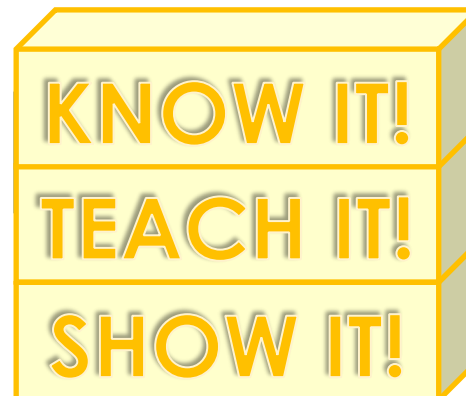




PHYSICAL EDUCATION CURRICULUM

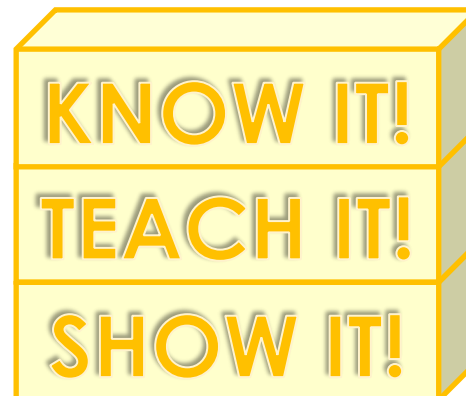




EYFS

PHYSICAL EDUCATION

CURRICULUM



Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Use of Space Travelling and Locomotion	Brilliant Ball Skills Send and Receive	Gymnastics Travelling, weight bearing and use of apparatus	Dance	Brilliant Ball Skills Throwing and Catching	Athletics Super Heroes
Teach It	Teach It	Teach It	Teach It	Teach It	Teach It
<ul style="list-style-type: none"> To begin to dress and undress independently. To show an awareness of space and to use space safely. To start and stop on a given signal and listen to instructions. To travel with control and in a variety of ways. To show an awareness of different speeds and levels. To use apparatus safely. 	<ul style="list-style-type: none"> To begin to dress and undress independently. To show an awareness of space and to use small apparatus safely. To roll a ball across the floor with control, using hands or feet. To roll a ball, run and retrieve it with control. To roll a ball with varying speed and distance. To send a ball with hands or feet to a target / partner. To bounce and catch a ball. To bounce a ball to a partner. To bounce a ball continuously. 	<ul style="list-style-type: none"> To dress and undress independently. To travel and balance holding a stretched shape. To travel and balance when holding a curled shape. To hold body weight on different body parts. To travel with control on different body parts. To stop and start on a given signal. To link two movements together. 	<ul style="list-style-type: none"> To dress and undress independently. To be aware of space and make use of the space around them. To make basic shapes with their body. To explore basic body movements to music. To travel on feet in a variety of ways. To express moods and feelings. To match movements to music. To respond to a range of music or signals. To hold shapes, travel and stop with control. 	<ul style="list-style-type: none"> To throw a ball up above the head. To throw a range of balls or a beanbag overarm and underarm across a distance. To throw a bean bag to a partner, with increasing distance. To anticipate receiving a beanbag from a partner. To throw a ball / beanbag up and catch it with two hands. To catch a beanbag with one hand. To catch a bean bag from one hand to the other. 	<ul style="list-style-type: none"> To run at different speeds, in different directions and around obstacles. To practise short distance running. To practise longer distance running. To practise taking off from different positions. To jump from, on, over, under and through. To explore different methods of throwing. To co-ordinate movements to complete an obstacle course.
Know It	Know It	Know It	Know It	Know It	Know It
<ul style="list-style-type: none"> Forwards, backwards, sideways, stop. Hop, bounce, jump, walk, stride, gallop, slide. On, over, along, through, under. Quickly, slowly. 	<ul style="list-style-type: none"> Send, receive, underarm. Bounce, push, direction. Carry, catch, stop. 	<ul style="list-style-type: none"> Travel, stretched, curled. Along, over, under, onto, off, high, low, in and out, land. Direction, level, hold. 	<ul style="list-style-type: none"> Tip-toe, stomp, stamp, march, skip, hop, jump creep, gallop, leap, land. Twist, twirl, flutter, shake, wriggle. Quick, slow. Loud, quiet. 	<ul style="list-style-type: none"> Overarm, underarm, throw, catch. Distance, aim, target. Skittles, cones, hoops. 	<ul style="list-style-type: none"> <u>Run</u> – chase, catch, dodge, avoid, race, relay. Short distance, sprint, long instance. <u>Jump</u> – off, over, from standing, from a run-up. Hurdles, obstacles. <u>Throw</u> – aim, target, under-arm, over-arm, long-distance.

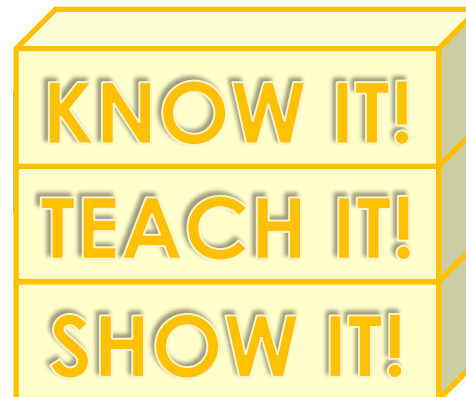
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Use of Space Travelling and Locomotion	Brilliant Ball Skills Send and Receive	Gymnastics Travelling, weight bearing and use of apparatus	Dance	Brilliant Ball Skills Throwing and Catching	Athletics Super Heroes
Show It	Show It	Show It	Show It	Show It	Show It
<ul style="list-style-type: none"> Travel in different ways, on different parts of the body. Travel showing an awareness of space. Respond to a signal and change the way of travelling, Respond to a signal and change the direction of travel. Demonstrate quick and slow movements. Demonstrate high and low movements. Take off with springy knees. Land with squashy knees and on two feet. 	<ul style="list-style-type: none"> Develop anticipation and reaction when working with beanbags or balls. Demonstrate sending a beanbag or ball underarm. Bend knees, bend elbow and straighten the arm. Use leading foot to point in the direction of the send. Develop accuracy of a send. Use bent knees to stop a ball. Stop, trap or catch the ball while on the move. Keep eyes on the ball. Push the ball down with the hands. Spread fingers behind the ball to receive it. Catch a ball on a bounce using two hands. 	<ul style="list-style-type: none"> Demonstrate wide, tall and curled body shapes when holding a balance. Demonstrate wide, tall and curled body shapes when travelling. Hold their weight on different hands and feet, front, back, sides, one foot. Hold their weight at different levels. Link two holds together. Link a travel and a balance together. Demonstrate curled and stretched body shapes when travelling and balancing on apparatus. Land with squashy knees when jumping off apparatus. Use apparatus safely. 	<ul style="list-style-type: none"> Demonstrate a use of space around them – high, low, in front and behind. Listen to instructions and a range of stimuli and respond by engaging in activity. Use a range of simple footwork (tip-toe, stomp, stride, hop, etc.) to travel in different ways. Identify different parts of the body and make them move in different ways. Express and communicate ideas through movement. 	<ul style="list-style-type: none"> Develop anticipation and reaction when working with beanbags or balls. Throw a (air) ball / beanbag above the head, and catch with good control, keeping eyes on the ball. Develop accuracy of sending a ball underarm to a target. Bend the elbow, palm up, hand and leading foot pointing in the direction of the send. Control a ball using hands. Develop techniques for catching a ball / beanbag with two hands, fingers spread and hands close together. To know how to stop and retrieve a ball (a fielding skill). Play games with targets using aiming and throwing skills. 	<ul style="list-style-type: none"> Demonstrate running at different speeds. Be able to change speed, direction and stop on command. Run with good balance and co-ordination over short and longer distances. Know how to jump from two feet. Demonstrate bending knees and swinging arms. Explore running up to a marker and jumping, taking off from one foot. Demonstrate good landing positions; landing with two feet and squashy knees. Explore which is the best way to jump to cover a distance. Use techniques learned for throwing to throw further and with greater accuracy. Co-ordinate skills and movements to complete an obstacle course.



YEAR 1

PHYSICAL EDUCATION

CURRICULUM



Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Multi Skills	Brilliant Ball Skills	Groovy Gymnastics	Dance	Throwing and Catching	Active Athletics
Teach It	Teach It	Teach It	Teach It	Teach It	Teach It
<ul style="list-style-type: none"> To explore static balancing and understand the concept of bases. To combine a number of co-ordination drills, using upper and lower body movements. To aim a variety of balls and equipment accurately. To time running to stop or intercept the path of a ball. To travel in different ways, showing clear transitions between movements. To travel in different directions (side to side, up and down) with control and fluency. To practise ABC (agility, balance and co-ordination). 	<ul style="list-style-type: none"> To master basic sending and receiving techniques. To develop balance, agility and co-ordination. To make use of co-ordination, accuracy and weight transfer. To use ball skills in game-based activities. 	<ul style="list-style-type: none"> To explore gymnastic actions and shapes. To explore travelling on benches. To repeat and link combinations of gymnastic actions. To link combinations of movements and shapes with control. 	<ul style="list-style-type: none"> To explore basic body patterns, gestures and movements to music. To change direction during travelling moves. To link travelling moves that change direction and level. To link together dance moves with gestures and changing direction in time to music. 	<ul style="list-style-type: none"> To practise basic striking, sending and receiving. To use throwing and catching skills in a game. To practise accuracy of throwing and consistent catching. To strike with a racket or bat. 	<ul style="list-style-type: none"> To use varying speeds when running. To explore footwork patterns. To explore arm mobility. To explore different methods of throwing. To practise short distance running. To practise taking off from different positions. To complete an obstacle course with control and agility.
Know It	Know It	Know It	Know It	Know It	Know It
<ul style="list-style-type: none"> Balance, base, push, agility, co-ordination, accuracy Aim, accuracy, guide, target, rotate. Movements, technique, travel, transitions. 	<ul style="list-style-type: none"> Send, receive, underarm, overarm. Throw, catch, bounce, receive, react. Travel, balance, weight. 	<ul style="list-style-type: none"> Travel, link, sequence, level, tension, posture. Tuck, pike, straight, straddle. Rolling: egg, log, forward, teddy bear rolls. Along, over, onto, off. Direction, level. 	<ul style="list-style-type: none"> Rap, beat, gesture. Level, speed 	<ul style="list-style-type: none"> Throw, catch, strike, fielding, target. Strike, bat, racket. 	<ul style="list-style-type: none"> Speed Take-off and landing, hopping, balance, jog, sprint. Underarm, overarm throw. Obstacle, relay.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Multi Skills	Brilliant Ball Skills	Groovy Gymnastics	Dance	Throwing and Catching	Active Athletics
Show It	Show It	Show It	Show It	Show It	Show It
<ul style="list-style-type: none"> • Perform balances using a number of different parts of the body. • Run on the balls of the feet, concentrating on coordination, not speed. • Co-ordinate the upper and lower body together. • Move with greater precision and control. • Use timing to aim, stop and guide an object. • Aim a variety of balls and equipment accurately. • Use controlled movement to travel in different ways. • Quickly change direction whilst running, with control and fluency. • Use agility, balance and co-ordination when performing activities. 	<ul style="list-style-type: none"> • Develop anticipation and reaction when working with beanbags or balls. • Catch a ball on a bounce. • Catch a ball from a throw. • Develop accurate throwing skills. • Develop accuracy of send. • Understand the overarm throwing technique. • Understand when to use an underarm throw. • Stop, trap or catch the ball while on the move. • Play a game, following the rules and demonstrating fair play. 	<ul style="list-style-type: none"> • Travel in different directions at different speeds and levels. • Link three moves together while travelling, aiming to change level, speed and direction. • Link isolated moves and shapes when travelling. • Explore rolling movements as a way of travelling. • Explore travelling to move along, over, around onto and off a bench • Travel with a focus on changing direction and level, using small equipment. • Use a variety of small equipment to perform a travelling sequence, using all of the skills learned so far. 	<ul style="list-style-type: none"> • Learn the Goldilocks rap with actions. • Practise travelling movements with a change in direction. • Understand beats in the music. • Move in time to the music. • Develop gestures and ways of travelling. • Move in time to the music. • Dance to beats of four or eight. • Perform a dance in time to music and with fluency. 	<ul style="list-style-type: none"> • Throw and catch a ball to self, a target and underarm to a partner. • Control a ball using hands. • Understand the correct technique for catching. • Explore striking balls of different sizes using their hands and equipment. • To know how to stop and retrieve a ball (a fielding skill). • Know how to make contact with a ball using different bats or rackets. • Play a game using striking and fielding skills. • Know the tactics and skills to use in order to win a game. 	<ul style="list-style-type: none"> • Know how to travel in different ways. • Be able to change from fast to slow. • Know how to hop, and how to hop, travel and land safely on two feet. • Know how to throw safely. • Throw in a variety of ways. Decide which throwing method is best for distance. • Run with good balance and co-ordination. • Know how to jump from two feet. Explore which is the best way to jump to cover a distance. • Use the skills learned in the previous lessons by completing an obstacle course.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Boot Camp	Gymfit Circuits	Skip to the Beat	Mighty Movers	Cool Core	Fitness Frenzy
Teach It	Teach It	Teach It	Teach It	Teach It	Teach It
<ul style="list-style-type: none"> To understand how to prepare the body for exercise. To understand what fitness means. To complete a range of circuit-based activities and understand the reason for doing them. To understand what happens to the heart rate during exercise. To complete a circuit that includes activities practised. 	<ul style="list-style-type: none"> To identify techniques to improve balance. To practise a range of gymnastic skills through a series of circuits. To perform a range of gymnastic skills with increased accuracy. To perform a sequence of gymnastic moves within a circuit. To perform a sequence of moves at each station within a circuit with increased accuracy. 	<ul style="list-style-type: none"> To develop foot patterns that aid skipping. To develop skipping skills. To improve agility, balance and co-ordination. 	<ul style="list-style-type: none"> To explore running at a variety of speeds and in a variety of styles. To run at different speeds and in different directions with control. To understand the purpose of a circuit and how it can improve fitness. 	<ul style="list-style-type: none"> To identify techniques to improve core strength and agility. 	<ul style="list-style-type: none"> To complete a circuit that includes activities learned throughout the year. To explore running at different speeds. To improve agility, balance and co-ordination. To evaluate performance of gymnastic moves within a circuit. To identify techniques to improve core strength and agility. Use techniques already
Know It	Know It	Know It	Know It	Know It	Know It
<ul style="list-style-type: none"> Exercise, fitness, heart rate, co-ordination. Heart rate, circuit, technique, exercise. 	<ul style="list-style-type: none"> Travelling, spotting, extend, flexible, stretch, reach 	<ul style="list-style-type: none"> Hop, jump, skip. Step overs. Circuit, weave. 	<ul style="list-style-type: none"> Direction Circuit, relay 	<ul style="list-style-type: none"> Bridge, agility, core. Plank, balance, front, back, support, core, strength, posture. Wheelbarrow, crab. 	<ul style="list-style-type: none"> Basic circuit moves, running, jumping jacks, ball pass, jumping from side to side. Running and gait skills. Travelling, spotting, extend, flexible, stretch, reach. Crab Technique, skills, circuit.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Boot Camp	Gymfit Circuits	Skip to the Beat	Mighty Movers	Cool Core	Fitness Frenzy
Show It	Show It	Show It	Show It	Show It	Show It
<ul style="list-style-type: none"> • Experience some of the changes that occur during exercise. • Raise heart rate. • Develop agility and co-ordination. • Perform simple patterns of movement. • Learn new moves and perform them with good technique and balance • Demonstrate the correct technique for activities. • Discover which activities individuals find easy or difficult. • Develop agility and co-ordination. 	<ul style="list-style-type: none"> • Develop balance, agility and co-ordination. • Master basic movements, as well as developing balance, agility and co-ordination. • Perform using simple movement patterns. 	<ul style="list-style-type: none"> • Learn how to hop – same foot to same foot. • Learn how to jump – two feet to two feet. • Be able to do these two activities on the move. • Develop the ‘step hop’ technique for a good skip without a rope. • Explore the action of skipping at a low level. • Learn how to skip with a rope. Explore different ways of skipping. • Skip with good balance and technique. • Perform a skipping circuit with knowledge and understanding. 	<ul style="list-style-type: none"> • Understand that running can be done in many ways. • Run at different speeds and in different directions with control. • Run in a race with a team. • Understand what happens to our breathing during exercise, and why it changes. • Increase heart rate. • Understand the importance of using the arms when running. • Run quickly in a relay activity, aiming to improve speed. • Complete a running circuit. 	<ul style="list-style-type: none"> • Learn how to control breathing. • Learn how to support body weight. • Increase the speed at which you can travel through the ladders accurately. • Learn the technique for the plank, front support and back support. • Be able to use the core to maintain balance when running. • Support body weight on the hands using the core muscles to keep balanced. • Perform a wheelbarrow with a partner, with control. 	<ul style="list-style-type: none"> • Demonstrate the correct technique for activities. • Develop agility and co-ordination. • Perform simple patterns of movement. • Understand the importance of using the arms when running. • Run quickly in a relay activity, aiming to improve speed. • Perform a skipping circuit with knowledge and understanding. • Master basic movements, as well as developing balance, agility and co-ordination. • Perform using simple movement patterns. • Use techniques already learned to improve performance.



YEAR 2

PHYSICAL EDUCATION

CURRICULUM

KNOW IT!

TEACH IT!

SHOW IT!

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Multi Skills	Groovy Gymnastics	Brilliant Ball Skills	Throwing and Catching	Skip to the Beat	Active Athletics
Teach It	Teach It	Teach It	Teach It	Teach It	Teach It
<ul style="list-style-type: none"> To explore static balancing and understand the concept of bases. To combine a number of co-ordination drills, using upper and lower body movements. To aim a variety of balls and equipment accurately. To time running to stop or intercept the path of a ball. To travel in different ways, showing clear transitions between movements. To travel in different directions (side to side, up and down) with control and fluency. To practise ABC (agility, balance and co-ordination) 	<ul style="list-style-type: none"> To remember and repeat simple gymnastic actions with control. To balance on isolated parts of the body using the floor and hold balance. To develop a range of gymnastic moves, particularly balancing. To link together a number of gymnastic actions into a sequence. To explore ways of travelling around on large apparatus. To choose and use a variety of gymnastic actions to make a sequence. 	<ul style="list-style-type: none"> To use hand-eye co-ordination to control a ball. To catch a variety of objects. To vary types of throw. To kick and move with a ball. To develop catching and dribbling skills. To use ball skills in a mini festival. 	<ul style="list-style-type: none"> To learn skills for playing striking and fielding games. To position the body to strike a ball. To practise striking a small ball. To develop catching skills To throw a ball for distance. To practise throwing skills in circuit. To play a game fairly and in a sporting manner. To use fielding skills to play a game. 	<ul style="list-style-type: none"> To perform skipping moves with agility, balance and co-ordination To explore different ways of jumping/hopping with balance and accuracy. To skip with control and balance. 	<ul style="list-style-type: none"> To run with agility and confidence. To learn the best jumping techniques for distance. To throw different objects in a variety of ways. To hurdle an obstacle and maintain effective running style. To run for distance. To complete an obstacle course with control and agility.
Know It	Know It	Know It	Know It	Know It	Know It
<ul style="list-style-type: none"> Base, balance, Co-ordination, agility. Push, timing, aim, accuracy, guide, target. Rotate, movements, technique, travel transitions, control, fluency. 	<ul style="list-style-type: none"> Balance, shapes, travelling, tension. Shoulder stand, points and patches. 	<ul style="list-style-type: none"> Send, receive, control. React, target. Underarm throw, overarm throw, bounce pass. Dribble, trap, kick. 	<ul style="list-style-type: none"> Underarm, bounce. Sideways, cushion. Overarm throw. Circuit. Kwik cricket. 	<ul style="list-style-type: none"> Hopping, skipping, jumping. Squat, tag, skipping, circuit. 	<ul style="list-style-type: none"> Direction, speed, balance. Swing, balance. Power, speed. Hurdle, obstacle, relay.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Multi Skills	Groovy Gymnastics	Brilliant Ball Skills	Throwing and Catching	Skip to the Beat	Active Athletics
Show It	Show It	Show It	Show It	Show It	Show It
<ul style="list-style-type: none"> • Perform balances using a number of different parts of the body. • Run on the balls of the feet, concentrating on coordination, not speed. • Co-ordinate the upper and lower body together. • Move with greater precision and control. • Use timing to aim, stop and guide an object. • Aim a variety of balls and equipment accurately. • Use controlled movement to travel in different ways. • Quickly change direction whilst running, with control and fluency. • Use agility, balance and co-ordination when performing activities. 	<ul style="list-style-type: none"> • Learn to perform balances and movements and combine them into a routine. • Link balances with other travelling moves, moving smoothly into and out of the balances. • Safely use benches and mats to develop sequences. • Work with a partner to create a sequence of gymnastic actions. • Use benches and mats to explore balances on different levels. • Safely move around the apparatus. • Mirror and match a partner. • Share equipment 	<ul style="list-style-type: none"> • Move a ball using hands and feet. • Know how to catch different objects. • Target the receiver's hands when throwing. • Watch the ball or object when trying to catch it. • Know how to throw overarm, underarm and bounce pass. • Understand techniques for dribbling and passing a football. • Pass with accuracy. • Dribble with control. • Catch the ball at different heights. • Participate in a mini sports festival, understanding the rules and demonstrating good techniques and sporting behaviour. 	<ul style="list-style-type: none"> • Know how to throw a ball underarm with accuracy. • Practise catching skills. • Know the correct technique for striking a ball from a tee. • Receive and return a ball. • Know the best technique for catching. • Explore catching different balls. • Know the overarm throw technique and when to use it. • Aim for accurate throwing and consistent catching and striking. 	<ul style="list-style-type: none"> • Consolidate skipping techniques. • Raise the heart rate in order to improve personal fitness. • Hop consistently • Jump with control. • Skip with good technique. • Improve awareness of where the rope is when skipping. • Improve control of the rope and running skip technique. • Demonstrate good technique while skipping. • Observe and comment on others' performances. 	<ul style="list-style-type: none"> • Run with a change of speed and direction while maintaining balance. • Run and jump over an obstacle. • Use arms when jumping. • Jump with balance and fluency. • Know the difference between running for speed and running for distance. • Know how to throw safely. • Know how to throw for distance. • Use the skills learned in the previous lessons by completing an obstacle course.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Fitness Frenzy	Mighty Movers	Dance	Boot Camp	Cool Core	Gym fit Circuits
Teach It	Teach It	Teach It	Teach It	Teach It	Teach It
<ul style="list-style-type: none"> To complete a circuit of activities. To understand the purpose of a circuit and how it can improve fitness. To skip with control and balance. To evaluate a performance of gymnastic moves within a circuit. To improve core strength, balance and agility. 	<ul style="list-style-type: none"> To run efficiently using the arms. To demonstrate running with balance and co-ordination. To understand the purpose of a circuit and how it can improve fitness. 	<ul style="list-style-type: none"> To work to music, creating movements that show rhythm and control. To explore different levels and speeds of movement. To compose and perform simple dance phrases. To show contrasts in simple dances with good body shape and position. To develop a range of dance movements and improve timing. 	<ul style="list-style-type: none"> To understand how to prepare the body for exercise. To understand what fitness means. To complete a range of circuit-based activities and understand the reason for doing them. To understand what happens to the heart rate during exercise. 	<ul style="list-style-type: none"> To develop and improve core strength and agility. 	<ul style="list-style-type: none"> To identify techniques to improve balance To practise a range of gymnastic skills through a series of circuits. To perform a range of gymnastic skills with increased accuracy.
Know It	Know It	Know It	Know It	Know It	Know It
<ul style="list-style-type: none"> Circuit. running, jumping jacks, ball pass, jumping from side to side. Travelling, spotting, extend, flexible, stretch, reach. Strength and stamina, flexibility, aerobic, circuit training. 	<ul style="list-style-type: none"> Relay Running and gait skills. Good running technique. Circuit 	<ul style="list-style-type: none"> Explore vocabulary which describes the movements the children develop. Travel, movements, dance, beat, partner, performance. 	<ul style="list-style-type: none"> Heart rate, agility, co-ordination. Circuit, jacks, exercise, strength, aerobic, travel, technique, heart beat. 	<ul style="list-style-type: none"> Core strength, bridge, agility, abdominals, squat, hopscotch, hoop. 	<ul style="list-style-type: none"> Travelling, spotting, extend, flexible, stretch, reach.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Fitness Frenzy	Mighty Movers	Dance	Boot Camp	Cool Core	Gym fit Circuits
Show It	Show It	Show It	Show It	Show It	Show It
<ul style="list-style-type: none"> To demonstrate the correct technique for activities. Develop agility and co-ordination. Perform simple patterns of movement. Complete a running circuit. Demonstrate good technique while skipping. Observe and comment on others' performance. Develop hoop skills that will aid core strength and balance. Develop hand-eye co-ordination. 	<ul style="list-style-type: none"> Develop running technique with good balance and co-ordination. Run for one minute without stopping. Learn some of the changes that happen to the body during exercise. Develop good technique for running circuits. Understand the value of a circuit. 	<ul style="list-style-type: none"> Show contrasting movements with strength and clarity. Explore performing actions in response to stimuli. Explore ideas by experimenting with actions, dynamics, directions and levels. Explore patterns of movement with a partner. Work in small groups and develop phrases of movements. Link contrasting movements together to make a short dance sequence Perform a complete dance with clarity and flow, showing changes in levels and speed. 	<ul style="list-style-type: none"> Experience some of the changes that occur during exercise. Raise heart rate. Learn new moves and perform them with good technique and balance. Demonstrate the correct technique for activities. Discover which activities individuals find easy or difficult. Develop agility and co-ordination. Perform simple patterns of movement. 	<ul style="list-style-type: none"> Learn how to maintain a good bridge using core strength. Use arms effectively when running. Improve plank technique. Maintain a wheelbarrow walk for longer period of time, using core strength. Perform a small crunch and understand what it does. Perform an activity/game that uses the abdominals. Perform a squat and diagonal body twist, and understand why they are valuable exercises to do. Transfer weight from one foot to two feet. Perform footwork patterns using a hoop. Jump with accuracy using core strength to maintain balance. Develop hand-eye co- 	<ul style="list-style-type: none"> Master basic movements, as well as developing balance, agility and co-ordination. Perform using simple movement patterns.



YEAR 3

PHYSICAL EDUCATION

CURRICULUM

KNOW IT!

TEACH IT!

SHOW IT!

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Multi Skills	Groovy Gymnastics	Throwing and Catching	Dance	Nimble Nets	Active Athletics
Teach It	Teach It	Teach It	Teach It	Teach It	Teach It
<ul style="list-style-type: none"> To change and maintain centre of balance. To develop co-ordination whilst moving an object. To demonstrate agility by being able to twist and turn and change direction. To practise co-ordination and moving with others. To use co-ordination skills to move an object. To use all ABC (agility, balance, co-ordination) skills learned so far, to the best of your ability. 	<ul style="list-style-type: none"> To explore jumping techniques and link them with other gymnastic actions. To select and adapt gymnastics actions to meet the task. To work with a partner or a small group to create a sequence that develops jumping skills. To improve the ability to choose appropriate actions when creating a sequence of gymnastic movements to music. 	<ul style="list-style-type: none"> To consolidate and develop a range of skills in striking and fielding. To develop and investigate different ways of throwing and to know when it is appropriate to use them. To consolidate and develop a range of skills in striking and fielding. To practise the correct technique for catching a ball and use it in a game. To strike the ball for distance. To know how to play a striking and fielding game competitively and fairly. 	<ul style="list-style-type: none"> To explore (African) dance movements and create patterns of movement. To work with a partner to create (African) dance patterns. To perform a dance with rhythm and expression. To use knowledge of (African) dance to create a story in small groups. To develop precision of movement. To work co-operatively with a group to create a dance piece. To perform in front of others with confidence. 	<ul style="list-style-type: none"> To develop confidence with balls and tennis racquet. To get the ball into play. To serve underarm. To build up a rally with a partner. To build a rally and develop accuracy when doing this. 	<ul style="list-style-type: none"> To run in different directions and at different speeds, using a good technique. To improve throwing technique. To reinforce jumping techniques. To understand the relay and passing the baton. To choose and understand appropriate running techniques. To compete in a competition.
Know It	Know It	Know It	Know It	Know It	Know It
<ul style="list-style-type: none"> Balance, bounce, send, travel, control, dribble, agility. Speed, observation, safety. Concentrate, focus, utilise. 	<ul style="list-style-type: none"> Jumps, landing shapes. Balance, roll, travel Teamwork, co-operation, empathy. Analyse 	<ul style="list-style-type: none"> Accuracy, underarm throw, overarm throw, wickets, stumps. Soft hands, target hands, defenders. Stumped, underarm bowling, run. Long barrier, surface area. Safe zone, retrieve. Striking, fielding. 	<ul style="list-style-type: none"> Clock, direction, tempo, timing. Tempo, direction, pivot Performances, Formation Canon, unison. Performance, confidence. 	<ul style="list-style-type: none"> Send, receive, drop serve, coordination, forehand, rally, rally building. 	<ul style="list-style-type: none"> Direction, underarm, overarm. Take off, landing. Relay, changeover. Technique, improve Competition

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Multi Skills	Groovy Gymnastics	Throwing and Catching	Dance	Nimble Nets	Active Athletics
Show It	Show It	Show It	Show It	Show It	Show It
<ul style="list-style-type: none"> • Change the centre of balance to different parts of the body. • Use hand-eye co-ordination to keep control of an object. • Use agility, stopping and turning in a game. • Observe and be aware of others' speed and try to match it. • Use hand-eye co-ordination to balance, carry and travel with an object. • Focus and concentrate on the skills learned and use them effectively. 	<ul style="list-style-type: none"> • Be able to jump with a stable, safe landing. • Explore a variety of jumps. • Be able to land safely when jumping from a bench. • Link jumps into sequences. • Use the skills learned to work as a group to create complex shapes at different levels. • Co-operate in a group. • Use a different stimulus to create a sequence. • Use all skills learned in previous lessons to develop a sequence. • Analyse own and others' performance. 	<ul style="list-style-type: none"> • Know techniques for accurate overarm and underarm throwing. • Throw accurately. • Catch with cushioned hands. • Know the batting technique for cricket. • Know how to play continuous cricket. • Retrieve the ball effectively. • Be able to hit the ball as far as possible with a bat. • Understand safe zone game play. • Use fielding skills to stop the batter scoring. • Use skills learned in a game situation. 	<ul style="list-style-type: none"> • Count beats and change direction while dancing. • Keep count and tempo while dancing. • Learn new (African) steps and develop them. • Learn how to work co-operatively with others to create a new dance. • Learn how to tell a story using dance. • Create a story of harvest using (African) dance steps. • Devise (African) style dance steps and patterns. 	<ul style="list-style-type: none"> • Develop the best method of holding the racquet. • Improve hand-eye coordination by sending and receiving a ball with a hand and racquet. • Learn how to drop and hit a ball. • Show the ready position (feet, legs, arms and racquet). • Be aware of the correct body position for an accurate shot. 	<ul style="list-style-type: none"> • Look up when running. Run at different speeds. Change direction. • Use legs as well as arms when throwing. • Know how to throw in a variety of ways. • Know how to perform a standing long jump, understanding the rules. • Know how to receive the baton. • Select an appropriate pace. • Work as a team. • Know which techniques to use for long-distance running and which to use for short-distance running. • Know how to start a race correctly.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Gymfit Circuits	Cool Core	Skip to the Beat	Mighty Movers	Swimming	Boot Camp
Teach It	Teach It	Teach It	Teach It	Teach It	Teach It
<ul style="list-style-type: none"> To identify techniques to improve balance. To practise a range of gymnastic skills through a series of circuits. To perform a range of gymnastic skills with increased accuracy To perform a sequence of gymnastic moves within a circuit. To evaluate a performance of gymnastic moves within a circuit. 	<ul style="list-style-type: none"> To improve core strength and agility and understand why they are important. 	<ul style="list-style-type: none"> To develop skipping techniques with control and balance. 	<ul style="list-style-type: none"> To explore running at different speeds. To work as a team in a running situation. To understand the value of a running-based circuit and the impact it can have on health. To improve fitness by raising the heart rate. 		<ul style="list-style-type: none"> To understand how to prepare the body for exercise. To understand what fitness means. To complete a range of circuit-based activities and understand the reason for doing them. To understand what happens to the heart rate during exercise. To complete a circuit that includes activities previously practised.
Know It	Know It	Know It	Know It	Know It	Know It
<ul style="list-style-type: none"> Travelling, spotting, extend, flexible, stretch, reach. Strength and stamina, flexibility, aerobic, circuit training. 	<ul style="list-style-type: none"> Core strength. Agility. Hoop skills Circuit, burpee, squat. Squat thrust, burpee, running squat. 	<ul style="list-style-type: none"> Cross over. Boxer style. Compose. Timing, direction. 	<ul style="list-style-type: none"> Pace, stamina, speed. Catcher, zigzag, balance, relay 		<ul style="list-style-type: none"> Personal fitness, heart, circuit, exercises, stations. Heart-rate. Basic circuit moves; running, jumping jacks, ball pass, jumping from side to side.

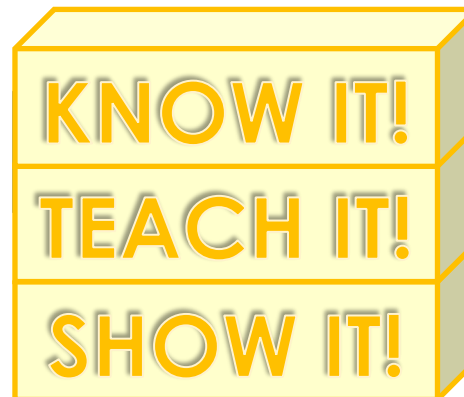
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Gymfit Circuits	Cool Core	Skip to the Beat	Mighty Movers	Swimming	Boot Camp
Show It	Show It	Show It	Show It	Show It	Show It
<ul style="list-style-type: none"> • Master basic movements, • Develop balance, agility and co-ordination. • Perform using simple movement patterns. • Evaluate their own and others' work using vocabulary related to the task. 	<ul style="list-style-type: none"> • Learn techniques for moves that are similar to those used in Pilates. • Be able to link agility and core strength activities together in an appropriate way. • Be able to perform core strength moves with accuracy. • Understand how hula hooping helps to improve core strength. • Develop activities into a circuit in order to improve fitness levels. 	<ul style="list-style-type: none"> • Explore different ways of skipping. • Practise techniques learned in previous years. • Observe and comment on others' performance. • Participate in large rope skipping. • Develop large rope skipping technique. • Perform large rope skipping with good technique and to songs or rhymes. • Skip with a partner. • Compose a sequence of skipping moves. • Perform skipping moves in a routine. • Teach a partner your routine. 	<ul style="list-style-type: none"> • Demonstrate good use of arms when running at different speeds. • Analyse others' running technique and suggest ways of improving. • Learn how to hand over in an efficient manner. • Understand the reason for warming up. • Complete a running circuit showing good balance, co-ordination and agility. • Use the correct running technique to complete a circuit. 		<ul style="list-style-type: none"> • Experience some of the changes that occur during exercise. • Raise heart rate. • Develop agility and co-ordination. • Perform simple patterns of movement. • Learn new moves and perform them with good technique and balance. • Demonstrate the correct technique for activities. • Discover which activities individuals find easy or difficult. • Evaluate own performance.



YEAR 4

PHYSICAL EDUCATION

CURRICULUM



Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Invaders	Gym Sequences	Dynamic Dance	Striking and Fielding	Nimble Nets	Young Olympians
Teach It	Teach It	Teach It	Teach It	Teach It	Teach It
<ul style="list-style-type: none"> To keep possession of a ball. To use agility, balance and coordination techniques to stay in control of a ball. To make accurate passes during a game. To dribble and stay in control of the ball during a game. To find ways to move the ball towards the opponent's goal. To learn ways to attack and defend. To apply these skills to a mini football game. 	<ul style="list-style-type: none"> To identify and practise a range of body shapes. To identify and practise symmetrical and asymmetrical body shapes. To create sequences using balancing and then linking these movements together. To use counterbalances and incorporate them into a sequence of movements. To perform movements individually and in unison with others. To perform and evaluate their peers' sequences. 	<ul style="list-style-type: none"> To practise the patterns and actions of line dancing. To show an understanding of the music's rhythm when performing. To create a dance sequence which follows the line dancing style. To create partnered dances that include key aspects of line dancing. To perform a line dance routine using a range of movements. To perform and evaluate own and others' work. 	<ul style="list-style-type: none"> To develop different methods of throwing and knowing when to use a certain technique. To use agility, balance and coordination to field a ball. To use ABC to move into a good position for catching the ball. To use hand-eye coordination to strike a ball. To develop fielding skills and understand their importance during a game. To play a competitive game and demonstrate 	<ul style="list-style-type: none"> To develop confidence with balls and tennis racquet. To get the ball into play. To accurately serve underarm. To build up a rally with a partner. To build a rally and develop accuracy when doing this. To use a variety of shots within a game situation. To play a competitive game of tennis. 	<ul style="list-style-type: none"> To select and maintain a running pace for different distances. To practise throwing with power and accuracy. To throw safely and with understanding. To develop good running technique in a competitive situation. To explore different footwork patters. To understand which technique is most effective when jumping for distance.
Know It	Know It	Know It	Know It	Know It	Know It
<ul style="list-style-type: none"> Dribble, attack, defence, goal, support play, passing, receiving. 	<ul style="list-style-type: none"> Canon, unison, balance, sequence, moves, technique, symmetry, asymmetry, posture, tuck, straddle, pike. 	<ul style="list-style-type: none"> Line dancing, strut, rhythm, phrasing, improvise, space, sequence, flexibility, balance, endurance, timing, expression. 	<ul style="list-style-type: none"> Underarm throw, overarm throw, wickets, stumps, receive field, rounders, balance, coordination. 	<ul style="list-style-type: none"> Send, receive, drop serve, coordination, forehand, backhand, rally, rally building, volley. 	<ul style="list-style-type: none"> Pace, distance, stride length, arm action, knee lift, relax, effort, javelin, position, direction.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Invaders	Gym Sequences	Dynamic Dance	Striking and Fielding	Nimble Nets	Young Olympians
Show It	Show It	Show It	Show It	Show It	Show It
<ul style="list-style-type: none"> • Know how to keep possession of a ball. • Be able to run with a ball. • Be able to turn with a ball. • Know how to accurately pass a ball. • Improve accuracy of passing by using targets. • know how to receive a ball. • know how to communicate with people in your team. • Use the defending skills to stop the other team from scoring. • Play and attack as a team. 	<ul style="list-style-type: none"> • Improve on skills such as: flexibility, strength, balance, power and mental focus. • Perform symmetrical and asymmetrical balances with a partner. • Work with a partner to create a sequence of balances that are linked together with fluency. • Adapt a sequence that was previously performed. • Perform gymnastic moves using equipment. • Use own and others' body weight to balance. • Give feedback to others and identify strengths and areas for improvement. 	<ul style="list-style-type: none"> • Perform a line dance with a range of movement patterns. • Develop dancing and performance skills. • Improve dancing and performance skills. • Develop an understanding of how to prepare for a dance performance. • Give effective feedback to peers so they can improve their own performance. 	<ul style="list-style-type: none"> • Know when to use underarm and overarm throws. • Use effective receiving skills to catch a ball. • Field a ball in a variety of ways to stop it travelling further. • Return a ball quickly and accurately. • Be able to catch a ball in a variety of situations. • Practise the correct technique for batting. • Develop a range of skills in striking and fielding. 	<ul style="list-style-type: none"> • Develop the best method of holding the racquet. • Show the ready position for receiving the ball. • Improve hand-eye coordination by sending and receiving a ball with a hand and racquet. • Learn how to drop and hit a ball. • Play collaborative games whilst using the correct techniques. • Develop the backhand technique. • Be aware of the correct body position for an accurate shot. • Develop the volley technique. • Learn when to play the correct shot to beat an opponent. 	<ul style="list-style-type: none"> • Learn how to modify stride length, arm action and knee lift to select and maintain appropriate running paces. • Learn the pull technique for throwing. • Throw and retrieve objects safely. • Sprint a short distance as part of a team. • Demonstrate good running technique when running over obstacles.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Gymfit Circuits	Cool Core (Pilates)	Mighty Movers (Boxercise)	Boot Camp	Step to the Beat	Fitness Frenzy
Teach It	Teach It	Teach It	Teach It	Teach It	Teach It
<ul style="list-style-type: none"> To understand that a fitness circuit can be sport specific. To complete a hockey-based circuit with understanding and accuracy. To complete a netball/basketball circuit. To complete a football-based circuit. To complete a cricket-based circuit. To complete an athletics-based circuit with accuracy and control. 	<ul style="list-style-type: none"> To improve balance and coordination. To consolidate and improve the moves learned so far. To develop balance techniques when performing the movements. To sustain balance and concentration when performing a variety of movements. To develop movements using balance techniques. 	<ul style="list-style-type: none"> To learn footwork movement patterns showing coordination. To demonstrate correct technique for a jab. To understand the value of boxercise moves. To learn how to build an aerobic exercise routine including skilled moves. To create and perform a boxercise sequence with increased accuracy. To perform a boxercise routine with precision. 	<ul style="list-style-type: none"> To understand how to prepare the body for exercise. To understand what fitness means. To complete a range of circuit-based activities and understand the reason for doing them. To understand what happens to heart rate when exercising. To improve a circuit that they previously created. 	<ul style="list-style-type: none"> To understand the importance of a warm-up. To improve fitness, particularly strength and stamina. To complete a step routine in time to music. To develop coordination and balance. To practise and apply and sequence of moves to a beat. To learn step moves, practise and perform the. 	<ul style="list-style-type: none"> To complete a circuit that includes different aerobic activities. To perform a boxercise routine with precision. To develop coordination and remain balanced. To develop an athletics-based circuit with control and accuracy. To develop movements whilst using balance techniques. To perform a sequence of moves during a circuit session.
Know It	Know It	Know It	Know It	Know It	Know It
<ul style="list-style-type: none"> Flexibility, core strength, agility, stamina. 	<ul style="list-style-type: none"> Mountain pose, rock, Siamese pose giraffe, Pilates, mountain top, pencil point pose, mountain ledge. 	<ul style="list-style-type: none"> Jab, boxercise, cross jab, boxing twist, toe touch, roll, duck and dodge, sidekick. 	<ul style="list-style-type: none"> Running, heart rate, mobility, fitness, jumping, burpee, spotty dogs, plank. 	<ul style="list-style-type: none"> Heart rate, knee crunch, rhythm, sidestep, cross step, sequence, fitness, coordination, balance. 	<ul style="list-style-type: none"> Circuit, heart rate, burpee, plank, jab, boxing twist, duck and dodge, sidekick, flexibility, agility, stamina.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Gymfit Circuits	Cool Core (Pilates)	Mighty Movers (Boxercise)	Boot Camp	Step to the Beat	Fitness Frenzy
Show It	Show It	Show It	Show It	Show It	Show It
<ul style="list-style-type: none"> • Perform a simple ball-skill circuit with accuracy. • Work with a partner on a skill-based activity. • Self-motivate and motivate others. • Work collaboratively with a partner during a skills-based activity. • Evaluate your own and others' performance. • Understand how sports skills can be put into a circuit. • Complete indoor athletics events. 	<ul style="list-style-type: none"> • Perform basic Pilates moves with good techniques and understanding. • Perform some controlled Pilates movements and understand the benefit of doing them. • Learn new moves and develop correct technique. • Understand why breathing is important throughout all the moves. • Create core-based moves using balance techniques. 	<ul style="list-style-type: none"> • Learn the value of boxercise. • Apply the techniques learned to a routine. • Apply the correct technique for the cross jab. • Link skills with control and precision. • Refine the techniques of moves you have previously learned. • Learn the value of completing a full boxercise workout. 	<ul style="list-style-type: none"> • Experience the changes that happen to the body during exercise. • Learn new moves and perform them with good technique and balance. • Demonstrate the correct technique for activities. • Develop agility and coordination. • Perform more complex patterns of movement. 	<ul style="list-style-type: none"> • Learn basic step moves, practise and perform them. • Raise the heart rate and understand the importance of doing this. • Perform step moves in time to the music with coordination. • Apply a sequence of step moves to a beat. • Understand the value of a step-type exercise. • Create and perform a sequence of step moves. 	<ul style="list-style-type: none"> • Demonstrate the correct technique for the activities. • Show good levels of agility and coordination. • Perform more complex patterns of movement. • Understand the benefit of completing a full boxercise workout. • Understand the importance of a warm-up. • Create and perform a sequence of step moves. • Master the movements whilst developing balance, agility and coordination.



YEAR 5

PHYSICAL EDUCATION

CURRICULUM

KNOW IT!

TEACH IT!

SHOW IT!

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Invaders (football, rugby, hockey)	Gym Sequences	Nets (basketball, netball, tennis)	Striking and Fielding	Dynamic Dance	Young Olympians
Teach It	Teach It	Teach It	Teach It	Teach It	Teach It
<ul style="list-style-type: none"> To demonstrate basic passing and receiving skills. To develop an understanding of the correct footwork to use when playing a game. To use good hand/eye coordination when passing and receiving a ball. To use a range of passes, knowing which one to use. To move into a space in order to receive a pass. To demonstrate a range of defending skills and to mark an opponent. To understand how to intercept a pass. 	<ul style="list-style-type: none"> To identify and practise body shapes and balances. To identify and practise symmetrical and asymmetrical body shapes. To use and refine the following skills: flexibility, strength, balance, power, and mental focus. To develop skills for movement, including bridging and rolling. To use counterbalances and incorporate them into a sequence of movements. To perform movements independently and in time with others. To perform and evaluate own and others' 	<ul style="list-style-type: none"> To identify and apply techniques for hitting a ball. To develop the techniques for ground strokes and volleys. To develop a backhand technique (tennis) and use it in a game. To practise and improve the techniques for these games. To play a game using the correct shots depending on the situation. To follow the correct rules when playing a game. 	<ul style="list-style-type: none"> To develop batting and fielding skills. To choose an appropriate fielding technique. To run, throw and catch. To develop a safe and effective overarm throw. To communicate well with others in your team. To learn how to stay in control when batting. To use the skills learnt and apply them to a mini game. 	<ul style="list-style-type: none"> To identify and practise the patterns and actions of the Bollywood dance style. To be able to improvise and make use of the music's rhythm. To create and perform an individual dance that reflects the Bollywood style. To create partnered dances that reflect the Bollywood style. To create larger group dances that reflect the Bollywood style. To perform a Bollywood dance using a range of movement patterns. 	<ul style="list-style-type: none"> To use correct technique to run at speed. To develop the ability to run for distance. To throw with accuracy and power. To identify and apply techniques of relay running. To explore different footwork patterns. To understand which technique is most effective when jumping for distance. Learn how to use skills to improve the distance of a pull throw. To maintain good technique in a competition.
Know It	Know It	Know It	Know It	Know It	Know It
<ul style="list-style-type: none"> Footwork, land, step, pivot, pass, receive, Throw down spots, netballs, bibs, cones. 	<ul style="list-style-type: none"> Star, dish, arch, (a) symmetrical, balance, shape, sequence, direction, rotation, rolling, bridging, counterbalance, tension. 	<ul style="list-style-type: none"> Forehand, backhand, drop serve, volley, rally, rally building, overhead serve, scoring. 	<ul style="list-style-type: none"> Grip, wicketkeeper, action, overarm, underarms, release, bowl, tournament. 	<ul style="list-style-type: none"> Bollywood dancing, lotus, prayer, back point step, posture, balance, control, fluency. 	<ul style="list-style-type: none"> Push technique, relay, baton, take off, landing, long jump, extend, bend, distance, control.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Invaders (football, rugby, hockey)	Gym Sequences	Nets (basketball, netball, tennis)	Striking and Fielding	Dynamic Dance	Young Olympians
Show It	Show It	Show It	Show It	Show It	Show It
<ul style="list-style-type: none"> • Apply footwork rules during gameplay. • Use a range of passes and choosing the correct technique. • Use a variety of dodges in order to outwit an opponent. • Move into a space in order to receive a pass. • Apply a variety of skills to accurately defend. • Be able to signal for a pass when you have moved into a space. • Marking and defending correctly during gameplay. • Moving the ball in the correct direction during gameplay. 	<ul style="list-style-type: none"> • Perform new gymnastic moves with control and accuracy. • Use linking moves within sequences of movements. • Learn how to work with a partner to produce a sequence. • When linking moves together use fluency and good body tension. • Learn new counterbalance skills with a partner. • Include counterbalances in a short sequence. • Complete a sequence of balances and moves at the same time as a partner. • Complete a sequence of balances and moves before or after a partner. 	<ul style="list-style-type: none"> • Know the correct technique and when to use it during a game. • Improve the accuracy of a shot. • Use a range of tactics to beat an opponent. • Improve the range of techniques learnt when shooting. • Accurately play shots while moving. • Run into the correct space whilst playing a game. • Successfully play a game using the techniques learnt. 	<ul style="list-style-type: none"> • To hold the bat correctly. • Place the ball down correctly. • Return the ball accurately. • Decide which fielding technique to use. • Develop an overarm throw technique and know when to use it. • Develop and underarm throw technique and know when to use it. • Practise and develop batting technique. • To know how to direct the ball. • Score points during gameplay. 	<ul style="list-style-type: none"> • Perform a Bollywood dance using a range of movement patterns. • Develop dance and performance skills. • Develop and improve your own dance skills. • Identify the components of successful dancing by observing others dance. • Apply movements you have learnt or watched to your own routines. • Give others constructive feedback on their routines. • Develop an understanding of the preparation that goes into a dance routine. 	<ul style="list-style-type: none"> • Sustain running at a continuous pace. • Improve the technique for running at speed. • Demonstrate the correct push technique for throwing. • Know the position to stand in when receiving a relay baton. • Understand the correct technique to perform a standing long jump. • Throw for accuracy and speed. • Set goals for yourself and find ways to achieve them. • Apply the skills learnt to a competition.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Gymfit Circuits	Cool Core (Pilates)	Mighty Movers (Boxercise)	Boot Camp	Step to the Beat	Fitness Frenzy
Teach It	Teach It	Teach It	Teach It	Teach It	Teach It
<ul style="list-style-type: none"> To understand why fitness is good for health and wellbeing. To develop consistency in technique. To develop personal fitness in an obstacle-style circuit. To develop personal fitness in an obstacle-style circuit. To improve strength and stamina when completing gym circuits. 	<ul style="list-style-type: none"> To identify techniques to improve balance and core strength. To improve co-ordination. To understand the benefits of completing Pilate exercises. To develop flexibility by completing the exercises. To perform a Pilates routine to music. To understand the importance of completing a warm-up. 	<ul style="list-style-type: none"> To perform a boxercise routine demonstrating good technique. To understand the principles of dynamic stretching. To improve fitness by raising the heart rate and strengthening the legs and arms. To create and apply compositional ideas to the sequence. To perform actions and moves fluently to music in order to improve personal fitness. 	<ul style="list-style-type: none"> To understand how to prepare the body for exercise. To understand what fitness means. To complete a range of circuit-based activities and understand the reason for doing them. To understand what happens to the heart rate during exercise. To complete a circuit that includes activities already practised. 	<ul style="list-style-type: none"> To understand the importance of a warm-up. To develop co-ordination and balance. To develop co-ordination, balance and timing. To improve general fitness levels. To understand the benefits of improving muscle tone in the abdominals and legs. To learn new strength-based moves To construct own moves from knowledge gained in the previous lessons. 	<ul style="list-style-type: none"> To complete a circuit that includes a range of activities. To learn how boxercise moves can be adapted and used in a different format. To perform a sequence of steps in time with the music. To understand the benefits of improving muscle tone and aerobic fitness (strength and stamina). To understand why fitness is good for health and wellbeing. To identify techniques to improve balance and core strength.
Know It	Know It	Know It	Know It	Know It	Know It
<ul style="list-style-type: none"> Squat, speed bounce, burpee, abdominal strength, dips, sit-ups, press-ups, skipping. 	<ul style="list-style-type: none"> Core, warm-up, chair pose, flexibility, fluency, sequence, yoga, breathing. 	<ul style="list-style-type: none"> Jab, cross jab, jog and roll, boxing twist, duck and dodge, sidekick, front kick. 	<ul style="list-style-type: none"> Direction, mobility, fitness, health, Circuit, heart rate, burpee, spotty dogs, plank. 	<ul style="list-style-type: none"> Heart rate, knee crunch, rhythm, cross step, V step, heel flick, squat, rhythm. 	<ul style="list-style-type: none"> Circuit, heart rate, burpee, spotty dogs, plank, sidekick, front kick, back kick, jumping jacks, turn, punch.

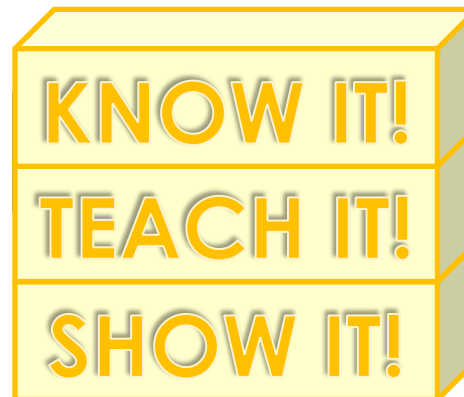
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Gymfit Circuits	Cool Core (Pilates)	Mighty Movers (Boxercise)	Boot Camp	Step to the Beat	Fitness Frenzy
Show It	Show It	Show It	Show It	Show It	Show It
<ul style="list-style-type: none"> Perform a fitness circuit that aims to improve strength and stamina. Understand the relevance of each activity. Explore reasons for improvement or lack of improvement. Perform a fitness circuit with understanding, aiming to improve strength and stamina. Use the correct technique for new stations that involve equipment. Understand that circuits can take different forms and work on different fitness elements. Improve technique and performance. 	<ul style="list-style-type: none"> To perform yoga/Pilates movements with accuracy. Learn how to link moves together to create a sequence. Learn new yoga poses. Help a partner to achieve good technique by observing and coaching. Learn how to receive feedback and make improvements. Perform movements with fluency and control. Devise your own sequence of Pilates/yoga moves. 	<ul style="list-style-type: none"> Create a short routine using some of the moves learned in year 4. Perform boxercise moves in time to music to develop fitness. Learn how to include linking moves into a sequence. Devise a short sequence using the moves you have learned. Perform a sequence with precision and accuracy. Maintain balance throughout all the moves. Complete a circuit incorporating boxercise moves. 	<ul style="list-style-type: none"> Experience some of the changes that occur to the body during exercise. Raise the heart rate. Learn new moves and perform them with good technique and balance. Demonstrate the correct technique for activities. Discover which activities you find easy or difficult. Develop agility and co-ordination. Perform more complex patterns of movement. 	<ul style="list-style-type: none"> Improve timing and stepping to the beat. Count moves and perform in repetitions of eight, four, two and singles. Perform step moves in time with the music. Work with a partner to produce a sequence of moves. Analyse and evaluate own and others' performance. To understand the benefits of improving muscle tone in the abdominals and legs. To learn new strength-based moves. 	<ul style="list-style-type: none"> Demonstrate the correct technique for activities. Develop agility and co-ordination. Perform more complex patterns of movement. Perform a fitness circuit incorporating boxercise moves. Devise a routine using knowledge from the exercises previously completed. Perform a fitness circuit that aims to improve strength and stamina. To identify techniques to improve balance and core strength.



YEAR 6

PHYSICAL EDUCATION

CURRICULUM



Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Invaders (Football, tag rugby, hockey)	Gym sequences	Dynamic Dance	Striking and Fielding (cricket)	Nimble Nets (badminton, tennis)	Young Olympians
Teach It	Teach It	Teach It	Teach It	Teach It	Teach It
<ul style="list-style-type: none"> To understand and apply the rules of these sports. To work well as a team. To use ball-handling skills when playing a range of sports. To pass and carry a ball using coordination. To use skills learned and apply them to a game (football, rugby, hockey). To play in a range of positions and understand the difference between attack and defence. To accurately mark other players during a game. 	<ul style="list-style-type: none"> To identify and practise gymnastic shapes and balances. To practise symmetrical and asymmetrical body shapes. To construct sequences using balances and linking movements. To use counterbalances and incorporate them into a sequence of movements. To perform movements in canon and unison. To perform and evaluate their own and others' sequences. 	<ul style="list-style-type: none"> To identify and practise the patterns and actions in a street dance style. To demonstrate an awareness of the music's rhythm and phrasing when improvising. To create a dance that represents a street dance style. To create a dance as a group, using any street dance moves. To perform and analyse own and others' performance. To perform dance moves independently and as a group. 	<ul style="list-style-type: none"> To throw and catch under pressure. To use fielding skills to stop the ball effectively. To learn batting control. To learn the role of backstop. To play in a tournament and work as team, using tactics in order to beat another team. To play in a tournament and work as team, using tactics in order to beat another team. 	<ul style="list-style-type: none"> To demonstrate and use the correct grip of the racket and understand how to get into the ready position. To use good hand/eye co-ordination to be able to contact the shuttle with the face of the racket. Understand how to serve the shuttle in order to start the game. Recognise the difference between the low serve and the high serve. To develop children's ability to perform and understand the 'overhead clear' shot. To understand that the drop shot is an attacking shot, and why. 	<ul style="list-style-type: none"> To investigate running styles and changes of speed. To practise throwing with power and accuracy. To throw safely and with understanding. To demonstrate good running technique in a competitive situation To explore different footwork patterns. To understand which technique is most effective when jumping for distance. To utilise all the skills learned in this unit in a competitive situation.
Know It	Know It	Know It	Know It	Know It	Know It
<ul style="list-style-type: none"> Hop, skip, forfeit, tag, try, dodging, handover, competition, tournament. 	<ul style="list-style-type: none"> Symmetrical, asymmetrical, balance, shape, sequence, front and back support, Level, direction, rotation, dynamic movement, rolling and bridging. 	<ul style="list-style-type: none"> Canon, unison, mirror, match, street dance, pose, routine, choreograph, timing, beat, fluency. 	<ul style="list-style-type: none"> Underarm throw, catching, fielding, backstop, tournament, posts, bats, base. 	<ul style="list-style-type: none"> Basic racket handling, low serve, high serve, overhead clear, rallying, drop shot, shot selection and application, game play, outwitting an opponent. 	<ul style="list-style-type: none"> Take off, landing, long jump, extend, bend, distance, control, relay, position, pace, handover, positioning, javelin, direction.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Invaders (Football, tag rugby, hockey)	Gym sequences	Dynamic Dance	Striking and Fielding (cricket)	Nimble Nets (badminton, tennis)	Young Olympians
Show It	Show It	Show It	Show It	Show It	Show It
<ul style="list-style-type: none"> To know how to tag. To practise ball-handling skills. To improve spatial awareness. To practise moving into a space. To improve ball-handling skills. To be able to place a ball down as if scoring a try. To practise footwork and dodging skills while carrying the ball. To reinforce catching and tagging skills and to apply them in a game. To play as a team. To use skills and tactics from previous lessons. 	<ul style="list-style-type: none"> To use and refine the following skills: flexibility, strength, balance, power and mental focus. To co-operate with others. To develop skills for movement, including rolling, bridging and dynamic movement. To use own and others' bodyweight to balance. To make a sequence more interesting by including a variety of movement. To complete a sequence of balances and moves in unison with a partner. To complete a sequence of balances and moves in canon with a partner or group. 	<ul style="list-style-type: none"> To observe and understand the style of street dance. To learn some street dance moves and devise poses. To learn new moves that can be developed into a dance. To explore dance patterns and moving to the beat. To know how to use expressive movements in dance. To work with a partner to create a short dance phrase. To work as a group and co-operate to adapt two routines and put them together. To perform in front of an audience. To dance as a group in time to music in a street dance style. 	<ul style="list-style-type: none"> To know how to react quickly. To demonstrate good agility and balance in order to throw accurately. To develop techniques and apply them when playing a game. To practise batting technique. To know how to direct the ball. To know how to play as a backstop in a game. To assess and analyse others' strengths. To play in a mini tournament and understand the rules of the game. 	<ul style="list-style-type: none"> Hit the shuttle with reasonable consistency and accuracy in a co-operative rally. Demonstrate the correct technique when serving the shuttle to start a game. Be able to explain and demonstrate the correct technique for the overhead clear shot. To know the purpose and benefits of playing the overhead clear shot to outwit an opponent. Develop children's ability to perform a 'drop shot' and their understanding of when to play the shot in a game in order to win a point. Be able to select and apply a range of shots in a game situation to win points. 	<ul style="list-style-type: none"> To run efficiently for speed. To demonstrate good arm and leg technique. Learn the pull technique for throwing. Throw and retrieve objects safely. Describe the effect of different throwing positions. Sprint a short distance as part of a team. React quickly to a stimulus. Demonstrate good running technique when jumping over obstacles. Put skills into practice, aiming to improve on previous results.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Gymfit Circuits	Cool Core (Pilates)	Boxercise	Boot Camp	Step to the Beat	Fitness Frenzy
Teach It	Teach It	Teach It	Teach It	Teach It	Teach It
<ul style="list-style-type: none"> To plan a personal programme using knowledge learned from previous fitness sessions. To work with a partner to perform a fitness routine. To independently time exercises and record results. To reflect on a fitness routine and find ways to make improvements. To create a programme that works on different parts of the body. To create a programme that improves different fitness elements. To practise a range of activities making gradual improvements. 	<ul style="list-style-type: none"> To identify exercises that will improve core strength and stability. To apply balance techniques when performing Pilates exercises. To perform Pilates exercises of increased difficulty with balance. To create original Pilates moves. To demonstrate balance and co-ordination. To create sequences of Pilates movements and perform for others. To perform others' sequences with control and balance. To reflect on how Pilates moves can be improved. 	<ul style="list-style-type: none"> To know and understand the basic principles of a good warm-up. To understand how moves can be linked together to perform more complex/challenging moves. To perform and devise a sequence of movements to music. To create a warm-up routine that prepares the body for exercise. To perform a boxercise routine for peers and being able to give/receive feedback. To incorporate moves and combinations of moves learnt in previous years. 	<ul style="list-style-type: none"> To understand how to prepare the body for exercise. To understand what fitness means. To complete a range of circuit-based activities and understand the reason for doing them. To understand what happens to heart rate during exercise. To complete a circuit that includes activities practised in previous lessons. To complete exercises with balance and coordination. To set personal targets that create a challenge. 	<ul style="list-style-type: none"> To understand the value of aerobic exercise. To learn how to measure heart rate and note any changes. To perform aerobic activity to music. To practise and apply a sequence of step moves to the beat of the music. To understand the value of step-based exercise. To devise a sequence of step-based activities to music. To use moves learned in previous lessons and independently create a routine. To reflect and review to find ways of improving a sequence of moves. 	<ul style="list-style-type: none"> To complete a circuit that includes different aerobic activities. To perform and devise a sequence of movements to music. To plan a personal programme. To perform others' sequences with control and balance. To perform a sequence of moves at each station within a circuit with increased accuracy. To incorporate a range of skills learned over the year to independently create a programme of exercises.
Know It	Know It	Know It	Know It	Know It	Know It
<ul style="list-style-type: none"> Repetition, fitness programme, planning, reflections, improvements, fitness, circuits. 	<ul style="list-style-type: none"> Cool core, Pilates, yoga, triangle pose, fluency, create, share, evaluate, balance. 	<ul style="list-style-type: none"> Jab, cross jab, jog and roll, boxing twist, duck and dodge, sidekick, front kick, back kick, jumping jacks, turn, punch, upper cut. 	<ul style="list-style-type: none"> Challenge, heart rate, circuit, aerobic fitness, burpee, spotty dogs, plank, goal setting, targets. 	<ul style="list-style-type: none"> Heart rate, knee crunch, rhythm, cross step, V step, heel flick, squat, abdominals, switch arm, push up. 	<ul style="list-style-type: none"> Circuit, heart rate, burpee, plank, fitness programme, sequence, fluency, core, share, evaluate.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Gymfit Circuits	Cool Core (Pilates)	Boxercise	Boot Camp	Step to the Beat	Fitness Frenzy
Show It	Show It	Show It	Show It	Show It	Show It
<ul style="list-style-type: none"> Develop a personal programme that is focused on making improvements to overall fitness. Use the knowledge and understanding learned from previous fitness sessions. To share a fitness routine with a group and take feedback on how this can be improved. To reflect and review their own routines and decide how to make improvements. To complete warm-up routines that prepare the body for gym circuits. Find ways to record results and assess improvements. To set targets and work hard to try and meet these. 	<ul style="list-style-type: none"> Link core strength activities together with fluency. Demonstrate good technique in moves already learned. Develop co-ordination and balance. Learn new Pilates moves. Link cool core moves together to teach to another pair. Improve balance and core strength. Complete a workout for personal improvement. Learn how to evaluate others' creations. Perform sequences of strength and balance. 	<ul style="list-style-type: none"> Compose an aerobic warm-up that raises the heart rate over a sustained time. Demonstrate fluency of moves. Perform complex moves to music. Understand the value of this type of exercise. Demonstrate understanding of boxercise moves and how they can be linked together to make a routine. Perform combination moves within a boxercise routine. Plan a boxercise routine with a partner (these ideas can be written down). 	<ul style="list-style-type: none"> Experience some of the changes that occur to the body during exercise. Raise the heart rate. Learn new circuit moves and perform them with good technique and balance. Demonstrate the correct technique for activities. Discover which activities individuals find easy or difficult. Develop agility and co-ordination. Perform more complex patterns of movement. Improve on personal scores the more they practise. 	<ul style="list-style-type: none"> Perform aerobic activity to music. Improve stamina, demonstrating correct technique. Devise a routine based on moves already learned. Analyse and evaluate others' performance and suggest areas of improvement. Select and use a wide range of compositional ideas and skills to create a routine. Suggest ways to improve performance showing sound knowledge and understanding. Create a final routine, with a range of moves, that fit in time to the music. 	<ul style="list-style-type: none"> Demonstrate the correct technique for activities. Develop agility and co-ordination. Perform more complex patterns of movement. Select and use a wide range of compositional ideas and skills to create a routine. Suggest ways to improve performance showing sound knowledge and understanding. Develop a personal programme that is suitable for each child, using the knowledge and understanding they have learned. Learn how to evaluate others' creations.