



## PE Curriculum



Year Group	Aspect of PE Curriculum	Area of PE Covered
<b>Early Years</b>	<p>To develop agility and coordination in a short dance.</p> <p>To develop coordination and balance.</p> <p>To improve coordination and agility</p>	<p><b>Dance</b> Create movements to music, practice and join movements together. Improve dance motif. Work as a team. Remember and perform a short dance and to evaluate dance. Adapt a known dance. Change movements and adapt a simple dance. Share opinions and give my own ideas about how to adapt and alter a simple dance.</p> <p><b>Gymnastics</b> Develop the ability to move in a range of ways. Increase the ability to move around and onto equipment. To increase the ability to move under and onto and over and under equipment. To combine movements together while negotiating different equipment.</p> <p><b>Games</b> Control a ball in a range of ways. Throw accurately at a target. Use throwing skills in a small-sided game. Use a bat or racket to move and control an object. Catch and bounce a ball. To develop the ability to kick a ball.</p>
<b>Year 1</b>	<p>Master basic movements including running, jumping, throwing and catching.</p> <p>Develop balance, agility and coordination and begin to apply these in a range of activities.</p> <p>Master basic movements including running, jumping, throwing and catching. Participate in team games, developing simple tactics for attacking and defending</p> <p>Perform dances using simple movement patterns.</p>	<p><b>Multi-skills</b> Use basic movements and spatial awareness. Move with a ball. Demonstrate rolling skills. Demonstrate underarm throwing skills. Receive and catch a ball. Send and receive a ball with control. Use sending skills and aim. Strike a ball. Use send and receive while striking. Use all skills to complete a carousel.</p> <p><b>Gymnastics</b> Carry and place apparatus. Travel safely in different ways. Travel at different speeds and levels. Make and hold different shapes. Link 2 actions to make a sequence. Link 2 actions with a movement.</p> <p><b>Netball</b> Track and receive a ball. Bounce a ball with control. Throw and catch. Throw and catch a ball with a partner. Throw overarm. Throw a quoit. Play a simple game involving throwing and catching.</p> <p><b>Dance</b> Move in response to a video stimulus. Improvise and create movements with a partner. Show awareness of others when working in a group. Understand mirroring and use this with a partner. Keep in time with a steady beat to perform a traditional style of dance. Vary the shape and speed of my movements to represent an object.</p> <p><b>Football</b> Pass the ball in the direction of a player using correct techniques. Dribble with the ball under control and close to feet whilst moving the ball in different directions. Shoot at a target using the correct techniques. Use the techniques in a fun football circuit. React quickly to get to the ball before an opponent and use dribbling and shooting skills to score a goal. Use dribbling and shooting in a match.</p> <p><b>Yoga</b> Develop coordination while in basic yoga poses and moving between them. Increase coordination while on all fours. Develop agility by correctly coming into and out of the dog pose. Develop agility by varying the speed of movements and poses. Develop balance in</p>

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	Develop balance, agility and coordination and begin to apply these in a range of activities.	
<b>Year 2</b>	<p>Master basic movements including running, jumping, throwing and catching.</p> <p>Perform dances using simple movements patterns.</p> <p>Master basic movements including running, jumping, throwing and catching. Participate in team games, developing simple tactics for attacking and defending.</p> <p>Develop balance, agility and coordination and begin to apply these in a range of activities.</p> <p>Master basic movements including running, jumping, throwing and catching. Participate in team games, developing simple tactics for attacking and defending.</p> <p>Develop balance, agility and coordination and begin to apply these in a range of activities.</p>	<p><b>Multi-skills</b> Demonstrate basic movement and spatial awareness. Move with a ball. Send and receive a ball by rolling. Send and receive a ball by throwing. Send and receive by kicking. Aim by throwing. Handle a racket correctly. Use a racket with accuracy. Demonstrate fielding skills. Strike a ball.</p> <p><b>Dance</b> Change the speed, weight and size of my movements. Use my body and an object to express an idea. Move in different ways. Make different shapes with my body. Make different shapes with others. Dance in different formations. Understand how dance can be used to communicate. Use different dance movements to communicate an idea. Dance in different formations to communicate different ideas. Communicate feelings through dance. Refine and improve my movements. Change the rhythm of my movements to communicate different ideas.</p> <p><b>Netball</b> Develop throwing and catching skills using a range of apparatus (shapes, weight, texture). Throw, catch and bounce in different ways. Throw and catch stationary and on the move. Understand “beat your own record.” Make up games using throw, catch and bounce. Throw a ball into a target/net. Play a simple throwing, catching and scoring game.</p> <p><b>Gymnastics</b> Move and balance with agility and coordination. Roll with coordination and control. Make long thin shapes with my body. Take my weight on my hands and feet. Take my weight on my hands. Perform and complete.</p> <p><b>Football</b> Begin to understand how to dribble a ball. Practice passing the ball. Move fluently, changing direction. Practice finding a space to receive the ball. Practice defending the ball. Competition.</p> <p><b>Circuit Training</b> Change the direction of movements with control. Use and combine different types of jumps. Perform movements with control and accuracy. Combine more than one skill to complete an activity. Complete activities independently and try to improve own performances. Watch others and use this to improve own performances.</p> <p><b>Multi-skills</b> Send and receive by kicking. Aim by throwing. Handle a racket correctly. Use a racket with accuracy. Demonstrate fielding skills. Strike a ball.</p> <p><b>Dance</b> Create and perform a dance motif inspired by a stimulus. Use different movements and body shapes to represent a plant growing. Create movements to represent different types of seeds. Work with a partner to create a dance based on plants. Create movements to represent the different parts of a story. Work with a partner to create movements to represent the parts of a story.</p> <p><b>Athletics</b></p>

	<p>Master basic movements including running, jumping, throwing and catching.</p> <p>Perform dances using simple movements patterns.</p> <p>Master basic movements including running, jumping, throwing and catching. Participate in team games, developing simple tactics for attacking and defending.</p> <p>Master basic movements including running, jumping, throwing and catching. Participate in team games, developing simple tactics for attacking and defending.</p> <p>Develop balance, agility and coordination and begin to apply these in a range of activities.</p> <p>Develop balance, agility and coordination and begin to apply these in a range of activities.</p>	<p>Run at different paces, describing the different paces. Use a variety of different stride lengths. Travel at different speeds. Begin to select the most suitable pace and speed for distance. Perform and compare different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot. Jump for distance from a standing position with accuracy and control. Investigate the best jumps to cover different distances. Throw different types of equipment in different ways, for accuracy and distance. Investigate ways to alter their throwing technique to achieve greater distance.</p> <p><b>Rounders</b> Catch a ball from a distance using correct technique. Use underarm throw to bowl a ball at a batter. Use overarm throw to throw a ball a distance. Know which throw to use in rounders game. Pass ball using correct throw in triangle of bowler (underarm), backstop (overarm), fielder (overarm). Hit a ball with a rounders bat. Play small sided rounders game with only 2 bases and use all throwing and batting techniques.</p> <p><b>Tennis</b> Hold a racket correctly and use it to control a beanbag in a variety of ways. Use a racket to hit a ball or beanbag with control. Apply my racket skills to play a target game. Hold a racket correctly to hit a ball. Hit a ball that has been thrown underarm. Practise and use a simple tactic.</p> <p><b>Gymnastics</b> Perform and improve upon balances on different parts of the body. Create matching balances with a partner. Roll in different ways while showing control. Jump safely in a variety of ways including on and off apparatus. Combine a selection of movements to create a gymnastic sequence. Work with a partner to create a matching sequence.</p>
<p><b>Year 3</b></p>	<p>Use running, jumping, throwing and catching in</p>	<p><b>Multi-skills</b></p>

	<p>isolation and in combination.</p> <p>Develop flexibility, strength, technique, control and balance. Perform a range of movement patterns.</p> <p>Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p>Develop flexibility, strength, technique, control and balance.</p> <p>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes. Perform self-rescue in water situations. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. Swim competently, confidently and proficiently over a distance of at least 25 metres.</p>	<p>Demonstrate spatial awareness. Demonstrate ball familiarisation and bouncing skills. Travel with a ball. Demonstrate sending skills. Demonstrate receiving skills. Throw and catch.</p> <p><b>Circuit training</b> To travel in a variety of ways. Change the direction, level or speed of travel. Use a range of ball control skills. Control movements using balance and coordination. To use a range of movement skills in a circuit of activities. To adapt and improve performance in a circuit of activities.</p> <p><b>Netball</b> Pass a ball over a short distance with control, pace and accuracy. Pivot with control and balance within the rules of the game. Shoot with accuracy and by using the correct technique. Improve agility, balance, coordination and speed of feet. Pass a ball to people on my team and ensure my footwork is used within the laws of the game. Accurately pass the ball and then run towards a target whilst dodging obstacles and find space to run into.</p> <p><b>Gymnastics</b> Perform a range of jumps accurately. Perform a forward roll from standing and a tucked backward roll. Perform a squat onto a bench/vault. Perform lunge into handstand and a cartwheel. Link movements together by performing a chassis step, straight jump half turn and cat leap. Create and perform a gymnastics sequence with a partner.</p> <p><b>Football</b> Keep control of the ball while travelling. Pass and receive the ball accurately. Tackle and keep possession of the ball. Shoot at a target. Play as part of a team.</p> <p><b>Swimming</b></p> <p><b>Rugby</b> Evade and tag opponents. Evade opponents while keeping control of the rugby ball. Pass the ball accurately and receive the ball safely. Pass the ball accurately and receive the ball safely while on the move. Pass the ball accurately and receive the ball safely in a game situation. Apply learned skills in a game of tag rugby.</p> <p><b>Swimming</b></p> <p><b>Athletics</b> Practise existing running, jumping and throwing skills. Sprint effectively. Run with fluency over hurdles. Jump for distance. Develop and refine different throwing techniques. Learn different push throw techniques.</p> <p><b>Swimming</b></p> <p><b>Tennis</b> Hit a ball into the air and to ground from strings and frame. Hit a ball from a bounce throw. Hit a ball from a volley. Play a backhand from a bounce pass. Use a backhand and forehand to hit a target. Hit a ball from a high throw.</p> <p><b>Swimming</b></p>
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	<p>Use a range of strokes. Perform self-rescue in water situations. Use running, jumping, throwing and catching in isolation and in combination. Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes. Perform self-rescue in water situations. Develop flexibility, strength, technique, control and balance. Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes. Perform self-rescue in water situations.</p>	
<p><b>Year 4</b></p>	<p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes. Perform self-rescue in water situations.</p> <p>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes. Perform self-rescue in water situations.</p> <p>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p>	<p><b>Multi-skills</b> Judge distance and timing. Use footwork and placement. Throw underarm. Throw underarm and catch. Develop striding skills.</p> <p><b>Swimming</b> <b>Netball</b> Demonstrate how to chest pass and develop catching skills. Demonstrate and use different passing techniques (bounce and overhead). Demonstrate the footwork rule and how to pivot. Demonstrate how to dodge and mark opponent. Demonstrate the correct shooting techniques and the importance of using space. Understand the different positions in netball</p> <p><b>Swimming</b> <b>Football</b> Keep control of ball while travelling. Accurately pass a football. Pass the ball whilst moving. Understand how to defend in football. Use attacking skills in a game situation. Competitive football games.</p> <p><b>Gymnastics</b> Create shapes and 3- and 4-point balances to represent icons from Ancient Egypt. Work with a partner to create hieroglyphic shapes within a gymnastics routine. Use shape, movement and balance to create an Ancient Egyptian festival or funeral routine. Use shape, movement and balance to create a gymnastics showcase based on Ancient Egypt.</p> <p><b>Handball</b> Throw and catch. Develop throwing and catching. Pass and shoot. Develop passing and shooting. Move with and without the ball.</p> <p><b>Dance</b> Respond to stimuli creating movement phrase using specific skills. Create own movement phrases to represent rivers and seas. Link and combine movement phrases and patterns. Perform a short dance</p>

	<p>Develop flexibility, strength, technique, control and balance.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p>Perform dances using a wide range of movement patterns.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Develop flexibility, strength, technique, control and balance.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Perform dances using a range of movement patterns.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Develop flexibility, strength, technique, control and balance.</p> <p>Take part in outdoor and adventurous activity challenges both individually and in a team.</p>	<p>phrase with expression. Respond to changing stimulus. Use a range of dance techniques to create a movement sequence.</p> <p><b>Athletics</b> Practise existing running, jumping and throwing skills. Improve running technique for sprinting including a sprint finish. Practice relay running. Jump for distance. Learn the pull throw technique. Refine running, jumping and throwing skills.</p> <p><b>Dance</b> Improvise movement patterns inspired by Carnival of the Animals. Show precision and control in response to carnival of the Animals. Vary the dynamics of a dance inspired by Carnival of the Animals. Demonstrate rhythm in a longer dance sequence inspired by Carnival of the Animals. Compose longer dance sequences using a range of dance vocabulary to describe and improve work.</p> <p><b>Cricket</b> Catch with accuracy. Use an overarm throw to hit a target with accuracy. Strike a ball in an intended direction. Work cooperatively to field a ball. Use striking and fielding skills in a game. Design and play games that use striking and fielding skills.</p> <p><b>Outdoor and Adventurous Activities</b> Work together in small groups, developing problem solving skills. Describe how the body reacts at different times and how this affects performance whilst showing leadership skills. Navigate around a space with growing confidence. Read a map with increasing accuracy and confidence and within a time limit. Create symbols that are effective for map reading. Follow a map with increasing accuracy and confidence.</p>
<p><b>Year 5</b></p>	<p>Use running, jumping, throwing and catching in isolation and in combination.</p>	<p><b>Multi-skills</b> Demonstrate basic movements and spatial awareness. Keep possession. Attack and defend. Mark an opponent. Control a ball with a racket. Control a ball with different parts of a racket.</p> <p><b>Gymnastics</b> Perform a stag jump and split leap. Perform pike rolls. Perform a squat through vault. Perform a round off. Independently plan a sequence of</p>

<p>Develop flexibility, strength, technique, control and balance.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p>Perform dances using a range of movement patterns.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p>Perform dances using a range of movement patterns.</p>	<p>gymnastics movements that are creatively linked together. Perform a gymnastics sequence in a pair or group in time to music.</p> <p><b>Netball</b> Identify and complete the different passes used in netball. Understand the rule of footwork. Understand that marking helps to intercept the ball and dodging enables a player to get away from a marker. State the difference between attacking skills and defending skills. Identify positions in netball and the different areas players can be in. Take part in a class competition.</p> <p><b>Dance: Echo dance</b> To use transitions to link movements together smoothly. Use spatial awareness and demonstrate this skill effectively in a dance. Demonstrate an ongoing motif throughout a dance. Demonstrate variations in timing throughout a dance. Demonstrate strong, expressive movements throughout a dance. To combine movements to create a fluent sequence.</p> <p><b>Football</b> Receive a pass and then pass the ball in an intended direction. Dribble with the ball using both the inside and outside of the foot. Dribble then shoot at a target using the correct techniques shown. Use the techniques previously taught to complete a football circuit. Use the techniques taught to keep the ball under control. Understand positions on a pitch and use tactics to play a game.</p> <p><b>Dance: The Haka</b> Be able to understand the background of the Haka dance. To be able to work on creating moves in unison. Show canon and repetition when performing developed Haka. Link dance sequences smoothly. Create a sequence of sporting actions. Use a range of dynamics, unison and repetition when creating version of the Haka. To practice skills used when performing own Haka. To perform and evaluate completed performance.</p> <p><b>Handball</b> Shoot and defend. Block during a small sided game. Show the principles of attacking and defending. Play a full size game. Know tactics to play as goal keeper. Play a competitive game</p> <p><b>Circuit Training (not 2023)</b> Understand the effects of aerobic and anaerobic exercise on the body. Recognise the benefits of exercise on the upper body. Recognise the benefits of exercise on the core muscles. Set personal targets for exercise. Improve performance in order to reach personal targets.</p> <p><b>Swimming (2023 ONLY)</b></p> <p><b>Athletics</b> Practise and refine existing running, jumping and throwing skills. Use an effective technique for sprinting including a sprint start. Sustain running pace over long distances. Practise jumping for height. Learn the fling throw techniques. Use a variety of throwing techniques.</p> <p><b>Outdoor and Adventurous Activities</b> Work as part of a team to complete a range of challenges. Demonstrate agility and endurance in a range of situations. Know what a compass is and how to use it. Know the eight directions on a compass. Read, follow and understand maps. Take part in an orienteering exercise.</p> <p><b>Rounders</b> Learn the correct techniques for batting and bowling in rounders. Use the correct techniques for throwing and catching when fielding in</p>
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	<p>Use running, jumping, throwing and catching in isolation and in combination.          Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.          Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.          Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>rounders. Know the roles and responsibilities of the backstop and base fielders in rounders. Field effectively in these positions and demonstrate good skill and technique. Know the roles and responsibilities of the deep fielders in rounders. Field effectively in these positions and demonstrate good skill and technique. Read the game of rounders and apply tactics to outwit opponents. Use a variety of throwing techniques. Know and apply all rules in a game.</p> <p><b>Fitness &amp; Cross Country Running</b>          Perform the beep test. Use a rope to increase fitness levels. Use interval running to improve stamina for running a distance. Compare performances.</p>
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<p><b>Year 6</b></p>	<p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Perform dances using a range of movement patterns.</p> <p>Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p>Develop flexibility, strength, technique, control and balance.</p> <p>Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p>Develop flexibility, strength, technique, control and balance. Compare their performances with previous ones and</p>	<p><b>Multi-skills</b>          Demonstrate ball control and spatial awareness. Attack keeping possession. Defend keeping possession. Attack and defend. Pass and dribble. Show tactical awareness.</p> <p><b>Dance</b>          Perform the Charleston. Perform the Lambeth walk. Perform the Lindy Hop. Plan an alternative dance which tells the story of a wartime event. Perform an alternative dance which reflects an aspect of WW2. Plan and perform a WW2 dance style party.</p> <p><b>Netball</b>          Replicate 3 types of passing. Pass to a player moving on to a pass. Demonstrate tactical knowledge by moving into space to receive a pass. Control feet when moving in different directions and at speed. Identify the areas for each position in high 5 netball. Demonstrate balance, high release wrist action during shooting with some accuracy.</p> <p><b>Gymnastics</b>          Perform a cat leap full turn and a stag leap. Perform a dive forward roll and a pike backward roll. Perform a straddle over vault. Hurdle step into a cartwheel and a round off. Use a series of similar movements in quick succession, linked together to form a sequence. Work in a large group to choreograph and perform a gymnastics routine in time to music.</p> <p><b>Football</b>          Dribble and control a ball. Pass a ball using my side foot. Pass and move off the ball. Attack and outwit an opponent. Use the correct technique to shoot. Play a competitive game of football.</p> <p><b>Gymnastics</b>          Link shapes and movement using rhythmic gymnastics to represent the course of a river. Create one, two, three and four-point balances to represent mountains. Combine a range of body shapes and balances with a partner to represent different features of a mountain. Combine shapes and balances to make a group formation that represents different mountain ranges. Link shape, movement and balances to plan a group sequence that communicates information about rivers and mountains.</p> <p><b>Rugby</b>          Evade and tag opponents. Pass and receive a pass at speed. Pass and receive a pass at speed in a game situation. Refine attacking and defending skills. Develop tactics as a team. Apply learned skills in a game of tag rugby.</p> <p><b>Dance</b>          Respond to stimuli, improving freely using a range of controlled movements. Perform a range of dance techniques with accuracy and consistency. Work with a group to create appropriate dance movements to fit with different musical stimuli. Represent objects and actions through a dance phrase. Select and use a range of movements to create a dance phrase that demonstrates my ideas. Suggest and make improvements to my groups dance phrase, based on peer feedback.</p> <p><b>Athletics</b>          Practise and refine fundamental movement skills needed for athletics. Work as a team to competitively perform a sprint relay. Control running</p>
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	<p>demonstrate improvement to achieve their personal best.</p> <p>Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p>Perform dances using a range of movement patterns.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team.</p> <p>Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p>Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p>	<p>pace over a range of distances. Refine hurdling techniques. Practise and refine jumping techniques. Throw for distance using a heave throw technique.</p> <p><b>Outdoor &amp; Adventurous activities</b> Work systematically and as part of a team to solve a range of problems. Demonstrate positivity, perseverance and effective teamwork when completing a range of challenges. Use a range of communication methods effectively during problem solving activities and challenges. Demonstrate effective leadership skills. Work together effectively to achieve a common goal. Work effectively with others to complete a range of challenges. Work effectively with others to plan and carry out a game plan. Follow a short route on an OS map and describe features on the map. (Geog link)</p> <p><b>Rounders</b> Develop fielding skills in rounders. Develop batting skills in rounders. Develop bowling technique in rounders. Use the short barrier fielding technique. Use all skills in a class rounders game.</p> <p><b>Cricket (not 2023)</b> React quickly and catch balls thrown at different heights and angles. Attack the ball using effective fielding techniques. Throw the ball accurately over a large distance. Strike a bowled ball over a large distance into space. Bowl a ball overarm at a target. Apply striking and fielding skills to complete a circuit of activities.</p> <p><b>Swimming (2023 ONLY)</b></p>
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