



# Christ the King RC Primary School

## P.E. Curriculum Overview



Year Group	Autumn		Spring		Summer	
<b>Nursery</b>	PD 4 MH Runs safely on whole foot. PD 4 MH Squats with steadiness to rest or play with object on the ground, and rises to feet without using hands. PD 4 MH Climbs confidently and is beginning to pull themselves up on nursery play climbing equipment. PD 4 MH Can kick a large ball.		PD 5 MH Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping. PD 5 MH Runs skillfully and negotiates space successfully, adjusting speed or direction to avoid obstacles. PD 5 MH Can stand momentarily on one foot when shown. PD 5 MH Can catch a large ball.		PD 6 MH Experiments with different ways of moving. PD 6 MH Jumps off an object and lands appropriately. PD 6 MH Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.	
<b>Reception</b>	PD 6 MH Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. PD 6 MH Travels with confidence and skill around, under, over and through balancing and climbing equipment. PD 6 MH Shows increasing control over an object in pushing, patting, throwing, catching or kicking it. PD 6 MH Uses		PD MH Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space.		EXC ELG Children can hop confidently and skip in time to music.	
<b>Year 1</b>	<u><b>Games</b></u> <b>Striking and Fielding</b> <b>Health Related Fitness</b> Master basic movements including running, jumping, throwing and catching.	<u><b>Gymnastics</b></u> <b>Agility and Balance</b> Develop balance, agility and coordination.	<u><b>Games</b></u> <b>Multi Skills</b> Participate in team games, developing simple tactics for attacking and defending	<u><b>Dance</b></u> Perform dances using simple movement patterns.	<u><b>Games</b></u> <b>Co-ordination</b> Develop balance, agility and coordination. Participate in team games, developing simple tactics for attacking and defending.	<u><b>Athletics*</b></u> Master basic movements including running, jumping, throwing and catching.
<b>Year 1/2</b>	<u><b>Games</b></u> <b>Striking and Fielding</b> <b>Health Related Fitness</b>	<u><b>Gymnastics</b></u> <b>Agility and Balance</b> Develop balance, agility and coordination.	<u><b>Games</b></u> <b>Multi Skills and Handball</b> Participate in team games, developing simple tactics	<u><b>Dance</b></u> Perform dances using simple movement patterns.	<u><b>Games</b></u> <b>Co-ordination</b> Develop balance, agility and coordination.	<u><b>Athletics*</b></u> Master basic movements including running, jumping, throwing

	Master basic movements including running, jumping, throwing and catching.		for attacking and defending		Participate in team games, developing simple tactics for attacking and defending.	and catching.
<b>Year 2</b>	<b>Games</b> <b>Striking and Fielding</b> <b>Health Related Fitness</b> Master basic movements including running, jumping, throwing and catching.	<b>Gymnastics</b> <b>Agility and Balance</b> Develop balance, agility and coordination.	<b>Games</b> <b>Multi Skills and Handball</b> Participate in team games, developing simple tactics for attacking and defending	<b>Dance</b> Perform dances using simple movement patterns.	<b>Games</b> <b>Co-ordination</b> Develop balance, agility and coordination. Participate in team games, developing simple tactics for attacking and defending.	<b>Athletics*</b> Master basic movements including running, jumping, throwing and catching.
<b>Year 3</b>	<b>Games</b> <b>Health Related Fitness/Hockey</b> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	<b>Gymnastics</b> Develop flexibility, strength, technique, control and balance.	<b>Games</b> <b>Football/Tag Rugby</b> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	<b>Dance</b> Perform dances using a range of movement patterns.	<b>Games</b> <b>Cricket/ Basketball/ Netball</b> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	<b>Athletics*</b> Develop flexibility, strength, technique, control and balance.  Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
<b>In Year 3 children will be taught to:</b>						
<ul style="list-style-type: none"> <li>• swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>• use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</li> <li>• perform safe self-rescue in different water-based situations.</li> </ul>						
<b>Year 3/4</b>	<b>Games</b> <b>Health Related Fitness/Hockey</b> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	<b>Dance</b> Perform dances using a range of movement patterns.	<b>Games</b> <b>Football/Tag Rugby</b> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	<b>Gymnastics</b> Develop flexibility, strength, technique, control and balance.	<b>Games</b> <b>Cricket/ Basketball/ Netball</b> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	<b>Athletics*</b> Develop flexibility, strength, technique, control and balance.  Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
<b>In Year 3/4 children will be taught to:</b>						
<ul style="list-style-type: none"> <li>• swim competently, confidently and proficiently over a distance of at least 25 metres</li> </ul>						

- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations.

<b>Year 4</b>	<u><b>Games</b></u> <b>Health Related Fitness/Hockey</b> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	<u><b>Dance</b></u> Perform dances using a range of movement patterns.	<u><b>Games</b></u> <b>Football/Tag Rugby</b> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	<u><b>Gymnastics</b></u> Develop flexibility, strength, technique, control and balance.	<u><b>Games</b></u> <b>Cricket/ Basketball/ Netball</b> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	<u><b>Athletics*</b></u> Develop flexibility, strength, technique, control and balance.  Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
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**In Year 4 children will be taught to:**

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations.

<b>Year 5</b>	<u><b>Games</b></u> <b>Football/ Tag Rugby</b> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	<u><b>Dance</b></u> Perform dances using a range of movement patterns.	<u><b>Games</b></u> <b>Dodgeball/ Netball/ Basketball</b> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	<u><b>Gymnastics</b></u> Develop flexibility, strength, technique, control and balance.	<u><b>Games</b></u> <b>Rounders/Quick Cricket</b> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	<u><b>Athletics*</b></u> Develop flexibility, strength, technique, control and balance.  Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
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**In Year 4 children will be taught to:**

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations.

<b>Year 6</b>	<u><b>Games</b></u> <b>Football/ Tag Rugby</b>	<u><b>Gymnastics</b></u>	<u><b>Games</b></u>	<u><b>Dance</b></u>	<u><b>Games</b></u> <b>Rounders/Quick Cricket/</b>	<u><b>Athletics*</b></u>
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	Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	Develop flexibility, strength, technique, control and balance.	<b>Dodgeball/ Netball/ Basketball</b> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	Perform dances using a range of movement patterns.	Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	Develop flexibility, strength, technique, control and balance.  Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
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\*KS1 and 2 to teach the skills for athletics competitions using the appropriate equipment (Discus, Vortex Howlers, javelins etc.)

\*\* Swimming is taught throughout Years 3, 4 and 5.