



PE

Curriculum



PE Overview

	Autumn		Spring		Summer	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	<p>Dance</p>  <p>Rugby</p> 	<p>Football</p>  <p>Gymnastics</p> 	<p>Tennis</p>  <p>Netball</p> 	<p>Basketball</p>  <p>Hockey</p> 	<p>Athletics</p>  <p>Rounders</p> 	<p>Rounders</p>  <p>Athletics</p> 
Year 4	<p>Dance</p>  <p>Rugby</p> 	<p>Football</p>  <p>Gymnastics</p> 	<p>Tennis</p>  <p>Netball</p> 	<p>Basketball</p>  <p>Hockey</p> 	<p>Athletics</p>  <p>Rounders</p> 	<p>Rounders</p>  <p>Athletics</p> 
Year 5	<p>Dance</p>  <p>Swimming</p> 	<p>Swimming</p>  <p>Gymnastics</p> 	<p>Tennis</p>  <p>Swimming</p> 	<p>Swimming</p>  <p>Hockey</p> 	<p>Swimming</p>  <p>Rounders</p> 	<p>Athletics</p>  <p>Swimming</p> 
Year 6	<p>Dance</p>  <p>Rugby</p> 	<p>Football</p>  <p>Gymnastics</p> 	<p>Tennis</p>  <p>Netball</p> 	<p>Basketball</p>  <p>Hockey</p> 	<p>Athletics</p>  <p>Rounders</p> 	<p>Rounders</p>  <p>Athletics</p> 

Year 3

	Autumn		Spring		Summer	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Overview	<p>Dance</p>  <p>Rugby</p> 	<p>Football</p>  <p>Gymnastics</p> 	<p>Tennis</p>  <p>Netball</p> 	<p>Basketball</p>  <p>Hockey</p> 	<p>Athletics</p>  <p>Rounders</p> 	<p>Rounders</p>  <p>Athletics</p> 
Suggested Content	<p>I can begin to improvise independently to create a simple dance.</p> <p>I can begin to improvise with a partner to create a simple dance.</p> <p>I can translate ideas from stimuli into movement with support.</p> <p>I can begin to compare and adapt movements and motifs to create a larger sequence.</p> <p>I can use simple dance vocabulary to compare and improve work.</p>	<p>I can apply compositional ideas independently and with others to create a sequence.</p> <p>I can copy, explore and remember a variety of movements and uses these to create my own sequence.</p> <p>I can describe my own work using simple gym vocabulary.</p> <p>I can begin to notice similarities and differences between sequences.</p> <p>I can use turns whilst travelling in a variety of ways.</p> <p>I can begin to show flexibility in movements</p> <p>I can begin to develop good technique when travelling, balancing, using equipment etc</p>	<p>I can understand tactics and composition by starting to vary how they respond.</p> <p>I can vary skills, actions and ideas and link these in ways that suit the games activity.</p> <p>I can begin to communicate with others during game situations.</p> <p>I can use skills with co-ordination and control.</p> <p>I can develop my own rules for new games.</p> <p>I can make imaginative pathways using equipment.</p> <p>I can work well in a group to develop various games.</p> <p>I can begin to understand how to compete with each other in a controlled manner.</p>	<p>I can understand tactics and composition by starting to vary how they respond.</p> <p>I can vary skills, actions and ideas and link these in ways that suit the games activity.</p> <p>I can begin to communicate with others during game situations.</p> <p>I can use skills with co-ordination and control.</p> <p>I can develop my own rules for new games.</p> <p>I can make imaginative pathways using equipment.</p> <p>I can work well in a group to develop various games.</p> <p>I can begin to understand how to compete with each other in a controlled</p>	<p>I can begin to run at speeds appropriate for the distance. e.g. <i>sprinting and cross country</i></p> <p>I can perform a running jump with some accuracy</p> <p>I can perform a variety of throws using a selection of equipment.</p> <p>I can use equipment safely and with good control.</p>	<p>I can begin to run at speeds appropriate for the distance. e.g. <i>sprinting and cross country</i></p> <p>I can perform a running jump with some accuracy</p> <p>I can perform a variety of throws using a selection of equipment.</p> <p>I can use equipment safely and with good control.</p>

			I can begin to select resources independently to carry out different skills.	manner. I can begin to select resources independently to carry out different skills.		
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Year 4

	Autumn		Spring		Summer	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Overview	<p>Dance</p>  <p>Rugby</p> 	<p>Football</p>  <p>Gymnastics</p> 	<p>Tennis</p>  <p>Netball</p> 	<p>Basketball</p>  <p>Hockey</p> 	<p>Athletics</p>  <p>Rounders</p> 	<p>Rounders</p>  <p>Athletics</p> 
Suggested Content	<p>I can confidently improvise with a partner or on my own.</p> <p>I can begin to create longer dance sequences in a larger group.</p> <p>I can demonstrate precision and some control in response to stimuli.</p> <p>I can begin to vary dynamics and develop actions and motifs.</p> <p>I can demonstrate rhythm and spatial awareness.</p> <p>I can modify parts of a sequence as a result of self-evaluation.</p> <p>I can use simple dance vocabulary to compare and improve work.</p>	<p>I can link skills with control, technique, co-ordination and fluency.</p> <p>I can understand composition by performing more complex sequences.</p> <p>I can begin to use gym vocabulary to describe how to improve and refine performances.</p> <p>I can strength, technique and flexibility throughout performances.</p> <p>I can create sequences using various body shapes and equipment.</p> <p>I can combine equipment with movement to create sequences.</p>	<p>I can vary skills, actions and ideas and link these in ways that suit the games activity.</p> <p>I can show confidence in using ball skills in various ways, and can link these together. e.g. <i>dribbling, bouncing, kicking</i></p> <p>I can use skills with co-ordination, control and fluency.</p> <p>I can take part in competitive games with a strong understanding of tactics and composition.</p> <p>I can create my own games using knowledge and skills.</p> <p>I can work well in a group to develop various games.</p> <p>I can compare and comment on skills to support creation of new games.</p>	<p>I can vary skills, actions and ideas and link these in ways that suit the games activity.</p> <p>I can show confidence in using ball skills in various ways, and can link these together. e.g. <i>dribbling, bouncing, kicking</i></p> <p>I can use skills with co-ordination, control and fluency.</p> <p>I can take part in competitive games with a strong understanding of tactics and composition.</p> <p>I can create my own games using knowledge and skills.</p> <p>I can work well in a group to develop various games.</p> <p>I can compare and comment on skills to support creation of new</p>	<p>I can begin to build a variety of running techniques and use with confidence.</p> <p>I can perform a running jump with more than one component. e.g. <i>hop skip jump (triple jump)</i></p> <p>I can demonstrate accuracy in throwing and catching activities.</p> <p>I can describe good athletic performance using correct vocabulary.</p> <p>I can use equipment safely and with good control.</p>	<p>I can begin to build a variety of running techniques and use with confidence.</p> <p>I can perform a running jump with more than one component. e.g. <i>hop skip jump (triple jump)</i></p> <p>I can demonstrate accuracy in throwing and catching activities.</p> <p>I can describe good athletic performance using correct vocabulary.</p> <p>I can use equipment safely and with good control.</p>

			<p>I can make suggestions as to what resources can be used to differentiate a game.</p> <p>I can use basic skills for attacking and defending.</p> <p>I can use running, jumping, throwing and catching in isolation and combination.</p>	<p>games.</p> <p>I can make suggestions as to what resources can be used to differentiate a game.</p> <p>I can use basic skills for attacking and defending.</p> <p>I can use running, jumping, throwing and catching in isolation and combination.</p>		
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Year 5

	Autumn		Spring		Summer	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Overview	<p>Dance</p>  <p>Swimming</p> 	<p>Swimming</p>  <p>Gymnastics</p> 	<p>Tennis</p>  <p>Swimming</p> 	<p>Swimming</p>  <p>Hockey</p> 	<p>Swimming</p>  <p>Rounders</p> 	<p>Athletics</p>  <p>Swimming</p> 
Suggested Content	<p>I can swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>I can use a range of strokes effectively e.g. front crawl, backstroke and breaststroke.</p> <p>I can perform safe self-rescue in different water-based situations.</p>	<p>I can swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>I can use a range of strokes effectively e.g. front crawl, backstroke and breaststroke.</p> <p>I can perform safe self-rescue in different water-based situations.</p>	<p>I can vary skills, actions and ideas and link these in ways that suit the games activity.</p> <p>I can show confidence in using ball skills in various ways, and can link these together effectively. e.g. <i>dribbling, bouncing, kicking</i></p> <p>I can keep possession of balls during games situations.</p> <p>I can consistently use skills with co-ordination, control and fluency.</p> <p>I can take part in competitive games with a strong understanding of tactics and composition.</p> <p>I can create their own games using knowledge and skills.</p> <p>I can modify competitive games.</p>	<p>I can vary skills, actions and ideas and link these in ways that suit the games activity.</p> <p>I can show confidence in using ball skills in various ways, and can link these together effectively. e.g. <i>dribbling, bouncing, kicking</i></p> <p>I can keep possession of balls during games situations.</p> <p>I can consistently use skills with co-ordination, control and fluency.</p> <p>I can take part in competitive games with a strong understanding of tactics and composition.</p> <p>I can create their own games using knowledge and skills.</p> <p>I can modify competitive games.</p>	<p>I can swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>I can use a range of strokes effectively e.g. front crawl, backstroke and breaststroke.</p> <p>I can perform safe self-rescue in different water-based situations.</p>	<p>I can begin to build a variety of running techniques and use with confidence.</p> <p>I can perform a running jump with more than one component. e.g. <i>hop skip jump (triple jump)</i></p> <p>I can begin to record peers performances, and evaluate these.</p> <p>I can demonstrate accuracy and confidence in throwing and catching activities.</p> <p>I can describe good athletic performance using correct vocabulary.</p> <p>I can use equipment safely and with good control.</p>

			<p>I can compare and comments on skills to support creation of new games.</p> <p>I can make suggestions as to what resources can be used to differentiate a game.</p> <p>I can apply knowledge of skills for attacking and defending.</p> <p>I can use running, jumping, throwing and catching in isolation and in combination.</p>	<p>I can compare and comments on skills to support creation of new games.</p> <p>I can make suggestions as to what resources can be used to differentiate a game.</p> <p>I can apply knowledge of skills for attacking and defending.</p> <p>I can use running, jumping, throwing and catching in isolation and in combination.</p>		
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Year 6

	Autumn		Spring		Summer	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Overview	<p>Dance</p>  <p>Rugby</p> 	<p>Football</p>  <p>Gymnastics</p> 	<p>Tennis</p>  <p>Netball</p> 	<p>Basketball</p>  <p>Hockey</p> 	<p>Athletics</p>  <p>Rounders</p> 	<p>Rounders</p>  <p>Athletics</p> 
Suggested Content	<p>I can confidently improvise with a partner or on my own.</p> <p>I can begin to create longer dance sequences in a larger group.</p> <p>I can demonstrate precision and some control in response to stimuli.</p> <p>I can begin to vary dynamics and develop actions and motifs.</p> <p>I can demonstrate rhythm and spatial awareness.</p> <p>I can modify parts of a sequence as a result of self-evaluation.</p> <p>I can use simple dance vocabulary to compare and improve work.</p>	<p>I can select and combine my skills, techniques and ideas.</p> <p>I can apply combined skills accurately and appropriately, consistently showing precision, control and fluency.</p> <p>I can draw on what I know about strategy, tactics and composition when performing and evaluating.</p> <p>I can analyse and comment on skills and techniques and how these are applied in my own and others' work.</p> <p>I can use more complex gym vocabulary to describe how to improve and refine performances.</p> <p>I can develop strength, technique and flexibility throughout performances.</p> <p>I can link skills with control,</p>	<p>I can vary skills, actions and ideas and link these in ways that suit the games activity.</p> <p>I can show confidence in using ball skills in various ways, and can link these together.</p> <p>I can use skills with co-ordination, control and fluency.</p> <p>I can take part in competitive games with a strong understanding of tactics and composition.</p> <p>I can create their own games using knowledge and skills.</p> <p>I can make suggestions as to what resources can be used to differentiate a game.</p> <p>I can apply basic skills for attacking and defending.</p> <p>I can use running, jumping, throwing and catching in isolation and combination.</p>	<p>I can vary skills, actions and ideas and link these in ways that suit the games activity.</p> <p>I can show confidence in using ball skills in various ways, and can link these together.</p> <p>I can use skills with co-ordination, control and fluency.</p> <p>I can take part in competitive games with a strong understanding of tactics and composition.</p> <p>I can create their own games using knowledge and skills.</p> <p>I can make suggestions as to what resources can be used to differentiate a game.</p> <p>I can apply basic skills for attacking and defending.</p> <p>I can use running, jumping, throwing and catching in isolation and</p>	<p>I can begin to build a variety of running techniques and use with confidence.</p> <p>I can perform a running jump with more than one component. e.g. <i>hop skip jump (triple jump)</i></p> <p>I can begin to record peers performances, and evaluate these.</p> <p>I can demonstrate accuracy and confidence in throwing and catching activities.</p> <p>I can describe good athletic performance using correct vocabulary.</p> <p>I can use equipment safely and with good control.</p>	<p>I can begin to build a variety of running techniques and use with confidence.</p> <p>I can perform a running jump with more than one component. e.g. <i>hop skip jump (triple jump)</i></p> <p>I can begin to record peers performances, and evaluate these.</p> <p>I can demonstrate accuracy and confidence in throwing and catching activities.</p> <p>I can describe good athletic performance using correct vocabulary.</p> <p>I can use equipment safely and with good control.</p>



technique, co-ordination and fluency.

I can understand composition by performing more complex sequences

combination.

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