

Curriculum Overview: Physical Education

We follow the Get Set 4 PE scheme for PE lessons; we strive for all children to experience a wide variety of sports and physical skills which will enhance life-long fitness and life choices.

Reception					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
					
Gymnastics	Gymnastics	Dance	Ball Games	Forest School	Sports Festival activities
Copy and create shapes with my body. Create shapes on apparatus. Balance and take weight on different body parts. Jump and land safely. Rocking and Rolling. Copy and create short sequences by linking actions together.	Create short sequences using shapes, balances and travelling actions. Develop balancing and safely using apparatus. Jumping and landing safely from a height. Travelling around, over and through apparatus. Create sequences using apparatus	Moving different body parts in different ways. Remember and repeat action. Express and communicate ideas through movement exploring directions and levels. Perform simple dance patterns	Roll, stop a rolling ball, throw, bounce, catch, dribble, kick	Roll, stop a rolling ball, throw, bounce, catch, dribble, kic	Run and stop. Throw and keep score. Understand the different roles in games. Follow instructions and moves safely during tag games. Take turns. Play team games.



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Year 1					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
					
Ball skills	Fitness	Sending and receiving	Fitness	Athletics	Target games
Dribble with hands, roll, T throw, Catch, dribble with feet, track	Balance, strength, flexibility, co-ordination, focus, move safely.	Roll, throw, catch, track, kick, receive with feet, send with a racquet.	Run, jump. Co-ordination, stamina, strength, agility and balance.	Run, balance, agility, co-ordination, hop, jump, leap, throw.	Under arm throw, over arm throw, perseverance, developing throwing for accuracy.
					
Fundamental skills	Team building	Gymnastics	Dance	Athletics	Sports Day activities
Balance, hop, jump, skip, co-ordination, run, speed, agility, dodge.	Run, jump, hit, balance, co-ordination, communication.	Travelling actions, making shapes, balances, shape jumps, barrel roll, straight roll, forward roll.	Actions, dynamics, space, relationships, creativity.	Run, balance, agility, co-ordination, hop, jump, leap, throw.	Throwing, catching, running, jumping, skipping, team work, hitting, target



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Potters Gate C of E Primary School

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Year 2					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Ball Skills	Gymnastics	Fitness	Dance	Swimming	Swimming
Roll, throw, catch, dribble with hands and feet, track	Jumping, rolling, balancing, travelling, creating sequences	- Agility, balance, co-ordination	Actions, dynamics, space, relationships, creativity.	Travel, float and submerge	Travel, float and submerge
Fundamental skills	Team building	Sending and receiving	Striking and Fielding games Rounders	Athletics	Athletics Sports Day activities
Run, speed, balance, hop, skip, change direction	Communication, problem solving	Throwing, catching, rolling, kicking, tracking and stopping a ball	Throwing, catching, striking and tracking a ball.	Running, speed, jumping and throwing	Throwing, catching, running, jumping, skipping, team work, hitting, target throwing, sprinting.



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Year 3					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
					
Dance	Dance	Fitness	Handball	Athletics	Cricket
Actions, dynamics, space, relationships	Actions, dynamics, space, relationships	Balance, run, dodge, hop, jump and skip.	Run, jump, throw, catch, shoot, change direction, change speed	Sprint, jump for distance, push throw, pull throw	Overarm and underarm throwing, underarm bowling, batting and catching
					
Swimming	Swimming	Ball skills	Tag Rugby	Gymnastics	Athletics
Submersion, float, glide, front crawl, backstroke, breaststroke, rotation, scull, tread water, surface dives, H.E.L.P, huddle position	Submersion, float, glide, front crawl, backstroke, breaststroke, rotation, scull, tread water, surface dives, H.E.L.P, huddle position	Track, throw, catch, dribble and kick Perseverance, self-regulation and concentration.	Run, jump, throw, catch, shoot, change direction, change speed	Point and patch balance, jumps, straight roll, barrel roll, forward roll.	Sprint, jump for distance, push throw, pull throw



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Year 4					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
					
Ball skills	Gymnastics	Netball	Swimming	Rounders	Athletics
Track, throw, catch, dribble, kick	Individual and partner balances. Rotation jumps, straight roll, straddle roll, shoulder stand	Throw, catch, change direction, change speed, shoot.	Submersion, float, glide, front crawl, backstroke, rotation, handstands.	Underarm and overarm throw, catch, bowl, retrieve a ball	Pace, sprint, jump for distance, throw for distance
					
Forest School	Forest School	Swimming	Dance Fitness	Dance	OAA
		Submersion, float, front crawl, glide, backstroke, breaststroke.	Agility, balance, co – ordination, stamina, strength	Actions, dynamics, space, inclusion	Physical balance, run at speed, run over distance.



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Year 5					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
					
Netball	Dodgeball	Football	Fitness	Rounders	Athletics
Throw, catch, run, jump, change direction, shoot, speed.	Throw, catch, dodge, block.	Kicking, dribbling, run, pass, receive, track.	Agility balance, co-ordination, speed, stamina, strength.	Throw, catch, bowl, bat, field.	Pace, relay changeover, jump for distance, pull throw, push throw
					
Gymnastics	Fitness	OAA	Dance	Dance	Dance
Symmetrical and asymmetrical balances, rotation, jumps, straight, forward, straddle, backwards rolls.	Balance, strength, co-ordination, flexibility.	Balance, co-ordination, run at speed, run over distance.	Physical actions, dynamics, space, relationships.	Physical actions, dynamics, space, relationships.	Physical actions, dynamics, space, relationships.



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Year 6					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
					
Football	Tag Rugby	Netball	OOA	Athletics	Cricket
Dribble, pass, receive, track, tackle	Throw, catch, run, change direction, change speed	Throw, catch, run, jump, change direction, change speed, shoot	Balance, coordination, run at speed, run over distance	Pace, sprint, jump for distance, push throw, fling throw	Deep and close catch, underarm and overarm throw, overarm bowl, long and short barrier, batting
					
Dance	Dance	Dance	Gymnastics	Rounders	Sports Day activities
Actions, dynamics, space, relationship	Actions, dynamics, space, relationship	Actions, dynamics, space, relationship	Straddle roll, forward roll, backward roll counterbalance, counter tension, bridge, shoulder stand, hand stand, cartwheel, flight	Throw, catch, bowl, bat, field	Pace, sprint, jump for distance, push throw, fling throw



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