

PE CURRICULUM

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	A range of activities and sports that match EYFS ELD Statements including Moving and Handling (Balance, Coordination and Dance) and Physical Development.					
Year One	<p><u>Athletics</u></p> <ul style="list-style-type: none"> -Basic movement (run, skip, jump, hop) -Coordination (when travelling or staying still) -Begin to move with control 	<p><u>Dance</u></p> <ul style="list-style-type: none"> -Rhythm (limited) -Remember and repeat simple sequences 	<p><u>Invasion games</u></p> <ul style="list-style-type: none"> -Throw underarm (with bean bags and soft balls) -Catching (ball or bean bag) -Roll a ball -Playing a game following a set of rules 	<p><u>Cricket</u></p> <ul style="list-style-type: none"> -Hitting a ball in difference ways (palm/bat/kick) -Throw underarm -Playing a game following a set of rules -Work in a team 	<p><u>Attacking and Defending</u></p> <ul style="list-style-type: none"> -Work in a team -Play a game following a set of rules 	<p><u>Invasion games</u></p> <ul style="list-style-type: none"> -Throw underarm (with bean bags and soft balls) -Catching (ball or bean bag) -Roll a ball -Playing a game following a set of rules
Year Two	<p><u>Athletics</u></p> <ul style="list-style-type: none"> -Basic movement (run, skip, jump, hop) -Coordination (when travelling or staying still) -Begin to move with control 	<p><u>Multi-skills</u></p> <ul style="list-style-type: none"> -Throw underarm (with bean bags and soft balls) -Catching (ball or bean bag) -Roll a ball -Playing a game following a set of rules 	<p><u>Dance</u></p> <ul style="list-style-type: none"> -Rhythm (limited) -Remember and repeat simple sequences 	<p><u>Cricket</u></p> <ul style="list-style-type: none"> -Hitting a ball in difference ways (palm/bat/kick) -Throw underarm -Playing a game following a set of rules -Work in a team 	<p><u>Invasion games</u></p> <ul style="list-style-type: none"> - Throw underarm (with bean bags and soft balls) -Catching (ball or bean bag) -Roll a ball -Playing a game following a set of rules 	<p><u>Attacking and Defending</u></p> <ul style="list-style-type: none"> -Work in a team -Play a game following a set of rules
Year Three	<p><u>Team building</u></p> <ul style="list-style-type: none"> -Develop an understanding of fair play -Develop communication -Work in a team 	<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> -Perform actions, balances and body shapes -Work alone or in groups to plan, perform and repeat sequences 	<p><u>Football</u></p> <ul style="list-style-type: none"> -Kick a ball with accuracy to the correct person in the game -Throw a ball (overarm) -Develop simple tactics for attacking and defending 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> -Movement (run, jump, skip, hop) -Perform a standing long jump -Throw a javelin -Throw a shot put -Run for a sustained period of time (200m) 	<p><u>Basketball</u></p> <ul style="list-style-type: none"> -Throw a ball (chest pass, bounce pass) -Catch a larger ball with accuracy 	<p><u>Tennis</u></p> <ul style="list-style-type: none"> -Strike a ball using a racket -Play a game following a set of rules

Year Four	<p><u>Dance</u></p> <ul style="list-style-type: none"> -Perform dances alone or in a group -Suggests improvements to my own route 	<p><u>Badminton</u></p> <ul style="list-style-type: none"> -Strike a shuttlecock -Understand the basic rules of the game 	<p><u>Tag Rugby</u></p> <ul style="list-style-type: none"> -Throw ball accurately -Keep some possession of the ball 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> -Perform a standing long jump with the correct technique -Demonstrate the correct technique for throwing a shot put -Understanding the difference between sprinting and running 	<p><u>Hockey</u></p> <ul style="list-style-type: none"> -Pass the ball accurately (push pass) -Stop the ball using the correct technique 	<p><u>Netball</u></p> <ul style="list-style-type: none"> -Develop attacking and defending tactics -Keep some control and possession of the ball -Throw a ball accurately (bounce pass, short and long pass)
Year Five	<p><u>Tag Rugby</u></p> <ul style="list-style-type: none"> -Throw the ball accurately and take it towards the opposition's goal -Work as a team to maintain possession of the ball -Understand the basic rules of the game 	<p><u>Basketball</u></p> <ul style="list-style-type: none"> -Use a range of difference passes (chest pass, bounce pass, push pass, overhead pass) -Work as a team to maintain possession of the ball -Shoot a ball accurately in a game 	<p><u>Cricket/Rounders</u></p> <ul style="list-style-type: none"> -Strike a ball with a narrow bat -Play competitive games 	<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> -Create a sequence using apparatus -Combine a range of shapes and balances -Perform to an audience 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> -Throw with distance (javelin and shot put) -Choose the best pace for distance running (400m) -Control at take-off in long jump 	<p><u>Football</u></p> <ul style="list-style-type: none"> -Use a range of difference passes accurately -Work as a team to maintain possession of the ball, taking the ball towards a goal -Understand the basic rules of the game
Year Six	<p><u>Team Building</u></p> <ul style="list-style-type: none"> -Develop an understanding of fair play -Develop communication -Work in a team 	<p><u>Hockey</u></p> <ul style="list-style-type: none"> -Pass the ball accurately (push pass) -Shoot the ball towards goal in games -Understand the rules of the game 	<p><u>Netball</u></p> <ul style="list-style-type: none"> -Pass the ball accurately using a range of passes -Understand the rules of the game -Use tactics when planning approach to attacking and defending -Play competitive games 	<p><u>Football</u></p> <ul style="list-style-type: none"> -Understand the rules of the game -Use tactics when planning approach to attacking and defending -Play competitive games 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> -Have good control, speed, strength and stamina when running, jumping or throwing 	<p><u>Tennis</u></p> <ul style="list-style-type: none"> -Use forehand shot accurately -Use overhead shot for serving -Understand the rules of the game (singles and doubles)