

PE Curriculum

Rationale: Teach fundamental concepts to students, so that they are equipped with the skills and knowledge required for lots of different sports.

Year 1

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Fundamental Movements	Gymnastics/ Fundamentals	Dance	Throw, catch, pass & receive	Team Building/problem solving	Athletics
Year 1 & 2	Introduction to invasion games	Core strength development & Gymnastics	Dance	Ball skills	Striking & fielding games	Athletics
	<i>Attacking and defending principles - dribbling focused sports (handball, basketball, hockey)</i>	<i>Jump, roll, balance, support</i>	<i>Basic travels, sequence, spacing</i>	<i>dribbling, throwing accuracy, bouncing, passing, receiving</i>	<i>Fielding, backing up, striking with direction</i>	<i>Run, jump, throw</i>
Year 3 & 4	Invasion games - Tag Rugby focus	Gymnastics	Dance	Handball	Tennis	Striking and Fielding games
	<i>Attack v defence invasion games Evading defenders and passing skills. Rugby/end zone games</i>	<i>Sequence, group work, transition</i>	<i>Group choreography</i>	<i>Skills: Throwing, catching, movement, evasion.</i>	<i>Striking with accuracy. Forehand and backhand.</i>	<i>Cricket, kickbal and rounders skills</i>
Year 5 & 6	Tag Rugby	Gymnastics	Dance	Handball	Tennis	Striking and Fielding games
	<i>Attacking and defensive shape. 2 v 1, 3 v 2 building to competition.</i>	<i>Perform, refine, advanced movements</i>	<i>Dance creation - student design. Partner work, lifts</i>	<i>Dribbling, passing, shooting, rules, attack v defence</i>	<i>Forehand, backhand, serve, basic rules.</i>	<i>Competitive tactics and techniques: cricket, rounders, kickball</i>

Year 2

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Fundamental Movements	Gymnastics/ Fundamental movements	Dance	Throw, catch, pass & receive	Team Building/problem solving	Athletics
Year 1 & 2	Introduction to invasion games	Health and fitness	Multi-skills - hand-eye coordination	Object control and striking	Throwing, catching & fielding games	Athletics
	<i>Attacking and defending principles</i>	<i>Circuit training: health and skill related fitness</i>	<i>Throwing, catching, rolling, bouncing, trapping.</i>	<i>Hockey, floor tennis, balancing objects, batting</i>	<i>How to field. Throwing accuracy and running games</i>	<i>Run, jump, throw</i>
Year 3 & 4	Basketball/Netball	Health and Fitness	Volleyball	Hockey	Invasion games	Athletics
	<i>Invasion skills + dribbling, different passes & scoring</i>	<i>Effects of exercise on the body. Different types of training</i>	<i>Basics of dig, set. Throw volleyball. Basic rules</i>	<i>Invasion game theme with hockey focus</i>	<i>Frisbee, handball, end ball type games</i>	<i>Greater level of technique</i>
Year 5 & 6	Basketball/Netball	Health and Fitness	Volleyball	Hockey	Ultimate frisbee	Athletics
	<i>Technical detail & tactics</i>	<i>Muscle groups, diet & nutrition</i>	<i>Dig, set, serve, passing, rallying, rules</i>	<i>Dribbling, passing, shooting, rules, attack v defence</i>	<i>End zone invasion games. Throwing accuracy</i>	<i>Advanced techniques. Video analysis and recording results.</i>