



PE Curriculum Overview



Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Transport and travel Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. Go up steps and stairs, or climb up apparatus, using alternate feet Skip, hop, stand on one leg Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width.		Gross Motor Multi skills Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. Go up steps and stairs, or climb up apparatus, using alternate feet Skip, hop, stand on one leg Start taking part in some group activities which they make up for themselves, or in teams.		Games with rules Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. Go up steps and stairs, or climb up apparatus, using alternate feet. Skip, hop, stand on one leg Start taking part in some group activities which they make up for themselves, or in teams.	
Reception	Fun Move Move energetically, such as running, jumping, dancing, hopping, skipping and climbing	Fun Move Move energetically, such as running, jumping, dancing, hopping, skipping and climbing	Gymnastics Demonstrate strength, balance and coordination when playing	Multi Skills Move energetically, such as running, jumping, dancing, hopping, skipping and climbing	Team Games Move energetically, such as running, jumping, dancing, hopping, skipping and climbing	Team Games Move energetically, such as running, jumping, dancing, hopping, skipping and climbing
	Gross Motor Multi Skills (Best of balls) Move energetically, such as running, jumping, dancing,	Gross Motor Multiskills (Best of balls) Move energetically, such as running, jumping, dancing,	Team games (nufc) Move energetically, such as running, jumping, dancing, hopping, skipping and climbing	Parachute Games Move energetically, such as running, jumping, dancing, hopping, skipping and climbing	Dance (Dance till you drop) Demonstrate strength, balance and coordination when playing	Athletics (The Olympic pack) Move energetically, such as running, jumping, dancing, hopping, skipping and climbing



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	hopping, skipping and climbing	hopping, skipping and climbing				
Year 1	<p>Team Games</p> <p>master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>participate in team games, developing simple tactics for attacking and defending</p>	<p>Invasion Games (Football)</p> <p>master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>participate in team games, developing simple tactics for attacking and defending</p>	<p>Invasion games (using a ball)</p> <p>master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>participate in team games, developing simple tactics for attacking and defending</p>	<p>Dance</p> <p>perform dances using simple movement patterns.</p>	<p>Striking and fielding</p> <p>master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>participate in team games, developing simple tactics for attacking and defending</p>	<p>Athletics</p> <p>master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>participate in team games, developing simple tactics for attacking and defending</p>
	<p>Multi skills (Running and jumping)</p> <p>master basic movements including running, jumping, throwing</p>	<p>Gymnastics (Animal Antics)</p> <p>master basic movements including running, jumping,</p>	<p>Athletics (Circuit training)</p> <p>master basic movements including running, jumping, throwing and</p>	<p>Team Games (Target) (NUFC)</p> <p>master basic movements including running, jumping, throwing and catching,</p>	<p>Net and wall (Bat and Ball)</p> <p>master basic movements including running, jumping, throwing</p>	<p>Multi Skills (Sports day unit)</p> <p>master basic movements including running, jumping, throwing and catching,</p>



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	and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities participate in team games, developing simple tactics for attacking and defending	and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities participate in team games, developing simple tactics for attacking and defending	as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities participate in team games, developing simple tactics for attacking and defending
Year 2	<p>Invasion Games (Football) master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>participate in team games, developing simple tactics for attacking and defending</p>	<p>Team games master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>participate in team games, developing simple</p>	<p>Gymnastics master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p>	<p>Problem solving master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>participate in team games, developing simple tactics for attacking and defending</p>	<p>Athletics -Fitness Circuits master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p>	<p>Striking and fielding (Rounders) master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>participate in team games, developing simple tactics for attacking and defending</p>



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		tactics for attacking and defending				
	<p>Multi Skills (Throwing and catching) master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>participate in team games, developing simple tactics for attacking and defending</p>	<p>Invasion (Hockey) master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>participate in team games, developing simple tactics for attacking and defending</p>	<p>Team games (Target games) (NUFC) master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>participate in team games, developing simple tactics for attacking and defending</p>	<p>Athletics (Skipping) master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p>	<p>Net and wall (Fundamentals) master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>participate in team games, developing simple tactics for attacking and defending</p>	<p>Athletics (Animal Olympics) master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p>
Year 3	<p>Problem Solving use running, jumping, throwing and catching in</p>	<p>Invasion (Football) play competitive games, modified</p>	<p>Striking and Fielding use running, jumping, throwing</p>	<p>Dance perform dances using a range of movement patterns</p>	<p>Net and wall (Badminton) use running, jumping, throwing</p>	<p>Striking and fielding (Cricket) use running, jumping, throwing and catching</p>



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	<p>isolation and in combination</p> <p>take part in outdoor and adventurous activity challenges both individually and within a team</p>	<p>where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p>	<p>and catching in isolation and in combination</p> <p>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</p>	<p>compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>and catching in isolation and in combination</p> <p>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</p>	<p>in isolation and in combination</p> <p>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</p>
	<p>Athletics (Circuit training)</p> <p>use running, jumping, throwing and catching in isolation and in combination</p> <p>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</p>	<p>Invasion (Basketball)</p> <p>use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate [for example, badminton,</p>	<p>Gymnastics (Shape)</p> <p>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</p> <p>compare their performances with previous ones and demonstrate improvement to</p>	<p>Invasion (Dodgeball) (nufc)</p> <p>use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey,</p>	<p>Athletics (Skipping)</p> <p>use running, jumping, throwing and catching in isolation and in combination</p> <p>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</p>	<p>OAA (Year 3 OAA)</p> <p>take part in outdoor and adventurous activity challenges both individually and within a team</p>



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	compare their performances with previous ones and demonstrate improvement to achieve their personal best.	basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending	achieve their personal best.	netball, rounders and tennis], and apply basic principles suitable for attacking and defending	compare their performances with previous ones and demonstrate improvement to achieve their personal best.	
Year 4	<p>Invasion Games (Football) use running, jumping, throwing and catching in isolation and in combination</p> <p>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</p>	<p>Problem solving use running, jumping, throwing and catching in isolation and in combination</p> <p>take part in outdoor and adventurous activity challenges both individually and within a team</p>	<p>Gymnastics develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Net and Wall (Tennis) use running, jumping, throwing and catching in isolation and in combination</p> <p>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</p>	<p>Swimming compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p>	<p>Swimming compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p>



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					perform safe self-rescue in different water-based situations.	perform safe self-rescue in different water-based situations.
	<p>Athletics (Year 4 fundamentals)</p> <p>use running, jumping, throwing and catching in isolation and in combination</p> <p>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</p>	<p>Invasion Games (Hockey)</p> <p>use running, jumping, throwing and catching in isolation and in combination</p> <p>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</p>	<p>Team games (NUFC)</p> <p>use running, jumping, throwing and catching in isolation and in combination</p>	<p>Dance (Water)</p> <p>perform dances using a range of movement patterns</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Athletics Skipping</p> <p>use running, jumping, throwing and catching in isolation and in combination</p> <p>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Striking and Fielding (Rounders)</p> <p>use running, jumping, throwing and catching in isolation and in combination</p> <p>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</p>
Year 5	Invasion Games (Football)	Problem Solving	Gymnastics	Team Games	Striking and fielding (Cricket)	Invasion (Tag Rugby)
			develop flexibility, strength, technique,	use running, jumping, throwing and catching		



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	<p>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</p>	<p>take part in outdoor and adventurous activity challenges both individually and within a team</p>	<p>control and balance [for example, through athletics and gymnastics]</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>in isolation and in combination</p>	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>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</p>	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>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</p>
<p>OAA (Year 5 OAA)</p> <p>take part in outdoor and adventurous activity challenges both individually and within a team</p>	<p>Invasion games (Netball)</p> <p>use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, badminton,</p>	<p>Swimming</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>swim competently, confidently and proficiently over a</p>	<p>Swimming</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>swim competently, confidently and proficiently over a</p>	<p>Athletics (Year 5 Athletics)</p> <p>use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate [for example,</p>	<p>Leadership in PE (Year 6 unit)</p> <p>use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate [for example, badminton, basketball, cricket,</p>	



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		<p>basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p>	<p>distance of at least 25 metres</p> <p>use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations.</p>	<p>distance of at least 25 metres</p> <p>use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>perform safe self-rescue in different water-based situations.</p>	<p>badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p> <p>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</p>	<p>football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p>
<p>Year 6</p>	<p>Invasion (Football)</p> <p>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</p>	<p>OAA</p> <p>take part in outdoor and adventurous activity challenges both individually and within a team</p>	<p>Net and Wall (Badminton)</p> <p>use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey,</p>	<p>Dance</p> <p>perform dances using a range of movement patterns</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Athletics Olympic games</p> <p>use running, jumping, throwing and catching in isolation and in combination</p> <p>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</p>	<p>Striking and Fielding (Cricket)</p> <p>use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable</p>



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			netball, rounders and tennis], and apply basic principles suitable for attacking and defending		compare their performances with previous ones and demonstrate improvement to achieve their personal best.	for attacking and defending
	<p>Swimming</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>perform safe self-rescue in different</p>	<p>Swimming</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p>	<p>Invasion (Handball)</p> <p>use running, jumping, throwing and catching in isolation and in combination</p> <p>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</p>	<p>Invasion (Basketball) (NUFC)</p> <p>use running, jumping, throwing and catching in isolation and in combination</p> <p>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</p>	<p>Athletics (Circuit training)</p> <p>use running, jumping, throwing and catching in isolation and in combination</p> <p>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Invasion (Volleyball)</p> <p>use running, jumping, throwing and catching in isolation and in combination</p> <p>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</p>



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	<i>water-based situations.</i>	<i>perform safe self-rescue in different water-based situations.</i>				
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