

CURRICULUM OVERVIEW FOR PE

REAL PE JASMINE PORTAL AND PE HUB FOR PLANNING AND RESOURCES

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1	<u>Hit, Catch, Run</u> - master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination - participate in team games, developing simple tactics for attacking and defending Use a range of throwing and rolling skills. Return a ball to a base/zone. Work with others to stop players scoring runs. Self-feed and hit a ball. Run between bases to score points. Which are the easiest/most difficult ways to stop the ball? Which throwing and catching skills are you using? What tips can we use to help us successfully catch the ball? What position should we use when hitting the ball?	<u>Dance</u> perform dances using simple movement patterns Exploring storytelling through dance. Use a theme to create a dance. Develop actions to express friendship. Dance with start middle and end. Perform with feeling. Perform actions to nursery rhymes. March in time. Move and turn as a group. Perform simple cannon and in rounds. What mood were you expressing through your dance? Did you work well with your partner? What did you like about your dance or someone else's? What could be done to improve?	<u>Attack, Defend, Shoot</u> - master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination - participate in team games, developing simple tactics for attacking and defending Send and receive a ball using feet. Recall and link combinations of skills e.g. dribbling and passing. Recognise rules and apply them. Use and apply simple strategies of invasion games. What is the process of kicking with the inside of your foot? Which part of your foot do you use to control the ball? What different ways can you control the ball? How did you work as a team?	<u>Gymnastics</u> - master basic movements including running, jumping - develop balance, agility and co-ordination Carry equipment safely. Explore body tension. Link movements. Use simple actions and shapes. How many different travel actions can you think of? How can you show good body tension? How do we land safely?	<u>Run, Jump, Throw</u> master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination Begin to link running and jumping. Learn and refine a range of running movements. Develop throwing techniques to throw over longer distances. How do you know when you have completed a good run, jump or throw? How could you improve your run, jump or throw? How did you help your partner improve?	<u>Send and Return</u> - master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination - participate in team games, developing simple tactics for attacking and defending Track the path of a ball over a net and move towards it. Begin to hit and return a ball with some consistency. Play modified net/wall games, throwing, catching and sending over a net. How do you hold the racquet differently for the different types of hits? What is a self-feed? What is a boundary? Why do you think we have boundaries?

2	<u>Hit, Catch, Run</u> - master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination - participate in team games, developing simple tactics for attacking and defending Develop hitting skills with a variety of bats. Practice feeding/ bowling skills. Hit and run to score points in a game. What can we do as batters to help each other when trying to get runs? What helped you decide where to hit the ball? Why would you aim to the middle of a person in underarm bowling?	<u>Gymnastics</u> - master basic movements including running, jumping - develop balance, agility and co-ordination Describe and explain how performers can transition and link elements. Perform with control and consistency basic actions. Create and perform a simple sequence. Can you name three elements of a sequence that can be judged? Describe what you liked about a sequence. How could you show different levels in a sequence?	<u>Dance</u> perform dances using simple movement patterns Describe and explain how performers can transition from shapes and balances. Challenge themselves to move imaginatively responding to music. Work as part of a group to create and perform. What is the main mood/ feeling you get from this dance? What does it mean to perform as a soloist? Explain what actions show the story.	<u>Attack, Defend, Shoot</u> - master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination - participate in team games, developing simple tactics for attacking and defending Send a ball and receive a ball using feet. Refine ways to control bodies and a range of equipment. Recall and link combinations of skills e.g. dribbling and passing. How did you work well as a team? How did you progress forwards up the pitch? How did you attack and how did you defend?	<u>Run, Jump, Throw</u> master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination Throw and handle a variety of objects. Develop power, agility, coordination and balance. Negotiate obstacles, showing increased control. What is a static and dynamic balance? What games might you need to have quick feet in? How do different starts affect sprinting?	<u>Send and Return</u> - master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination - participate in team games, developing simple tactics for attacking and defending Track the path of a ball over a net and move towards it. Begin to hit and return a ball with some consistency. Play modified net/ wall games throwing, catching and sending over a net. How do you hold the racquet differently for different types of hits? What is a self-feed? What is a boundary? Why do you think we have boundaries?
3	<u>Gymnastics</u> develop flexibility, strength, technique, control and balance Contrasting shapes, body control when rolling. Partner unison. Patterns. Fluency in	<u>Hockey</u> - play competitive games, modified where appropriate - apply basic principles suitable for attacking and defending - compare their performances with	<u>Dance</u> develop flexibility, strength, technique, control and balance Practise and put together a performance. Perform using facial	<u>Tennis</u> - play competitive games, modified where appropriate - compare their performances with previous ones and demonstrate improvement	<u>Athletics</u> - use running, jumping and throwing in isolation and in combination - compare their performances with previous ones and demonstrate	<u>Cricket</u> - play competitive games, modified where appropriate - use running, jumping, catching and throwing in isolation and in combination

	movement. Half lever. Bouncing, smooth transitions and extension. How do you perform a sequence in unison? How can you adapt a sequence to include contrasting shapes? Where are you showing strength in your sequence? <u>Football</u> - play competitive games, modified where appropriate - apply basic principles suitable for attacking and defending - use running Show basic control and skills. Send the ball with some accuracy to maintain possession and build attacking play. Implement the basic rules of football. How can we make it easier for our teammates to pass us the ball? When should we look to dribble in a game? Where should you look when dribbling?	previous ones and demonstrate improvement to achieve their personal best develop agility Play hockey-type invasion games. Improved game-based agility. Manipulate objects, stick and ball, safely and with control. Why is it important to have close control of the ball? What part of the stick can we use to control the ball? Why is our positioning as a defender important?	expressions. Perform with a prop. Why are facial expressions important in dance? What actions might you perform when scared/ happy/ sad? What other props might you have in dance?	Identify and describe some rules of tennis. Serve to begin a game. Explore forehand hitting. What is the role of an umpire? What skills/ techniques have you been using to score points against your opponent? How did you try to improve your performance when playing different players?	improvement to achieve their personal best Control movement in response to instructions. Demonstrate agility and speed. Jump for height and distance. Throw with speed and power and apply appropriate force. Did you complete an activity and change your technique to improve your score? What recording system did you use for counting and keeping track of points scored?	apply basic principles suitable for attacking and defending Adhere to some of the basic rules of cricket. Develop a range of skills to use in isolation and a competitive context. Strike a bowled ball. What is the purpose of the long barrier? What can we do as batters to help each other when trying to get runs? Why do we need to return the ball to the bowler/ wicketkeeper as quickly as possible when fielding?
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4	<u>Netball</u> - play competitive games, modified where appropriate - apply basic principles suitable for attacking and defending - use running, jumping, catching and throwing in isolation and in combination - compare their performances with previous ones and demonstrate improvement Introduce high five netball positions. Acquire and apply basic shooting techniques. Demonstrate and implement some basic rules of high five. Develop netball skills such as marking and footwork. In what other sports would you need to mark players? What is given to the opposing team if you commit a footwork foul? What did you do well in the game and what could you improve?	<u>Gymnastics</u> - develop flexibility, strength, technique, control and balance - use running and jumping in isolation and in combination Become increasingly competent and confident to perform skills more consistently. Perform in time with a partner and group. Use compositional ideas in sequence. How many compositional elements can you identify? Did you use different pathways in your sequence? What safety aspects do you need to consider when performing different elements?	<u>Dance</u> develop flexibility, strength, technique, control and balance Include freeze frames in routines. Practise and perform a variety of different formations in dance. Why do we need to sequence movements? Explain the different actions in your dance. Do they stick to the superhero theme? What are some of the points in a slide and roll?	<u>Badminton</u> play competitive games, modified where appropriate Explore and use different shots with both the forehand and backhand. Demonstrate different badminton skills. Practise some trick shots in isolation. Why is it beneficial to get back to the middle after returning a shot in singles play? What different shots did you use in your games? Why do you want to hold the racquet in ready position?	<u>Athletics</u> - use running, jumping and throwing in isolation and in combination - compare their performances with previous ones and demonstrate improvement to achieve their personal best Investigate ways of performing running, jumping and throwing activities. Use a variety of equipment to measure, time and compare different styles of runs, jumps and throws. How did you improve on your scores? Can you name two throwing techniques? Why should you start moving when you receive the baton?	<u>Rounders</u> - play competitive games, modified where appropriate - apply basic principles suitable for attacking and defending - use running, jumping, throwing and catching in isolation and in combination Develop a range of skills in a competitive context. Choose and use a range of simple tactics in isolation and a game context. Identify different roles in rounders. Where must you bowl a ball? What ready position should a back stop take up? How can we earn a full rounder? How can we earn a half rounder?
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5	<u>Gymnastics</u> - develop flexibility, strength, technique, control and balance Create longer and more complex sequences and adapt performances. Take the lead in a group. Develop symmetry. Compare performances and judge strengths and areas for improvement. Select a component for improvement. What makes a performance aesthetically pleasing? How can you be a good partner in counterbalance? Why do you need good communication with a partner or group? <u>Football</u> - play competitive games, modified where appropriate - apply basic principles suitable for attacking and defending - use running - compare their performances with previous ones and	<u>Hockey</u> - play competitive games, modified where appropriate - apply basic principles suitable for attacking and defending - use running - compare their performances with previous ones and demonstrate improvement to achieve their personal best Combine basic hockey skills such as dribbling and push passes. Select and apply skills in a game. Play effectively in different positions on the pitch including in defence. Increase power and strength of passes, moving the ball over long distances. How can you as an individual player build up an attack towards the goal? When you are marking in defence where should you position yourself? If the ball hits someone's foot what happens?	<u>Dance</u> develop flexibility, strength, technique, control and balance Perform different styles of dance fluently and clearly. Refine and improve dances adapting them to include the use of space, rhythm and expression. Why is it easier to create more exciting movement patterns with larger groups instead of as an individual or pair? Why do they call the fence move 'around the world'? What are some of the key characteristics of line dancing?	<u>Tennis</u> - play competitive games, modified where appropriate - compare their performances with previous ones and demonstrate improvement Introduce volley shots and overhead shots. Apply new shots into game situations. Play with others to score and defend points in competitive games. Further explore tennis serve rules. How many times can a ball bounce in tennis? Is this the same in doubles and singles? What other games do you need quick feet?	<u>Athletics</u> - use running, jumping and throwing in isolation and in combination - compare their performances with previous ones and demonstrate improvement to achieve their personal best Sustain pace over short and longer distances. Run as part of a relay team. Perform a range of jumps and throws. Why do we pass the baton to the opposite hand? Which throw do you think is most effective for distance? Can you jump further with a run up?	<u>Cricket</u> - play competitive games, modified where appropriate - apply basic principles suitable for attacking and defending - use running, jumping, catching and throwing in isolation and in combination Link a range of skills and use in combination. Collaborate with a team to choose, use and adapt rules in games. Recognise how some aspects of fitness apply to cricket e.g. power, flexibility and cardiovascular endurance. If a batter can hit a wide variety of different types of shot, does this make it harder or easier to set a field? What are some of the key differences between an attacking shot and a defensive shot?
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	demonstrate improvement to achieve their personal best Play effectively in a variety of positions and formations. Relate a greater number of attacking and defensive tactics. Become more skilful when performing movements at speed. Why is regaining possession quickly crucial in a game? What does possession mean? Why is it essential to be goal side of your player when marking?					
6	<u>Tag Rugby</u> - play competitive games, modified where appropriate - apply basic principles suitable for attacking and defending - compare their performances with previous ones and demonstrate improvement to achieve their personal best Choose and implement a range of strategies to attack and defend. Combine and perform more complex movements	<u>Netball</u> - play competitive games, modified where appropriate - apply basic principles suitable for attacking and defending - use running, jumping, catching and throwing in isolation and in combination - compare their performances with previous ones and demonstrate improvement Work as a team to improve group tactics and gameplay. Play	<u>Gymnastics</u> develop flexibility, strength, technique, control and balance Perform increasingly complex sequences. Combine own ideas with others to build sequences. Compose and practise actions and relate to music. Show a desire to improve competency across a broad range of gymnastics actions. Why is it a challenge to adapt your sequence to fit with a time scale?	<u>Tennis</u> - play competitive games, modified where appropriate - compare their performances with previous ones and demonstrate improvement Develop back hand shots. Introduce the lob. Begin to use full tennis scoring systems. Continue developing doubles play and tactics. What tactics did you try to implement as a pair?	<u>Athletics</u> - use running, jumping and throwing in isolation and in combination - compare their performances with previous ones and demonstrate improvement to achieve their personal best Apply strength and flexibility to throwing, running and jumping. Accurately and confidently judge across a variety of activities. Work in collaboration to	<u>Rounders</u> - play competitive games, modified where appropriate - apply basic principles suitable for attacking and defending - use running, jumping, throwing and catching in isolation and in combination Apply rounder rules consistently. Play small sided games using standard rounders pitch layout. Use a range of tactics for attacking and

at speed. Observe, analyse and recognise good individual and team performances. Suggest, plan and lead a warm up to a small group. How should we tell other players the areas they need to improve on? Why is it important to organise your team quickly into defensive positions? Being able to change speed and direction quickly helps our defending. Why? <u>Gymnastics</u> develop flexibility, strength, technique, control and balance Demonstrate accuracy, consistency and clarity of movement. Arrange own apparatus to enhance work and vary compositional ideas. Experience flight on and off of high apparatus. How did the warm-up help your performance? Why do unison and cannon work well	within the rules using blocking skills for shots and passes. Develop defensive skills. Why are rebounds so important as the attacker and defender? Why are some passes more appropriate for different distances? Why would you attempt to knock the ball away? <u>Dance</u> develop flexibility, strength, technique, control and balance Work collaboratively to include more complex compositional ideas. Talk about different styles of dance with understanding, using appropriate language and terminology. Do you think you captured the street dance style? If you were going to perform as a small group rather than a pair, what compositional ideas could you use to extend your phrase?	Which were your favourite elements to perform? What is a stimuli? Can you suggest any different compositional ideas that may be used? <u>Hockey</u> play competitive games, modified where appropriate Choose and implement a range of strategies and tactics. Combine and perform more complex skills at great speed. Recognise and describe good individual and team performances. What set plays did you use in the game and were they successful? When would you use Indian dribble in a game situation? What strategies did your team use to defend?	Can you explain the deuce scoring in tennis? How can the lob shot help you to score points in a game? <u>OAA</u> Take part in outdoor and adventurous activity challenges both individually and within a team. Use information given by others to complete tasks and work collaboratively. Understand more complex tasks. Take responsibility for a role. Use knowledge of PE and physical activities to suggest design ideas and amendments to games. Did their designs change or evolve? What are the traits or characteristics of good leadership and teamwork?	demonstrate improvement. How can we improve data recording? What is the STEP principle? What are the differences in types of throws? <u>Basketball</u> - play competitive games, modified where appropriate - apply basic principles suitable for attacking and defending - use running, jumping, catching and throwing in isolation and in combination - compare their performances with previous ones and demonstrate improvement Develop basic skills such as dribbling, throwing and shooting. Develop a range of ball handling skills. Use footwork rules in a game situation and explore basic marking. Can you give examples of when a player would have	defending in the role of bowler, batter and fielder. What is the need to change our field for certain batters? What are some of the rules of rounders? How can you improve as a team to score more runs or stop the opposition scoring? <u>Athletics</u> - use running, jumping and throwing in isolation and in combination - compare their performances with previous ones and demonstrate improvement to achieve their personal best Apply strength and flexibility to throwing, running and jumping. Accurately and confidently judge across a variety of activities. Work in collaboration to demonstrate improvement. How can we improve data recording? What is the STEP principle?
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	together in a sequence? What different ways can you include a hoop, ball, beanbag, throw down spots or balls in a sequence?				committed a real travel offence? What is the purpose of the jump stop and triple threat position?	What are the differences in types of throws?
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