



PE (including Outdoor Learning) Curriculum



Intent	<p>Our PE curriculum equips pupils with the physical literacy, knowledge, and personal qualities they need to lead active and healthy lives. Pupils leave our school with competence and confidence across a broad range of physical activities and sports, alongside a secure understanding of how exercise supports physical and mental wellbeing.</p> <p>Through regular participation, pupils develop transferable skills such as resilience, communication, leadership, and teamwork. They demonstrate respect, fairness, and the ability to reflect and improve their own performance. Assessment evidence, including teacher observations, skill progression records, and pupil voice, shows that the majority of pupils meet or exceed national curriculum expectations in PE.</p> <p>By the end of their time with us, pupils are motivated to engage in physical activity beyond the classroom and are well-prepared for the next stage of their education, both in terms of physical capability and the positive attitudes that underpin lifelong participation in sport and exercise.</p>
Implementation	<p>Our curriculum is delivered through a carefully sequenced programme that includes games, gymnastics, dance, athletics, swimming, and outdoor/adventurous activities. Each unit is planned to progressively develop skills, tactical awareness, and physical fitness, enabling pupils to apply their learning in increasingly challenging contexts.</p> <p>High-quality teaching includes clear modelling, Pupils participate in a range of intra- and inter-school competitions, festivals, and enrichment opportunities, promoting both competitive and cooperative experiences.</p> <p>Cross-curricular links with science, PSHE, and other subjects help pupils understand the benefits of exercise on health and wellbeing. Assessment is ongoing and informs teaching, with skill progression records, teacher observations, and self-assessment ensuring that learning builds year on year.</p>
Impact	<p>Our PE curriculum equips pupils with the physical literacy, knowledge, and personal qualities they need to lead active and healthy lives. Pupils leave our school with competence and confidence across a broad range of physical activities and sports, alongside a secure understanding of how exercise supports physical and mental wellbeing.</p> <p>Through regular participation, pupils develop transferable skills such as resilience, communication, leadership, and teamwork. They demonstrate respect, fairness, and the ability to reflect and improve their own performance. Assessment evidence, including teacher observations, skill progression records, and pupil voice, shows that the majority of pupils meet or exceed national curriculum expectations in PE.</p> <p>By the end of their time with us, pupils are motivated to engage in physical activity beyond the classroom and are well-prepared for the next stage of their education, both in terms of physical capability and the positive attitudes that underpin lifelong participation in sport and exercise.</p>



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Long Term Overview: PE (including Outdoor Learning)						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
 Reception	<p>Agility, Space and Movement Gymnastics</p> <p><u>Overview</u> Pupils will explore awareness for themselves and of others. They will develop basic skills of moving with control, coordination and imagination. Pupils will travel using different movements and directions. They will also explore different jumping movement skills. ---- Pupils will learn to use different ways of travelling across mats. They will be able to demonstrate basic balances using patches and points. Pupils will demonstrate a variety of jumping patterns and be able to perform some basic gymnastic rolls.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>	<p>Dance (Minibeasts) & Skills Based Challenges</p> <p><u>Overview</u> A unit of dance for reception ages children based on the theme of minibeasts. ---- Pupils will work towards achieving their personal best for: Catching challenges, rolling challenges, throwing challenges, kicking challenges, bouncing challenges and hitting challenges.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>	<p>Dance (Farm) & Ball Skills</p> <p><u>Overview</u> A collection of dance lessons for reception aged children based around the theme of the farm. ---- Pupils will learn how to move with confidence in different ways, whilst holding an object. They will develop a range of different ball skills including bouncing. Pupils will perform underarm and overarm throwing actions.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>	<p>Catching and Throwing & Dance (Fairytales)</p> <p><u>Overview</u> Pupils will be able to use both underarm and overarm throws with some accuracy when using a beanbag or tennis ball. They will practise rolling, throwing and stopping circular equipment. Pupils will begin to be able to catch a moving ball. ---- A unit of work for reception age children on dance using the context of Fairy tales.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>	<p>Outdoor Learning: Fire, Shelter & Nature</p> <p><u>Overview</u> The children will explore staying safe outdoors, learning about fire, shelter and nature. Beyond this, they will learn teamwork skills and develop their understanding of how to interact productively with peers.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>	<p>Ball Skills & Athletics</p> <p><u>Overview</u> Pupils will explore awareness for themselves and of others. They will develop basic skills of moving with control, coordination and imagination. Pupils will travel using different movements and directions. They will also explore different jumping movement skills. ---- Pupils will learn to use different ways of travelling across mats. They will be able to demonstrate basic balances using patches and points. Pupils will demonstrate a variety of jumping patterns and be able to perform some basic gymnastic rolls.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>
 Year 1	<p>Outdoor Learning: Fire, Shelter & Nature</p> <p><u>Overview</u> The children will explore staying safe outdoors, learning about fire, shelter and nature. Beyond this, they will learn teamwork skills and develop their understanding of how to interact productively with peers.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>	<p>Games 1 & Dance 1</p> <p><u>Overview</u> Pupils work on key basic games skills throughout this unit, with emphasis on spatial awareness when in motion, maintaining balance when in motion and ball skills. All these skills are taught through fun and varied activities. ---- Through the theme of colours, pupils select and use a variety of movements to form short dance phrases, building up to a group dance phrase.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>	<p>Games 2 & Dance 2</p> <p><u>Overview</u> Pupils continue to explore key basic games skills throughout this unit including carrying & balancing equipment; developing throwing and catching; striking and kicking moving balls with accuracy and control; demonstrating some skills required for dribbling and engaging in team games. ---- Through the theme of weather, pupils will create dance phrases, building up to a whole class performance.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>	<p>Gymnastics 1 & Dance 3</p> <p><u>Overview</u> Pupils begin their gymnastic journey by exploring space safely. They utilise different points and patches when balancing and create tall, small, wide and flat shapes. As the learning develops, they incorporate shapes into a small performance that includes rolls. ---- This dance unit is aligned to the theme of The Seaside. Pupils will create simple dance phrases individually, in pairs and as a class performance.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>	<p>Gymnastics 2 & Games 3</p> <p><u>Overview</u> Pupils explore basic and advanced level shapes, including the use of mirroring and copying. They explore different styles of travelling and jumping techniques. Pupils create small routines showcasing their learning. ---- This unit explores the skills needed to successfully attack and defend needed in team game situations, including using quick movements to avoid defenders. Skills are developed through appropriate small group activities and team games.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>	<p>Athletics & Games 4</p> <p><u>Overview</u> This unit introduces the basics of athletics to pupils. It builds on some of the basics pupils have learnt in games lessons. ---- Pu During this unit, pupils will develop and apply key game skills to football and rugby. Pupils will learn basic kicks and passes in football. For rugby they will learn basic passing, catching, tagging and how to move.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>
 Year 2	<p>Games 1 & Dance 1</p> <p><u>Overview</u> Pupils will learn to demonstrate control and balance in basic movements, such as avoiding other players. They will explore ball handling skills, controlling a moving ball and perform rolling and gathering skills. Pupils will have the opportunity to further refine throwing and catching skills. ----</p>	<p>Games 2 & Dance 2</p> <p><u>Overview</u> Pupils will explore: kicking skills; underarm and overarm throwing; sending and receiving a ball using a tennis racket and a range of striking and gathering skills. They will have the opportunity to apply striking and gathering skills into small sided games. ---- Pupils will be able to select and explore a variety of movements</p>	<p>Gymnastics 1 & Dance 3</p> <p><u>Overview</u> Within this unit, pupils will create basic, low and medium level shapes with linking, mirroring and balances. They will also have the opportunity to explore jumping from apparatus. ---- Pupils will create simple dance phrases individually, in pairs and small groups; building up to a performance. Pupils will create their phrases based upon the theme of Animals.</p>	<p>Gymnastics 2 & Games 3</p> <p><u>Overview</u> This unit focuses on using apparatus with entrances, exits and balances, rehearsing shapes on apparatus and performing shapes in flight. Pupils will also explore rolling techniques such as the egg, teddy bear and sideways shoulder roll and will incorporate these into performances. ---- Pupils will explore moving with a ball during a game; using space when</p>	<p>Outdoor Learning: Fire, Shelter & Nature</p> <p><u>Overview</u> The children will explore staying safe outdoors, learning about fire, shelter and nature. Beyond this, they will learn teamwork skills and develop their understanding of how to interact productively with peers.</p> <p><u>Curriculum Links</u></p>	<p>Games 4 & Athletics</p> <p><u>Overview</u> This unit of games introduces pupils to hockey and basketball. Pupils will begin to understand how previous skills in games can be applied to basic elements of hockey and basketball. ---- In this unit pupils will develop: awareness of speed for short distance; awareness of space, height and distance. Pupils will be able to select the best way to throw different pieces</p>



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	<p>Pupils learn to apply air patterns, jumps and shapes into dance phrases. They explore additional dance elements such as tempo, space and dynamic through movement. Pupils build up to creating a group dance phrase based on the movements and sounds of fireworks.</p> <p>Curriculum Links</p> <p>Experiences</p>	<p>reflecting the theme of toys. Pupils will build up to creating a class performance based on a Toymaker's Workshop.</p> <p>Curriculum Links</p> <p>Experiences</p>	<p>Curriculum Links</p> <p>Experiences</p>	<p>passing & receiving a kicked ball; throwing, catching, attacking and defending during a game; developing tactics when shooting at & protecting targets and applying all of this into invasion games.</p> <p>Curriculum Links</p> <p>Experiences</p>	<p>Experiences</p>	<p>of equipment; throw with and aim with accuracy. They will explore jumping for distance.</p> <p>Curriculum Links</p> <p>Experiences</p>
<p>Year 3</p>	<p>Hockey & Dance 1</p> <p>Overview This unit focuses on stick holding technique, dribbling, passing, receiving, tackling and shooting with accuracy. Pupils will get the opportunity to play in a game situation.</p> <p>----</p> <p>This unit focuses on simple cheerleading arm positions and basic movement actions. Pupils will have the opportunity to perform solo, in partners, groups and as a whole class.</p> <p>Curriculum Links</p> <p>Experiences</p>	<p>Netball & Dance 2</p> <p>Overview This unit focuses on passing/catching a netball, use of correct footwork, dodging, marking and shooting. Pupils will have the opportunity to play a game of netball showing an understanding of the rules.</p> <p>----</p> <p>This unit focuses on dance with the theme of the circus. Pupils will select and explore a variety of movements that are apt to the theme. They will learn, rehearse and perform dance phrases as a group and a class.</p> <p>Curriculum Links</p> <p>Experiences</p>	<p>Gymnastics 1 & Tag Rugby</p> <p>Overview This unit focuses on performing sequences with low, medium level shapes, contrasting shapes, matching, mirroring and linking. Pupils will perform a wide range of shapes in flight, both on and off apparatus and develop their learning of balances and rolls.</p> <p>----</p> <p>This unit focuses on evading and tagging opponents, keeping control of the ball, passing the ball accurately and receiving safely on the move. Pupils will have the opportunity to apply learned skills in a game of tag rugby.</p> <p>Curriculum Links</p> <p>Experiences</p>	<p>Outdoor Learning: Fire, Shelter & Nature</p> <p>Overview The children will explore staying safe outdoors, learning about fire, shelter and nature. Beyond this, they will learn teamwork skills and develop their understanding of how to interact productively with peers.</p> <p>Curriculum Links</p> <p>Experiences</p>	<p>Football & Gymnastics 2</p> <p>Overview This unit focuses on controlling, dribbling, turning, passing and receiving a ball. Pupils will develop skills for shooting and playing the position of goalkeeper. There is opportunity for pupils to apply learnt skills into a game of football.</p> <p>----</p> <p>This unit focuses on developing core strength for rolling and performing forwards and backwards rolls safely with a range of starting and finishing positions. Pupils will also have the opportunity to learn how to turn, twist and spin with confidence.</p> <p>Curriculum Links</p> <p>Experiences</p>	<p>Cricket & Athletics</p> <p>Overview This unit focuses on under and overarm bowl, batting correctly, different batting shots and fielding techniques.</p> <p>----</p> <p>This unit focuses on: running for speed; jumping for distance; development of throwing skills; the beginnings of hurdling; running relay and team participation.</p> <p>Curriculum Links</p> <p>Experiences</p>
<p>Year 4</p>	<p>Tennis & Dance 1</p> <p>Overview This unit focuses on the ready position, including forehand and backhand shot, interpreting the flight of a ball and reacting to it, and position and movement on the court. Pupils will have the opportunity to showcase learnt skills within a rally.</p> <p>----</p> <p>Through the theme of Bollywood dance, pupils will focus on learning arm, hand and footwork movements. Pupils will have the opportunity to perform a choreographed dance phrase in small groups and as a whole class.</p> <p>Curriculum Links</p> <p>Experiences</p>	<p>Outdoor Learning: Fire, Shelter & Nature</p> <p>Overview The children will explore staying safe outdoors, learning about fire, shelter and nature. Beyond this, they will learn teamwork skills and develop their understanding of how to interact productively with peers.</p> <p>Curriculum Links</p> <p>Experiences</p>	<p>Handball & Dance 2</p> <p>Overview This unit focuses on developing throwing, catching, passing, shooting and travelling skills. Pupils will have the opportunity to apply their learning to competitive games.</p> <p>----</p> <p>This unit focuses on improvisation through the theme of Life Cycles. Pupils will select and explore a variety of movements which are apt to the theme. Pupils will learn, rehearse and perform a dance routine as a group.</p> <p>Curriculum Links</p> <p>Experiences</p>	<p>Gymnastics 1 & Basketball</p> <p>Overview This unit focuses on performing routines with matching, contrasting and linking balances on, off and over apparatus. Pupils will have the opportunity to evaluate routines throughout the unit.</p> <p>----</p> <p>This unit focuses on the skills of dribbling, passing, pivoting and applying these to game situations. Pupils will learn to read the flow of a game and be able to make appropriate decisions from it.</p> <p>Curriculum Links</p> <p>Experiences</p>	<p>Gymnastics 2 & Athletics</p> <p>Overview This unit focuses on various stands, balances and forward rolls. Pupils will perform sequences on, off and over apparatus.</p> <p>----</p> <p>During this unit pupils will explore: Recording and measuring performance in running, throwing and jumping. Pupils will improve running techniques and communication as a team when making relay changeovers. Additionally, pupils will focus on: Jumping for height; throwing for distance and improving general performance in running, throwing and jumping.</p> <p>Curriculum Links</p> <p>Experiences</p>	<p>Gymnastics 3 & Rounders</p> <p>Overview This unit focuses on: mirroring actions along pathways and levels; performing mirroring actions using basic rolls; linking movement by performing jumps, turns and pivots; performing group routines including incorporation of shape into routines.</p> <p>----</p> <p>This unit focuses on throwing and catching a ball, batting, bowling and striking skills. Pupils will develop fielding techniques and apply them to rounders. There is opportunity for all the skills learnt to be applied to a mini-rounders match.</p> <p>Curriculum Links</p> <p>Experiences</p>
<p>Year 5</p>	<p>Hockey & Dance 1</p> <p>Overview This unit focuses on, dribbling, passing, finding space, keeping possession, shooting, tackling and marking. Pupils have the opportunity</p>	<p>Netball & Dance 2</p> <p>Overview This unit focuses on catching, throwing, shooting and passing accurately using a variety of tactics. Pupils are expected to demonstrate</p>	<p>Outdoor Learning: Fire, Shelter & Nature</p> <p>Overview The children will explore staying safe outdoors, learning about fire, shelter and nature. Beyond this, they will learn</p>	<p>Gymnastics 1 & Tag Rugby</p> <p>Overview This unit focuses on forward rolls, backward rolls and a range of routines with rolling. Pupils will also learn how to vault safely.</p>	<p>Football & Gymnastics 2</p> <p>Overview This unit focuses on controlling, dribbling, turning, passing and receiving the ball. Pupils will also develop their skills of tackling,</p>	<p>Cricket & Athletics</p> <p>Overview This unit focuses on developing bowling and batting in a game situation, developing deep field catching and introducing the lofted</p>




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	<p>to apply new skills in a competitive game situation.</p> <p>----</p> <p>This unit focuses on the Haka. Pupils will learn Haka movements, leading to a choreographed dance phrase based on the Ka Mate Haka.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>	<p>control and good footwork. There is opportunity for pupils to apply their learning to high 5 netball.</p> <p>----</p> <p>Pupils will learn basic street dance actions, moves and positions throughout this unit. They will showcase their learning over the unit through choreographed routines.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>	<p>teamwork skills and develop their understanding of how to interact productively with peers.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>	<p>----</p> <p>This unit focuses on evading and tagging opponents, passing and receiving a pass at speed and refining attacking and defending skills. Pupils will have the opportunity to develop tactics as a team and demonstrate learned skills in a game of tag rugby.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>	<p>marking and shooting and have an opportunity to apply all learned skills in a game of football.</p> <p>----</p> <p>This unit focuses on vaulting, combing headstands with forward rolls and jumping rolls. Pupils will combine key learning over the unit into routines.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>	<p>drive. Pupils will have the opportunity to apply these skills to a game situation.</p> <p>----</p> <p>This unit builds on the skills taught in previous athletic units. Pupils will develop: Running for speed; jumping for distance (triple jump), throwing and hurdling skills. Pupils will be able to run relays, score, officiate and show leadership in athletics.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>
<p>Year 6</p>	<p><u>Tennis & Dance 1</u></p> <p><u>Overview</u></p> <p>This unit focuses on developing the serve, return serve, footwork and taking the correct position on the court. Pupils will also learn how to recover after making a shot and develop a cooperative rally.</p> <p>----</p> <p>This unit focuses on movements, dance phrases and choreographed routines based on the theme of Street Art. Pupils will build up their dance movements into a performed choreographed dance narrative.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>	<p><u>Handball & Dance 2</u></p> <p><u>Overview</u></p> <p>This unit focuses on shooting, defending, attacking, blocking and goal keeping. Pupils will have the opportunity to play both small and full-size games, applying their learned skills.</p> <p>----</p> <p>This unit explores dance through the theme of the Olympic Games. Pupils will build on choreography skills, increase body awareness, develop performance skill and appreciation.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>	<p><u>Gymnastics 1 & Basketball</u></p> <p><u>Overview</u></p> <p>Within this unit, pupils will explore balances, rolls on/off apparatus and incorporate stands into unison performances.</p> <p>----</p> <p>This unit focuses on developing skills for passing, dribbling, defending and marking an opponent. Pupils also have the opportunity to apply their skills to small and full-size games.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>	<p><u>Gymnastics 2 & Athletics</u></p> <p><u>Overview</u></p> <p>This unit focuses on the following skills and activities: Performing handstands and into a forward roll; performing cartwheels and designing a performance; performing rotation, balances and stands in unison, and canon.</p> <p>----</p> <p>In this unit pupils will: Run with greater fluency & speed, including hurdling; sustain pace over longer distances; complete a variety of athletics races, throwing and jumping events; combine all athletics skills into a Sports Day style competition.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>	<p><u>Gymnastics 3 & Rounders</u></p> <p><u>Overview</u></p> <p>Within this unit pupils will: combine balancing & travelling to produce a floor routine; combine balancing & travelling to produce an apparatus routine; produce a mirroring routine with a partner on apparatus; will compile skills learnt on floor and apparatus.</p> <p>----</p> <p>This unit focuses on throwing, catching and striking a ball consistently as well as fielding. Pupils will have the opportunity to demonstrate the key rule in rounders and compete successfully as a team.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>	<p><u>Outdoor Learning: Fire, Shelter & Nature</u></p> <p><u>Overview</u></p> <p>The children will explore staying safe outdoors, learning about fire, shelter and nature. Beyond this, they will learn teamwork skills and develop their understanding of how to interact productively with peers.</p> <p><u>Curriculum Links</u></p> <p><u>Experiences</u></p>


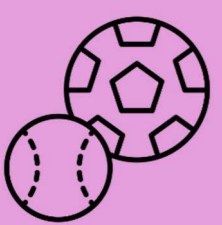
Progression of Skills

Long Term Overview: PE							
	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Gymnastics</p> 	<p>Move in and out of space safely and move with some confidence and imagination. Recognise simple changes in their bodies during exercise. Explore different jumping movement skills: Jumping and landing using 2 feet, forwards and backwards. Completing simple movement patterns whilst balancing or collecting an object such as a beanbag or hoop. Moving with confidence when holding an object. Jump with some control, landing safely to different distances. Develop jumping for height, clearing a low-level obstacle. Use different ways of travelling across a mat and a bench. Balance on the floor and low level apparatus using different body parts. Create basic shapes such as pencil, tuck and star with body.</p>	<p>Explore and use space effectively using agility, balance and coordination skills. Balance using different parts of the body, exploring points and patches (Beginning to on apparatus). To take weight on hands and feet. Learn copy and name basic and advanced low-level shapes. Link shapes and rolls to form a short sequence. Explore different styles of travelling: under, over and through. Beginning to travel on apparatus. Jump and land safely, whilst exploring different jumping techniques. Copy, mirror and create a small routine and matching actions.</p>	<p>Explore medium level shapes with linking, mirroring and balances. Compare and contrast low and medium level shapes with confidence and rehearse them. Roll safely using a variety of rolling techniques. Incorporate two shapes into a sequence. Perform low level shapes with some precision and perform shapes in flight. Use apparatus (extended) safely with entrances, exits, balances and including medium level shapes. Jump and land safely using apparatus, including from a variety of heights, directions and landings. Model linking and mirroring of low-level shapes. Including balancing & travel with a partner using mirroring technique.</p>	<p>Perform short sequence with: low and medium level shapes; with matching and mirroring; contrasting shapes with some linking. Take weight confidently on hands (developing core strength) and roll safely, exploring different rolling methods (Front and backward Rolls). Perform a wide range of shapes and balances on apparatus. Perform shapes in flight, on and off a piece of apparatus, including turn, twist and spin. Perform a range of jumps and leaps from varying heights and on a vault. Perform mirrored and matching travels and balances with a partner.</p>	<p>Perform & evaluate a routine: matching balances & stands; with matching balances on apparatus; with contrasting balances; with contrasting balances on and over apparatus. Perform a shoulder and headstand safety without support. Perform a forward roll with appropriate entrances and exits including on, off and over apparatus. Link movements by performing jumps, turns and pivots. Complete mirroring actions along different pathways and levels, including basic rolls.</p>	<p>Perform a range of routines with rolling; including jumping rolls, build into rolling from and into a pike position. Perform both a stag jump and a split leap. Progress from a cartwheel to a perform a round-off. Perform Cat Springs. Perform forwards and backward rolls with a range of entrances and exits. Learning a headstand, transitioning into a forward roll and incorporating as part of a routine. Vault safely with a range of entrances and exits and then into rolling, building up to various landings on and over a vault. Plan a sequence of movements on apparatus both individually and as a group, in time with each other to form a routine.</p>	<p>Incorporate stands into cannon and or unison performances. Perform rotation, balances and stands in unison and cannon. Perform shoulder, headstands, cartwheels and handstands safely. Perform to roll on, off and over apparatus within routines. Include counterbalances and counter tension balances. Roll in sequences on, off and over apparatus. Include into partner routines. Combine balancing & travelling to produce a floor routine including matching. Incorporate apparatus. Produce mirroring routine with a partner on apparatus.</p>



	Jump and land safely from a small height.						
<p style="text-align: center;">Athletics</p> 	<p>Recognise simple changes in their bodies during exercise</p> <p>Rolling a variety of different sized balls with some control and accuracy; e.g rolling to a target or through a target and developing to roll to a partner</p> <p>Bouncing and catching a ball whilst stationary and developing to doing whilst on the move.</p> <p>Catching an object, such as a beanbag with two hands.</p> <p>Throw and catch a small ball such as a tennis ball with some continuity, using the cup method of 2 hands.</p> <p>Roll, catch and throw circular pieces of equipment such as quoits.</p> <p>Travel at varying speeds including sprinting</p> <p>Throw objects using a chest past or overarm technique. Throw objects towards a target with some accuracy.</p> <p>Jump with some control, landing safely to different distances.</p> <p>Develop jumping for height, clearing a low-level obstacle.</p>	<p>Run fast from a standing start developing speed and coordination.</p> <p>Jump and throw, developing coordination, agility and rhythm.</p> <p>Run and kick for accuracy and speed.</p> <p>Basic throw, catch and skip developing hand eye coordination and ball handling and throwing skills. Basic bowl and step throwing with agility and with skill.</p>	<p>Developing awareness of speed when running a short distance, including control and fluency in movements; understanding how their body reacts when running.</p> <p>Jump for distance.</p> <p>Developing awareness of space, height and distance</p> <p>Adjust and make changes to running speed when completing different distances.</p> <p>Throw and aim with accuracy towards a given target. Choose the best way to throw different pieces of equipment dependent on size & weight.</p>	<p>Run a relay and change over the baton appropriately – including passing a baton from standing start.</p> <p>Jump for distance including jumping from a standing start.</p> <p>Developing skills to jump further distances. *Learn basics of hurdling, keeping head same height throughout jumping.</p> <p>Run for speed, including over longer distances. *Learn basics of hurdling, keeping head same height throughout jumping.</p> <p>Developing throwing skills – further distances and a range of techniques.</p>	<p>Communicate as a team to make relay changeovers.</p> <p>Improving running technique including the sprint finish and maintaining sprint pace</p> <p>Can challenge self to jump for distance including measuring performance. Jumping for height including hurdling, challenge self and recording performance.</p> <p>Throw for distance challenging self and recording performance.</p> <p>Using overhead heave and fling throw.</p>	<p>To run relays, running in a given zone, changing baton over with increased skill.</p> <p>Develop jumping for distance (triple jump); jumping in different ways and competing competitively</p> <p>Develop running for speed including sprint from a start finish and sprinting further distance over a given time. Developing hurdling skills, including the role of the lead and trail leg; applying skill to competitive situation.</p> <p>Develop throwing skills using a variety of techniques. Throwing javelin from a standing start.</p>	<p>Compete in a variety of athletics type races; adjusting running styles from sprinting to long distance.</p> <p>Use correct techniques for all jumps, challenging self to jump further distances.</p> <p>Run with greater fluency & speed, including hurdling; using the correct stride pattern. Can analyse the changes in speeds when sprinting and hurdling.</p> <p>Use correct techniques for all throws, measuring accurately, challenging to throw further distances.</p>



<p style="text-align: center;">Dance</p> 	<p>Recognise simple changes in their bodies during exercise. Perform a simple dance to a given theme in a small group or pairs. Create movement to a given count of music Interpret music to inspire movement. working in unison with a partner.</p>	<p>Create a class performance. Select and use a variety of movements to form a short dance phrase. Perform a variety of movements to form a group dance phrase. Explore a range of movements.</p>	<p>Create a class performance and observe others work and give feedback using simple dance vocabulary. Select and explore an air pattern, jump and shape to form a short dance phrase. Work as a group to recall choreography, rehearse and refine ideas. Perform a variety of movements to form a group dance phrase; exploring turning, rotation, circular shapes/ dynamic through movement. Explore movements considering size of movements, tempo, dynamics, floor pattern, air pattern, levels and shape.</p>	<p>Organising sections of dances to create one piece, working in sync with other group members. Assess others' work. Work as a group to select learnt positions and movements to create short dance phrases. Use choreographic devices to enhance dance phrases, including choreographing a solo. Select and explore a variety of movements, responding imaginatively to a range of stimuli. Perform movement actions individually, with partners, a group and whole class. Explore, repeat and link a range of actions with coordination and memorise. Respond to a beat, using music as a stimulus to influence dance.</p>	<p>Developing dance when creating one piece, performing in unison and sync with other group members in front of the class. Self- assess and assess peers' work, and give feedback using appropriate dance vocabulary. Developing synchronisation when working in a group including to different rhythms. Respond to teacher instruction to create a choreographed dance routine. Developing choreographic skill incorporating more free – creative thinking. Developing good co-ordination within a sequence of movements. Movements articulate the style of dance well. Use music to influence movement with increasing skill.</p>	<p>Learn, rehearse and perform choreographed dance phrases of increasing complexity. Self-assess and assess others' work and give critical feedback using appropriate vocabulary. Create versatile movements within a dance sequence including a range of directions. Choreograph a sequence of movements that use contact between two or more people Use a range of dance techniques to develop their movements. Develop movements to incorporate at least one lift in a sequence of movements. Identify floor plans and use within their movements, including starting and finishing area.</p>	<p>Perform choreographed dance narrative, improving movements, developing timing and spacing. Asses self and others with increasing critical feedback and suggested actions for improvement using apt and precise language. Explore and link a number of movements and patters. *Use choreographed movements and patterns to tell a narrative; adapt movements in a more creative style; utilise a floor plan. *Use choreographed movements and patterns to tell a narrative; adapt movements in a more creative style; utilise a floor plan. Use gymnastic equipment to create improvised movement. Allow different parts of the body to lead and influence the rest of the movement; using a range of levels tempos, and contact work.</p>
<p style="text-align: center;">Games</p> 	<p>Recognise simple changes in their bodies during exercise. Completing simple movement patterns whilst balancing or collecting an object such as a beanbag or hoop. Moving with confidence when holding an object.</p>	<p>Develop spatial awareness whilst moving in different directions. Show control and balance in basic movements. Carry and balance equipment whilst changing speed and direction</p>	<p>Maintain balance whilst reacting quickly to commands. Perform underarm and overarm throwing with control. Demonstrate a range of striking and gathering skills, including into a small game. Demonstrate confidence in ball handling skills.</p>	<p><u>Cricket</u></p> <ul style="list-style-type: none"> • Bat correctly. • Catch correctly. • Accurately bowl under and overarm using appropriate technique. • Use different batting shots. • Field using appropriate techniques. 	<p><u>Rounders</u></p> <ul style="list-style-type: none"> • Throw at others and a target under pressure. • Catch consistently under pressure. • Strike a stationary ball demonstrating correct grip. • Develop fielding techniques. <p><u>Tennis</u></p>	<p><u>Cricket</u></p> <ul style="list-style-type: none"> • Developed over and underarm bowling applied to game. • Improving accuracy of batting. • Developing deep field catching – catching ball at varying heights. • Developing the lofted drive. <p><u>Football</u></p>	<p><u>Rounders</u></p> <ul style="list-style-type: none"> • Throw and catch a ball at varying heights consistently. • Strike a bowled ball consistently into different spaces. • Stop a moving ball consistently. Use the long barrier technique. • Apply apt strategies when fielding.



PE (including Outdoor Learning) Curriculum



	<p>Rolling a variety of different sized balls with some control and accuracy; e.g rolling to a target or through a target and developing to roll to a partner.</p> <p>Bouncing and catching a ball whilst stationary and developing to doing whilst on the move.</p> <p>Sliding and throwing an object such as a beanbag, with some accuracy. Using an underarm throw and able to position body correctly towards a target.</p> <p>Striking an object using different parts of the body</p> <p>Throw an object, such as a beanbag, over and underarm.</p> <p>Throw, roll and catch a ball with some continuity. Bounce and then catch a ball with some continuity.</p> <p>Throw and catch a small ball such as a tennis ball with some continuity, using the cup method of 2 hands.</p> <p>Travel at varying speeds including sprinting.</p> <p>Throw objects using a chest past or overarm technique. Throw objects towards a target with some accuracy.</p> <p>Jump with some control, landing safely to different distances.</p>	<p>Move in different directions whilst handling a ball.</p> <p>Develop control and accuracy when rolling a ball.</p> <p>Underarm throw with control and accuracy. Show control and accuracy when throwing and aiming.</p> <p>Gain rhythm when throwing and striking a ball.</p> <p>Strike and kick a moving ball with accuracy and control.</p> <p>Engage in team games. Develop spatial awareness whilst moving in different directions.</p> <p>Show control and balance in basic movements.</p> <p>Send and receive a bouncing ball whilst positioning body correctly.</p> <p>Understand the concept of dribbling and the skills required.</p> <p>Strike and kick a moving ball with accuracy and control.</p> <p>Demonstrate the dribbling skills required for football.</p> <p>Demonstrate the passing skills required for football.</p> <p>Demonstrate the shooting skills required for football.</p> <p>Familiarise and understand the passing/movements required in rugby.</p>	<p>Control a moving ball in a variety of ways.</p> <p>Show rolling and gathering skills with confidence and precision.</p> <p>Show progression from rolling into catching and throwing.</p> <p>Attack & defend in a game, making and denying space.</p> <p>Throw & catch to pass and receive a ball in a game.</p> <p>Control a moving ball in a variety of ways.</p> <p>Perform kicking skills with control and accuracy.</p> <p>Use space whilst passing and receiving a kicked ball.</p> <p>Understand the basics of holding a hockey stick and dribbling a ball.</p> <p>Pass a hockey ball to a partner and group with control.</p> <p>Demonstrate attacking skills in hockey such as shooting.</p> <p>Demonstrate bouncing a basketball with control.</p> <p>Develop bouncing skills into dribbling activities.</p> <p>Move away from a defender whilst continuing to dribble</p> <p>Show progression from rolling into catching and throwing.</p> <p>Develop tactics when shooting at and protecting targets.</p>	<p><u>Football</u></p> <ul style="list-style-type: none"> Control the ball, dribble and turn. Pass the ball accurately and control the ball when receiving a pass including whilst on the move. Shoot and play the position of a goalkeeper. Apply learnt skills in a game. <p><u>Hockey</u></p> <ul style="list-style-type: none"> Hold the stick and dribble under pressure. Pass and receive the ball with improving accuracy. Tackle correctly. Shoot with accuracy. Play hockey in a game situation. <p><u>Netball</u></p> <ul style="list-style-type: none"> Pass and catch a netball including via bounce and overhead. Demonstrate correct footwork. Effectively dodge and mark. Shoot a netball. Demonstrate some understanding of rules. <p><u>Tag Rugby</u></p> <ul style="list-style-type: none"> Evade and tag opponents while keeping control of the rugby ball. Pass the ball accurately and receive the ball safely including whilst on the move and in a game situation 	<ul style="list-style-type: none"> Demonstrate the ready position and react to ball direction, including correct position to attempt shot. Play a simple forehand and backhand shot. Simulate the throw of a serve. Move and catch the ball correctly applied to the layout of a court. Throw the ball with accuracy when on a court. <p><u>Handball</u></p> <ul style="list-style-type: none"> Throw and catch using different techniques. Pass and shoot the ball accurately and within a competitive situation. Dribble with ball and make a pass. Move using space appropriately. <p><u>Basketball</u></p> <ul style="list-style-type: none"> Dribble under pressure. Pass & catch a basketball using chest bounce, developing to doing so whilst on move. Pivot to take, receive and make pass. 	<ul style="list-style-type: none"> Control the ball, dribble and turn. Pass the ball accurately and control the ball when receiving a pass including whilst on the move. Shoot and play the position of a goalkeeper. Apply learnt skills in a game. <p>Hockey</p> <ul style="list-style-type: none"> Use correct technique dribbling. Pass & receive – using space; appropriate skills to keep possession. Shoot with power and developed accuracy. Tackle and mark. <p><u>Netball</u></p> <ul style="list-style-type: none"> Pass, Pivot pass, shoot & throw with accuracy, including chest, bounce and overhead. Use tactics for game dominance, building on dodge and marking. Develop footwork. Play to rules <p><u>Tag Rugby</u></p> <ul style="list-style-type: none"> Evade and tag opponents running at speed, changing direction and developing control. Pass & receive at speed in game situation. Refine attacking and defending skills. Develop team tactics. 	<ul style="list-style-type: none"> Compete in a full rounders game with understanding of rules. <p><u>Tennis</u></p> <ul style="list-style-type: none"> Show developing control of the ball. Play forehand and backhand shot with increased confidence and accuracy. Serve accurately underarm and overarm. Return serves. Take correct positions on a court. Play strategically aiming for points. <p><u>Handball</u></p> <ul style="list-style-type: none"> Developing dribbling and shooting withing game situations. Accurately pass a ball and intercept a pass. Defend in game situations. Demonstrate goalkeeper skills. Apply skills to a full game situation. <p><u>Basketball</u></p> <ul style="list-style-type: none"> Shoot with the correct technique at end of a dribble. Defend using defensive stance & mark. Develop accuracy of pivot to take receive and make pass. Apply skills to full size game.
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PE (including Outdoor Learning) Curriculum



		Develop jumping for height, clearing a low-level obstacle. Throw and catch circular objects and balls with some consistency. Roll a ball with some accuracy towards given targets. Kick a ball with some degree of accuracy towards given targets. Bounce a ball with one or two hands towards a target. Hit (strike) a ball with a racket or bat	Develop the skill of tagging an opponent in rugby. Engage in team games. Understand what attacking and defending is using simple practices and demonstrate this	Attack & defend in a game, making and denying space. Throw & catch to pass and receive a ball in a game.	• Apply learnt skills in a game of rugby			
Outdoor Learning 	FIRE	To develop basic ground rules for staying safe outdoors and around fire	To develop curiosity about fire as a natural phenomenon and to begin understanding how to stay safe around it.	To understand how fire is created and how it helps people and nature.	To learn how to build a simple fire structure and understand its uses.	To safely create and light a small fire with supervision and use it for a purpose.	To plan and lead parts of the fire-making process as a group.	To demonstrate independence and responsibility in managing fire and teaching others.
	SHELTER	To explore the materials that can be found in the outdoor area	To explore natural materials and begin to understand how simple shelters provide protection.	To build more stable shelters and begin to select suitable locations with support.	To construct more weather - resistant shelters and work independently within a team.	To create strong, comfortable shelters that include structural and comfort features.	To design and construct advanced, survival -level shelters independently and responsibly.	To demonstrate leadership, teaching others shelter building skills and integrating creativity and sustainability.
	NATURE	To observe the weather and surrounding environment over the 6 week period	To notice and describe seasonal changes in nature and begin interacting respectfully with the natural world.	To develop awareness of trees, fungi, and habitats, and safely carry out simple activities in nature.	To identify a wider range of plants, minibeasts, and habitats and create fire safely	To identify more advanced species and signs of animal life, and create useful wildlife - friendly structures.	To demonstrate advanced knowledge of trees, birds, and ecosystems while building survival and conservation skills	To lead others, conduct ecological observations, and innovate ways to support and sustain nature.