

Year 1/2 PE Curriculum		
Autumn Games / Gymnastics	Spring Dance	Summer Cricket/Athletics
<p>Children will know by the end of this unit:</p> <p><u>Games</u></p> <ul style="list-style-type: none"> ● The difference between running, jumping, skipping, hopping and walking and will be able to demonstrate these. ● They know they can throw, kick, roll or bounce to pass and know which movements are necessary to demonstrate this. ● They will know that they can use their hands or feet to pass a ball. <ul style="list-style-type: none"> ● They will know they will know that to throw/kick accurately they need to look at the target and aim. <p><u>Gym</u></p> <p>To know how to correct stretch muscles in the warm up.</p> <ul style="list-style-type: none"> ● To have a basic understanding that conditioning builds muscle strength & endurance. ● To know how to safely land and finish skills. ● To know all basic gymnastics shapes. ● To know how to safely forward roll. 	<p>Children will know by the end of this unit:</p> <p><u>Dance</u></p> <ul style="list-style-type: none"> ● That exercise causes the heart rate to rise; cheeks might flush, the body may sweat and body temperature rises. ● The importance of stretching and staying hydrated. ● Focus and concentration is necessary when dancing. ● Dance can be thought of as a narrative. ● Movements can be sequenced to create a dance. <ul style="list-style-type: none"> ● There is 'strong' and 'light' music and there are strong and light movements. ● There are different levels and directions within a space. ● When dancing with a partner it is important to be aware of each other and keep time. <p><u>Games</u></p> <ul style="list-style-type: none"> ● They will know that they can use their hands or feet to pass a ball. ● They will know they will know that to throw/kick accurately they need to look at the target and aim. 	<p>Children will know by the end of this unit:</p> <p><u>Cricket</u></p> <ul style="list-style-type: none"> ● To catch accurately they need to make a cradle with their hands or arms and look at where the beanbag/ball is aimed. ● To understand that they need to throw and catch in isolation and in varied environment ● How the body functions/changes during exercise ● Repeat and Perform sequences of movements ● How to develop movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination) ● How to use FUNdamentals of movement to achieve success in competitive environments, individually and as a team ● The importance of respect, fair play and working well with others and in a team. <p><u>Athletics</u></p> <ul style="list-style-type: none"> ● The difference between movements and how to use these to compete in different events ● Repeat and Perform sequences of movements

<ul style="list-style-type: none"> • To understand that it is important for us to warm up before we start gymnastics. • To know that we only jump once on a springboard • To know how to safely enter and exit partner balances and what to do if the balance becomes unsafe. • To know how long balances are held for (3 seconds) 		<ul style="list-style-type: none"> • How to develop movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination) • How to use FUNdamentals of movement to achieve success in competitive environments, individually and as a team • The importance of respect, fair play and working well with others and in a team.
Year 3/4 PE Curriculum		
Autumn	Spring	Summer
<p>Children will know by the end of this unit:</p> <p style="text-align: center;"><u>Invasion Games - Tag Ruby / Football</u></p> <ul style="list-style-type: none"> • How to evade and tag an opponent • How to evade an opponent and keep control of a ball • How to pass a ball accurately and how to receive a ball safely • How to pass and receive a ball whilst moving <p style="text-align: center;"><u>Gymnastics</u></p> <ul style="list-style-type: none"> • How to jump correctly and safely on a springboard • The correct order of a cartwheel - hand, hand, foot foot. • How to safely enter and exit partner balances and what to do if the balance becomes unsafe. <p>How long balances are held for (3 seconds)</p>	<p>Children will know by the end of this unit:</p> <p style="text-align: center;"><u>Invasion Games – Basketball</u></p> <ul style="list-style-type: none"> • How to control and pass the ball whilst moving. • How to select and apply tactics for defending and attacking. • How to use simple copy, remember, repeat and explore different actions with control and coordination. <p style="text-align: center;"><u>Tennis</u></p> <ul style="list-style-type: none"> • The difference between the different stroke techniques including backhand, forehand, volley, lob and overhead. • How to move on the tennis court • How to make decisions about the different shots to make during a game. 	<p>Children will know by the end of this unit:</p> <p style="text-align: center;"><u>Swimming</u></p> <ul style="list-style-type: none"> • How to stay safe in the water. • How to swim confidently and competently on their front and back over a distance of 25m • How to use a range of strokes effectively • How to tread water <p style="text-align: center;"><u>Cricket</u></p> <ul style="list-style-type: none"> • How to grip the bat using the correct stance and the ready position, back lift and shot selector. • How to throw the ball with increase accuracy when fielding • How to get into the correct position to catch the ball whilst fielding • The difference between a low and high catch technique

	<ul style="list-style-type: none"> How to make the ready position the basic rules in order to play a match. 	<ul style="list-style-type: none"> How to play a basic game of cricket. <p style="text-align: center;"><u>Athletics</u></p> <ul style="list-style-type: none"> How to sprint over a short distance and understands that a sprint style can't be sustained over a long distance How to jump in different ways How to throw in different ways and hit a target (at appropriate distance), when needed
Year 5/6 PE Curriculum		
Autumn	Spring	Summer
<p>Children will know by the end of this unit:</p> <p style="text-align: center;"><u>Tag Rugby/Football</u></p> <ul style="list-style-type: none"> How to evade and tag an opponent How to evade an opponent and keep control of a ball How to pass a ball accurately and how to receive a ball safely How to pass and receive a ball whilst moving How to pass and receive the ball in a game situation How to apply learned skills in a game situation 	<p>Children will know by the end of this unit:</p> <p style="text-align: center;"><u>Dance</u></p> <ul style="list-style-type: none"> How to compose own dances in a creative way, individually, with a partner and within a small group. How to perform dance to an accompaniment devising the sequence to take account of rhythm and style of music and mood of the piece. That dance shows clarity, fluency, accuracy and consistency of movement How to develop sequences in a specific style of dance. How to choose own music and style 	<p>Children will know by the end of this unit:</p> <p style="text-align: center;"><u>OAA</u></p> <ul style="list-style-type: none"> How to design a map for others to follow in a (more demanding) familiar context The approximate amount of time that their own devised route will take and is able to follow a set route within an allocated time limit Work co-operatively as a team <p style="text-align: center;"><u>Rounders</u></p> <ul style="list-style-type: none"> How to hold a rounders bat correctly and be able to hit the ball How to ball a rounders ball correctly to that it reaches the batter.

<p style="text-align: center;"><u>Gymnastics</u></p> <ul style="list-style-type: none"> • The importance of pulse raising and warm ups. • How to identify when their pulse has been raised and their body is ready for stretches. • A variety of stretches that will prepare their bodies for a gymnastics session. • A variety of conditioning exercises to increase stretch and endurance. • How to understand the importance of conditioning, stretch and endurance in gymnastics. • How to safely move equipment. • How the terms “progressions” and “preps” and why they are important in developing skills safely. 	<p style="text-align: center;"><u>Basketball</u></p> <ul style="list-style-type: none"> • How to control and pass the ball whilst moving. • How to take part in a conditioned game with the understanding of tactics and rules • How to select and apply tactics for defending and attacking. • How to evaluate and suggest ways in which the game could be improved • How to use simple copy, remember, repeat and explore different actions with control and coordination. <p style="text-align: center;"><u>Tennis</u></p> <ul style="list-style-type: none"> • To know the difference between the different stroke techniques including backhand, forehand, volley, lob and overhead. • How to move on the tennis court • How to make decisions about the different shots to make during a game. • How to make the ready position the basic rules in order to play a match. • How to serve accurately • How to grip the tennis racket • How to score the game • How to make suggestions and improvements to the game. 	<ul style="list-style-type: none"> • How to catch a ball accurately when it is thrown directly to them • How to accurately throw ball so that it hits an object • How to judge when they are able to run or when they should stay. • How to work as a team to make sure that all children stay in the game. • The rules of the game and be able to make suggestions on how the game can be improved. <p style="text-align: center;"><u>Multi-skills</u></p> <ul style="list-style-type: none"> • How to understand how to fair play. • How to work well with others and leading a medium sized group. • How to field, defend and attack tactically by anticipating the direction of play. • How to utilise new skills in competitive situations, as an individual or part of a team <p style="text-align: center;"><u>Athletics</u></p> <ul style="list-style-type: none"> • How to show control when taking off and landing • How to throw with increasing accuracy using the shot put • How to combine running and jumping in the context of hurdles
--	--	--

Disciplinary Knowledge

- Watches and describes performances accurately.
 - Learn from others how they can improve their skills.
 - Comment on tactics and techniques to help improve performances.
 - Make suggestions on how to improve their work, commenting on similarities and differences.
 - Can describe the effect exercise has on the body
 - Can explain the importance of exercise and a healthy lifestyle.
 - Understands the need to warm up and cool down.
 - Develops listening skills
 - Describes good athletic performance using correct vocabulary.
 - Can use equipment safely and with good control.
- Can create their own games using knowledge and skills.
- Modifies competitive games.
 - Compares and comments on skills to support creation of new games.
 - Can make suggestions as to what resources can be used to differentiate a game.
 - Vary skills, actions and ideas and link these in ways that suit the games activity.

Cycle B

Year 1/2 PE Curriculum		
Autumn	Spring	Summer
<p>Children will know by the end of this unit:</p> <p style="text-align: center;"><u>Games</u></p> <ul style="list-style-type: none"> ● The difference between running, jumping, skipping, hopping and walking and will be able to demonstrate these. ● They know they can throw, kick, roll or bounce to pass and know which movements are necessary to demonstrate this. ● They will know that they can use their hands or feet to pass a ball. ● They will know they will know that to throw/kick accurately they need to look at the target and aim. <p style="text-align: center;"><u>Gymnastics</u></p> <ul style="list-style-type: none"> ● How to correct stretch muscles in the warm up. 	<p>Children will know by the end of this unit:</p> <p style="text-align: center;"><u>OAA</u></p> <ul style="list-style-type: none"> ● How to read the 4 points of a compass ● How to read a simple map ● How to give a simple grid reference ● How to give clearly instructions to team members ● How to cooperate with others and work successfully in a team. <p><u>Dance</u></p> <ul style="list-style-type: none"> ● How you can use different parts of your body within a dance sequence. ● How changing rhythm and speed can enhance a dance performance and change how the choreography looks. ● How to use the correct terminology for body parts involved in dance routines. ● How you can change levels and direction throughout a sequenced dance routine. 	<p>Children will know by the end of this unit:</p> <p style="text-align: center;"><u>Cricket</u></p> <ul style="list-style-type: none"> ● The importance of controlling the ball by using different rolling techniques. ● How different positions and role in a team game. ● How to communicate effectively with team members ● How to hold a bat effectively and strike a ball. <p style="text-align: center;"><u>Athletics</u></p> <ul style="list-style-type: none"> ● How to describe the way the body feels before and after different physical activities ● How to throw a ball using a variety of different techniques ● How to coordinate the body to compete in different running situations. ● How to improve techniques to improve performance.

<ul style="list-style-type: none"> • How conditioning builds muscle strength & endurance. • The importance of landing safely and finishing skills. • How to create basic gymnastics shapes. • How to safely forward roll. • Why it is important for us to warm up before we start gymnastics. • 	<ul style="list-style-type: none"> • How to use repetition and patterns within dance sequences. 	
Year 3/4 PE Curriculum		
Autumn	Spring	Summer
<p>Children will know by the end of this unit:</p> <p style="text-align: center;"><u>Invasion Games – Handball</u></p> <ul style="list-style-type: none"> • That a chest pass is a short and powerful pass where your hands make a W shape • That a shoulder pass is a long and powerful shot • That a bounce pass is a low to the ground shot • An overhead pass is a double handed throw • How to dribble the ball whilst moving • How to create a sequence of movements ready to shoot the ball <p style="text-align: center;"><u>Games Hockey</u></p> <ul style="list-style-type: none"> • Not to raise the sticks above waist height • After each goal children need to understand that there will be a restart (the ball must go backwards to begin the restart) 	<p>Children will know by the end of this unit:</p> <p style="text-align: center;"><u>Dance</u></p> <ul style="list-style-type: none"> • How to make skilfully created controlled movements • How to make patterns within these movements. • How to confidently perform a sequence of moves to an audience • How we can move differently depending on the way the music can make us feel. <p style="text-align: center;"><u>Gymnastics</u></p> <ul style="list-style-type: none"> • How to safely move equipment. • How to safely land and finish skills. • How to safely enter and exit group balances and what to do if the balance becomes unsafe. 	<p>Children will know by the end of this unit:</p> <p style="text-align: center;"><u>Swimming</u></p> <ul style="list-style-type: none"> • How to stay safe in the water. • How to swim confidently and competently on their front and back over a distance of 25m • How to use a range of strokes effectively • How to tread water <p style="text-align: center;"><u>Cricket</u></p> <ul style="list-style-type: none"> • How to grip the bat using the correct stance and the ready position, back lift and shot selector. • How to throw the ball with increase accuracy when fielding • How to get into the correct position to catch the ball whilst fielding • The difference between a low and high catch technique

<ul style="list-style-type: none"> • How to keep and win back possession of the ball in a team game. • How to dribble and pass with a Hockey stick • How to defend and shoot using a Hockey stick <p style="text-align: center;"><u>Gymnastics</u></p> <ul style="list-style-type: none"> • The importance of pulse raising and warm ups. • How to identify when their pulse has been raised and their body is ready for stretches. • A variety of stretches that will prepare their bodies for a gymnastics session. • The basic conditioning exercises to increase stretch and endurance. • Which conditioning exercises will improve specific parts of the body. • The importance of conditioning, stretch and endurance in gymnastics. 	<ul style="list-style-type: none"> • The differences between a leap and a jump. <p style="text-align: center;"><u>Invasion Games – Netball</u></p> <ul style="list-style-type: none"> • How to control and pass the ball whilst moving. • How to pass using a bounce, chest or shoulder pass • How to shoot accurately into the net. • How to take part in a conditioned game with the understanding of tactics and rules • How to select and apply tactics for defending and attacking. • How to evaluate and suggest ways in which the game could be improved • How to use simple copy, remember, repeat and explore different actions with control and coordination. 	<ul style="list-style-type: none"> • How to play a basic game of cricket. <p style="text-align: center;"><u>OAA</u></p> <ul style="list-style-type: none"> • How to work with members of a team to solve problems • How to work collaboratively in small groups and apply to rules • How to describe the different strategies used to solve problems • How to be a strong leader and be led by others • To understand when the activity is competitive and when it is collaborative • Use acquired skills to read a map and recognise symbols. • How to perform with strength, stamina and endurance in more physical activities. <p style="text-align: center;"><u>Athletics</u></p> <ul style="list-style-type: none"> • How to sprint over a short distance and understands that a sprint style can't be sustained over a long distance • How to jump in different ways • How to throw in different ways and hit a target (at appropriate distance), when needed
Year 5/6 PE Curriculum		
Autumn	Spring	Summer

<p>Children will know by the end of this unit:</p> <p style="text-align: center;"><u>Invasion Games – Handball</u></p> <ul style="list-style-type: none"> • How to select the most appropriate pass during a game • That a chest pass is a short and powerful pass where your hands make a W shape • That a shoulder pass is a long and powerful shot • That a bounce pass is a low to the ground shot • An overhead pass is a double handed throw • How to dribble the ball whilst moving • How to create a sequence of movements ready to shoot the ball • Play a game of handball following rules carefully and accurately. <p style="text-align: center;"><u>Games Hockey</u></p> <ul style="list-style-type: none"> • Not to raise the sticks above waist height • After each goal children need to understand that there will be a restart (the ball must go backwards to begin the restart) • Children to play under the time restraint of 15 minutes per half • When centre passes are used and free passes are awarded, • To understand scoring and actions that will result in a penalty • How to keep and win back possession of the ball in a team game. • How to dribble and pass with a Hockey stick 	<p>Children will know by the end of this unit:</p> <p style="text-align: center;"><u>Dance</u></p> <ul style="list-style-type: none"> • How to compose own dances in a creative way, individually, with a partner and within a small group. • How to perform dance to an accompaniment devising the sequence to take account of rhythm and style of music and mood of the piece. • That dance shows clarity, fluency, accuracy and consistency of movement • How to develop sequences in a specific style of dance. • How to choose own music and style • The impact of that increased poise, balance and coordination can make to a dance performance and apply this when moving and stopping within a sequence at different levels within the space. • The importance of warming up specific muscle groups in preparation for dance, as well as cooling down. • That dance can communicate an idea, as well as feelings and narratives. • How to explain which aspects of own and others' performance were particularly strong and which they could improve on. <p style="text-align: center;"><u>Games Netball</u></p> <ul style="list-style-type: none"> • How to pass the ball using bounce, chest, overarm throws. • How to use footwork accurately. 	<p>Children will know by the end of this unit:</p> <p style="text-align: center;"><u>Cricket</u></p> <ul style="list-style-type: none"> • How to grip the bat using the correct stance and the ready position, back lift and shot selector. • How to throw the ball with increase accuracy when fielding • How to use a straight arm to bowl the ball. • How to get into the correct position to catch the ball whilst fielding • The difference between a low and high catch technique • How to play a basic game of cricket. • How to score a cricket game. <p style="text-align: center;"><u>Rounders</u></p> <ul style="list-style-type: none"> • How to hold a rounders bat correctly and be able to hit the ball • How to ball a rounders ball correctly to that it reaches the batter. • How to catch a ball accurately when it is thrown directly to them • How to accurately throw ball so that it hits an object • How to judge when they are able to run or when they should stay. • How to work as a team to make sure that all children stay in the game.
---	---	---

<ul style="list-style-type: none"> • How to defend and shoot using a Hockey stick <p style="text-align: center;"><u>Gymnastics</u></p> <ul style="list-style-type: none"> • The importance of pulse raising and warm ups. • How to identify when their pulse has been raised and their body is ready for stretches. • A variety of stretches that will prepare their bodies for a gymnastics session. • A variety of conditioning exercises to increase stretch and endurance. • How to understand the importance of conditioning, stretch and endurance in gymnastics. • How to safely move equipment. • How the terms “progressions” and “preps” and why they are important in developing skills safely. • A variety of preps for advance skills, such as walkovers and handsprings. • How to safely land and finish skills. • What constitutes a good gymnastics routine; including different types of timing, transitions, different heights, and balances. • How to safely enter and exit group balances and what to do if the balance becomes unsafe. • How to understand the differences between a leap and a jump. 	<ul style="list-style-type: none"> • How to move correctly around the court. • How to mark and shoot with increased accuracy. • How to use the infringement rule of 4 seconds. • Increasing reaction times • How to defend the ball. <p style="text-align: center;"><u>Tennis</u></p> <ul style="list-style-type: none"> • To know the difference between the different stroke techniques including backhand, forehand, volley, lob and overhead. • How to move on the tennis court • How to make decisions about the different shots to make during a game. • How to make the ready position the basic rules in order to play a match. • How to serve accurately • How to grip the tennis racket • How to score the game • How to make suggestions and improvements to the game. 	<ul style="list-style-type: none"> • The rules of the game and be able to make suggestions on how the game can be improved. <p style="text-align: center;"><u>Athletics</u></p> <ul style="list-style-type: none"> • How to show control when taking off and landing • How to throw with increasing accuracy with a javelin • How to combine running and jumping in the context of a triple jump <p style="text-align: center;"><u>Golf</u></p> <ul style="list-style-type: none"> • How to understand the importance of safely using golf equipment. • How to put a ball • Use a chipping technique • How to use the correct elements of a long game technique. • How to strike a ball and aim for a target.
--	---	--

Disciplinary Knowledge

- Watches and describes performances accurately.
 - Learn from others how they can improve their skills.
 - Comment on tactics and techniques to help improve performances.
 - Make suggestions on how to improve their work, commenting on similarities and differences.
 - Can describe the effect exercise has on the body
 - Can explain the importance of exercise and a healthy lifestyle.
 - Understands the need to warm up and cool down.
 - Develops listening skills
 - Describes good athletic performance using correct vocabulary.
 - Can use equipment safely and with good control.
- Can create their own games using knowledge and skills.
- Modifies competitive games.
 - Compares and comments on skills to support creation of new games.
 - Can make suggestions as to what resources can be used to differentiate a game.
 - Vary skills, actions and ideas and link these in ways that suit the games activity.