



















Curriculum Overview: PE

Reception					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
					
Gymnastics	Gymnastics	Dance	Ball Games	Ball Games	Sports Festival activities
<p>Copy and create shapes with my body. Create shapes on apparatus. Balance and take weight on different body parts. Jump and land safely. Rocking and Rolling. Copy and create short sequences by linking actions together.</p>	<p>Create short sequences using shapes, balances and travelling actions. Develop balancing and safely using apparatus. Jumping and landing safely from a height. Travelling around, over and through apparatus. Create sequences using apparatus</p>	<p>Moving different body parts in different ways. Remember and repeat action. Express and communicate ideas through movement exploring directions and levels. Perform simple dance patterns</p>	<p>Roll, stop a rolling ball, throw, bounce, catch, dribble, kick</p>	<p>Roll, stop a rolling ball, throw, bounce, catch, dribble, kick</p>	<p>Run and stop. Throw and keep score. Understand the different roles in games. Follow instructions and moves safely during tag games. Take turns. Play team games.</p>



Throughout the year, each class will have half a term of Forest School with our trained Forest School leaders.













Curriculum Overview: PE

Year 1					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
					
Ball skills	Fitness	Sending and receiving	Fitness	Athletics	Target games
Dribble with hands, roll, T throw, Catch, dribble with feet, track	Balance, strength, flexibility, co-ordination, focus, move safely.	Roll, throw, catch, track, kick, receive with feet, send with a racquet.	Run, jump. Co-ordination, stamina, strength, agility and balance.	Run, balance, agility, co-ordination, hop, jump, leap, throw.	Under arm throw, over arm throw, perseverance, developing throwing for accuracy.
					
Fundamental skills	Team building	Gymnastics	Dance	Athletics	Sports Day activities
Balance, hop, jump, skip, co-ordination, run, speed, agility, dodge.	Run, jump, hit, balance, co-ordination, communication.	Travelling actions, making shapes, balances, shape jumps, barrel roll, straight roll, forward roll.	Actions, dynamics, space, relationships, creativity.	Run, balance, agility, co-ordination, hop, jump, leap, throw.	Throwing, catching, running, jumping, skipping, team work, hitting, target throwing, sprinting.



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Curriculum Overview: PE

Year 2					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
					
Ball Skills	Gymnastics	Fitness	Dance	Swimming	Swimming
Roll, throw, catch, dribble with hands and feet, track	Jumping, rolling, balancing, travelling, creating sequences	- Agility, balance, co-ordination	Actions, dynamics, space, relationships, creativity.	Travel, float and submerge	Travel, float and submerge
					
Fundamental skills	Team building	Sending and receiving	Striking and Fielding games Rounders	Athletics	Athletics Sports Day activities
Run, speed, balance, hop, skip, change direction	Communication, problem solving	Throwing, catching, rolling, kicking, tracking and stopping a ball	Throwing, catching, striking and tracking a ball.	Running, speed, jumping and throwing	Throwing, catching, running, jumping, skipping, team work, hitting, target throwing, sprinting.



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