



PE Curriculum Overview

Year Group	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Nursery	Introduction to PE 1	Fundamental Skills 1 1	Dance Unit 1	Gymnastics Unit 1	Games Unit 1	Ball Skills Unit 1
Reception	Introduction to PE 2	Fundamental Skills 2	Dance Unit 2	Gymnastics Unit 2	Games Unit 2	Ball Skills Unit 2
Year 1	Gymnastics	Gymnastics	Ball Sports	Ball Sports	Games	Athletics
Year 2	Gymnastics	Gymnastics	Ball Sports	Ball Sports	Games	Athletics
Year 3	Fundamentals Y3/4 and Gymnastics	Dance and Gymnastics	Yoga and Hockey	Dodgeball and Tennis	Swimming and Cricket	Athletics
Year 4	Swimming and Gymnastics	Swimming and Gymnastics	Fundamentals Y3/4 and Hockey	Dance and Tennis	Yoga and Cricket	Athletics
Year 5	Fundamentals Y5/6 and Gymnastics	Dance and Gymnastics	OAA and Basketball	Cricket and Dodgeball	Tennis and Dance	Athletics
Year 6	Fitness and Gymnastics	Dance and Gymnastics	OAA and Basketball	Cricket and Dodgeball	Tennis and 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.

Pupils should be taught to:



PE Curriculum Overview

- 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.