



Long Term Curriculum Overview 2020-21

Subject: PE

'We create a nurturing environment which both inspires and challenges our whole school family, equipping our children to have high aspirations to: 'Dream big, love God and live well.'

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Foundation Stage	<p><u>Cherry Body management</u> Explore balance and managing own body including manipulating small objects</p> <p>Able to stretch, reach, extend in a variety of ways and positions</p> <p>Able to control body and perform specific movements on command</p>	<p><u>Cherry Gymnastics</u> To develop confidence in fundamental movements</p> <p>To experience jumping, sliding</p> <p>To develop coordination gross motor skills</p>	<p><u>Cherry Manipulation and coordination</u> Send and receive a variety of objects with different body parts</p> <p>Work with others to control objects in space</p> <p>Coordinate body parts such as hand-eye, foot-eye over a variety of activities and in different ways.</p>	<p><u>Cherry Dance</u> Recognise that actions can be reproduced in time to music; beat patterns and different speeds</p> <p>Perform a wide variety of dance actions both similar and contrasting</p> <p>Copy, repeat and perform simple movement patterns</p>	<p><u>Cherry and Ash Cooperation and solve problems</u> Organise and match various items, images, colour and symbols</p> <p>Work with a partner to listen, share ideas, question and choose</p> <p>Collect, distinguish and differentiate colours and create a shape as a team</p> <p>Move confidently and cooperatively in space</p> <p>Travel in a range of ways.</p>	<p><u>Cherry and Ash Speed Agility Travel</u> Travel with some control and coordination</p> <p>Change direction at speed through both choice and instructions</p> <p>Perform actions demonstrating changes in speed</p> <p>Stop, start, pause, prepare for and anticipate movement in a</p>
	<p><u>Ash Gymnastics</u> To develop confidence in fundamental movements</p> <p>To experience jumping, sliding</p> <p>To develop coordination gross motor skills</p>	<p><u>Ash Body management</u> Explore balance and managing own body including manipulating small objects</p> <p>Able to stretch, reach, extend in a variety of ways and positions</p> <p>Able to control body and perform specific movements on command</p>	<p><u>Ash Dance</u> Recognise that actions can be reproduced in time to music; beat patterns and different speeds</p> <p>Perform a wide variety of dance actions both similar and contrasting</p> <p>Copy, repeat and perform simple movement patterns</p>	<p><u>Ash Manipulation and coordination</u> Send and receive a variety of objects with different body parts</p> <p>Work with others to control objects in space</p> <p>Coordinate body parts such as hand-eye, foot-eye over a variety of activities and in different ways.</p>		

Year 1	<p>1AH <u>Hit, catch, run</u></p> <p>Able to hit objects with hand or bat</p> <p>Track and retrieve a rolling ball</p> <p>Throw and catch a variety of balls and objects</p>	<p>1AH <u>Gymnastics</u></p> <p>Identify and use simple gymnastics actions and shapes</p> <p>Apply basic strength to a range of gymnastic actions</p> <p>Begin to carry basic apparatus such as mats and benches</p> <p>To recognize like actions and link them.</p>	<p>1AH <u>Attack Defend Shoot (Football FUNdamentals)</u></p> <p>To practise basic movements including running, jumping, throwing and catching</p> <p>To begin to engage in competitive activities</p> <p>To experience opportunities to improve agility, balance and coordination</p>	<p>1AH <u>Dance</u></p> <p>Describe and explain how performers can transition and link shapes and balances</p> <p>Perform basic actions with control and consistency at different speeds and on different levels</p> <p>Challenge themselves to move imaginatively responding to music</p> <p>Work as part of a group to create and perform short movement sequences to music</p>	<p>1AH and 1W <u>Send and Return</u></p> <p>Able to send an object with increased confidence using hand or bat</p> <p>Mover towards a moving ball to return</p> <p>Sending and returning a variety of balls</p>	<p>1AH and 1W <u>Run Jump Throw</u></p> <p>Pupil will begin to link running and jumping</p> <p>To learn and refine a range of running which includes varying pathways and speeds</p> <p>Develop throwing techniques to send objects over long distances</p>
	<p>1W <u>Gymnastics</u></p> <p>Identify and use simple gymnastics actions and shapes</p> <p>Apply basic strength to a range of gymnastic actions</p> <p>Begin to carry basic apparatus such as mats and benches</p> <p>To recognize like actions and link them.</p>	<p>1W <u>Hit, catch, run</u></p> <p>Able to hit objects with hand or bat</p> <p>Track and retrieve a rolling ball</p> <p>Throw and catch a variety of balls and objects</p>	<p>1W <u>Dance</u></p> <p>Describe and explain how performers can transition and link shapes and balances</p> <p>Perform basic actions with control and consistency at different speeds and on different levels</p> <p>Challenge themselves to move imaginatively responding to music</p> <p>Work as part of a group to create and perform short movement sequences to music</p>	<p>1W <u>Attack Defend Shoot (Football FUNdamentals)</u></p> <p>To practise basic movements including running, jumping, throwing and catching</p> <p>To begin to engage in competitive activities</p> <p>To experience opportunities to improve agility, balance and coordination</p>		

Year 2	<p>2G</p> <p><u>Dance</u></p> <p>Describe and explain how performers can transition and link shapes and balances</p> <p>Perform basic actions with control and consistency at different speeds and on different levels</p> <p>Challenge themselves to move imaginatively responding to music</p> <p>Work as a part of a group to create and perform short movement sequences to music</p>	<p>2G</p> <p><u>Attack Defend Shoot</u></p> <p>Can send a ball using feet and can receive a ball using feet</p> <p>Refine ways to control bodies and a range of equipment</p> <p>Recall and link combinations of skills e.g. dribbling and passing</p>	<p>2G</p> <p><u>Gymnastic</u></p> <p>Describe and explain how performers can transition and link gymnastic elements</p> <p>Perform with control and consistency basic actions at different speeds and on different levels</p> <p>Challenge themselves to develop strength and flexibility</p> <p>Create and perform a simple sequence that is judged using simple gymnastic scoring</p>	<p>2G</p> <p><u>Send and Return</u></p> <p>Be able to track the path of a ball over a net and move towards it</p> <p>Begin to hit and return a ball using a variety of hand and racquet with some consistency</p> <p>Play modified net/wall games throwing, catching and sending over a net.</p>	<p>2G and 2R</p> <p><u>Hit catch Run</u></p> <p>To develop hitting skills with a variety of bats</p> <p>Practice feeding/ bowling skills</p> <p>Hit and run to score points in games</p>	<p>2G and 2R</p> <p><u>Run Jump Throw</u></p> <p>Develop power, agility, coordination and balance over a variety of activities</p> <p>Can throw and handle a variety of objects including quoits, beanbags, balls and hoops</p> <p>Can negotiate obstacles showing increased control of body and limbs</p>
	<p>2R</p> <p><u>Gymnastic</u></p> <p>Describe and explain how performers can transition and link gymnastic elements</p> <p>Perform with control and consistency basic actions at different speeds and on different levels</p> <p>Challenge themselves to develop strength and flexibility</p> <p>Create and perform a simple sequence that is judged using simple gymnastic scoring</p>	<p>2R</p> <p><u>Send and Return</u></p> <p>Be able to track the path of a ball over a net and move towards it</p> <p>Begin to hit and return a ball using a variety of hand and racquet with some consistency</p> <p>Play modified net/wall games throwing, catching and sending over a net.</p>	<p>2R</p> <p><u>Dance</u></p> <p>Describe and explain how performers can transition and link shapes and balances</p> <p>Perform basic actions with control and consistency at different speeds and on different levels</p> <p>Challenge themselves to move imaginatively responding to music</p> <p>Work as a part of a group to create and perform short movement sequences to music</p>	<p>2R</p> <p><u>Attack Defend Shoot</u></p> <p>(Football FUNdamentals)</p> <p>Can send a ball using feet and can receive a ball using feet</p> <p>Refine ways to control bodies and a range of equipment</p> <p>Recall and link combinations of skills e.g. dribbling and passing</p>		

Year 3	<p>3K</p> <p><u>Invasion Games</u></p> <p>To use space efficiently to build attacking play</p> <p>To dribble with control</p> <p>To use effective attacking tactics to invade the defending teams space</p>	<p>3K</p> <p><u>Invasion games</u></p> <p>To use a range of passes</p> <p>To pass accurately to teammates</p> <p>To understand how to maintain possession in a game situation</p>	<p>3K</p> <p><u>Gymnastics</u></p> <p>Modify independently using different pathways, directions and shapes</p> <p>Consolidate and improve the quality of movement and gymnastics actions</p> <p>Relate strength and flexibility to the actions and movements they are performing</p> <p>To use basic compositional ideas to improve sequence work-unison</p>	<p>3K</p> <p><u>Net games</u></p> <p>To identify and describe some rules of net games</p> <p>To serve to begin a game</p> <p>To explore forehand hitting</p>	<p>3K</p> <p><u>Strike and fielding</u></p> <p>To be able to play simple rounders games</p> <p>To apply some rules to games</p> <p>To develop and use simple rounders skills</p>	<p>3B and 3K</p> <p><u>Athletics</u></p> <p>Control movements and boy actions in response to specific instructions</p> <p>Demonstrate agility and speed</p> <p>Jump for height and distance with control and balance</p> <p>Thrown with speed and power and apply appropriate force</p>
	<p>3B</p> <p><u>Dance</u></p> <p>Practise different sections of a dance aiming to put together a performance</p> <p>Perform using facial expressions</p> <p>Perform with a prop</p>	<p>3B</p> <p><u>Netball</u></p> <p>To be able to perform basic netball skills such as passing and catching using recognised throws</p> <p>To use space efficiently to build attacking play</p> <p>To implement the basic rules of netball</p>	<p>3B</p> <p><u>Gymnastics</u></p> <p>Modify independently using different pathways, directions and shapes</p> <p>Consolidate and improve the quality of movement and gymnastics actions</p> <p>Relate strength and flexibility to the actions and movements they are performing</p> <p>To use basic compositional ideas to improve sequence work-unison</p>	<p>3B</p> <p><u>OAA</u></p> <p>To work with others to solve problems</p> <p>To describe their work and use different strategies to solve problems</p> <p>To lead others and be led</p> <p>To differentiate between when a task is competitive and when it is collaborative.</p>	<p>3B</p> <p><u>Rounders</u></p> <p>To be able to play simple rounders games</p> <p>To apply some rules to games</p> <p>To develop and use simple rounders skills</p>	

Year 4	<p>4C</p> <p><u>Invasion games</u></p> <p>To dribble a ball with increasing control and accuracy</p> <p>To dribble effectively and avoid defenders</p> <p>To be able to effectively move into a pace with a ball</p> <p>To communicate effectively to maintain possession</p>	<p>4C</p> <p><u>Invasion games</u></p> <p>To use a range of passes</p> <p>To passes with increasing accuracy</p> <p>To move into a space in order for teammates to make passes</p>	<p>4C</p> <p><u>Gymnastics</u></p> <p>To become increasingly competent and confident to perform skills more consistently</p> <p>Able to perform in time with a partner and group</p> <p>Uses compositional ideas in sequence such as changes in height, speed and direction</p>	<p>4C</p> <p><u>Net games</u></p> <p>Explore different shots (forehead and backhand)</p> <p>Work to return the serve</p> <p>Positions in gameplay</p>	<p>4C</p> <p><u>Strike and field</u></p> <p>To develop a range of striking and fielding skills that can be applied in a competitive context</p> <p>Choose and use a range of simple tactics in solation and a game context</p> <p>Identify different positions in a games and the roles of positions</p>	<p>4C and 4M</p> <p><u>Athletics</u></p> <p>Using running, jumping and throwing stations, children investigate in small groups different ways of performing these actions</p> <p>Using a variety of equipment, ways of measuring and timing, comparing the effectiveness of different styles of runs, jumps and throws.</p>
	<p>4M</p> <p><u>Football</u></p> <p>Introduce some defensive skills</p> <p>Dribbling in different directions using different parts of their feet</p> <p>Passing for distance</p> <p>Evaluating skills to aid improvement</p>	<p>4M</p> <p><u>Gymnastics</u></p> <p>To become increasingly competent and confident to perform skills more consistently</p> <p>Able to perform in time with a partner and group</p> <p>Uses compositional ideas in sequence such as changes in height, speed and direction</p>	<p>4M</p> <p><u>OAA</u></p> <p>Work well in a team or group within defined and understood roles</p> <p>Plan and refine strategies to solve problems</p> <p>Identify the relevance of and use maps, compass and symbols</p> <p>Identify what they do well and suggest what they could do to improve</p>	<p>4M</p> <p><u>Dance</u></p> <p>Perform different styles of dance fluently and clearly</p> <p>Refine and improve dances adapting them to include the use of space, rhythm and expression</p> <p>Worked collaboratively in groups to compose simple dances</p> <p>Recognise and comment on dances suggesting ideas for improvement</p>	<p>4M</p> <p><u>Tennis</u></p> <p>Explore different shots (forehead and backhand)</p> <p>Work to return the serve</p> <p>Positions in gameplay</p>	

Year 5	<p>5L <u>Netball</u></p> <p>To be able to use specific netball skills in games for example confidently: pivoting, dodging, bounce pass and previously learnt skills</p> <p>To begin to play efficiently in different positions and on the court in both attack and defense</p> <p>To increase power and strength of passes, moving the ball over longer distances</p>	<p>5L <u>Tag rugby</u></p> <p>Choose and implement a range of strategies and tactics to attack and defend</p> <p>Combine and perform complex skills at speed</p> <p>Observe, analyse and recognize good individual and team performances</p> <p>Suggest, plan and lead a warm up as a small group</p>	<p>5L <u>Gymnastics</u></p> <p>Create longer and more complex sequences and adapt performances</p> <p>Take the lead in a group when preparing a sequence</p> <p>Develop symmetry individually, as a pair and in small groups</p> <p>Compare performances and judge strengths and areas for improvement</p> <p>Select a component for improvement.</p>	<p>5L <u>OAA</u></p> <p>Explore ways of communication in a range of challenging activities</p> <p>Navigate and solve problems from memory</p> <p>Develop and use trust to complete the task and preform under pressure</p>	<p>5L <u>Tri-Golf</u></p> <p>To understand the basic rules of golf and the scoring system</p> <p>To learn how to correctly hold and swing a golf club</p> <p>To be able to hit a golf ball over an increasingly longer distance</p>	<p>5L <u>Athletics</u></p> <p>Sustain pace over short and longer distances such as running 100m and running for 2 minutes</p> <p>Able to run as part of a relay team working at their maximum speed</p>
	<p>5T <u>Quidditch</u></p> <p>To begin to play efficiently in different positions and on the court in both attack and defense</p> <p>To increase power and strength of passes, moving the ball over longer distances</p> <p>Combine and perform complex skills at speed</p> <p>Observe, analyse and recognize good individual and team performances</p>	<p>5T <u>Gymnastics</u></p> <p>Create longer and more complex sequences and adapt performances</p> <p>Take the lead in a group when preparing a sequence</p> <p>Develop symmetry individually, as a pair and in a small group</p> <p>Compare performances and judge strengths and areas for improvement</p>	<p>5T <u>OAA</u></p> <p>Explore ways of communication in a range of challenging activities</p> <p>Navigate and solve problems from memory</p> <p>Develop and use trust to complete the task and preform under pressure</p>	<p>5T <u>Hockey</u></p> <p>Combine basic hockey skills such as dribbling and push pass</p> <p>Select and apply skills in a game situation confidently</p> <p>Play effectively in different positions on the pitch including in defense</p> <p>To increase power and strength of passes, moving the ball over longer distances</p>	<p>5T <u>Tennis</u></p> <p>Introduce Volley shots and Overhead shots</p> <p>Apply new shots into game situations</p> <p>Play with others to score and defend points in competitive games</p> <p>Further, explore Tennis service rules</p>	<p>Perform a range of jumps and throws demonstrating increasing power and accuracy</p>

Year 6	<p>6F</p> <p><u>Gymnastics</u> Lead group warm-up showing understanding of the need for strength and flexibility</p> <p>Demonstrate accuracy, consistency, and clarity of movement</p> <p>Work independently and in small groups to make up own sequences</p> <p>Arrange own apparatus to enhance work and vary compositional ideas</p>	<p>6F</p> <p><u>Playmaker</u></p> <p>To be able to communicate effectively as a leader</p> <p>To develop leadership and coaching skills</p> <p>To feedback to peers with compassion</p>	<p>6F</p> <p><u>OAA</u></p> <p>Use information given by others to complete tasks and work collaboratively</p> <p>Undertake more complex tasks</p> <p>Take responsibility for a role in a task</p> <p>Use knowledge of PE and physical activities to suggest design ideas and amendments to games</p>	<p>6F</p> <p><u>Badminton</u></p> <p>Develop a wider range of shots including drop and smash</p> <p>Begin to use more sophisticated tactics such as net play, and offensive and defensive positioning</p> <p>Begin to select appropriate tactics during games</p> <p>Play with fluency with a partner in doubles scenarios</p>	<p>6F</p> <p><u>Yoga and Mindfulness</u></p> <p>To learn the importance of mindfulness and create strategies to help in real life situations</p> <p>To be able to perform a variety of yoga positions and stretches</p> <p>To increase flexibility.</p>	<p>6F and 6M</p> <p><u>Athletics</u></p> <p>Become confident and expert in a range of techniques and recognize their success</p> <p>Apply strength and flexibility to a broad range of throwing, running and jumping activities</p> <p>Work in collaboration and demonstrate improvement when working with self and others</p>
	<p>6M</p> <p><u>Hockey</u></p> <p>To choose and implement a range of strategies and tactics to attack and defend</p> <p>To combine and perform more complex skills at great speed</p> <p>To recognise and describe good individual and team performances</p> <p>To suggest, plan and lead a warm up as a small group</p>	<p>6M</p> <p><u>Fitness</u></p> <p>To improve fitness levels</p> <p>To take part in increasing fitness challenges</p> <p>To apply fitness levels to a range of activities</p>	<p>6M</p> <p><u>Playmaker</u></p> <p>To be able to communicate effectively as a leader</p> <p>To develop leadership and coaching skills</p> <p>To feedback to peers with compassion</p>	<p>6M</p> <p><u>OAA</u></p> <p>Use information given by others to complete tasks and work collaboratively</p> <p>Undertake more complex tasks</p> <p>Take responsibility for a role in a task</p> <p>Use knowledge of PE and physical activities to suggest design ideas and amendments to games</p>	<p>6M</p> <p><u>Cricket</u></p> <p>Apply with consistency standard cricket rules in a variety of different styles of games</p> <p>Attempt a small range of recognized shots in isolation and in competitive scenarios</p> <p>Use a range of tactics for attacking and defending in the role of bowler, batter and fielder</p>	<p>Accurately and confidently judge across a variety of activities</p>