

“Providing ALL children, the opportunity to PLAY a range of PE and sport, helping them to LEARN key physical and emotional skills and inspiring a lifelong LOVE for health and fitness.”

PE and Sport Curriculum Overview FS/KS1 – Delivered by Mr Nicell and Coaches



(Lessons 1. 2. 3. 4. 5. 6.) (For Real PE lessons please see the progression map)

Mondays Year Group	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Yr1	Dodgeball / Basketball <u>Sending and Receiving</u> 1.To develop rolling and throwing a ball towards a target 2.To develop receiving a rolling a ball and tracking skills 3. To be able to send and receive a ball with your feet. 4.To develop throwing and catching skills over a short distance. 5.To develop throwing and catching over a longer distance. 6.To apply sending and receiving skills to small games.	Gymnastics 1.To explore travelling movements 2.To develop quality when performing and linking shapes. 3.To develop stability and control when performing balances. 4.To develop technique and control when performing shape jumps 5.To develop technique in the barrel, straight and forward roll. 6. To link gymnastics actions to create a sequence	Dance 1.Theme – Weather. Tom use counts of 8 to move in time and make my dance look interesting. 2. Theme – Weather. To explore pathways in my dance. 3. Theme-Weather. To create my own dance using actions, pathways and counts. 4. Them- Pirates. To explore speeds and actions in our pirate inspired dance 5. Theme- Pirates. To copy, remember and repeat actions that represent a theme. 6. Theme- Pirates. To copy, repeat, create and perform actions that represent a theme.	Football / Tag Rugby <u>Invasion Games</u> 1. To understand the role of defenders and attackers 2. To move towards goal with the ball. 3. To move towards goal with the ball. 4. To stay with a player when defending. 5. To stay with a player when defending. 6. To stay with a player when defending.	Cricket / Tennis <u>Striking a fielding</u> 1.To develop underarm throwing and catching and apply these in small sided games 2. To develop overarm throwing 3. To develop striking a ball with my hand and equipment. 4. To collect a ball when fielding. 5. To understand how to get a batter out. 6. To develop decision making and understand how to score points <u>Net and Wall</u> 1.To defend space, using the ready position 2.To play against an opponent and keep the score 3.To explore hitting with a racket 4.To develop racket and ball skills. 5.To develop sending a ball using a racket. 6. To develop hitting over a net	Athletics 1. To move at different speeds over varying Distances 2. To Develop Balance 3. To develop agility and coordination 4. To Develop hopping, leaping and jumping for distance 5. To develop throwing for distance 6. To develop throwing for accuracy

Yr2	Dodgeball / Basketball <u>Sending and Receiving</u> 1.To roll a ball towards a target 2.To track and receive a rolling ball. 3.To send and receive a ball with your feet 4.To develop catching skills 5.To develop throwing and catching skills 6.To send and receive a ball using a racket.	Gymnastics 1.To perform gymnastic shapes and link them together. 2.To use shapes to create balances. 3.To link travelling actions and balances using apparatus. 4.To demonstrate different shapes, take off and landing when performing jumps 5.To develop rolling and sequence building. 6. To create a sequence using apparatus	Dance 1.Theme-Secret garden. To remember, repeat and link actions to tell the story of my dance 2.Theme-secret garden. To develop an understanding of dynamics and how they can show an idea. 3.Theme- secret garden. To develop an understanding of dynamics and how they can show an idea. 4. Theme- The Circus. To copy, remember and repeat actions using facial expressions to show different characters. 5.Theme- The Circus. To explore pathways and levels. 6.Theme-The Circus. To remember and rehearse our circus dance showing expression and character.	Football / Tag Rugby <u>Invasion Games</u> 1.To Understand what being in possession means and support a teammate to do this. 2.To understand that scoring goals is an attacking skill and to explore ways to do this. 3.To Understand that stopping goals is an attacking skill and to explore ways to do this. 4.To explore how to gain possession. 5.To mark an opponent and understand that this is a defending skill. 6. To learn to apply simple tactics for attacking and defending.	Cricket / Tennis <u>Striking a fielding</u> 1.To track a rolling ball and collect it. 2.To develop accuracy in underarm throwing and catching to field a ball. 3.To develop accuracy with overarm throwing to limit a batter's ball. 4.To Develop hitting for distance to score more points. 5.To develop decision making to get a batter out. 6.To develop decision making when under pressure. <u>Net and Wall</u> 1.To use the ready position to defend space on court 2.To develop returning a ball and hands. 3.To play against a partner. 4.To develop racket skills and use them to return a ball. 5.To develop returning a ball using as racket. 6.To Play against an opponent using a racket.	Athletics 1.To develop the sprinting action. 2.To develop jumping for distance. 3.To develop technique when jumping for height. 4.To develop throwing for distance. 5.To develop throwing for accuracy 6.To select and apply knowledge and technique in an athletics carousel.
After School Club	Dodgeball 3.20-4.20	Gymnastics 3.20 – 4.20	Dance 3.20-4.20	Archery 3.20-4.20	Tri Golf 3.20-4.20	Athletics 3.20 – 4.20

Fridays Year Group	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Foundation	Introduction to PE 1.Theme – Witches and Wizards -To move safely and sensibly in a space with consideration to others. 2.Theme-Pirates – To develop moving safely and stopping with control 3.Theme-Mythical creatures-To use equipment safely and responsibly. 4.Theme-To the castle-To use different travelling actions whilst following a path. 5.Theme-Superheroes-To work with others co-operatively and play as a group. 6.Theme-Monsters-To follow, copy and lead a partner	Gymnastics 1.Theme-Rainforest animals- To copy and create shapes with your body. 2.Theme-woodland animals. To be able to create shapes whilst on apparatus. 3.Theme-Lakeland animals- To develop balancing and taking weight on different body parts. 4.Theme-Desert animals-To develop jumping and landing safely. 5.Theme-Sea animals-To develop rocking and rolling. 6.Theme-Pet animals-To copy and create short sequences by linking actions together.	Dance 1.Theme-Head,shoulders,knees and toes-To explore different body parts and how they move. 2.Theme-head,shoulders,knees and toes-To explore different body parts and how they move and remember and repeat actions. 3.Theme-transport-To express and communicate ideas through movement exploring directions and levels. 4.Theme-transport-To create movements and adapt and perform simple dance patterns. 5.Theme-Morning routine-To copy and repeat actions showing confidence and imagination. 6.Theme-My journey to school-To move with control and coordination, linking, copying and repeating actions.	Games 1.Theme-Cars-To work safely and develop running and stopping. 2.Theme-aeroplanes-To develop throwing and learn how to score. 3.Theme-Cyclists-To be able to play games showing an understanding of different roles within it. 4.Theme-Buses-To follow instructions and move safely when playing tagging games. 5.Theme-Boats-To work cooperatively and learn to take turns. 6.Theme-Trains-To work with others to play team games	Ball Skills 1.Theme-Bettles-To develop rolling a ball to a target. 2.Theme-busy bees-To develop stopping a rolling ball. 3.Theme-Ladybirds and butterflies-To develop accuracy when throwing to a target. 4.Theme-Grasshoppers-To develop bouncing and catching a ball. 5.Theme-Caterpillars-To develop dribbling a ball with your feet. 6.Theme-Spiders-To develop kicking a ball.	Athletics Prep 1.To move at different speeds over varying Distances 2.To Develop Balance 3.To develop agility and coordination 4.To Develop hopping, leaping and jumping for distance 5.To develop throwing for distance 6.To develop throwing for accuracy

YR2	Real PE – L.O = Personal, One leg balance, Coordination floor movements activities	Real PE – L.O = Social, Dynamic balance to agility, Seated Balance	Real PE – L.O = Cognitive, Dynamic Balance, Small Base balance	Real PE – L.O = Creative, Coordination ball skills, Counter balance	Real PE – L.O = Physical, Coordination with equipment, Agility reaction/response	Real PE – L.O = Health and fitness, Agility ball chasing, Front/back Support
After School Club	Football 3.20-4.20	Football 3.20-4.20	Football 3.20-4.20	Football 3.20-4.20	Football 3.20-4.20	Football 3.20-4.20
Competition and leadership planning 9-9.50	Review + Improve Organise PE/sport equipment/sheds Plan/practice/ organise the Multi-Skills Competition		Review + Improve Organise PE/sport equipment/sheds Plan/practice/ organise the Archery Competition		Review + Improve Organise PE/sport equipment/sheds Plan/practice organise the Football Competition	