

## Physical Education Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Fine Motor Skills <ul style="list-style-type: none"> <li>• Run skilfully.</li> <li>• Pick up, carry and put down with care.</li> <li>• Thread with control.</li> </ul>	Locomotion 1 <ul style="list-style-type: none"> <li>• Walk forwards and backwards.</li> <li>• Negotiate space.</li> <li>• Jump in different ways.</li> <li>• Dodge and gallop.</li> <li>• Slide to the left and right.</li> </ul>	Day on the Farm <ul style="list-style-type: none"> <li>• Throwing, catching, ball throwing.</li> <li>• Bouncing, leaping and balancing.</li> <li>• To copy and create movements.</li> </ul>	Under the Sea <ul style="list-style-type: none"> <li>• Jumping, leaping and hopping.</li> <li>• To move in different creative ways.</li> <li>• Starting, stopping, balancing and running.</li> </ul>	An encounter with Pirates <ul style="list-style-type: none"> <li>• Running, bending, stretching and balancing.</li> </ul>	Target Games 1 <ul style="list-style-type: none"> <li>• Throw a ball underarm.</li> <li>• Strike a ball with my foot.</li> <li>• Kick a ball and roll with both feet.</li> </ul>
Reception	Locomotion 2 <ul style="list-style-type: none"> <li>• Jump in a variety of different ways.</li> </ul>	Yoga <ul style="list-style-type: none"> <li>• Perform different poses and think creatively.</li> </ul>	Dance-Seasons <ul style="list-style-type: none"> <li>• Use my body to create different shapes and to perform sequences.</li> </ul>	Target Games 1 <ul style="list-style-type: none"> <li>• Throw a ball underarm.</li> <li>• Strike a ball with my foot.</li> <li>• Kick a ball and roll with both feet.</li> </ul>	Striking & Fielding Games Skills 1 <ul style="list-style-type: none"> <li>• Develop fielding techniques.</li> <li>• Bowl, pick up and stop a ball.</li> <li>• Chase and retrieve a ball.</li> </ul>	A Visit to the Zoo <ul style="list-style-type: none"> <li>• Move in different ways.</li> <li>• Create and copy movements.</li> </ul>
Year 1	Fundamental Movement Skills 1 <ul style="list-style-type: none"> <li>• Run skilfully</li> <li>• Pick up, put down and carry with care.</li> <li>• Show increasing control.</li> </ul>	Gymnastics- Pathways-small & long <ul style="list-style-type: none"> <li>• Step in controlled movements.</li> <li>• Push and pull myself.</li> <li>• Step and turn gracefully.</li> </ul>	Net & Wall Game Skills 1 <ul style="list-style-type: none"> <li>• Send a ball with accuracy.</li> <li>• Strike and volley a ball.</li> <li>• Throw with accuracy and power.</li> </ul>	Invasion Games Skills 1 <ul style="list-style-type: none"> <li>• Receiving a bounce pass.</li> <li>• Change direction confidently.</li> <li>• Push pass</li> <li>• Dribble a ball</li> </ul>	Dance- Animals <ul style="list-style-type: none"> <li>• Create different shapes with my body.</li> <li>• Remember and perform a simple sequence.</li> </ul>	Striking & Fielding Game Skills 1 <ul style="list-style-type: none"> <li>• Use both hands whilst fielding.</li> <li>• Stop a ball.</li> <li>• Bowl a ball.</li> <li>• Chase and retrieve a ball.</li> </ul>

	<ul style="list-style-type: none"> <li>• Balance on one leg.</li> <li>• Thread objects.</li> </ul>	<ul style="list-style-type: none"> <li>• Jump in different pathways.</li> <li>• Create sequences.</li> </ul>				
Year 2		<p>Dance- Fire of London</p> <ul style="list-style-type: none"> <li>• Create shapes using my body.</li> <li>• Remember and perform a sequence.</li> </ul>	<p>Net &amp; Wall Game Skills 2</p> <ul style="list-style-type: none"> <li>• Send a receive a ball.</li> <li>• Strike a ball.</li> <li>• Send a ball.</li> <li>• Develop a good grip and stance.</li> <li>• Return a ball.</li> <li>• Strike a ball.</li> </ul>	<p>Invasion Games Skills 2</p> <ul style="list-style-type: none"> <li>• Throw and catch overarm.</li> <li>• Track an opponent.</li> <li>• Dodge to beat an opponent.</li> <li>• Pass the ball.</li> <li>• Compete.</li> </ul>	<p>Striking &amp; Field Game Skills 2</p> <ul style="list-style-type: none"> <li>• Catch and bowl a ball.</li> <li>• Pick up and strike a ball.</li> <li>• Chase a ball.</li> </ul>	<p>Athletics 2</p> <ul style="list-style-type: none"> <li>• Jump in different ways.</li> <li>• Throw with good technique.</li> </ul>
Year 3	<p>Netball</p> <ul style="list-style-type: none"> <li>• Send and pass a ball.</li> <li>• Attack and track an opponent.</li> <li>• Shoot using good technique.</li> </ul>	<p>Dodgeball</p> <ul style="list-style-type: none"> <li>• Throw and catch.</li> <li>• Be aware of the opposition.</li> <li>• Attack and make decisions.</li> </ul>	<p>Athletics</p> <ul style="list-style-type: none"> <li>• Use the correct technique for sprinting.</li> <li>• Hurdle and jump.</li> <li>• Throw correctly.</li> </ul>	<p>Football</p> <ul style="list-style-type: none"> <li>• Trap, turn and dribble a ball.</li> <li>• Make good decisions.</li> <li>• Defend well and compete.</li> </ul>	<p>Cricket</p> <ul style="list-style-type: none"> <li>• Be ready to receive a ball.</li> <li>• Throw and bowl a ball.</li> <li>• Bat successfully and field.</li> </ul>	<p>Dance- Egyptians</p> <ul style="list-style-type: none"> <li>• Demonstrate agility, coordination, balance and precision.</li> <li>• Change directions.</li> </ul>
Year 4	<p>OAA</p> <ul style="list-style-type: none"> <li>• Work as a team to solve problems.</li> <li>• Negotiate.</li> <li>• Know the school grounds using a map.</li> </ul>	<p>Gymnastics-Partner Work-Pushing and Pulling</p> <ul style="list-style-type: none"> <li>• Balance.</li> <li>• Compose a sequence.</li> <li>• Work at contrasting levels.</li> </ul>	<p>Tennis</p> <ul style="list-style-type: none"> <li>• Get into ready positions.</li> <li>• Hit consistent forehand and backhand.</li> <li>• Volley and serve a ball.</li> </ul>	<p>Basketball</p> <ul style="list-style-type: none"> <li>• Control a ball with both hands.</li> <li>• Pass the ball using good technique.</li> <li>• Dribble, pass and shoot the ball.</li> </ul>	<p>Rounders</p> <ul style="list-style-type: none"> <li>• Send a ball with good technique.</li> <li>• Develop bowling, throwing and batting skills.</li> <li>• Field and catch high balls.</li> </ul>	<p>Dance-Vikings</p> <ul style="list-style-type: none"> <li>• Change actions.</li> </ul>

Year 5	<p>Dance-British Values</p> <ul style="list-style-type: none"> <li>• Develop agility, balance, coordination and precision.</li> <li>• Change actions.</li> </ul>	<p>Football</p> <ul style="list-style-type: none"> <li>• Demonstrate control.</li> <li>• Communicate.</li> <li>• Identify shooting technique.</li> <li>• Combine skills to score.</li> </ul>	<p>Athletics</p> <ul style="list-style-type: none"> <li>• Change pace and run.</li> <li>• Throw with accuracy and force.</li> <li>• Perform different jumps.</li> <li>• Compete in relay races.</li> </ul>	Swimming	Swimming	Swimming
Year 6	<p>Tennis</p> <ul style="list-style-type: none"> <li>• Hit forehand and backhand.</li> <li>• Volley, smash, lob and serve.</li> </ul>	<p>Gymnastics- Flight</p> <ul style="list-style-type: none"> <li>• Perform gracefully using take off.</li> <li>• Explore different levels.</li> </ul>	<p>OAA</p> <ul style="list-style-type: none"> <li>• Think creatively using non-verbal communications to solve problems.</li> <li>• Navigate using a map.</li> </ul>	<p>Basketball</p> <ul style="list-style-type: none"> <li>• Control and pass at ball at different speeds.</li> <li>• Mark the opposition.</li> <li>• Dribble, pass and shoot.</li> </ul>	<p>Rounders</p> <ul style="list-style-type: none"> <li>• Bowl, throw, catch a ball.</li> </ul>	<p>Dance-World War 2</p> <ul style="list-style-type: none"> <li>• Change actions and communicate effectively.</li> </ul>