



St Peter's of Eaton Square C of E Primary School

PE Curriculum Overview

IMPLEMENTATION – How We Will Deliver Our Curriculum

Our physical education curriculum is carefully planned to include a range of indoor and outdoor-based lessons throughout the year and provides a varied and progressive learning programme. All children receive at least two engaging, high quality and enjoyable physical education lessons per week, as well as having the opportunity to take part in at least 45 minutes of physical activities per day in the playground. Each class receives at least a one-hour PE lesson from a specialist PE coach each week and children are encouraged to sign up to interschool competitions with Westminster Active at least twice a year. Appropriate provision is in place to support a range of learning needs and abilities and ensure positive outcomes for all children. At St Peter's we use Get Set 4 PE to deliver high-quality PE lessons from EYFS to Year 6.

IMPACT – How We Will Evaluate Our Curriculum

At St Peter's we strongly believe that all children should have access to a progressive and varied physical education programme, which places a real emphasis on developing physical competences and teamwork skills, while encouraging healthy competition and leadership. It is our objective to promote confidence and participation in a range of sports across all year groups. Children will develop athleticism and self-esteem throughout their time at St Peter's. Children will also understand and explain the importance of nutrition and diet in their performance in sport. As a result of high quality teaching and curricular opportunities, children will be motivated to lead lifelong active, healthy lifestyles in which they continue their participation in physical activity and sport. Children who participate in sports outside of school are celebrated and recognised as part of our Healthy School mission.

INTENT - Our Curriculum Intent

All pupils at St Peter's will develop a wide range of physical competences whilst fostering a love for healthy competition, lifestyle and teamwork. PE lessons will embed British values such as mutual respect and fairness, in addition to building character. Our curriculum equips pupils of all health, fitness and skill levels with the knowledge, experience and motivation to enjoy and take pride in their physical and sports activities.



EYFS

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Throwing and catching Ball skills using hands	Multi-skills Obstacle courses and simple circuits to encourage walking and jumping in a variety of ways	Gymnastics High, Low, Over, Under	Dance Nursery Rhymes	Ball skills Developing ball skills with feet	Athletics Races, jumps, relays, bean bag toss
National Curriculum Reference	Negotiate space and obstacles safely, with consideration for themselves and others; Demonstrate strength, balance and coordination when playing; Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.	Negotiate space and obstacles safely, with consideration for themselves and others; Demonstrate strength, balance and coordination when playing; -Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.	Negotiate space and obstacles safely, with consideration for themselves and others; Demonstrate strength, balance and coordination when playing; Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.	Negotiate space and obstacles safely, with consideration for themselves and others; Demonstrate strength, balance and coordination when playing; Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.	Negotiate space and obstacles safely, with consideration for themselves and others; Demonstrate strength, balance and coordination when playing; Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.	Negotiate space and obstacles safely, with consideration for themselves and others; Demonstrate strength, balance and coordination when playing; Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.
Skills Progression	Children show good control and coordination in large and small movements. Children move confidently in a range of ways, negotiating space safely. Children are active and interactive.	Progress towards a more fluent style of moving, with developing control and grace. Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics and sport.	Combine different movements with ease and fluency. Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.	Combine a sequence of movements with ease and fluency. Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics and sport.	Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.	Continue to develop overall body-strength, balance, co-ordination and agility.

YEAR 1

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Games Basic skills and target games. Running, jumping, throwing and catching, aiming and hitting.	Gymnastics Wide, Narrow, Curled	Dance and Fitness The Zoo	Net & Wall Games Racket skills, forehand, backhand, serve, badminton, tennis, table tennis	Team Building Games	Athletics Races, jumps, relays, bean bag toss
National Curriculum Reference	Pupils should develop fundamental movement skills, become increasingly competent and confident, and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and cooperative physical activities, in a range of increasingly challenging situations. Pupils should master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities.	Pupils should develop fundamental movement skills, become increasingly competent and confident, and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and cooperative physical activities, in a range of increasingly challenging situations. Pupils should be developing balance, agility and coordination, and begin to apply these in a range of activities.	Pupils should develop fundamental movement skills, become increasingly competent and confident, and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and cooperative physical activities, in a range of increasingly challenging situations. Pupils should perform dances using simple movement patterns.	Pupils should develop fundamental movement skills, become increasingly competent and confident, and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and cooperative physical activities, in a range of increasingly challenging situations. Pupils should master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities.	Pupils should develop fundamental movement skills, become increasingly competent and confident, and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and cooperative physical activities, in a range of increasingly challenging situations. Pupils should participate in team games, developing simple tactics for attacking and defending.	Pupils should develop fundamental movement skills, become increasingly competent and confident, and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and cooperative physical activities, in a range of increasingly challenging situations. Pupils should master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. Pupils should participate in team games, developing simple tactics for attacking and defending.

**Skills
Progression**

Improve the way they coordinate and control their bodies and a range of equipment remember, repeat and link combinations of skills. Choose, use and vary simple tactics. Recognise and describe what their bodies feel like during different types of activity. Recognise good quality in performance use information to improve their work.

Use a range of equipment to move on/off, over, under, along and through safely. Will be able to investigate movement, stillness and how to use space safely. To copy or create, remember or repeat short movement phrases.

Explore, remember, repeat and link a range of actions with coordination, control and an awareness of the expressive qualities of dance. Compose and perform dance phrases and short dances that express and communicate moods, ideas and feelings choosing and varying simple compositional ideas. Recognise and describe how different dance activities make them feel. Understand the importance of warming up and cooling down. Watch and describe dance phrases and dances and use what they learn to improve their work.

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YEAR 2

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Games Basic skills and target games. Running, jumping, throwing and catching, aiming and hitting	Gymnastics Linking and sequencing	Dance & Fitness Dances from around the World	Net & Wall Games Racket skills, forehand, backhand, serve, badminton, tennis, table tennis	Team Building Games	Athletics Races, jumps, relays, bean bag toss
National Curriculum Reference	Pupils should develop fundamental movement skills, become increasingly competent and confident, and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and cooperative physical activities, in a range of increasingly challenging situations. Pupils should master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities.	Pupils should develop fundamental movement skills, become increasingly competent and confident, and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and cooperative physical activities, in a range of increasingly challenging situations. Pupils should be developing balance, agility and coordination, and begin to apply these in a range of activities.	Pupils should develop fundamental movement skills, become increasingly competent and confident, and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and cooperative physical activities, in a range of increasingly challenging situations. Pupils should perform dances using simple movement patterns.	Pupils should develop fundamental movement skills, become increasingly competent and confident, and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and cooperative physical activities, in a range of increasingly challenging situations. Pupils should master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities.	Pupils should develop fundamental movement skills, become increasingly competent and confident, and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and cooperative physical activities, in a range of increasingly challenging situations. Pupils should participate in team games, developing simple tactics for attacking and defending.	Pupils should develop fundamental movement skills, become increasingly competent and confident, and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and cooperative physical activities, in a range of increasingly challenging situations. Pupils should master basic movements including running, jumping, throwing and catching, as well as developing balance,

**Skills
Progression**

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Remember, repeat and link combinations of gymnastic actions, body shapes and balances with control and accuracy.

To be able to jump and land from height safely and accurately.

To be able to use a range of equipment safely and understand how to use it in a variety of ways.

Explore, remember, repeat and link a range of actions with coordination, control and an awareness of the expressive qualities of dance. Compose and perform dance phrases and short dances that express and communicate moods, ideas and feelings choosing and varying simple compositional ideas. Recognise and describe how different dance activities make them feel. Understand the importance of warming up and cooling down. Watch and describe dance phrases and dances and use what they learn to improve their work.

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YEAR 3

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	<p>Games Basic ball skills</p> <p>Swimming and Water Safety</p>	<p>Gymnastics Symmetry & Asymmetry</p> <p>Swimming and Water Safety</p>	<p>Dance & Fitness Weather</p> <p>Swimming and Water Safety</p>	<p>Ball Skills</p> <p>Swimming and Water Safety</p>	<p>Basketball</p> <p>Swimming and Water Safety</p>	<p>Athletics Jumps, races, relays, aiming games</p> <p>Swimming and Water Safety</p>
National Curriculum Reference	<p><u>Games</u> Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should use running, jumping, throwing and catching in isolation and in combination. <u>Swimming & Water Safety</u> Pupils will be taught to swim competently, confidently, and proficiently over a distance of at least 25</p>	<p><u>Gymnastics</u> Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should develop flexibility, strength, technique, control and balance. <u>Swimming & Water Safety</u> Pupils will be taught to swim competently, confidently, and proficiently over a distance of at least 25 metres. Pupils will be</p>	<p><u>Dance & Fitness</u> Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should perform dances using a range of movement patterns. <u>Swimming & Water Safety</u> Pupils will be taught to swim competently, confidently, and proficiently over a distance of at least 25 metres. Pupils will be</p>	<p><u>Team Games</u> Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should apply basic principles suitable for attacking and defending. <u>Swimming & Water Safety</u> Pupils will be taught to swim competently, confidently, and proficiently over a</p>	<p><u>Team Games</u> Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should apply basic principles suitable for attacking and defending. <u>Swimming & Water Safety</u> Pupils will be taught to swim competently, confidently, and proficiently over a</p>	<p><u>Athletics</u> Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should develop flexibility, strength, technique, control and balance. Pupils should take part in outdoor and adventurous activity challenges both individually and within a team. <u>Swimming & Water Safety</u> Pupils will be taught to</p>

	metres. Pupils will be taught to use a range of strokes effectively and perform safe self-rescue in different water-based situations.	taught to use a range of strokes effectively and perform safe self-rescue in different water-based situations.	taught to use a range of strokes effectively and perform safe self-rescue in different water-based situations.	distance of at least 25 metres. Pupils will be taught to use a range of strokes effectively and perform safe self-rescue in different water-based situations.	distance of at least 25 metres. Pupils will be taught to use a range of strokes effectively and perform safe self-rescue in different water-based situations.	swim competently, confidently, and proficiently over a distance of at least 25 metres. Pupils will be taught to use a range of strokes effectively and perform safe self-rescue in different water-based situations.
Skills Progression	<p>Consolidate and improve the quality of their techniques and their ability to link movements. Develop the range and consistency of their skills in all games. Improve their ability to choose and use simple tactics and strategies. Keep, adapt and make rules for net games, passing and receiving. Know and describe the short-term effects of different exercise activities on the body, know how to improve stamina. Begin to understand the importance of warming up. Recognise good performance and identify the parts of a performance that need improving and use what they have learned to improve their work.</p>	<p>Consolidate and improve the quality of their actions, body shapes and balances, and their ability to link movements. Improve their ability to select appropriate actions and use simple compositional ideas. Recognise and describe the short term effects of exercise on the body during different activities, know the importance of suppleness and strength. Describe and evaluate the effectiveness and quality of a performance and recognise how their own performance has improved.</p>	<p>Improvise freely on their own and with a partner, translating ideas from a stimulus into movement. Create and link dance phrases using a simple dance structure or motif. Perform dances with awareness of rhythmic, dynamic and expressive qualities, on their own, with a partner and in small groups. Keep up activity over a period of time and know they need to warm up and cool down for dance. Describe and evaluate some of the compositional features of dances performed with a partner and in a group talk about how they might improve their dance.</p>	<p>Consolidate and improve the quality of their techniques and their ability to link movements. Develop the range and consistency of their skills in all games. Improve their ability to choose and use simple tactics and strategies. Keep, adapt and make rules for net games, passing and receiving. Know and describe the short term effects of different exercise activities on the body, know how to improve stamina. Begin to understand the importance of warming up. Recognise good performance and identify the parts of a performance that need improving and use what they have learned to improve their work.</p>	<p>Consolidate and improve the quality of their techniques and their ability to link movements. Develop the range and consistency of their skills in all games. Improve their ability to choose and use simple tactics and strategies. Keep, adapt and make rules for net games, passing and receiving. Know and describe the short term effects of different exercise activities on the body, know how to improve stamina. Begin to understand the importance of warming up. Recognise good performance and identify the parts of a performance that need improving and use what they have learned to improve their work.</p>	<p>They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Take part in outdoor and adventurous activity challenges both individually and within a team.</p>

YEAR 4

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	<p>Games Basic skills</p> <p>Swimming and Water Safety</p>	<p>Gymnastics Bridges</p> <p>Swimming and Water Safety</p>	<p>Dance & Fitness Space</p> <p>Swimming and Water Safety</p>	<p>Netball</p> <p>Swimming and Water Safety</p>	<p>Cricket</p> <p>Swimming and Water Safety</p>	<p>Athletics</p> <p>Swimming and Water Safety</p>
National Curriculum Reference	<p><u>Games</u> Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should use running, jumping, throwing and catching in isolation and in combination. <u>Swimming & Water Safety</u> Pupils will be taught to swim competently, confidently, and proficiently over a distance of at least 25 metres. Pupils will be</p>	<p><u>Gymnastics</u> Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should develop flexibility, strength, technique, control and balance. <u>Swimming & Water Safety</u> Pupils will be taught to swim competently, confidently, and proficiently over a distance of at least 25 metres. Pupils will be taught to use a range of</p>	<p><u>Dance & Fitness</u> Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should perform dances using a range of movement patterns. <u>Swimming & Water Safety</u> Pupils will be taught to swim competently, confidently, and proficiently over a distance of at least 25 metres. Pupils will be taught to use a range of</p>	<p><u>Team Games</u> Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should apply basic principles suitable for attacking and defending. <u>Swimming & Water Safety</u> Pupils will be taught to swim competently, confidently, and proficiently over a distance of at least 25</p>	<p><u>Team Games</u> Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should apply basic principles suitable for attacking and defending. <u>Swimming & Water Safety</u> Pupils will be taught to swim competently, confidently, and proficiently over a distance of at least 25</p>	<p><u>Athletics</u> Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should develop flexibility, strength, technique, control and balance. Pupils should take part in outdoor and adventurous activity challenges both individually and within a team. <u>Swimming & Water Safety</u> Pupils will be taught to swim competently,</p>

	taught to use a range of strokes effectively and perform safe self-rescue in different water-based situations.	strokes effectively and perform safe self-rescue in different water-based situations.	strokes effectively and perform safe self-rescue in different water-based situations.	metres. Pupils will be taught to use a range of strokes effectively and perform safe self-rescue in different water-based situations.	metres. Pupils will be taught to use a range of strokes effectively and perform safe self-rescue in different water-based situations.	confidently, and proficiently over a distance of at least 25 metres. Pupils will be taught to use a range of strokes effectively and perform safe self-rescue in different water-based situations.
Skills Progression	<p>Consolidate and improve the quality of their techniques and their ability to link movements. Develop the range and consistency of their skills in all games.</p> <p>Improve their ability to choose and use simple tactics and strategies. Keep, adapt and make rules for net games, passing and receiving. Know and describe the short-term effects of different exercise activities on the body, know how to improve stamina.</p> <p>Begin to understand the importance of warming up. Recognise good performance and identify the parts of a performance that need improving and use what they have learned to improve their work.</p>	<p>Consolidate and improve the quality of their actions, body shapes and balances, and their ability to link movements. Improve their ability to select appropriate actions and use simple compositional ideas. Recognise and describe the short term effects of exercise on the body during different activities, know the importance of suppleness and strength. Describe and evaluate the effectiveness and quality of a performance and recognise how their own performance has improved.</p>	<p>Improvise freely on their own and with a partner, translating ideas from a stimulus into movement. Create and link dance phrases using a simple dance structure or motif. Perform dances with awareness of rhythmic, dynamic and expressive qualities, on their own, with a partner and in small groups. Keep up activity over a period of time and know they need to warm up and cool down for dance. Describe and evaluate some of the compositional features of dances performed with a partner and in a group talk about how they might improve their dance.</p>	<p>Consolidate and improve the quality of their techniques and their ability to link movements. Develop the range and consistency of their skills in all games. Improve their ability to choose and use simple tactics and strategies. Keep, adapt and make rules for net games, passing and receiving. Know and describe the short term effects of different exercise activities on the body, know how to improve stamina. Begin to understand the importance of warming up. Recognise good performance and identify the parts of a performance that need improving and use what they have learned to improve their work.</p>	<p>Consolidate and improve the quality of their techniques and their ability to link movements. Develop the range and consistency of their skills in all games. Improve their ability to choose and use simple tactics and strategies. Keep, adapt and make rules for net games, passing and receiving. Know and describe the short term effects of different exercise activities on the body, know how to improve stamina. Begin to understand the importance of warming up. Recognise good performance and identify the parts of a performance that need improving and use what they have learned to improve their work.</p>	<p>They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Take part in outdoor and adventurous activity challenges both individually and within a team.</p>

Year 5

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Games Ball games skills Swimming and Water Safety	Gymnastics Counter Balance and Counter Tension Swimming and Water Safety	Dance & Fitness The Circus Swimming and Water Safety	Net & Wall Games Hockey and tennis Swimming and Water Safety	Striking & Fielding Cricket and rounders Swimming and Water Safety	Athletics Swimming and Water Safety
National Curriculum Reference	<u>Games</u> Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should use running, jumping, throwing and catching in isolation and in combination. <u>Swimming & Water Safety</u> Pupils will be taught to swim competently, confidently, and proficiently over a distance of at least 25 metres. Pupils will be	<u>Gymnastics</u> Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should develop flexibility, strength, technique, control and balance. <u>Swimming & Water Safety</u> Pupils will be taught to swim competently, confidently, and proficiently over a distance of at least 25 metres. Pupils will be taught to use a range of	<u>Dance & Fitness</u> Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should perform dances using a range of movement patterns. <u>Swimming & Water Safety</u> Pupils will be taught to swim competently, confidently, and proficiently over a distance of at least 25 metres. Pupils will be taught to use a range of	<u>Racket/Stick Games</u> Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should apply basic principles suitable for attacking and defending. <u>Swimming & Water Safety</u> Pupils will be taught to swim competently, confidently, and proficiently over a distance of at least 25 metres. Pupils will be taught to use a range of	<u>Bat Games</u> Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. <u>Swimming & Water Safety</u> Pupils will be taught to swim competently, confidently, and proficiently over a distance of at least 25 metres. Pupils will be taught to use a range of strokes effectively and	<u>Athletics</u> Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should develop flexibility, strength, technique, control and balance. Pupils should take part in outdoor and adventurous activity challenges both individually and within a team. <u>Swimming & Water Safety</u> Pupils will be taught to swim competently,

	taught to use a range of strokes effectively and perform safe self-rescue in different water-based situations.	strokes effectively and perform safe self-rescue in different water-based situations.	strokes effectively and perform safe self-rescue in different water-based situations.	strokes effectively and perform safe self-rescue in different water-based situations.	perform safe self-rescue in different water-based situations.	confidently, and proficiently over a distance of at least 25 metres. Pupils will be taught to use a range of strokes effectively and perform safe self-rescue in different water-based situations.
Skills Progression	Develop a broader range of techniques and skills for striking and fielding. Develop consistency in their skills. Know and apply the basic strategic and tactical principles of attack, and to adapt them to different situations. Choose and apply skills more consistently in all activities. Know and understand the basic principles of warming up, and understand why it is important for a good quality performance.	Perform actions, shapes and balances consistently and fluently in specific activities. Choose and apply basic compositional ideas to the sequences they create, and adapt them to new situations. Know and understand the basic principles of warming up and why it is important for good quality performance. Understand why physical activity is good for their health. Choose and use information and basic criteria to evaluate their own and others' work.	Explore and improvise ideas for dances in different styles, working on their own, with a partner and in a group. Compose dances by using adapting and developing steps, formations and patterning from different dance styles. Perform dances expressively, using a range of performance skills. Organise their own warm-up and cool-down activities to suit the dance. Show an understanding of why it is important to warm up and cool down. Describe, analyse, interpret and evaluate dances, showing an understanding of some aspects of style and context.	Develop a broader range of techniques and skills for striking and fielding. Develop consistency in their skills. Know and apply the basic strategic and tactical principles of attack, and to adapt them to different situations. Choose and apply skills more consistently in all activities. Know and understand the basic principles of warming up, and understand why it is important for a good quality performance.	Develop a broader range of techniques and skills for striking and fielding. Develop consistency in their skills. Know and apply the basic strategic and tactical principles of attack, and to adapt them to different situations. Choose and apply skills more consistently in all activities. Know and understand the basic principles of warming up, and understand why it is important for a good quality performance.	Develop the consistency of their actions in a number of events. Increase the number of techniques they use. Choose appropriate techniques for specific events. Understand the basic principles of warming up. Understand why exercise is good for fitness, health and wellbeing. Evaluate their own and others work and suggest ways to improve it.

Year 6

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Games Ball games skills	Gymnastics Matching and Mirroring	Dance & Fitness Carnival	Net & Wall Games Hockey and tennis	Striking & Fielding Cricket and rounders	Athletics
	Swimming and Water Safety	Swimming and Water Safety	Swimming and Water Safety	Swimming and Water Safety	Swimming and Water Safety	Swimming and Water Safety
National Curriculum Reference	<u>Games</u> Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should use running, jumping, throwing and catching in isolation and in combination. <u>Swimming & Water Safety</u> Pupils will be taught to swim competently, confidently, and proficiently over a distance of at least 25 metres. Pupils will be	<u>Gymnastics</u> Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should develop flexibility, strength, technique, control and balance. <u>Swimming & Water Safety</u> Pupils will be taught to swim competently, confidently, and proficiently over a distance of at least 25 metres. Pupils will be taught to use a range of	<u>Dance & Fitness</u> Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should perform dances using a range of movement patterns. <u>Swimming & Water Safety</u> Pupils will be taught to swim competently, confidently, and proficiently over a distance of at least 25 metres. Pupils will be taught to use a range of	<u>Racket/Stick Games</u> Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should apply basic principles suitable for attacking and defending. <u>Swimming & Water Safety</u> Pupils will be taught to swim competently, confidently, and proficiently over a distance of at least 25 metres. Pupils will be taught to use a range of	<u>Bat Games</u> Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. <u>Swimming & Water Safety</u> Pupils will be taught to swim competently, confidently, and proficiently over a distance of at least 25 metres. Pupils will be taught to use a range of strokes effectively and	<u>Athletics</u> Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should develop flexibility, strength, technique, control and balance. Pupils should take part in outdoor and adventurous activity challenges both individually and within a team. <u>Swimming & Water Safety</u> Pupils will be taught to swim competently,

	taught to use a range of strokes effectively and perform safe self-rescue in different water-based situations.	strokes effectively and perform safe self-rescue in different water-based situations.	strokes effectively and perform safe self-rescue in different water-based situations.	strokes effectively and perform safe self-rescue in different water-based situations.	perform safe self-rescue in different water-based situations.	confidently, and proficiently over a distance of at least 25 metres. Pupils will be taught to use a range of strokes effectively and perform safe self-rescue in different water-based situations.
Skills Progression	Develop a broader range of techniques and skills for striking and fielding. Develop consistency in their skills. Know and apply the basic strategic and tactical principles of attack, and to adapt them to different situations. Choose and apply skills more consistently in all activities. Know and understand the basic principles of warming up, and understand why it is important for a good quality performance.	Perform actions, shapes and balances consistently and fluently in specific activities. Choose and apply basic compositional ideas to the sequences they create, and adapt them to new situations. Know and understand the basic principles of warming up and why it is important for good quality performance. Understand why physical activity is good for their health. Choose and use information and basic criteria to evaluate their own and others' work.	Explore and improvise ideas for dances in different styles, working on their own, with a partner and in a group. Compose dances by using adapting and developing steps, formations and patterning from different dance styles. Perform dances expressively, using a range of performance skills. Organise their own warm-up and cool-down activities to suit the dance. Show an understanding of why it is important to warm up and cool down. Describe, analyse, interpret and evaluate dances, showing an understanding of some aspects of style and context.	Develop a broader range of techniques and skills for striking and fielding. Develop consistency in their skills. Know and apply the basic strategic and tactical principles of attack, and to adapt them to different situations. Choose and apply skills more consistently in all activities. Know and understand the basic principles of warming up, and understand why it is important for a good quality performance.	Develop a broader range of techniques and skills for striking and fielding. Develop consistency in their skills. Know and apply the basic strategic and tactical principles of attack, and to adapt them to different situations. Choose and apply skills more consistently in all activities. Know and understand the basic principles of warming up, and understand why it is important for a good quality performance.	Develop the consistency of their actions in a number of events. Increase the number of techniques they use. Choose appropriate techniques for specific events. Understand the basic principles of warming up. Understand why exercise is good for fitness, health and wellbeing. Evaluate their own and others work and suggest ways to improve it.