



PE Curriculum Overview

Chadsmead Primary Academy - PE Curriculum Overview

	Autumn 1	Spring 1	Summer 1
Reception	Fundamental Movements	Dance	Games using Equipment
	<p>Pupils will revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping & climbing.</p> <p>They will achieve this by participating in a variety of activities and learning how to:</p> <ul style="list-style-type: none"> • travel safely and negotiate space, developing their spatial awareness whilst travelling, • gain and maintain balance using eyes and arms • run skilfully at varying speeds avoiding obstacles by adjusting speed and direction • jump and land safely, and • use these skills randomly in games 	<p>Pupils will learn to: develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines; combine different movements with ease and fluency.</p> <p>They will do this by learning well known children's songs with actions/dances such as: I'm a little Tea Pot, The Wheels on the bus and Head, Shoulders, Knees and Toes. They will then adapt these dances by:</p> <ul style="list-style-type: none"> • changing the speed and style, • sharing their ideas, • linking movements to create their own new dance, and • performing and talking about their dance. 	<p>Pupils will further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming and develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</p> <p>By participating in a range of games and activities they will learn to:</p> <ul style="list-style-type: none"> • travel in different ways with control, • travel with a ball in different ways, • travel with a ball in different directions, • pass a ball to another player, and • begin to use these skills in a game.
	Autumn 2	Spring 2	Summer 2
	Gymnastics	Kicking, throwing and catching games	Athletics
	<p>Pupils will develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming; progress towards a more fluent style of moving, with developing control and grace and confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.</p> <p>To achieve this, they will learn to:</p> <ul style="list-style-type: none"> • travel over, under and through balancing and climbing equipment, • copy basic rolls, • jump in a range of ways from one space to another, • travel in different ways, • create a short sequence of movements, and • experiment showing different levels and shapes. 	<p>Pupils will further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming and develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</p> <p>They will participate in range of activities and games where they will learn to:</p> <ul style="list-style-type: none"> • control and move a ball in a range of ways around their body, • throw and kick a range of objects at and into a target, • show good control and coordinate movements when using small equipment, • bounce a large ball, • catch a range of objects, and • control an object when its coming towards them. 	<p>Pupils will: revise and refine the fundamental movement skills they have already acquired - rolling, crawling, walking, jumping, running, hopping, skipping and climbing.</p> <p>They will take part in a range of athletic activities and learn to:</p> <ul style="list-style-type: none"> • adjust speed when running, • jump and land safely, • begin to take part in a relay with prompts • throw an object underarm at a target, and • talk about what they have done.

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	Autumn 1	Spring 1	Summer 1
Year 1	Fundamental Movements	Dance	Net and Wall Games
	Pupils will develop their balance, agility and co-ordination skills by playing games that focus on mastering basic movements such as: <ul style="list-style-type: none"> • changing direction, • keeping their balance, • stopping, and • throwing & catching. 	Pupils will develop their balance and co-ordination by performing dances using simple movement patterns. They will choreograph and perform dances by <ul style="list-style-type: none"> • creating different shapes with their body, putting actions together and moving with control • keeping in time to a steady beat, working cooperatively with a partner and in a group moving in unison, canon and mirroring • evaluating their own & others performances and giving constructive feedback 	Pupils will apply balance, agility and co-ordination in a range of activities and develop simple tactics for attacking and defending by participating in games. They will be able to: <ul style="list-style-type: none"> • Hold and use a racket correctly to hit a beanbag with control, • Hold and use a racket correctly to roll/hit a ball to a partner accurately, and • Hold and use a racket to hit a ball that has been thrown underarm.
	Parachute Games	Yoga	Athletics
	Pupils will apply their balance, agility and co-ordination skills whilst learning to participate in team games through a variety of different activities using the parachute and participating in a variety of playground games, such as: <ul style="list-style-type: none"> • hopscotch • stuck in the mud, and • dog and bone 	Pupils will develop balance, agility and co-ordination whilst performing various Yoga poses and moving between poses at different speeds with balance and control.	Pupils will master basic movements including running, jumping, throwing and catching by: <ul style="list-style-type: none"> • Sprinting over a short distance, • Running longer distances, • Jumping with good technique, • Throwing equipment under and over arm, and • Taking part in team relays.
	Autumn 2	Spring 2	Summer 2
	Gymnastics	Target Games	Target Games
	Pupils will develop balance, agility and co-ordination and begin to apply these with control in a sequence by: <ul style="list-style-type: none"> • Traveling in different ways changing shape, direction and speed, • Holding a still balance on large and small body parts, • Jumping and landing with control and balance, • Performing a controlled roll, • Planning a gymnastics sentence using a sequence of actions, and • Performing a gymnastics sentence using a sequence of actions. They will also begin to describe their own and others movements.	Pupils will participate in team games, developing simple tactics for attacking and defending. They will be able to: <ul style="list-style-type: none"> • travel in different ways and directions with control (with and without a ball), • pass the ball to another player, • move with a ball, • use space when passing and receiving, • know how to make/deny space when attacking/defending, • use attacking/defending skills, and • follow the rules to play a game. 	Pupils will master basic movements including running, jumping, throwing and catching by participating in a range of activities such as: <ul style="list-style-type: none"> • Dodgeball • Tri-golf • Boccia • Frisbee
			Orienteering
		Pupils will apply their balance, agility and co-ordination skills and learn to participate in team games by undertaking various basic orienteering tasks.	

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	Autumn 1	Spring 1	Summer 1
	Target Games	Gymnastics	Invasion Games
	<p>Pupils will master basic movements including running, jumping, throwing and catching by participating in a range of activities such as:</p> <ul style="list-style-type: none"> • Dodgeball • Tri-golf • Boccia • Frisbee 	<p>Pupils will develop balance, agility and co-ordination and begin to apply these with control in a sequence by:</p> <ul style="list-style-type: none"> • Traveling in different ways changing shape, direction and speed, • Holding a still balance on large and small body parts, • Jumping and landing with control and balance, • Performing a controlled roll, • Planning a gymnastics sentence using a sequence of actions, and • Performing a gymnastics sentence using a sequence of actions. • They will also begin to describe their own and others movements. 	<p>Pupils will participate in team games, developing simple tactics for attacking and defending.</p> <p>They will be able to:</p> <ul style="list-style-type: none"> • travel in different ways and directions with control (with and without a ball), • pass the ball to another player, • move with a ball, • use space when passing and receiving, • know how to make/deny space when attacking/defending, • use attacking/defending skills, and • follow the rules to play a game.
	Net and Wall Games		
	<p>Pupils will apply balance, agility and co-ordination in a range of activities and develop simple tactics for attacking and defending by participating in games.</p> <p>They will be able to:</p> <ul style="list-style-type: none"> • Hold and use a racket correctly to hit a beanbag with control, • Hold and use a racket correctly to roll/hit a ball to a partner accurately, and • Hold and use a racket to hit a ball that has been thrown underarm. 		
Year 2	Autumn 2	Spring 2	Summer 2
	Dance	Striking and Fielding Games	Athletics
	<p>Pupils will develop their balance and co-ordination by performing dances using simple movement patterns.</p> <p>They will choreograph and perform dances by:</p> <ul style="list-style-type: none"> • creating different shapes with their body, putting actions together and moving with control • telling a story through their movements, working cooperatively with a partner and in a group moving in unison, canon and mirroring • evaluating their own & others performances and giving constructive feedback 	<p>Pupils will apply balance, agility and co-ordination in a range of activities and develop simple tactics for attacking and defending by participating in team games.</p> <p>They will learn to:</p> <ul style="list-style-type: none"> • use a bat to control a ball along the ground, • hold a bat correctly and use it to hit a ball with control, • feed and receive as a fielder • bowl underarm • apply these skills in a game. 	<p>Pupils will master basic movements including running, jumping, throwing and catching by:</p> <ul style="list-style-type: none"> • Sprinting over a short distance, • Running longer distances, • Jumping with good technique, • Throwing equipment under and over arm, and • Taking part in team relays.
	Yoga		Orienteering
<p>Pupils will develop balance, agility and co-ordination whilst performing various Yoga poses and moving between poses at different speeds with balance and control.</p>		<p>Pupils will apply their balance, agility and co-ordination skills and learn to participate in team games by undertaking various basic orienteering tasks.</p>	

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	Autumn 1	Spring 1	Summer 1
Year 3	Orienteering	Gymnastics	Athletics
	Pupils will take part in outdoor and adventurous activity challenges both individually and within a team and be able to compare their performances with previous ones and demonstrate improvement to achieve their personal best by completing a variety of orienteering tasks and courses. They will compare their performances by timing how long the course took to complete or how many activities/stations they completed in a set time.	Pupils will develop flexibility, strength, technique, control and balance by planning, performing and repeating a gymnastic sequence that is performed with confidence and control and includes: <ul style="list-style-type: none"> a variety of rolls and jumps, interesting body shapes a range of balances (including partner balances and on apparatus) turns whilst travelling in different ways differing speeds and levels Pupils will also compare sequences they have seen and give and receive constructive feedback. 	Pupils will use running, jumping, throwing and catching in isolation and in combination and they will develop flexibility, strength, technique, control and balance. They will be able to: demonstrate the difference between long-distance running and sprinting; perform a triple jump with a safe, controlled landing; perform a relay with some success on passing the baton; throw with some accuracy and power into a target area and give suggestions on how to improve performance.
	Striking and Fielding Games		Invasion Games
	Pupils will play competitive games, modified where appropriate using running, jumping, throwing and catching in isolation and in combination. They will build on and refine their skills in: <ul style="list-style-type: none"> bowling, catching, fielding, batting, and using these skills in a game. 		Pupils will play competitive games, modified where appropriate, applying basic principles suitable for attacking and defending. They will learn the following skills by playing football, netball, basketball, hockey, handball or tag rugby or a combination of these: <ul style="list-style-type: none"> move with the ball using a range of techniques use a range of techniques to pass the ball with increasing accuracy and success use and understand the basic techniques of attacking and defending, use strategies to protect a goal and use attacking/defending skills in a game.
	Autumn 2	Spring 2	Summer 2
	Dance	Net and Wall Games	Invasion Games
Pupils will perform dances using a range of movement patterns. They will be able to: <ul style="list-style-type: none"> Perform dance movements in unison Perform dance movements in canon Perform dance movements using call and response Perform a short routine using a range of different skills. 	Pupils will play competitive games modified where appropriate. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Pupils will learn the following skills by playing tennis, badminton or both. <ul style="list-style-type: none"> Roll and throw a ball accurately Develop ball/shuttle control when using a racket Hit a ball/shuttle accurately using a forehand technique Begin to use the backhand technique Use effective footwork, movement and positioning Use different footwork to move across space Defend against an opponent scoring points during a competitive match. 	Pupils will play competitive games, modified where appropriate, applying basic principles suitable for attacking and defending. They will learn the following skills by playing football, netball, basketball, hockey, handball or tag rugby or a combination of these: <ul style="list-style-type: none"> move with the ball using a range of techniques use a range of techniques to pass the ball with increasing accuracy and success use and understand the basic techniques of attacking and defending, use strategies to protect a goal and use attacking/defending skills in a game.	
Yoga		Target Games	
Pupils will develop flexibility, strength, technique, control and balance by recreating a range of yoga poses in a short sequence, improve the sequence and teach it to others.		Pupils will use running, jumping, throwing and catching in isolation and in combination and play competitive games, modified where appropriate. They will be able to: throw, strike and catch a ball with some accuracy; use a bat, racket or stick to hit with accuracy and control; play games with some fluency and accuracy; know the rules of the game and give constructive feedback to others.	

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	Autumn 1	Spring 1	Summer 1
Year 4	Orienteering	Dance	Target Games
	Pupils will take part in outdoor and adventurous activity challenges both individually and within a team and be able to compare their performances with previous ones and demonstrate improvement to achieve their personal best by completing a variety of orienteering tasks and courses. They will compare their performances by timing how long the course took to complete or how many activities/stations they completed in a set time.	Pupils will perform dances using a range of movement patterns. They will be able to: <ul style="list-style-type: none"> • combine, perform and link movement phrases and sequences to tell a story • compose and perform with expression • perform with precision and control • use a range of dance vocabulary to describe and improve work. 	Pupils will use running, jumping, throwing and catching in isolation and in combination and play competitive games, modified where appropriate. They will be able to: throw, strike and catch a ball with some accuracy; use a bat, racket or stick to hit with accuracy and control; play games with some fluency and accuracy; know the rules of the game and give constructive feedback to others.
	Net and Wall Games	Invasion Games	Y4 - Swimming
	Pupils will play competitive games modified where appropriate. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Pupils will learn the following skills by playing tennis, badminton or both. <ul style="list-style-type: none"> • Roll and throw a ball accurately • Develop ball/shuttle control when using a racket • Hit a ball/shuttle accurately using a forehand technique • Begin to use the backhand technique • Use effective footwork, movement and positioning • Use different footwork to move across space Defend against an opponent scoring points during a competitive match.	Pupils will play competitive games, modified where appropriate, applying basic principles suitable for attacking and defending. They will learn the following skills by playing football, netball, basketball, hockey, handball or tag rugby or a combination of these: <ul style="list-style-type: none"> • move with the ball using a range of techniques • use a range of techniques to pass the ball with increasing accuracy and success • use and understand the basic techniques of attacking and defending, • use strategies to protect a goal and use attacking/defending skills in a game 	Pupils will attend weekly half hour swimming lessons in Spring 2 and Summer terms. See Spring 2 & Summer 2 for further details.
	Autumn 2	Spring 2	Summer 2
	Gymnastics	Invasion Games	Athletics
	Pupils will develop flexibility, strength, technique, control and balance by planning, performing and repeating a gymnastic sequence that is performed with confidence and control and includes: <ul style="list-style-type: none"> • a variety of rolls and jumps, • interesting body shapes • a range of balances (including partner balances and on apparatus) • turns whilst travelling in different ways • differing speeds and levels Pupils will also compare sequences they have seen and give and receive constructive feedback.	Pupils will play competitive games, modified where appropriate, applying basic principles suitable for attacking and defending. They will learn the following skills by playing football, netball, basketball, hockey, handball or tag rugby or a combination of these: <ul style="list-style-type: none"> • move with the ball using a range of techniques • use a range of techniques to pass the ball with increasing accuracy and success • use and understand the basic techniques of attacking and defending, • use strategies to protect a goal and use attacking/defending skills in a game 	Pupils will use running, jumping, throwing and catching in isolation and in combination and they will develop flexibility, strength, technique, control and balance. They will be able to: demonstrate the difference between long-distance running and sprinting; perform a triple jump with a safe, controlled landing; perform a relay with some success on passing the baton; throw with some accuracy and power into a target area and give suggestions on how to improve performance.
		Y4 - Swimming	
	Pupils will attend weekly half hour swimming lessons in Spring 2 and Summer terms. They will learn to swim competently, confidently and proficiently over at least 25m; use a range of strokes effectively and perform a safe self-rescue in different water-based situations. Lessons will be planned by a qualified swimming teacher.		

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Year 5	Autumn 1	Spring 1	Summer 1
	Orienteering	Gymnastics	Athletics
	Pupils will take part in outdoor and adventurous activity challenges both individually and within a team and be able to compare their performances with previous ones and demonstrate improvement to achieve their personal best. They will participate in various more complex orienteering courses, they will design their own courses and work as part of a relay team as well as individually to complete the course in a set time or the quickest time.	Pupils will develop flexibility, strength, technique, control and balance by planning, performing and refining a longer, more complex gymnastics sequence incorporating a range of equipment. They will include: <ul style="list-style-type: none"> a range of fluent, controlled jumps, balances with 1, 2 3 and 4 points of contact turns whilst travelling, and small group work. They will move with clarity, fluency and expression and be able use criteria to make simple judgements on their own and others' performances. 	Pupils will use running, jumping, throwing and catching in isolation and in combination and they will develop flexibility, strength, technique, control and balance. They will be able to: <ul style="list-style-type: none"> show good speed and stamina, chose the best pace for their event and accelerate from different starting positions, perform a triple jump with confidence, work as a team in a relay throw accurately, and identify good performance.
	Y5 - Swimming		Invasion Games
	Pupils will attend weekly half hour swimming lessons in Autumn terms and Spring 1. They will learn to swim competently, confidently and proficiently over at least 25m; use a range of strokes effectively and perform a safe self-rescue in different water-based situations. Lessons will be planned by a qualified swimming teacher.		Pupils will play competitive games, modified where appropriate, applying basic principles suitable for attacking and defending by playing games such as: football, netball, basketball, hockey, handball or tag rugby. They may focus on one of these games or a mixture of them and will be able to: <ul style="list-style-type: none"> throw and catch accurately under pressure in a game use different techniques for passing, dribbling and shooting with control, show confidence when dribbling and choose and make the best in a game demonstrate a good awareness of space keep and win possession effectively in a variety of ways, know how to contribute and think ahead to create a plan when attacking/defending, and recognise their own and others' strengths and weaknesses and suggest ideas on how to improve.
	Autumn 2	Spring 2	Summer 2
	Dance	Gymnastics	Invasion Games
	Pupils will perform dances using a range of movement patterns. Choreograph and perform a dance routine by: <ul style="list-style-type: none"> improvising freely using controlled movements performing a variety of dance techniques with accuracy and consistency working as a group to create appropriate movements to fit to the music representing objects and actions in a range of dance phrases, and giving and receiving feedback and implementing changes to improve. 	Pupils will develop flexibility, strength, technique, control and balance by planning, performing and refining a longer, more complex gymnastics sequence incorporating a range of equipment. They will include: <ul style="list-style-type: none"> a range of fluent, controlled jumps, balances with 1, 2 3 and 4 points of contact turns whilst travelling, and small group work. They will move with clarity, fluency and expression and be able use criteria to make simple judgements on their own and others' performances. 	Pupils will play competitive games, modified where appropriate, applying basic principles suitable for attacking and defending by playing games such as: football, netball, basketball, hockey, handball or tag rugby. They may focus on one of these games or a mixture of them and will be able to: <ul style="list-style-type: none"> throw and catch accurately under pressure in a game use different techniques for passing, dribbling/shooting with control, show confidence when dribbling and make the best in a game demonstrate a good awareness of space keep and win possession effectively in a variety of ways, know how to contribute and think ahead to create a plan when attacking/defending, and recognise their own and others' strengths and weaknesses and suggest ideas on how to improve.
Y5 - Swimming	Target Games	Striking and Fielding Games	
Pupils will attend weekly half hour swimming lessons in Autumn terms and Spring 1. See Autumn 1 & 2 for further details.	Pupils will use running, jumping, throwing and catching in isolation and in combination and play competitive games, modified where appropriate by participating in archery, boccia, Frisbee, croquet and/or dodgeball. They will be able to: <ul style="list-style-type: none"> throw, strike and catch a ball with control, using the correct grip/technique for each game, use equipment effectively, accurately and consistently. 	Pupils will play competitive games, modified where appropriate. They will build on previous skills by learning to: <ul style="list-style-type: none"> throw a various speeds and heights, field by attacking the ball, throw over distance, bat into space, bowl overarm, and incorporate these into a game. 	

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	Autumn 1	Spring 1	Summer 1
Year 6	Orienteering	Target Games	Net and Wall Games
	Pupils will take part in outdoor and adventurous activity challenges both individually and within a team and be able to compare their performances with previous ones and demonstrate improvement to achieve their personal best. They will participate in various more complex orienteering courses, they will design their own courses and work as part of a relay team as well as individually to complete the course in a set time or the quickest time.	Pupils will use running, jumping, throwing and catching in isolation and in combination and play competitive games, modified where appropriate by participating in archery, boccia, Frisbee, croquet and/or dodgeball. They will be able to: <ul style="list-style-type: none"> • throw, strike and catch a ball with control, using the correct grip/technique for each game, • use the correct equipment for each game effectively, accurately and consistently. 	Pupils will play competitive games, modified where appropriate by playing either tennis, badminton or both. They will: <ul style="list-style-type: none"> • hit a ball/shuttle using a forehand, backhand and overhead techniques with control and accuracy, • perform an overhead serve, • develop a volley, • apply these in a game, • play effectively as a team (doubles) • apply the rules consistently and fairly, and • recognise their own and others' strengths and weaknesses and suggest ideas on how to improve.
	Striking and Fielding Games	Yoga	Dance
	Pupils will play competitive games, modified where appropriate. They will build on previous skills by learning to: <ul style="list-style-type: none"> • throw a various speeds and heights, • field by attacking the ball, • throw over distance, • bat into space, • bowl overarm, and incorporate these into a game. 	Pupils will develop flexibility, strength, technique, control and balance by recreating a range of yoga poses in a short sequence, showing fluency and accuracy in their movements and a recognition of their centre of gravity; improve the sequence and teach it to others.	Pupils will perform dances using a range of movement patterns by: <ul style="list-style-type: none"> • improvising freely using controlled movements • performing a variety of dance techniques with accuracy and consistency • working as a group to create appropriate movements to fit to the music • representing objects and actions in a range of dance phrases, and • giving and receiving feedback and implementing changes to improve their performance.
	Autumn 2	Spring 2	Summer 2
	Gymnastics	Invasion Games	Net and Wall Games
	Pupils will develop flexibility, strength, technique, control and balance by planning, performing and refining a longer, more complex gymnastics sequence incorporating a range of equipment. They will include: <ul style="list-style-type: none"> • a range of fluent, controlled jumps, • balances with 1, 2 3 and 4 points of contact • turns whilst travelling, and • small group work. They will move with clarity, fluency and expression and be able use criteria to make simple judgements on their own and others' performances.	Pupils will play competitive games, modified where appropriate, applying basic principles suitable for attacking and defending by playing games such as: football, netball, basketball, hockey, handball or tag rugby. They may focus on one of these games or a mixture of them and will be able to: <ul style="list-style-type: none"> • throw and catch accurately under pressure in a game • use different techniques for passing, dribbling and shooting with control, • show confidence when dribbling and choose and make the best in a game • demonstrate a good awareness of space • keep and win possession effectively in a variety of ways, • know how to contribute and think ahead to create a plan when attacking/defending, and • recognise their own and others' strengths and weaknesses and suggest ideas on how to improve. 	Pupils will play competitive games, modified where appropriate by playing either tennis, badminton or both. They will: <ul style="list-style-type: none"> • hit a ball/shuttle using a forehand, backhand and overhead techniques with control and accuracy, • perform an overhead serve, • develop a volley, • apply these in a game, • play effectively as a team (doubles) • apply the rules consistently and fairly, and • recognise their own and others' strengths and weaknesses and suggest ideas on how to improve.
			Athletics
		Pupils will use running, jumping, throwing and catching in isolation and in combination and they will develop flexibility, strength, technique, control and balance. They will be able to: <ul style="list-style-type: none"> • show good speed and stamina, chose the best pace for their event and accelerate from different starting positions, • perform a triple jump with confidence, • work as a team in a relay • throw accurately, and • identify good performance. 	