

Physical Education Curriculum Overview



EYFS							
Unit of work	Autumn and Spring	Autumn and Spring	Autumn and Spring	Autumn and Summer	Spring	Summer	Summer
	Ball Skills Feet Hands	Dance Complete PE unit	Gymnastics / Yoga High, Low, Over and Under Moving	Games Attack and defence	Net and Wall Games Rackets Bats Balls and Balloons	Athletics Locomotion And extra unit	Swimming
Core learning: knowledge	Develop fundamental movement skills, becoming increasingly competent and confident, and access a broad range of activities to extend their agility, balance and coordination. Know what happens to our bodies when we exercise						
Core learning: skills	<p>Children will develop their ability to dribble the ball keeping control.</p> <p>Children will move the ball into spaces avoiding any defenders.</p> <p>Children will focus on the ball and listen to all the instructions.</p> <p>Children will develop their ability to push, roll and bounce a ball with control.</p> <p>Children will learn to move the ball into spaces, avoiding defenders.</p>	<p>Children will move their bodies with big actions linked to a theme.</p> <p>Children will develop their curiosity and imagination as they experiment moving in different ways.</p> <p>Children will perform with confidence.</p>	<p>Children will be able to move and balance in high and low ways.</p> <p>Children will be able to complete sequences on the floor and on apparatus.</p> <p>Children will experiment moving their bodies in a variety of ways on the floor and on apparatus.</p>	<p>Children will be able to move into spaces avoiding other pupils.</p> <p>Children will be able to adjust their speed and change direction to avoid other pupils.</p> <p>Children will experiment moving in different ways, moving confidently and concentrating on any instructions.</p>	<p>Children will be able to push/hit their balloon with both hands, keeping control.</p> <p>Children will be able to balance their object on their racket/bat.</p> <p>Children will be able to focus on the balloon /object and use their rackets/bats safely.</p> <p>Children will understand why we send the balloon into space when hitting.</p>	<p>Children will develop their ability to jump and land safely.</p> <p>Children will experiment by jumping in different ways.</p> <p>Children will be introduced to basic movements including running, jogging, sprinting, throwing, balance and obstacles.</p>	
Vocabulary	Attacker	Beat	Shapes	Attacker	Accuracy	Jumping	

	Defender Space Opponent Dribbling Control Bouncing Rolling Pushing	Moving Control Rhythm Timing Sequence Opposite	High Low Over Under Apparatus Transition Big Small	Defender Space Rules Tagging	Space Control Power Aiming Score Hitting Pushing	Distance Height Space Hopping Speed Landing Walking Marching	
End of unit application task	Small activities where children can score points	Perform for the other reception class and for their buddies.	Perform routines for the class.	Small sides games	Small sided games	Sports Day	

	Year 1							
Unit of work	Autumn Dance Complete PE unit	Autumn and Spring Ball skills Complete PE unit (feet and hands)	Autumn and Spring Gymnastics Body Parts Wide, narrow and curled	Autumn and Spring Games Team Building Attack and Defence	Spring Health and well being Complete PE unit	Summer Athletics Locomotion unit	Summer Net and wall Games Rackets Bats and Balls	Summer Swimming
Prior learning	The children have explored dance and movement in EYFS.	The children have learnt basic ball skills in EYFS.	Children have learnt about high, low, over and under and different ways to move.	The children have learnt basic ball skills and attack and defence tactics in EYFS.	Children have been taught the importance of exercise in EYFS.	Children have explored a range of athletics skills, both track and field based event in EYFS.	The children have learnt basic bats and ball skill in EYFS.	
Core learning: knowledge	Develop fundamental movement skills, becoming increasingly competent and confident, and access a broad range of activities to extend their agility, balance and coordination. Know the importance of exercise and are aware of the health benefits; Know what happens to our bodies when we exercise: Evaluate and recognise their own success; Further develop and understand resilience and fairness in sports; Be able to engage in competitive and cooperative activities in a range of increasingly challenging situations, and enjoying communicating, collaborating and competing with each other.							
Core learning; skills	Children can move in relation to the music. Children can respond with appropriately movements and actions. Children can perform in front of an audience with confidence.	Children will consolidate their ability to dribble the ball. Children will keep control and move into spaces. Children will develop their ability to pass the ball accurately. Children will be able to send a ball towards a target, applying the correct technique and aiming carefully. Children will also be able to receive and stop a ball.	Children will be able to move and balance using big and small body parts in wide, narrow and curled ways. Children will start to link movements. Children will be able to move and balance in wide, narrow and curled ways on the floor and on apparatus.	Children will be able to run and stay in a space, changing direction and speed to avoid the defenders. When defending, children will successfully make a tag. Children will start to create and apply simple tactics for attacking and defending. Children will develop an understanding of why rules are important in a game.	Children will move showing agility and balance. Children will apply coordination in activities and within circuit challenges. Children will demonstrate a basic understanding of agility, balance and coordination and why they are important.	Children will apply the correct technique for jumping. Children will explore skipping. Children will be able to run applying the correct technique to ensure maximum speed.	Children will be able to push (hit) their ball towards a target. Children will vary the power they apply based on the distance of the target. Children will understand the meaning of aiming and power and understand how to utilise these skills in order to be successful.	
Vocabulary	Beat Moving	Attacker Defender	Wide Narrow	Attacker Defender	Attacker Defender	Jumping Distance	Possession Control	

	Control Rhythm Timing Sequence Opposite	Space Dribbling Passing Control Possession Accuracy Power	Curled Big Small Linking Transition	Space Rules Tactics Team	Agility Balance Hand-eye coordination Throwing Aiming	Space Attacker Defender Skipping Landing Speed Acceleration	Attacker Defender Dribbling Accuracy Hitting Power	
End of unit application task	Perform to the other Year 1 class.	Small sided games within the lesson	Perform sequences for the class.	Small sided games within the class.	Multi-skills activities. Multi-skills intra competition.	Sports Day	Small games	

Year 2

Unit of work	Autumn and Spring	Autumn and Spring	Autumn and Spring	Autumn	Spring	Summer	Summer	Summer
	Ball skills <i>(Feet and Hands)</i>	Gymnastics <i>Linking Pathways</i>	Games <i>Attack and defence</i>	Health and Well Being/ Yoga <i>Health and Wellbeing</i>	Dance <i>Great Fire of London</i>	Athletics <i>Locomotion (jumping) And extra unit</i>	Net and Wall Games <i>Rackets, bats and balls</i>	Swimming
Prior learning	Children have learnt basic ball skills in EYFS and Year 1.	Children have learnt about high, low, over and under, moving, body parts, wide, narrow and curled shapes.	The children have learnt basic ball skills and attack and defence tactics in previous years.	Children have been taught the importance of exercise in EYFS and Year 1.	In every year group, the children have taken part in dance lessons.	Children have explored a range of athletics skills, both track and field based events.	The children have learnt basic racket and ball skill in Year 1.	
Core learning: knowledge	Develop fundamental movement skills, becoming increasingly competent and confident, and access a broad range of activities to extend their agility, balance and coordination. Know the importance of exercise and are aware of the health benefits; Know what happens to our bodies when we exercise: Evaluate and recognise their own success; Further develop and understand resilience and fairness in sports; Be able to engage in competitive and cooperative activities in a range of increasingly challenging situations, and enjoying communicating, collaborating and competing with each other.							
Core learning: skills	Children will be able to apply their passing and dribbling skills in order to keep possession and score a point. Children will be able to dribble, pass and move with developing accuracy. Children will combine their skills to score points. Children will be able to throw accurately	Children will be able to link movements and balances together on the floor and on apparatus. Children will demonstrate an understanding of the concept of flow and apply this to their developing sequences.	Children will move between attack and defence as the game changes. Children will be able to move in to space when attacking and tag the opposition when defending. Children will understand the consequences of breaking the rules and not applying tactics successfully. Children will understand the	<i>Knowledge based unit.</i>	Children can respond to the music with appropriate movements and actions, using their whole body. Children can ensure their movements are big and clear. Children will use their movements to tell a story. Children will perform with confidence.	Children will consistently apply the correct technique for jumping. Children will accurately apply their jumping skills in combination and also within games. Children will develop their running technique for short and long distances.	Children will be able to use a bat safely to strike (hit) their ball. Children will hit the into space, directing the ball away from fielders. Children will understand why it is so important to hit the ball into space and apply this understanding as the outwit their opponents.	

	underarm and execute a developing understanding of overarm throwing.		difference between attack and defence.					
Vocabulary	Attacker Defender Possession Space Dribbling Passing Opponent Team Chess pass Batting Fielder Throwing Catching	Linking Flow Transition Jump Roll Sequence Zig-zag Curved	Attacker Defender Space Tactics Transition Team	Attacker Defender Agility Balance Coordination Dribbling Warm up	Control Rhythm Expression Emotion Choreography Unison motif	Jumping Distance Space Speed Landing	Attacker Defender Opponent Accuracy Power Batting Fielder	
End of unit application task	Small sided games within the lesson	Performances for the class	Small sided games within the lesson		Multi-skills intra competition	Sports Day	Small sided game	

Year 3

N.B. Also include Yoga in the Spring term. See separate plan.

Unit of work	Autumn	Autumn and Spring	Autumn and Spring	Spring	Spring	Summer	Summer	Summer
	Invasion games Football Hockey	Gymnastics/Yoga Canon and Unison Symmetry and asymmetry	Dance Complete PE unit	Net and Wall games Tennis	Health Related Exercise Complete PE unit	Athletics Complete PE unit	Striking and Fielding Cricket and Rounders	Swimming
Prior learning	The children have learnt basic ball skills and attack and defence tactics in previous years.	Children have learnt about high, low, over and under, moving, body parts, wide, narrow and curled, linking and pathways.	In every year group, the children have taken part in dance lessons.	The children have learnt basic bats and ball skill in Year 1 and Year 2.	Children have been taught the importance of exercise throughout their time in school.	Children have explored a range of athletics skills, both track and field based events.	The children have learnt basic racket and ball skill in Year 1 and Year 2	
Core learning: knowledge	Know the importance of exercise and are aware of the health benefits; Know what happens to our bodies when we exercise; Evaluate and recognise their own success; Further develop and understand resilience and fairness in sports; Be able to engage in competitive and cooperative activities in a range of increasingly challenging situations, and enjoying communicating, collaborating and competing with each other.							
Core learning: skills	Football	Children are introduced to the terms, canon and unison.	Children respond to stimuli.	Children will throw/hit the ball into space on	Children will develop their ability to use and apply different	Children explore running for speed.	Children will develop their throwing skills	

	<p>Children pass and receive a ball accurately.</p> <p>Children practise dribbling</p> <p>Children practise keeping possession.</p> <p>Hockey Children combine dribbling and passing accurately.</p> <p>Children practise shooting to score a goal.</p>	<p>Children use symmetry and asymmetry.</p> <p>Children create sequences which link together a number of elements.</p> <p>Perform sequences on the floor and on apparatus.</p>	<p>Children develop motifs based on a theme.</p> <p>Children extend their dance to create sequences with a partner.</p> <p>Children perform with expression and emotion.</p>	<p>their opponents side of the court.</p> <p>After playing a shot, children will recover to a ready position, ready to return the ball.</p> <p>Children will practise the forehand shot.</p> <p>Children complete a rally with a partner.</p>	<p>relaxation techniques.</p> <p>Children will be able to execute a variety of meditative balances correctly.</p> <p>Children will understand what relaxation means as well as understanding why meditative balances can benefit the mind and body.</p>	<p>Children explore acceleration.</p> <p>Children understand how their bodies feel when they exert themselves</p> <p>Children complete standing long jump using arms and legs to help us jump further.</p> <p>Children practise throwing for distance and accuracy.</p>	<p>(underarm and overarm) so they throw with accuracy.</p> <p>Children will develop their catching skills.</p> <p>Children will develop their batting skills.</p> <p>Children will demonstrate a growing understanding of the difference between attack and defence (batting and fielding).</p>	
Vocabulary	<p>Attacker</p> <p>Defender</p> <p>Space</p> <p>Possession</p> <p>Free kick</p> <p>Penalty</p> <p>Intercepting</p> <p>Shooting</p>	<p>Extension</p> <p>Sequence</p> <p>Unison</p> <p>Canon</p> <p>Linking</p> <p>Flow</p> <p>Symmetrical</p> <p>Asymmetrical</p>	<p>Expression</p> <p>Creativity</p> <p>Emotion</p> <p>Motif</p> <p>Choreography</p> <p>Character</p>	<p>Space</p> <p>Return</p> <p>Recover</p> <p>Baseline</p> <p>Forehand</p> <p>Rally</p> <p>out</p>	<p>Emotions</p> <p>Relaxed</p> <p>Anxious</p> <p>Balanced</p> <p>Meditative balances</p> <p>Deep breathing</p>	<p>Tactics</p> <p>Speed</p> <p>Acceleration</p> <p>Distance</p> <p>Accuracy</p> <p>Relay</p> <p>Change over</p>	<p>Throwing</p> <p>Catching</p> <p>Outwit</p> <p>Strike</p> <p>Batting</p> <p>Fielder</p> <p>Out</p> <p>Base</p> <p>Rounders</p> <p>Long barrier</p>	
End of unit application task	<p>Small sided games where the rules are followed and children use all the skills they have acquired.</p>	<p>Performances for the other children.</p>	<p>Performance for the other Year 3 class.</p>	<p>Play matches against different partners.</p>		<p>Sports Day</p>	<p>Intra competition in Summer Term</p>	

Year 4

Unit of work	Autumn	Autumn	Autumn and Spring	Spring	Spring	Spring	Summer	Summer	Swimming
	Invasion games Dodgeball Tag Rugby	Dance Complete PE unit	Gymnastics Bridges Level and direction	Net and Wall Games Tennis	Health and Well Being Complete PE unit and Supplement	Outdoor Adventure Activities Complete PE units (not orienteering)	Striking and Fielding Cricket and Rounders	Athletics Complete PE unit	
Prior learning	Children have completed invasion games throughout their PE lessons.	In every year group, the children have taken part in dance lessons.	In KS2, the children have learnt about canon and unison.	Children have played tennis in Year 3.	Children have been taught the importance of exercise throughout their time in school.		Children have developed basic cricket and rounders skills in Year 3.	Children have explored a range of athletics skills, both track and field based events.	
Core learning: knowledge	Know the importance of exercise and are aware of the health benefits; Know what happens to our bodies when we exercise; Evaluate and recognise their own success; Further develop and understand resilience and fairness in sports; Be able to engage in competitive and cooperative activities in a range of increasingly challenging situations, and enjoying communicating, collaborating and competing with each other.								
Core learning; skills	Dodgeball Children will be able to apply a secure understanding of dodging, throwing, jumping, ducking and catching skills to outwit their opponents and win the game. Children will demonstrate an understanding of the importance of apply skills at the right time (where, when and why) in	Children respond imaginatively to a range of stimuli related to character and narrative. Children use simple motifs and movement patterns to structure dance phrases on their own, with a partner and in a group. Children will refine, repeat and remember dance phrases and dances. Children will perform dances	Bridges Children investigate how and where to make bridges. Children develop sequences with bridges (including on apparatus). Sequence formation and sequence completion. Children will link these movements and balances together. Level and direction Children will investigate using	Children develop their forehand and backhand Children learn how to score points in matches. Children hit the ball accurately in the opponents side of the court. Children create space for the next shot that will win them the point.	Knowledge based unit.	Children will work within teams to find effective strategies and tactics in order to complete the different challenges successfully. Children will apply an ability to evaluate and improve strategies to solve the problems.	Children will throw and catch accurately - overarm and underarm Children will stop the ball and apply basic fielding techniques Children develop their batting skills and decide where best to place the ball.	Children will develop their techniques for running at speed. Children will explore their stride patterns. Children will explore running at pace. Children will understand and apply tactics when running for distance. Children will throw the javelin effectively. Children will learn the three stages in the triple jump and will put them together to jump well.	

	<p>order to win a game.</p> <p>Tag rugby Children will be able to apply a secure understanding of passing, moving to create space and score.</p> <p>Children will apply tagging to prevent an attacker scoring.</p> <p>Children will demonstrate a growing understanding of the difference between attack and defence, understanding when and why to apply certain skills.</p>	clearly and fluently.	<p>levels and changes in direction.</p> <p>Children will develop and create a sequence that includes a change of direction and a change in level, including movements and balances that flow.</p>						
Vocabulary	<p>Attacker Defender Dodge Ducking Jumping Aiming</p> <p>Space Forward pass offside</p>	<p>Expression Creativity Emotion Motif Flow character</p>	<p>Extension Control Bridge Levels Flow</p> <p>Unison Canon Directions Levels Flow Extension</p>	<p>Outwit Space Accuracy Baseline Forehand Backhand Rally Out</p>	<p>Emotions Mindfulness Relaxed Meditative balances Mime Deep breathing</p>	<p>Tactics Teamwork Strategy Responsibly Listening Trust Communication- non-verbal/verbal</p>	<p>Striking Bowling batting Fielding Long barrier Retrieval Catching Backstop Half a rounder</p>	<p>Speed Power Distance Stride pattern pace</p>	
End of unit application task	Small sided games where the rules are followed and children use all	Performance for the other Year 4 class.	Performances for the other children.	Play matches against different partners.			Intra competition in Summer Term	Sports Day	

	the skills they have acquired.								
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Year 5

N.B. Include orienteering session in Spring term - Complete PE unit

Unit of work	Autumn	Autumn	Autumn	Spring	Spring	Summer	Summer	Swimming
	Invasion Games <i>Basketball</i> <i>/handball</i> <i>Football</i>	Gymnastics <i>Counter balance</i> <i>and counter</i> <i>tension and</i> <i>flight</i>	Dance <i>Complete PE unit</i>	Net/Wall games <i>Tennis</i> <i>Badminton</i>	Health Related Exercise <i>Complete PE unit</i> <i>and</i> <i>Supplement</i>	Striking and Fielding <i>Cricket</i> <i>Rounders</i>	Athletics <i>Complete PE unit</i>	
Prior learning	Children have played Football in Year 3. Children have completed invasion games throughout their PE lessons.	In KS2, the children have learnt about canon and unison, bridges, levels and direction.	In every year group, the children have taken part in dance lessons.	Children have played tennis in Year 3 and Year 4.	Children have been taught the importance of exercise throughout their time in school.	Children have developed basic cricket and rounders skills in Year 3 and Year 4.	Children have explored a range of athletics skills, both track and field based events.	
Core learning knowledge	Know the importance of exercise and are aware of the health benefits; Know what happens to our bodies when we exercise; Evaluate and recognise their own success; Further develop and understand resilience and fairness in sports; Be able to engage in competitive and cooperative activities in a range of increasingly challenging situations, and enjoying communicating, collaborating and competing with each other.							
Core learning; skills	Children will pass, move, dribble and shoot accurately and consistently. Children will switch fluidly between attack and defence as possession changes. Children will begin to create and apply tactics that they can then adapt depending on the situation. Children will apply a refined understanding of passing and	Children will be introduced to and will experiment with counter balance counter tension Children will apply counter balance and counter tension on the floor and on the apparatus. Children will execute 'excellent' balances and movements within the Counter Balance	Children will compose motifs. Children will plan dances creatively and collaboratively in groups. Children will perform with flow showing clarity and fluency. Suggest ways to improve their own and other people's work	Children will be able to execute the backhand and forehand technique with accuracy and consistency. Children will be able to execute a wide range of shots and play the ball into space. Children will be able to use and apply the serve in games. Children will understand the consequences if shots are not accurate and controlled.	<i>Knowledge based unit.</i>	Children understand the role of the batter. Children will use prior knowledge of fielding tactics and consider when, where and why they will apply these during a game. Cricket Children to learn how to bowl overarm correctly. Children will learn to hold a cricket bat correctly and will strike the ball well. Rounders	Children will learn an effective throwing technique for the discus and shot put. Children learn effective techniques for triple jump. Children will develop their technique for hurdling Children will use an effective technique for running. Children will know the importance of maintaining pace when finishing a sprint.	

	moving as well as an understanding of defensive strategies.	and Tension theme Children will accurately apply flow as they link their balances with movement. Children will execute a variety of jumps on the floor and apparatus and use these jumps to create a sequence of movements in groups that flows.				Children will learn the rules of rounders and play competitive games.	Children will know when and where changeovers take place on a curved track.	
Vocabulary	Tactics Transition Marking Rebound Travelling Double dribble Bounce pass Shoulder pass Man to man marking Goal side Pressure Tracking back shadowing	Counter balance Counter tension flow levels unison canon flow jump turn flight direction landing	Creativity Choreography motif	Volley Serve Forehand Backhand Rally Shuttlecock Underarm serve	Warm up Muscles Cardio High intensity Heart rate Fitness Health	Stance Crease Batting point Non-striker Pitch Over Innings	Sprint Curved Shot Pace Relay Baton Changeover Hurdles	
End of unit application task	Small sided games where the rules are followed and children use all the skills they have acquired.	Performances for the other children.	Performance for the other Year 5 class and for their buddies.	Play matches against different partners.	Repeat the first activities- has there been an improvement?	Intra competition in Summer Term	Sports Day	
Year 6								
Unit of work	Autumn Invasion games Netball (benchball)	Autumn Dance	Autumn Gymnastics	Spring Net and Wall Games Tennis and Badminton	Spring Health Related Exercise Complete PE unit and Supplement	Summer Athletics Complete PE unit	Summer Striking and Fielding Cricket and Rounders	Swimming

	Tag Rugby	Complete PE unit or 1939 plan	Creating sequences and matching and mirroring.					
Prior learning	Children have played Tag Rugby in Year 4. Children have completed invasion games throughout their PE lessons.	In every year group, the children have taken part in dance lessons.	In KS2, the children have learnt about canon and unison, bridges, levels and direction, counter balance and counter tension and flight	Children have learnt tennis skills throughout KS2. The children have learnt some basic badminton skills in Year 5.	Children have been taught the importance of exercise throughout their time in school.	Children have explores a range of athletics skills, both track and field based events.	Children have played cricket and rounders throughout KS2.	
Core learning: knowledge	<p>Know the importance of exercise and are aware of the health benefits; Know what happens to our bodies when we exercise; Evaluate and recognise their own success; Further develop and understand resilience and fairness in sports; Be able to engage in competitive and cooperative activities in a range of increasingly challenging situations, and enjoying communicating, collaborating and competing with each other.</p>							
Core learning skills	<p>Children will consolidate understanding of attacking and defending</p> <p>Children will use a range of tactics and skills within a game situation – create space/move into space etc</p> <p>Children will have a clear understanding of the role of each team member and the importance of team work.</p>	<p>Second World War Dance</p> <p>Children will study behaviours of people in 1939</p> <p>Children will create motifs</p> <p>Children will creating sequences in small groups that show character emotion</p> <p>Children will perform with clarity, fluency, accuracy and consistency.</p> <p>Children will make effective evaluations of an individual,</p>	<p>Children will learn how to link a range of skills together to create a sequence.</p> <p>Children will create a sequence containing both matching and mirroring movements.</p> <p>Children will execute routines with accuracy and fluidity using a range of apparatus.</p> <p>Children will reflect on what they have done and how it could be improved.</p>	<p>Children execute the correct technique for a range of shots, with accuracy and consistency.</p> <p>Children will learn the scoring systems in tennis and badminton</p> <p>Tennis Children will play forehand, backhand, serves and volleys into space in order to win points.</p> <p>Children will learn how and where to serve.</p>	<i>Knowledge based unit.</i>	<p>Children will learn an effective throwing technique for the javelin and shot put.</p> <p>Children learn effective techniques for long and triple jump.</p> <p>Children will use an effective technique for running.</p> <p>Children will learn how to pace themselves over longer runs.</p>	<p>Children will refine their batting and bowling techniques</p> <p>Children will refine fielding stopping, catching and throwing</p> <p>Children will combine bowling and fielding, creating and applying tactics</p> <p>Children will umpire and develop their understanding of the scoring system further</p>	

		pairs' or groups strengths and weaknesses						
Vocabulary	Attack Defence Possession Repossession Positions Marking Tactics Offside Knock on Advantage Formation	Choreography Motif Sequences Evaluation Performance	Sequence Flow Levels Direction Unison Canon Mirroring Matching	Space Lob Drop Clear Forearm Backhand Serves Volley Doubles	Warm up Muscles Cardio High intensity Heart rate Fitness Health	Javelin Shot put Long jump Triple jump Personal best Teamwork Speed Distance Evaluation Events	Stance Fielding Bowling Overarm Underarm Four runs Six runs Over Bowling	
End of unit application task	Small sided games where the rules are followed and children use all the skills they have acquired.	Performance for other class	Performances for the other children.	Double matches	Repeat the first activities- has there been an improvement?	Sports Day	Intra competition in Summer Term.	