

PE Curriculum Overview

Invasion Games: basketball, handball, football, hockey, netball, tag rugby

Net and Wall Games: tennis, volleyball, badminton

Striking and Fielding Games: cricket, rounders

	Autumn		Spring		Summer	
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	Describe change after being active Use small and large equipment Move with control and coordination Awareness of space Move with confidence and imagination Travel around, under, over, through Handle materials with safety and control					
Year 1	Invasion Games <i>Running, skipping hand dribbling, foot dribbling, chest pass, catching and foot striking.</i>	Dance <i>Coordination and movement</i>	Invasion Games <i>Running, dodging hand dribbling, chest pass, catching and underarm throwing.</i>	Gymnastics <i>Jumping, hopping, skipping, landing, static balances and rotations.</i>	Orienteering <i>Running and following simple maps.</i>	Athletics <i>Running, jumping, throwing Coordination and movement</i>
Year 2	Invasion Games <i>Running, dodging, hand dribbling, chest pass, catching and underarm throwing.</i>	Dance <i>Balancing Coordination and movement</i>	Invasion Games <i>Running, striking with an implement, foot striking and foot dribbling.</i>	Gymnastics <i>Jumping, hopping, skipping, landing, dynamic balances and forward roll rotations.</i>	Net and Wall Games <i>Striking with an implement and hand striking.</i>	Striking and Fielding sport <i>Underarm throw, striking with an implement and catching.</i>
Year 3	Invasion Games <i>Holding possession, and creating and moving into space</i>	Dance <i>Dance Coordination and movement</i>	Invasion Games <i>Passing and moving to attack.</i>	Gymnastics <i>Mirrored sequences which include balances, leaps and rolls.</i>	Orienteering <i>Follow a map with speed and agility.</i>	Athletics <i>Running, jumping, throwing Coordination and movement</i>
Year 4	Invasion Games <i>Defending and moving to receive a pass.</i>	Dance <i>Balancing Coordination and movement</i>	Invasion Games <i>Teamwork in attack and defence.</i>	Gymnastics <i>Combine balances, rolls and jumps with speed and agility.</i>	Net and Wall Games <i>Flight reception and striking.</i>	Striking and Fielding sport <i>Striking and fielding positions, and bowling.</i>
Year 5	Invasion Games <i>Developing positional play to create space and receive a pass.</i>	Dance <i>Coordination and movement</i>	Invasion Games <i>Applying pressure on an opponent.</i>	Gymnastics <i>Link balances, jumps and rolls using linking shapes and rebound jumps.</i>	Orienteering <i>Developing teamwork and making strategic decisions.</i>	Athletics <i>Running, jumping, throwing Coordination and movement</i>
Year 6	Invasion Games <i>Controlling the pace of the game.</i>	Dance <i>Balancing Coordination and movement</i>	Invasion Games <i>Using effective attack and defence tactics and strategies.</i>	Gymnastics <i>Sequence and link variations of balances, rolls and jumps.</i>	Net and Wall Games <i>Court positioning and ball or shuttlecock placement.</i>	Striking and Fielding sport <i>Placing the ball when batting, and positioning to cover space and catch a fielded ball.</i>