



St. Patrick's RC Primary School

PE Curriculum Overview

Year Group	Autumn		Spring		Summer	
Nursery	<p style="text-align: center;"><u>Myself- All about me</u> <u>Autumn- Under the leaves</u> <u>Christmas</u></p> <p>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.</p>		<p style="text-align: center;"><u>Traditional tales</u> <u>Circus- Roll up, roll up, come to the circus</u> <u>Jungle- Down in the jungle</u></p> <p>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.</p>		<p style="text-align: center;"><u>Under the Sea</u> <u>Superheroes</u> <u>Pirates</u></p> <p>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.</p>	
Reception	<p style="text-align: center;"><u>Myself- All about me</u> <u>Autumn- Under the leaves</u> <u>Christmas</u></p> <p>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 Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.</p>		<p style="text-align: center;"><u>Traditional tales</u> <u>Circus- Roll up, roll up, come to the circus</u> <u>Jungle- Down in the jungle</u></p> <p>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 PD 6 MH adjusting speed or changing direction to avoid obstacles.</p>		<p style="text-align: center;"><u>Under the Sea</u> <u>Superheroes</u> <u>Pirates</u></p> <p>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.</p>	
Year 1	<p style="text-align: center;"><u>Games (rugby)</u> <u>Co-ordination</u> Develop ball skills, passing and catching. <u>Gymnastics</u> <u>Agility and Balance</u> Copy, repeat and explore simple skills and actions with basic control and coordination</p>	<p style="text-align: center;"><u>Dance</u> <u>Co-ordination</u> Perform basic body actions. Use different parts of the body singly and in combination.</p>	<p style="text-align: center;"><u>Gymnastics</u> <u>Agility and Balance</u> Copy, repeat and explore simple skills and actions with basic control and coordination.</p>	<p style="text-align: center;"><u>Games (hockey)</u> <u>Co-ordination and agility</u> Develop passing and controlling the ball. Develop dribbling and movement.</p>	<p style="text-align: center;"><u>Games (Tennis)</u> <u>Striking</u> Develop basic underarm rolling and hitting skills. Begin to intercept and return the ball with some consistency.</p>	<p style="text-align: center;"><u>Athletics</u> Develop basic movements including running at different speeds, jumping, throwing and catching in different ways.</p>



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Year 2	<p><u>Games (rugby)</u> Co-ordination Develop ball skills such as passing and catching with confidence.</p> <p><u>Gymnastics</u> Agility and Balance Copy, repeat and explore simple skills and actions Performing with confidence and control.</p>	<p><u>Dance</u> Co-ordination Perform body actions with control and co-ordination. Begin to link actions together.</p>	<p><u>Gymnastics</u> Agility and Balance Copy, repeat and explore simple skills and actions Performing with confidence and control.</p>	<p><u>Games (hockey)</u> Co-ordination and agility Pass and control the ball with confidence. Develop dribbling and movement against opponents.</p>	<p><u>Games (Tennis)</u> Striking Develop basic underarm rolling and hitting skills, Improving accuracy and control. To make choices about appropriate targets, space and equipment</p>	<p><u>Athletics</u> Develop basic movements with more confidence including running at different speeds, jumping, throwing and catching in different ways.</p>
Year 3	<p><u>Games(rugby)</u> Striking and fielding Throw and catch, with control, keep possession and score in a game situation. Become aware of space and use it to support team mates and cause problems for opponents</p> <p><u>Gymnastics</u> Select and use skills independently, using actions and ideas appropriately and applying them with coordination and control.</p>	<p><u>Dance</u> Co-ordination and agility Improvise movements freely, translating their own ideas Share and create dance phrases with a partner or in a small group.</p>	<p><u>Gymnastics</u> Select and use skills independently, using actions and ideas appropriately and applying them with coordination, control and confidence.</p>	<p><u>Games (netball)</u> Co-ordination and agility Be aware of space and use it to support team mates and cause problems for opponents. Understand and use rules fairly to keep games going</p>	<p><u>Games (hockey)</u> Striking and fielding Keep possession with some success when using equipment that is not used for throwing and catching skills</p>	<p><u>Athletics</u> Change their action for accuracy and distance to improve their previous performance.</p>
<p><u>In Year 3 children will be taught to:</u></p> <ul style="list-style-type: none"> • 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] <ul style="list-style-type: none"> • perform safe self-rescue in different water-based situations. 						
<p><u>In Year 4 children will be taught to:</u></p> <ul style="list-style-type: none"> • 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] <ul style="list-style-type: none"> • perform safe self-rescue in different water-based situations. 						



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Year 4	<p><u>Games (rugby)</u> Striking and fielding Use a variety of simple tactics for attacking well, keeping possession of the ball as a team and getting into positions to 'score' Know the rules of the game.</p> <p><u>Gymnastics</u> Compare and comment on skills, techniques and ideas used in their own and others' work, and use this understanding to improve their performance.</p>	<p><u>Dance</u> Co-ordination and agility Use and structure simple movement phrases individually, in pairs and in groups. Refine, repeat and remember dance phrases and dances.</p>	<p><u>Gymnastics</u> Link skills, techniques and ideas and apply them accurately, Appropriately and confidently. Their performance must show precision, control and fluency, and that they understand tactics and composition.</p>	<p><u>Games (netball)</u> Knowledge and analysis Watch and describe others performances and suggest practices that will improve them. Know and understand how to work as a team.</p>	<p><u>Games (Hockey)</u> Knowledge and analysis Know and understand the need for defence as well as attack and how this may affect a game.</p>	<p><u>Athletics</u> Compare and contrast performances using appropriate language to improve their performance. Beginning to develop techniques to improve their performances.</p>
<p>In Year 5 children will be taught to:</p> <ul style="list-style-type: none"> • 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. 						
Year 5	<p><u>Games (Tag Rugby)</u> Mark opponents and help each other in defence Plan and carry out activities that use exercises usefully for invasion games</p> <p><u>Gymnastics</u> Modify and refine skills and techniques to improve their performance.</p>	<p><u>Dance</u> Adapt and refine the way weight, space and rhythm are used in dances Perform different styles of dance clearly and fluently.</p>	<p><u>Gymnastics</u> Select and combine their skills, techniques and ideas and apply them accurately and appropriately, consistently showing precision, control and fluency. When performing, they draw on what they know about composition.</p>	<p><u>Games (Netball/Basketball)</u> Pass, dribble and shoot with control and confidence in games Mark opponents and help each other in defence in line with the rules of the game.</p>	<p><u>Games(Hockey)</u> Knowledge and analysis Pass, dribble and shoot with control and confidence in games Identify and use tactics to help the team keep the ball and advance it</p>	<p><u>Athletics</u> To use agreed criteria to identify good performance and explain why it is good. To develop and improve techniques to enhance their performances.</p>



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In Year 6 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.

Year 6	<p style="text-align: center;"><u>Games</u> Tag Rugby</p> <p>Apply basic principles suitable for attacking and defending.</p> <p>To mark opponents and help each other in defence.</p> <p style="text-align: center;"><u>Gymnastics</u></p> <p>When planning their own and others' work, and carrying out their own work, they draw on what they know about strategy, tactics and composition in response to changing circumstances, and what they know about their own and others' strengths and weaknesses.</p>	<p style="text-align: center;"><u>Dance</u></p> <p>Recognise and comment on dances, showing an understanding of style</p> <p>Suggest ways in which work can be improved with appropriate language.</p>	<p style="text-align: center;"><u>Gymnastics</u></p> <p>To select and combine skills, techniques and ideas. To apply them in ways that suit the activity, with consistent precision, control and fluency.</p>	<p style="text-align: center;"><u>Games (netball)</u></p> <p>To pass, dribble and shoot with control in games. To know where players in your team will be and to shoot with precision.</p>	<p style="text-align: center;"><u>Games (hockey)</u></p> <p>Pass, dribble and shoot with control and confidence in games.</p> <p>Identify and use tactics to help the team keep the ball and advance it.</p>	<p style="text-align: center;"><u>Athletics</u></p> <p>To use agreed criteria to identify good performance and explain why it is good.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>
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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.