (Cricket)</b></p>	<p><b>Skill:</b> Use running, jumping, throwing and catching in isolation and in combination  <b>Context: Athletics</b>  Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending <b>Context: Invasion game (Netball)</b></p>	<p><b>Skill:</b> Play competitive games, use running, jumping, throwing and catching in combination and isolation  <b>Context: Striking &amp; Fielding (Rounders)</b>  <b>Tennis</b></p>

To include Enrichment opportunities / Visits out and Visitors In