PE Curriculum



PE Overview

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|  | **Autumn** | **Spring** | **Summer** |
|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Year 3** | **C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\E29E2420.tmpDance**Rugby Ball Red White Blue Design Stock Vector (Royalty Free) 489486451**Rugby** | **C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\9B729893.tmp**Gymnastics | Free Vectors, Stock Photos & PSD**Football****Gymnastics** | **C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\CE79C05E.tmpC:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\C0334CF2.tmpTennis****Netball** | **C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\962B2C1C.tmpBasketball****C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\E48E29D0.tmpHockey** | **C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\9F180D28.tmpC:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\D093948A.tmpAthletics****Rounders** | **C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\D093948A.tmpC:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\9F180D28.tmpRounders****Athletics**  |
| **Year 4** | **C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\E29E2420.tmpDance**Rugby Ball Red White Blue Design Stock Vector (Royalty Free) 489486451**Rugby** | **C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\9B729893.tmp**Gymnastics | Free Vectors, Stock Photos & PSD**Football****Gymnastics** | **C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\CE79C05E.tmpC:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\C0334CF2.tmpTennis****Netball** | **C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\962B2C1C.tmpBasketball****C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\E48E29D0.tmpHockey** | **C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\9F180D28.tmpC:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\D093948A.tmpAthletics****Rounders** | **C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\9F180D28.tmpRounders****C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\D093948A.tmpAthletics** |
| **Year 5** | **C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\E29E2420.tmpDance****C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\9E54E46.tmpSwimming** | **C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\9E54E46.tmp**Gymnastics | Free Vectors, Stock Photos & PSD**Swimming****Gymnastics** | **C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\C0334CF2.tmpTennis****C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\9E54E46.tmpSwimming** | **C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\9E54E46.tmpSwimming****C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\E48E29D0.tmpHockey** | **C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\9E54E46.tmpSwimming****C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\9F180D28.tmpRounders**  | **C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\D093948A.tmpAthletics****C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\9E54E46.tmpSwimming** |
| **Year 6** | **C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\E29E2420.tmpDance**Rugby Ball Red White Blue Design Stock Vector (Royalty Free) 489486451**Rugby** | **C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\9B729893.tmpFootball**Gymnastics | Free Vectors, Stock Photos & PSD**Gymnastics** | **C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\C0334CF2.tmpTennis****C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\CE79C05E.tmpNetball** | **C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\E48E29D0.tmpC:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\962B2C1C.tmpBasketball****Hockey** | **C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\D093948A.tmpAthletics****C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\9F180D28.tmpRounders** | **C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\9F180D28.tmpRounders****C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\D093948A.tmpAthletics** |

Year 3

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|  | **Autumn** | **Spring** | **Summer** |
|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Overview** | **C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\E29E2420.tmpDance**Rugby Ball Red White Blue Design Stock Vector (Royalty Free) 489486451**Rugby** | **C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\9B729893.tmp**Gymnastics | Free Vectors, Stock Photos & PSD**Football****Gymnastics** | **C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\CE79C05E.tmpC:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\C0334CF2.tmpTennis****Netball** | **C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\962B2C1C.tmpBasketball****C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\E48E29D0.tmpHockey** | **C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\D093948A.tmpAthletics****C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\9F180D28.tmpRounders** | **C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\9F180D28.tmpRounders****C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\D093948A.tmpAthletics**  |
| **Suggested Content** | I can begin to improvise independently to create a simple dance.I can begin to improvise with a partner to create a simple dance.I can translate ideas from stimuli into movement with support.I can begin to compare and adapt movements and motifs to create a larger sequence.I can use simple dance vocabulary to compare and improve work. | I can apply compositional ideas independently and with others to create a sequence.I can copy, explore and remember a variety of movements and uses these to create my own sequence.I can describe my own work using simple gym vocabulary.I can begin to notice similarities and differences between sequences.I can use turns whilst travelling in a variety of ways.I can begin to show flexibility in movementsI can begin to develop good technique when travelling, balancing, using equipment etc | I can understand tactics and composition by starting to vary how they respond.I can vary skills, actions and ideas and link these in ways that suit the games activity. I can begin to communicate with others during game situations. I can use skills with co-ordination and control. I can develop my own rules for new games. I can make imaginative pathways using equipment. I can work well in a group to develop various games. I can begin to understand how to compete with each other in a controlled manner. I can begin to select resources independently to carry out different skills.  | I can understand tactics and composition by starting to vary how they respond.I can vary skills, actions and ideas and link these in ways that suit the games activity. I can begin to communicate with others during game situations. I can use skills with co-ordination and control. I can develop my own rules for new games. I can make imaginative pathways using equipment. I can work well in a group to develop various games. I can begin to understand how to compete with each other in a controlled manner. I can begin to select resources independently to carry out different skills.  | I can begin to run at speeds appropriate for the distance. *e.g. sprinting and cross country*I can perform a running jump with some accuracy I can perform a variety of throws using a selection of equipment.I can use equipment safely and with good control. | I can begin to run at speeds appropriate for the distance. *e.g. sprinting and cross country*I can perform a running jump with some accuracy I can perform a variety of throws using a selection of equipment.I can use equipment safely and with good control. |

Year 4

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|  | **Autumn** | **Spring** | **Summer** |
|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Overview** | **C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\E29E2420.tmpDance**Rugby Ball Red White Blue Design Stock Vector (Royalty Free) 489486451**Rugby** | **C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\9B729893.tmp**Gymnastics | Free Vectors, Stock Photos & PSD**Football****Gymnastics** | **C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\CE79C05E.tmpC:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\C0334CF2.tmpTennis****Netball** | **C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\962B2C1C.tmpBasketball****C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\E48E29D0.tmpHockey** | **C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\D093948A.tmpC:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\9F180D28.tmpAthletics****Rounders** | **C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\9F180D28.tmpRounders****C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\D093948A.tmpAthletics** |
| **Suggested Content** | I can confidently improvise with a partner or on my own.I can begin to create longer dance sequences in a larger group.I can demonstrate precision and some control in response to stimuli.I can begin to vary dynamics and develop actions and motifs.I can demonstrate rhythm and spatial awareness.I can modify parts of a sequence as a result of self-evaluation.I can use simple dance vocabulary to compare and improve work. | I can link skills with control, technique, co-ordination and fluency.I can understand composition by performing more complex sequences.I can begin to use gym vocabulary to describe how to improve and refine performances.I can strength, technique and flexibility throughout performances.I can create sequences using various body shapes and equipment.I can combine equipment with movement to create sequences. | I can vary skills, actions and ideas and link these in ways that suit the games activity. I can show confidence in using ball skills in various ways, and can link these together. *e.g. dribbling, bouncing, kicking*I can use skills with co-ordination, control and fluency. I can take part in competitive games with a strong understanding of tactics and composition. I can create my own games using knowledge and skills.I can work well in a group to develop various games. I can compare and comment on skills to support creation of new games.I can make suggestions as to what resources can be used to differentiate a game. I can use basic skills for attacking and defending.I can use running, jumping, throwing and catching in isolation and combination. | I can vary skills, actions and ideas and link these in ways that suit the games activity. I can show confidence in using ball skills in various ways, and can link these together. *e.g. dribbling, bouncing, kicking*I can use skills with co-ordination, control and fluency. I can take part in competitive games with a strong understanding of tactics and composition. I can create my own games using knowledge and skills.I can work well in a group to develop various games. I can compare and comment on skills to support creation of new games.I can make suggestions as to what resources can be used to differentiate a game. I can use basic skills for attacking and defending.I can use running, jumping, throwing and catching in isolation and combination. | I can begin to build a variety of running techniques and use with confidence. I can perform a running jump with more than one component. *e.g. hop skip jump (triple jump)*I can demonstrate accuracy in throwing and catching activities. I can describe good athletic performance using correct vocabulary. I can use equipment safely and with good control. | I can begin to build a variety of running techniques and use with confidence. I can perform a running jump with more than one component. *e.g. hop skip jump (triple jump)*I can demonstrate accuracy in throwing and catching activities. I can describe good athletic performance using correct vocabulary. I can use equipment safely and with good control. |

Year 5

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|  | **Autumn** | **Spring** | **Summer** |
|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Overview** | **C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\E29E2420.tmpDance****C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\9E54E46.tmpSwimming** | **C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\9E54E46.tmp**Gymnastics | Free Vectors, Stock Photos & PSD**Swimming****Gymnastics** | **C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\C0334CF2.tmpTennis****C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\9E54E46.tmpSwimming** | **C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\9E54E46.tmpSwimming****C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\E48E29D0.tmpHockey** | **C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\9E54E46.tmpSwimming****C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\9F180D28.tmpRounders**  | **C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\D093948A.tmpAthletics****C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\9E54E46.tmpSwimming** |
| **Suggested Content** | I can swim competently, confidently and proficiently over a distance of at least 25 metres I can use a range of strokes effectively e.g. front crawl, backstroke and breaststroke.I can perform safe self-rescue in different water-based situations. | I can swim competently, confidently and proficiently over a distance of at least 25 metres I can use a range of strokes effectively e.g. front crawl, backstroke and breaststroke.I can perform safe self-rescue in different water-based situations. | I can vary skills, actions and ideas and link these in ways that suit the games activity. I can show confidence in using ball skills in various ways, and can link these together effectively. *e.g. dribbling, bouncing, kicking*I can keep possession of balls during games situations. I can consistently use skills with co-ordination, control and fluency. I can take part in competitive games with a strong understanding of tactics and composition. I can create their own games using knowledge and skills.I can modify competitive games. I can compare and comments on skills to support creation of new games.I can make suggestions as to what resources can be used to differentiate a game. I can apply knowledge of skills for attacking and defending.I can use running, jumping, throwing and catching in isolation and in combination. | I can vary skills, actions and ideas and link these in ways that suit the games activity. I can show confidence in using ball skills in various ways, and can link these together effectively. *e.g. dribbling, bouncing, kicking*I can keep possession of balls during games situations. I can consistently use skills with co-ordination, control and fluency. I can take part in competitive games with a strong understanding of tactics and composition. I can create their own games using knowledge and skills.I can modify competitive games. I can compare and comments on skills to support creation of new games.I can make suggestions as to what resources can be used to differentiate a game. I can apply knowledge of skills for attacking and defending. I can use running, jumping, throwing and catching in isolation and in combination. | I can swim competently, confidently and proficiently over a distance of at least 25 metres I can use a range of strokes effectively e.g. front crawl, backstroke and breaststroke.I can perform safe self-rescue in different water-based situations. | I can begin to build a variety of running techniques and use with confidence. I can perform a running jump with more than one component. *e.g. hop skip jump (triple jump)*I can begin to record peers performances, and evaluate these. I can demonstrate accuracy and confidence in throwing and catching activities. I can describe good athletic performance using correct vocabulary. I can use equipment safely and with good control. |

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Year 6

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|  | **Autumn** | **Spring** | **Summer** |
|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Overview** | **C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\E29E2420.tmpDance**Rugby Ball Red White Blue Design Stock Vector (Royalty Free) 489486451**Rugby** | **C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\9B729893.tmpFootball**Gymnastics | Free Vectors, Stock Photos & PSD**Gymnastics** | **C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\C0334CF2.tmpTennis****C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\CE79C05E.tmpNetball** | **C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\E48E29D0.tmpC:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\962B2C1C.tmpBasketball****Hockey** | **C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\D093948A.tmpAthletics****C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\9F180D28.tmpRounders** | **C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\9F180D28.tmpRounders****C:\Users\srobert\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\D093948A.tmpAthletics** |
| **Suggested Content** | I can confidently improvise with a partner or on my own.I can begin to create longer dance sequences in a larger group.I can demonstrate precision and some control in response to stimuli.I can begin to vary dynamics and develop actions and motifs.I can demonstrate rhythm and spatial awareness.I can modify parts of a sequence as a result of self-evaluation.I can use simple dance vocabulary to compare and improve work. | I can select and combine my skills, techniques and ideas.I can apply combined skills accurately and appropriately, consistently showing precision, control and fluency.I can draw on what I know about strategy, tactics and composition when performing and evaluating.I can analyse and comment on skills and techniques and how these are applied in my own and others' work.I can use more complex gym vocabulary to describe how to improve and refine performances.I can develop strength, technique and flexibility throughout performances.I can link skills with control, technique, co-ordination and fluency.I can understand composition by performing more complex sequences | I can vary skills, actions and ideas and link these in ways that suit the games activity. I can show confidence in using ball skills in various ways, and can link these together. I can use skills with co-ordination, control and fluency. I can take part in competitive games with a strong understanding of tactics and composition. I can create their own games using knowledge and skills.I can make suggestions as to what resources can be used to differentiate a game. I can apply basic skills for attacking and defending. I can use running, jumping, throwing and catching in isolation and combination. | I can vary skills, actions and ideas and link these in ways that suit the games activity. I can show confidence in using ball skills in various ways, and can link these together. I can use skills with co-ordination, control and fluency. I can take part in competitive games with a strong understanding of tactics and composition. I can create their own games using knowledge and skills.I can make suggestions as to what resources can be used to differentiate a game. I can apply basic skills for attacking and defending. I can use running, jumping, throwing and catching in isolation and combination. | I can begin to build a variety of running techniques and use with confidence. I can perform a running jump with more than one component. *e.g. hop skip jump (triple jump)*I can begin to record peers performances, and evaluate these. I can demonstrate accuracy and confidence in throwing and catching activities. I can describe good athletic performance using correct vocabulary. I can use equipment safely and with good control. | I can begin to build a variety of running techniques and use with confidence. I can perform a running jump with more than one component. *e.g. hop skip jump (triple jump)*I can begin to record peers performances, and evaluate these. I can demonstrate accuracy and confidence in throwing and catching activities. I can describe good athletic performance using correct vocabulary. I can use equipment safely and with good control. |