



PE Overview with links to the National Curriculum

KS1 Year 1

Topic title/when taught:	Aims and objectives:	National Curriculum links:
Autumn 1 Running 1	Explore running • Apply running into a game • Explore running at different speeds • Running for speed: Acceleration • Explore running in a team • Consolidate running, apply running into a game	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
Playing games	• Following instructions when playing games • Keeping count (the score) when playing games • Competing against myself • Competing against others • Playing competitive games	Participate in team games, developing simple tactics for attacking and defending.
Autumn 2 Hands 1	• Introduce sending (bouncing) with control • Introduce aiming with accuracy • Introduce power and speed when sending a ball • Introduce/develop stopping, combining sending skills • Combine sending and receiving skills	Master basic movements including running, jumping, throwing and catching, as well as developing balance,

Heroes	• Performing movements in sequence • Creating movements that represent superpowers • Creating movements that represent a superhero rescuing/saving, someone/something • Exploring character movements	agility and co-ordination, and begin to apply these in a range of activities. Perform dances using simple movement patterns.
Spring 1 Wide, narrow, curved Feet 1	Introduction to wide, narrow and curled • Exploring the difference between wide, narrow and curled • Transitioning between wide, narrow and curled movements • Linking two movements together • Develop moving the ball using the feet • Apply dribbling into games • Consolidate dribbling • Explore kicking (passing) • Apply kicking (passing) to score a point	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
Spring 2 Health and Wellbeing Hands 2	• Introduce and explore agility • Introduce and explore balance • Introduce and explore coordination: • Bouncing, rolling and throwing • Introduce throwing with accuracy • Apply throwing with accuracy in a team • Introduce stopping a ball • Develop sending (rolling) skills to score a point • Consolidate sending and stopping to win a game	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
Summer 1	• Develop pushing (dribbling) a ball with a racket: Introducing control • Explore hitting and develop pushing a ball (with a racket) towards a target	Master basic movements including running,

Rackets, bats and balls Jumping 1	• Explore hitting a ball (with a racket) with accuracy and power • Recap jumping • Develop jumping • Explore how jumping affects our bodies • Explore skipping • Apply skipping and jumping into a game	jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
Summer 2 Games for Understanding Growing	• Understanding the principles of attack/defence • Applying attacking/defending principles into a game • Consolidate attacking/defending • Responding to rhythm • Developing the growing plant 'dance' • Introduction to motifs • Creating motifs • Creating movement sequences • Relationships and performance	Participate in team games, developing simple tactics for attacking and defending. Perform dances using simple movement patterns.

KS1 Year 2

Topic title/when taught:	Aims and objectives:	National Curriculum links:
Autumn 1 Dodging	• Explore dodging • Develop dodging • Apply dodging: Explore attacking to beat an opponent • Apply dodging in teams	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.

Creating games	• Creating games on our own and with a partner and in teams • Exploring the role of the referee • Playing and creating competitive games with a referee • Playing competitive games	Participate in team games, developing simple tactics for attacking and defending
Autumn 2 Hands Water	• Develop dribbling/passing and receiving • Combine dribbling, passing and receiving, keeping possession • Develop dribbling/passing and receiving to score a point • Combine dribbling, passing and receiving Responding to stimuli • Developing whole group movement • Improvisation and physical descriptions • Creating contrasting movement sequences • Sequences, relationships and performance	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. Perform dances using simple movement patterns.
Spring 1 Linking Feet 1	• Developing linking • Linking on apparatus • Jump, roll, balance sequences/on apparatus • Creation of sequences • Completion of sequences and performance • Develop dribbling/passing/receiving, keeping possession • Combine dribbling, passing and receiving, keeping possession/to score a point • Apply dribbling, passing and receiving as a team	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
Spring 2 Hands 2	Consolidate pupils application and understanding of underarm throwing • Applying the underarm and overarm throw to win a game • Applying the underarm throw to beat an opponent	Master basic movements including running, jumping, throwing and catching, as well as

Explorers	• Responding to stimuli • Developing our motif with expression and emotion • Applying choreography in our motifs • Extending our motifs • Sequences, relationships	developing balance, agility and co-ordination, and begin to apply these in a range of activities. Perform dances using simple movement patterns.
Summer 1 Rackets, bats and balls Jumping	• Hitting (striking) a ball (with a racket) with accuracy and power to beat an opponent • Introduce hitting (sending/striking) a ball into a space: Where and why? • Striking the ball (with a bat) into space with intent • Consolidate jumping • Apply jumping into a game • Linking jumping • Explore jumping combinations • Develop jumping combinations	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
Summer 2 Games for Understanding Team Building	• Attacking/defending as a team • Understanding the transition between defence and attack • Create and apply attacking/defensive tactics • Introducing teamwork • Develop teamwork • Building trust and developing communication • Cooperation and communication • Explore simple strategies • Problem solving: Consolidate teamwork	Participate in team games, developing simple tactics for attacking and defending.

LKS2 Year 3

Topic title/when taught:	Aims and objectives:	National Curriculum links:
Autumn 1 Golf Problem solving	• Develop the underarm throw/roll for accuracy • Combine throwing and rolling with accuracy to beat an opponent • Introduce striking: Using Rollers (Putters) Creating and applying simple tactics • Developing leadership • Develop communication as a team • Create defending and attacking tactics as a team	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending take part in outdoor and adventurous activity challenges both individually and within a team
Autumn 2 Cricket	• Understand the concept of batting and fielding • Introduce throwing overarm • Introduce throwing underarm • Introduce catching • Striking with intent Exploring relaxation techniques	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for

Mindfulness	• Applying relaxation techniques and using them effectively • Performing balanced meditative poses • Using props to help us balance in our meditative poses	example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending perform dances using a range of movement patterns
Spring 1 Football Symmetry and asymmetry	• Introduce/develop dribbling keeping control • Introduce passing and receiving • Combine dribbling and passing to create space • Develop passing, receiving and dribbling • Introduction to symmetry • Introduction to asymmetry • Application of learning onto apparatus • Sequence formation • Sequence completion	<i>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</i> develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
Spring 2 Tag rugby	• Introduce moving with the ball, passing and receiving • Introduce tagging	play competitive games, modified where

Weather	• Create space when attacking • Develop passing and moving • Combine passing/moving to create attacking • Responding to stimuli, extreme weather • Developing thematic dance into a motif • Extending dance to create sequences with a partner • Developing sequences with a partner	appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] perform dances using a range of movement patterns
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Summer 1 Running and jumping	• Explore running for speed • Explore acceleration • Introduce /develop relay: Running for speed in a team • Throwing: Accuracy vs distance • Standing Long Jump	use running, jumping, throwing and catching in isolation and in combination
Tennis	• Introduction tennis, outwitting an opponent • Creating space to win a point • Consolidate how to win a game introduce rackets • Introduce the forehand	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
Summer 2 Athletics	• Explore running for speed • Explore acceleration • Introduce /develop relay: Running for speed in a team • Throwing: Accuracy vs distance • Standing Long Jump	compare their performances with previous ones and demonstrate improvement to achieve their personal best.
Netball	• Introduce passing and receiving • Introduce passing and creating space • Introduce scoring and the concept of shooting	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, badminton,

		basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
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LKS2 Year 4

Topic title/when taught:	Aims and objectives:	National Curriculum links:
Autumn 1 Golf	• Introduce striking with Launchers • Develop striking for distance and accuracy with Launchers • Combine striking with Rollers and Launchers to beat an opponent 1v1	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
Communication and tactics (oak)	• Benches and mats challenge • Round the clock card challenge • The pen challenge • The river rope challenge • Caving challenges	take part in outdoor and adventurous activity challenges both individually and within a team
Swimming (pine)		All schools must provide swimming instruction

		either in key stage 1 or key stage 2. In particular, pupils should 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.
Autumn 2 Cricket	• Develop an understanding of batting and fielding • Introduce bowling underarm • Develop stopping and returning the ball • Develop retrieving and returning the ball • Striking the ball at different angles and speeds	use running, jumping, throwing and catching in isolation and in combination
Mindfulness (oak)	• Creating movements to help express ourselves and our emotions. • Using mime to manage positive and negative emotions • Using mediative poses to help control and manage our emotions	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending

Swimming (Pine)		perform dances using a range of movement patterns All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should 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.
Spring 1 Netball	• Develop passing and receiving • Develop passing, moving and shooting • Develop Footwork • Introduce defending and the concept of marking	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball,

Summer 1	• Developing the forehand • Creating space to win a point using a racket • Introduce the backhand • Applying the forehand and backhand in game situations • Applying the forehand and backhand creating space	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
Tennis		
Swimming (oak)		All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should 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.
Mindfulness (pine)	• Creating movements to help express ourselves and our emotions. • Using mime to manage positive and negative emotions • Using mediative poses to help control and manage our emotions	

Communication and tactics	• Benches and mats challenge • Round the clock card challenge • The pen challenge • The river rope challenge • Caving challenges	safe self-rescue in different water-based situations. take part in outdoor and adventurous activity challenges both individually and within a team
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UKS2 Year 5

Topic title/when taught:	Aims and objectives:	National Curriculum links:
Autumn 1 Basketball	• Refine passing and receiving • Apply passing, footwork and shooting into mini games, introduce officiating • Introduce defending • Explore the function of other passing styles	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
Problem solving	• Benches and mats challenge • Round the clock card challenge • The pen challenge • The river rope challenge • Caving challenges	take part in outdoor and adventurous

		activity challenges both individually and within a team
Autumn 2 Tag rugby	• Refine passing and moving to create attacking opportunities • Explore different passes that can be used to outwit defenders • Refine defending as a team • Create and apply defending tactics. Develop officiating	use running, jumping, throwing and catching in isolation and in combination
Health related exercises	• Explore and understand cardio fitness • Explore and understand flexibility fitness • Explore and understand strength fitness	compare their performances with previous ones and demonstrate improvement to achieve their personal best.
Spring 1 Counterbalance and counter tension	• Introduction to Counter Balance • Application of Counter Balance learning onto apparatus • Sequence formation • Counter Tension • Sequence completion	develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
Football	• Refine dribbling and passing to maintain possession • Introduce and develop defending • Develop shooting • Refine attacking skills, passing, dribbling and shooting, introduce officiating	play competitive games, modified where appropriate [for example, badminton, basketball, cricket,

		football, hockey, netball, rounders and tennis], and apply basic
Spring 2 The circus Hockey	• Develop character movements linked to prejudices • Create movements that represent different characters and performers in a circus • Extending our performance incorporating props and apparatus linked to the variety of performers • Develop defending; blocking and tackling • Refine dribbling/passing to create attacking opportunities • Refine attacking skills, passing dribbling and shooting • Refine defending skills developing transition from defence to attack	develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics perform dances using a range of movement patterns play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
Summer 1 Cricket	• Refine batting, batting and bowling tactics • Refine fielding stopping, catching and throwing • Combine bowling and fielding creating and applying tactics • Introduce umpiring	play competitive games, modified where appropriate [for example, badminton,

Netball	• Refine passing and receiving • Explore the function of other passes • Develop defending and marking the player with the ball • Tactical Play	basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
Summer 2 Athletics	• Finishing a race • Evaluating our performance • Sprinting: My personal best • Relay changeovers • Shot Put • Introducing the Hurdles	use running, jumping, throwing and catching in isolation and in combination compare their performances with previous ones and demonstrate improvement to achieve their personal best.
Rounders	• Develop fielding tactics maximising players • Understand what happens if the batter misses the ball • Refine fielding tactics, what players where? • Applying tactics	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending

UKS2 Year 6

Topic title/when taught:	Aims and objectives:	National Curriculum links:
Autumn 1 Basketball	• Consolidate keeping possession and officiating • Consolidate defending • Create, understand and apply attacking tactics in game situations • Create, understand and apply defending	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
Communication and tactics	• Understanding what makes an effective leader • Communicating as a leader • Introducing the STEP principle: Space , Task, Equipment and People	take part in outdoor and adventurous activity challenges both individually and within a team
Autumn 2 Tag rugby	Consolidate passing and moving • Consolidate defending • Create, understand and apply attacking/defending tactics in game situations • Consolidate attacking	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball,

Health related exercises	• Develop a secure understanding of cardio fitness • Develop a secure understanding of flexibility fitness • Develop a secure understanding of strength and fitness	rounders and tennis], and apply basic principles suitable for attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their personal best.
Spring 1 Football	• Consolidate keeping possession, develop officiating • Consolidate defending • Organise formations and manage teams • Organise formations decide tactics, manage teams and officiate games	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
Matching and mirroring	• Introduction to matching /mirroring • Application of matching mirroring learning onto apparatus • Sequence development	develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]

Spring 2 Hockey	- Consolidate keeping possession, develop officiating - Consolidate defending - Create, understand and apply attacking/defending tactics	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
Titanic	- Creating rhythmic patterns using our body - Extend choreography through controlled movements, character emotion and expression - Explore the relationships between characters applying character emotion and expression	develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] perform dances using a range of movement patterns
Summer 1 Cricket	- Consolidate batting, fielding and bowling - Create, understand and apply attacking and defensive tactics in game	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic
Netball	- Consolidate attacking - Consolidate defending - Understand and apply attacking tactics to game scenarios	

	• Understand and apply defending tactics	principles suitable for attacking and defending
Summer 2 Rounders	• Introduction to full rounders • Consolidate fielding tactics • Refine our understanding of what happens if the batter misses or hits the ball backwards • Batting considerations	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
Athletics	• Running for speed competition • Running for distance competition • Throwing competition • Jumping competition	compare their performances with previous ones and demonstrate improvement to achieve their personal best.