



# Physical Education Curriculum Overview

|   |    | Autumn 1   | Autumn 2  | Spring 1   | Spring 2  | Summer 1   | Summer 2  |
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| Through continuous provision children will have ongoing opportunities to develop their physical development throughout the year. Gross Motor Skills: Using the trim trail, multi skills courts, daily mile, wheeled toys, large scale construction, gardening mud kitchen, ball games, hula hoops, spinning cones and the scramble net. Fine Motor Skills: playdough disco, cutting, woodwork, drawing, painting, funky fingers activities. |    |  |   |  |   |  |   |
| EYFS  |    | <ul style="list-style-type: none"><li>Revise and refine the fundamental movement skills they have already acquired:- rolling- crawling -walking - jumping - running -hopping - skipping - climbing</li><li>Develop the overall body strength, coordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.</li><li>Develop their small motor skills so that they can use a range of tools competently, safely and confidently.</li><li>Suggested tools: pencils for drawing and writing, paintbrushes, scissors, knives, forks and spoons.</li><li>Develop the foundations of a handwriting style which is fast, accurate and efficient</li></ul> | <ul style="list-style-type: none"><li>Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.</li><li>Combine different movements with ease and fluency.</li><li>Further develop the skills they need to manage the school day successfully: - lining up and queuing – meal times personal hygiene.</li><li>Progress towards a more fluent style of moving, with developing control and grace.</li><li>confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.</li></ul>   |  | <ul style="list-style-type: none"><li>Develop overall body-strength, balance, co-ordination and agility.</li><li>Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.</li><li>Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</li><li>Know and talk about the different factors that support their overall health and wellbeing: - regular physical activity- healthy eating- tooth brushing - sensible amounts of ‘screen time’- having a good sleep routine- being a safe pedestrian</li></ul> |  |   |
| CT PE lessons   |    | Multi Skills   | Dance   | Gymnastics 1   | Gymnastics 2  | Games  | Forest School (OAA, cultural capital and enrichment)  |
|   |    |  |   |  |   |  |   |
| Year 1  | CT | <b>Gymnastics</b><br>KS 1 National Curriculum Aims<br>Pupils should be taught: <ul style="list-style-type: none"><li>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities.</li></ul><br><i>Children will create and perform a movement Sequence linking two actions to make a sequence. Children will recognise and copy contrasting actions (small/tall, narrow/wide). They will explore travelling in different ways, changing direction and speed. Children will hold still shapes and simple balances.</i>   | <b>Dance</b><br>KS1 National Curriculum Aims<br>Pupils should be taught to: <ul style="list-style-type: none"><li>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities;</li><li>Perform dances using simple movement patterns.</li></ul><br><i>Children will listen to music and begin to recognise tempo and mood and move accordingly. They will copy simple dance moves and perform their own dances. Children will explore making a sequence of movements and begin to improve and perfect the dance they have created.</i> | <b>Dance “Animals in the Jungle”</b><br>KS 1 National Curriculum Aims<br>Pupils should be taught: <ul style="list-style-type: none"><li>Perform dances using simple movement patterns.</li></ul> | <b>Team Building</b><br>KS 1 National Curriculum Aims<br>Pupils should be taught: <ul style="list-style-type: none"><li>To engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasing challenging situations.</li><li>To participate in games.</li></ul><br><i>Children will explore and develop teamwork skills and develop their communication skills. They will co-operate and communicate with a partner and groups to solve challenges.</i>   | <b>Forest School (OAA, cultural capital and enrichment)</b><br><br><b>Athletics</b><br>KS 1 National Curriculum Aims<br>Pupils should be taught: <ul style="list-style-type: none"><li>Master basic movements including running, jumping, throwing catching as well as developing balance agility and co-ordination and begin to apply these in a range of activities.</li><li>To engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasing challenging situations.</li><li>To participate in games.</li></ul><br><i>Children will learn to move at different speeds for varying distances. They will perform the 5 jumps with increasing control at take-off and landing. They will learn to perform a roll an underarm throw with increasing success and begin to throw overarm with increasing success.</i> | <b>Tennis</b><br>KS 1 National Curriculum Aims<br>Pupils should be taught: <ul style="list-style-type: none"><li>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities</li><li>To engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasing challenging situations.</li><li>To participate in games.</li></ul><br><i>Children will use their throw and catch skills to throw and catch a small ball with control, and bounce catch to self and a partner. Children will learn how to balance a ball on a racket. They will develop racket familiarisation, moving a ball with racket in a forehand and backhand position across a range of activities and games.</i> |

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|        | PPA | Transition from EYFS - throwing and catching basic skills  | Fitness   | Gymnastics  | Basic ball skills for invasion games (including football)  | Field sports skills - catching, throwing and striking a ball   | Athletic activities and Sports Day   |
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| Year 2 | CT  | <b>Gymnastics</b><br>KS 1 National Curriculum Aims<br>Pupils should be taught: <ul style="list-style-type: none"><li>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities.</li></ul><br><i>Children will copy, explore and remember actions and movements to create their own Sequence. Children will explore travelling in a variety of ways, including rolling. They will learn to hold a still shape whilst balancing on different points of the body.</i>  | <b>Yoga</b><br>KS1 National Curriculum Aims<br>Pupils should be taught to: <ul style="list-style-type: none"><li>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities;</li><li>Perform dances using simple movement patterns.</li></ul><br><i>Children will copy and repeat yoga poses. They will develop an awareness of strength and flexibility when completing yoga poses. Children will copy and remember actions linking them into a flow. They will create a flow and teach it to a partner. Children will explore poses and create a yoga flow.</i>   | <b>Forest School (OAA, cultural capital and enrichment)</b><br><b>Mexican Dance</b><br>KS1 National Curriculum Aims<br>Pupils should be taught to: <ul style="list-style-type: none"><li>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities;</li><li>Perform dances using simple movement patterns.</li></ul><br><i>Children will copy and repeat actions. They will put a sequence of actions together to create a motif. Children will explore simple choreographic devices such as unison, canon and mirroring. They will begin to improvise independently to create a simple dance from different times and cultures.</i>   | <b>Invasion Games</b><br>KS1 National Curriculum Aims<br>Pupils should be taught to: <ul style="list-style-type: none"><li>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities;</li><li>Participate in team games, developing simple tactics for attacking and defending.</li><li>To participate in games.</li></ul><br><i>Children will begin to use and understand the terms attacking and defending. They will use at least one technique attack or defend to play a game successfully. Children will develop throwing and catching techniques and apply them within a game.</i> | <b>Dance – Street dance Tutting “Rather Be”</b><br>KS 1 National Curriculum Aims<br>Pupils should be taught: <ul style="list-style-type: none"><li>Perform dances using simple movement patterns.</li></ul><br><i>I can change rhythm, speed, level and direction. I can dance with control and co-ordination. I can make a sequence by linking sections together. I can link some movement to show a mood or feeling</i>  | <b>Tennis</b><br>KS 1 National Curriculum Aims<br>Pupils should be taught: <ul style="list-style-type: none"><li>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities</li><li>To engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasing challenging situations.</li><li>To participate in games.</li></ul><br><i>Children will develop delivering a tennis ball, using previously taught throwing techniques and strike a tennis ball using a tennis racket, across a range of activities and games.</i>  |
|        | PPA | Introduction to Football   | Fitness   | Gymnastics  | Introduction to Tag Rugby  | Field sports - introduction to Rounders  | Athletic activities and Sports Day   |
|        |     |  |   |   |  |  |  |
| Year 3 | CT  | <b>Netball</b><br>KS 2 National Curriculum Aims<br>Pupils should be taught to: <ul style="list-style-type: none"><li>use running, jumping, throwing and catching in isolation and in combination</li><li>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.</li></ul><br><i>Children will learn to throw and catch with greater control and accuracy. They will learn to pass the ball in two different ways in a game situation and use simple attacking and defending skills in a game.</i> | <b>Hockey</b><br>KS 2 National Curriculum Aims<br>Pupils should be taught to: <ul style="list-style-type: none"><li>use running, jumping, throwing and catching in isolation and in combination</li><li>play competitive games, modified where appropriate [for example, badminton ,basketball, cricket, football hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.</li></ul><br><i>Children will be introduced to a modified small-sided hockey game where they will apply previously taught ball skills and tactics. They will develop hand eye / eye-hand coordination, ball skills and correct hockey-dribbling technique. They will develop hockey ball skills and ball control, whilst static and on the move. They will begin to analyse individual and team performances, throughout a set of modified games.</i> | <b>Gymnastics</b><br>KS 2 National Curriculum Aims<br>Pupils should be taught to: <ul style="list-style-type: none"><li>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li><li>compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li></ul><br><i>Children will create pike, tuck, star, straight, straddle shapes. They will develop transitioning smoothly into and out of balances. They will learn create a sequence with matching and contrasting actions and shapes. They will develop a partner sequence incorporating equipment. Children will perform learnt skills and techniques with control and confidence. Children will watch, describe and evaluate the effectiveness of a performance.</i> | <b>Forest School (OAA, cultural capital and enrichment) for 3 weeks</b>  | <b>Athletics</b><br>KS 2 National Curriculum Aims<br>Pupils should be taught to: <ul style="list-style-type: none"><li>use running, jumping, throwing and catching in isolation and in combination</li><li>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li><li>take part in outdoor and adventurous activity challenges both individually and within a team.</li></ul><br><i>Children will learn to compete across modified athletics events involving running, jumping and throwing. Children will begin to run smoothly at different speeds. They will perform combinations of jumps with increasing control. They will begin to understand what makes a good jump and areas to improve on. They will be introduced to long jump, triple jump, vertical jump. Children will begin to throw using different styles and become more successful at aiming throws and begin to describe what makes a successful throw.</i> | <b>Dance Coach Cheerleading</b><br>KS 2 National Curriculum Aims<br>Pupils should be taught to: <ul style="list-style-type: none"><li>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li><li>perform dances using a range of movement patterns</li><li>compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li></ul><br><i>Being a team sport, cheerleading requires a lot of coordination between teammates. Children will learn to work together in order to successfully complete a routine. They will draw on their skills of flexibility and hold their bodies in different positions. They will perform different routines, stunts and jumps. Children will develop a good sense of rhythm. The rhythm in cheerleading comes from music involved and teammates. Children will learn</i> |
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|  |     |  |  |  | <b>Development of athletic field skills.</b><br><i>Introduction to specific equipment eg Howler</i>   | <b>Dance Coach</b><br><b>Introduction to Cheer Leading for 3 weeks</b>  | <i>that individual and team rhythm is crucial to a cheerleading team's success</i>   |
|  | PPA | Developing Tag Rugby   | Football   | Cross country  | Hockey  | Cricket   | Athletics  |
|  |     |  |  |  |   |   |  |
| Year 4   | CT  | <b>Hockey</b><br>KS 2 National Curriculum Aims<br>Pupils should be taught to: <ul style="list-style-type: none"> <li>use running, jumping, throwing and catching in isolation and in combination</li> <li>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.</li> </ul><br><i>Children will recap all previously taught, hockey specific ball skills, techniques and tactics. They will develop their understanding of decision making in hockey; when to pass/shoot and when to dribble. Children will develop their understanding of hockey defending and attacking principles. They will be introduced to the correct tackling technique. Children will be able to apply all previously taught skills within a modified competitive hockey game.</i> | <b>Forest School (OAA, cultural capital and enrichment)</b><br><br><b>Swimming</b><br>KS 2 National Curriculum Aims<br>Pupils should be taught to: <ul style="list-style-type: none"> <li>swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</li> <li>perform safe self-rescue in different water-based situations.</li> </ul> | <b>Gymnastics</b><br>KS 2 National Curriculum Aims<br>Pupils should be taught to: <ul style="list-style-type: none"> <li>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> <li>compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul><br><i>Children to develop individual and partner balances. Children to create 1, 2, 3 and 4-point balances on apparatus and against a partner. Children will perform and create sequences with fluency and expression. They will watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.</i> | <b>Dance Coach</b><br><b>Freestyle</b><br>KS 2 National Curriculum Aims<br>Pupils should be taught to: <ul style="list-style-type: none"> <li>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> <li>perform dances using a range of movement patterns</li> <li>compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul><br><i>Children will learn to copy and create actions in response to an idea and be able to adapt this using changes of space. They will choose actions which relate to the theme. Children will use actions, dynamics, spacing and timing to represent a state of matter. They will learn to remember and repeat actions and create dance ideas in response to a stimulus. They will use choreographing ideas to change how actions are performed.</i> | <b>Rounders</b><br>KS 2 National Curriculum Aims<br>Pupils should be taught to: <ul style="list-style-type: none"> <li>use running, jumping, throwing and catching in isolation and in combination</li> <li>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.</li> <li>take part in outdoor and adventurous activity challenges both individually and within a team.</li> </ul><br><i>Children will develop their ball striking technique, striking a static and bouncing ball They will develop their throwing and catching technique. Children will be able to apply all taught skills within a competitive rounders game and understand basic rounders game rules.</i> | <b>Athletics</b><br>KS 2 National Curriculum Aims<br>Pupils should be taught to: <ul style="list-style-type: none"> <li>use running, jumping, throwing and catching in isolation and in combination</li> <li>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> <li>take part in outdoor and adventurous activity challenges both individually and within a team.</li> </ul><br><i>Children will learn to compete across modified athletics events involving running, jumping and throwing. Children will choose different styles of running for different distances. They will develop their pace and sustain their effort over longer distances. They will begin to watch and describe specific aspects of running e.g. what arms and legs are doing. Children will perform combinations of jumps e.g. hop, step, jump showing control and consistency. They will choose different styles of jumping. Explore different styles of throwing e.g. pulling, pushing and slinging (to prepare for javelin, shot and discus).</i> |
|  | PPA | Tag Rugby  | Netball  | Cross Country  | Football  | Athletics   | Cricket  |
| YEAR 4 SWIMMING – CURRENTLY AWAITING CONFIRMATION OF BOOKING – 1 WEEK INTENSIVE COURSE |     |  |  |  |   |   |  |
|  |     |  |  |  |   |   |  |
| Year 5   | CT  | <b>Dance Coach</b><br><b>Musical Theatre</b><br>KS 2 National Curriculum Aims<br>Pupils should be taught to:   | <b>Forest School (OAA, cultural capital and enrichment)</b>  | <b>Basketball/Netball</b><br>KS 2 National Curriculum Aims<br>Pupils should be taught to: <ul style="list-style-type: none"> <li>use running, jumping, throwing and catching in isolation and in combination</li> </ul>  | <b>Gymnastics</b><br>KS 2 National Curriculum Aims<br>Pupils should be taught to: <ul style="list-style-type: none"> <li>develop flexibility, strength, technique, control and balance [for</li> </ul>  | <b>Athletics - from Summer 2022</b><br>KS 2 National Curriculum Aims<br>Pupils should be taught to:   | <b>Cricket</b><br>KS 2 National Curriculum Aims<br>Pupils should be taught to: <ul style="list-style-type: none"> <li>use running, jumping, throwing and catching in isolation and in combination</li> </ul>   |

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|        |     | <ul style="list-style-type: none"><li>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li><li>perform dances using a range of movement patterns</li><li>compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li></ul> <p><i>Children to create a dance using a given structure and perform the actions showing quality and control. Children to copy and repeat movements in the style of musical theatre. Children to use choreographing devices when working as a group keeping in time with the music. Children to work collaboratively with a group to create a dance in the style of musical theatre.</i></p> | <b>Invasion Games - Hockey</b><br>KS 2 National Curriculum Aims<br>Pupils should be taught to: <ul style="list-style-type: none"><li>use running, jumping, throwing and catching in isolation and in combination</li><li>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.</li><li>take part in outdoor and adventurous activity challenges both individually and within a team.</li></ul>  | <ul style="list-style-type: none"><li>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.</li><li>take part in outdoor and adventurous activity challenges both individually and within a team.</li></ul> | <p>example, through athletics and gymnastics]</p> <ul style="list-style-type: none"><li>compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li></ul>   | <ul style="list-style-type: none"><li>use running, jumping, throwing and catching in isolation and in combination</li><li>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li><li>take part in outdoor and adventurous activity challenges both individually and within a team.</li></ul> <p><i>Children will learn to compete across modified athletics events involving running, jumping and throwing. Children will learn to sustain pace over longer distances. They will be able to explain what stamina and speed are. Children will perform the long jump, triple jump, standing jump and vertical jump with increasing control. Children will begin to analyse their own and others performance giving areas of strength and areas for improvements. Children will perform a javelin, shot and discus throw with increasing control. Children will describe what makes a good throw and how to improve</i></p> | <ul style="list-style-type: none"><li>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.</li><li>take part in outdoor and adventurous activity challenges both individually and within a team.</li></ul>   |
|        | PPA | Football   | Cross Country   | Tag Rugby   | Cricket   | Pop Lacrosse   | Athletics   |
|        |     |  |   |   |   |  |   |
| Year 6 | CT  | Forest School (OAA, cultural capital and enrichment) 3 weeks   | <b>Dance Coach</b><br><b>Hip Hop 1</b><br>KS 2 National Curriculum Aims<br>Pupils should be taught to: <ul style="list-style-type: none"><li>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li><li>perform dances using a range of movement patterns</li><li>compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li></ul> <p><i>Children to demonstrate strong and controlled movements throughout a dance sequence. Children to combine flexibility, techniques and movements to create a fluent sequence. Children to move appropriately and with the required style in relation to the stimulus, e.g. using various levels, ways of travelling and motifs. Children to show a change of pace and timing in their movements. Children to move rhythmically and accurately in dance sequences. Children to perform the sequence in time to music and apply a variety of skills and techniques confidently, consistently and with precision.</i></p> | <b>Yoga</b><br>KS 2 National Curriculum Aims<br>Pupils should be taught to: <ul style="list-style-type: none"><li>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li><li>compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li></ul>             | <b>Invasion Games</b><br>KS 2 National Curriculum Aims<br>Pupils should be taught to: <ul style="list-style-type: none"><li>use running, jumping, throwing and catching in isolation and in combination</li><li>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.</li><li>take part in outdoor and adventurous activity challenges both individually and within a team.</li></ul> | <b>Athletics</b><br>KS 2 National Curriculum Aims<br>Pupils should be taught to: <ul style="list-style-type: none"><li>use running, jumping, throwing and catching in isolation and in combination</li><li>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li><li>take part in outdoor and adventurous activity challenges both individually and within a team.</li></ul> <p><i>To be able to compete across modified athletics events involving running, jumping and throwing. Children to sustain pace over longer distance – 2 minutes or longer. Children to demonstrate a range of jumps showing power and control and consistency at both take-off and landing. Children to throw with greater accuracy, control and efficiency of movement using pulling, pushing and slinging action with foam javelin, shot and discus.</i></p>  | <b>Rounders</b><br>KS 2 National Curriculum Aims<br>Pupils should be taught to: <ul style="list-style-type: none"><li>use running, jumping, throwing and catching in isolation and in combination</li><li>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.</li><li>take part in outdoor and adventurous activity challenges both individually and within a team.</li></ul> <p><i>Children will develop their ball striking technique, striking a static and bouncing ball They will develop their throwing and catching technique. Children will be able to apply all taught skills within a competitive rounders game and understand basic rounders game rules.</i></p> |



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|  |            | <b>Gymnastics</b><br>KS 2 National Curriculum Aims<br>Pupils should be taught to: <ul style="list-style-type: none"><li>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li></ul> compare their performances with previous ones and demonstrate improvement to achieve their personal best. |                      |                  |                 |                | <b>Beckenham Place Park and Residential Trip (Adventurous activity days for Year 6/7 transition)</b> |
|  | <b>PPA</b> | <b>Pop Lacrosse</b>   | <b>Cross Country</b> | <b>Tag Rugby</b> | <b>Football</b> | <b>Cricket</b> | <b>Athletics</b>   |