



## PE Curriculum Overview

Year Group	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Reception	Introduction to PE 1	Introduction to PE 2	Fundamental Skills 1	Fundamental Skills 2	Gymnastics	Ball Skills
Year 1	Movement and Dance	Movement and Dance	Multi-Sports	Football	Multi-Skills	Athletics
Year 2	Movement and Dance	Movement and Dance	Multi-Sports	Football	Multi-Skills	Athletics
Year 3	Dance / Fundamentals	Dance / Fitness	Net and Wall Games / Gymnastics	Football	Striking and Fielding Games	Athletics
Year 4	Dance / Swimming	Dance / Swimming	Net and Wall Games / Gymnastics	Football	Striking and Fielding Games	Athletics
Year 5	Dance / Yoga	Dance / HandBall	Net and Wall Games/ Swimming	Football / Swimming	Striking and Fielding Games	Athletics
Year 6	Dance / Yoga	Dance / Netball	Net and Wall Games / Gymnastics	Football / Tag Rugby	Striking and Fielding Games / Swimming	Athletics / Swimming

### Year 7 Expectations

#### Aims

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

#### Subject Content

Pupils should build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. They should understand what makes a performance effective and how to apply these principles to their own and others' work. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.



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Pupils should be taught to:

- use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]
- develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]
- perform dances using advanced dance techniques within a range of dance styles and forms
- take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best
- take part in competitive sports and activities outside school through community links or sports clubs.