



PE Curriculum Overview and Skills Progress

<u>Year Group</u>		Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Reception	Area of study Premier Sport Led	Multi Skills	Multi Skills	Gymnastics	Invasion Games	Athletics	Invasion Games
	Class Teacher Led	Health & Safety Locomotion (Walking 1- Complete PE)	Dance (Nursery Rhymes- Complete PE)	Dance (Ourselves- Complete PE)	Gymnastics (High, Low, Over, Under- Complete PE)	Athletics- Sports Day Focus (Jumping 1- Complete PE)	Team Based Games (Attack v Defence: Games For Understanding- Complete PE)
	Key questions Premier Sport Led	Who can listen and follow instruction? Why is it important that we stay in our safety area when moving? How do we move in small spaces? What can we use to make sure we are safe when moving? What are the different ways we can move? What are the best movements for going fast/slow/bouncing etc.? What happens when we move faster? How do we balance and control our bodies? Who can take turns nicely?	How do we avoid others? Why do we find space? How can we change our movement in different spaces? Who can move with control? Who can control an object? What different ways can we send an object? How do we work well with others? When did we have to change direction?	What shapes can we make with our bodies? Who can copy and remember shapes? How can we control our bodies? What is balance? How do we hold our bodies still? How can we create balances? What parts of our body can we balance on? How can we balance with others? What ways can we travel? Who can jump and land with control?	What is space? How can we stay safe in our space? What do we use to see? What ways can we send objects? What are the different ways we can receive objects? How do we control objects? Can we follow basic rules? How do we play fairly? Who can work in teams?	What is athletics? How do we jump further? Why is it important to land safely? What body parts can we use to run? Where do we look when running? How do we throw? How do we stay safe when jumping, throwing, running? Can we take turns safely? Can we support each other?	How do we use hands/feet to control objects? Can we use objects to strike, dribble, send objects? Can we send and receive objects to partners? Can we travel with objects? Who can safely play in teams? What is good teamwork? How do we work together? What ways can we score points? Can we follow more complex rules?
	Class Teacher Led	Who can walk and stay in their own space? Why do we need to stay in a space when we are walking? What does it feel like when we are walking on our heels, balls, soles and toes? Why do we need to walk with our heads focused forwards? How does swinging our arms help us walk? Can we walk in different directions and along different types of pathways? Who can walk fast/ slow?	Who is moving with control? Why do we need to move with control? Are we listening to the music? Can we add movements/ actions for the characters? Can we share our ideas for our movements? Can we add two or three movements together? Can we perform out movement sequence in pairs?	Who is moving with control? Are we listening to the music? Who can move showing the actions? Can we add three actions together? What sound effects might we have for our actions? Who can match their movements to the words of the song? Can we share our ideas for movements? Can we perform to our partner? What does opposite mean? How does the music make us feel?	Who is moving their bodies without making a sound? Are we listening to our bodies? Can we move whilst pointing our fingers and toes? Can we move our body in a high/low way? What different parts of our bodies can we move on? What different ways of moving are there using the apparatus? What high and low ways of making shapes/ moving are there on apparatus? Can we hold a shape for 3 seconds?	Why do we need to jump into a space? What is the safest way to jump? Why do we need to jump with our heads looking forwards? How does swinging our arms help us to jump? Why do we need to use our arms when we land? Why do we need to bend our knees when we land? How can we make our bodies jump as far/ high as possible? How do we hop?	Why do we need to take turns? Can we take turns? Why do we need to stay in a space when we are running? Why do games have rules and why do we need to follow them? Where should we be looking when we are running? What is teamwork? Why do we need to work as a team?



Curriculum overview and progression of skills

		Can we walk higher and then lower along our pathway? Can you lead your partner?			How can we move under, over the apparatus?		
	Early Learning Goals	Link to Early Learning Goals for physical development: https://www.foundationyears.org.uk/wp-content/uploads/2012/03/Early_Years_Outcomes.pdf					
	Key skills Premier Sport Led	Travelling and awareness of space Fundamentals of movement Safely negotiating space	Introduction to ABCs Learning to dodge, avoiding being tagged Individual of small group challenges	Copy and repeat shapes Balance and jumping skills Body control	Sending and receiving Rolling, stopping, bouncing Catching and throwing Team games	Individual athletic development Speed, agility, balance and co-ordination Small competition	Introduction to team sports Applying skills in different ways (football, hockey, basketball etc.) Skill based learning
	Class Teacher Led	Using bikes and trikes Getting changed Avoiding obstacles	Finding a space Different ways of moving Performance skills	Travelling and awareness of space Different ways of moving with control Listening to music Performance skills	Balancing and jumping skills Beginning to link skills to make short routines Large apparatus	Introduction to competition and sportsmanship Obstacle courses Specific sports day skills Running, jumping and throwing	Working as a team Applying learnt skills in relation to ABCs
Year 1	Area of study Premier Sport Led	Athletics	Gymnastics	Invasion Games	Invasion Games	Athletics	Net & Wall
	Class Teacher Led	Ball Skills (Hands 1 & Feet 1- Complete PE)	Dance (Growing- Complete PE)	Gymnastics (Wide, Narrowed, Curled- Complete PE)	Invasion Games (Attack v Defence: Games For	Athletics- Running and Jumping/ Sports Day Preparation	Strike & Field (Hands 2- Complete PE)



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					Understanding- Complete PE)	(Running and Jumping- Complete PE)	
Key questions Premier Sport Led	<p>What is speed? How do we control our bodies when moving? Which speed is safest when moving? What movements can we use to travel? What is balance? Who can balance objects whilst moving? Why is balance important? How do we change direction? Can we avoid others whilst moving? What is 'dodging'? Can we control our bodies?</p>	<p>How many shapes can we think of? Can we copy the simple shapes? Can we put shapes in sequences? Can we mirror our partners? How do we keep our shape strong? What body parts can we balance on? How do roll with control? Can we twist and turn our body? Who can jump and land safely? Who can jump from height? What shapes can we add to our jumps? Can we link our skills?</p>	<p>What is teamwork? How do we work with others? Why is it important to work together? What ways can we communicate? What do we use to find space? Who can find space alone and with others? What ways can we send and receive? What body parts can we use? How do we avoid defenders/taggers? How do we achieve (win)? What are the rules of the game? Are we being honest/fair?</p>	<p>How do we succeed? What is dribbling? Can we dribble different objects? Can we use objects to dribble? (Hands/feet/sticks) How do we control direction of objects? Can we send and receive? Who can strike a ball with power? Who is an attacker/defender? What did we do? What are the rules of the game? How do we score? What is sportsmanship?</p>	<p>What are some activities in athletics? How do we jump for distance? How can we jump further? Why do we bend our knees when jumping? What is our fastest speed? How can we use our arms to run? Can we link skills together (run & jump) How do we throw far? Where do we aim when throwing? How do we control our throw? Can we select different ways of throwing? How can we work in a team? Can we help others?</p>	<p>How can we be ready to play? Why do we need to move quickly? Can we control an object using a racket/hand? How do we direct objects? What is power? Who can control a ball on their own/with a partner? What different ways can we strike a ball? Who can keep scores? How do we get points? Who can copy and repeat simple striking techniques?</p>	
Class Teacher Led	<p>What does 'dribbling' mean? What does control mean? What does the word 'space' mean? How many different ways can we send/ kick the ball? Why do we need to keep the ball close to us? Where do we need to look when passing the ball? Why do we aim? What parts of our feet should we use to move the ball?</p>	<p>Who is moving with control? Who is moving whilst thinking about the speed of the music? How does the music make us feel? What different parts of our bodies can we move on? Who can move in time with the music? Can we listen to the rhythm? Can we perform a movement sequence?</p>	<p>Who is moving without their body making a sound? Can we move whilst pointing our fingers and toes? What different parts of our body can we move on in a wide/ narrow/ curled way? What wide/ narrow/ curled ways of moving are there on the apparatus? What wide/ narrow/ curled ways are there for making shapes on the apparatus? Can you hold a shape still for 4 seconds? What does 'linking' mean? What does the word 'flow' mean?</p>	<p>What is the role of an attacker/ defender? When do we attack/ defend during a game? Why do we attack/ defend during a game? What tactics could we use to increase our score?</p>	<p>Why do we need to stay in a space when we are running/ jumping? What should we do with our head when we run/ jump? What should we do with our arms when we run/ jump? What should we do with our feet when we run? What is a relay? Why do we need to bend our knees when we land? How many different ways can we jump? How do we skip?</p>	<p>How do we throw underarm? Why do we need to be accurate when we throw? What does our partner need to do when we throw? Why do we need to look before throwing? How can we stop the ball from going past us? When, why do we need to stop the ball from going past us? Why do we aim?</p>	
National curriculum statements	See PE National Curriculum for KS1: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/239040/PRIMARY_national_curriculum_-_Physical_education.pdf						
Key skills Premier Sport Led	Individual athletic development	Introduction to balance, jumping, shapes, rolling and spinning	Teamwork Hand-eye co-ordination	Sport skills	Throwing, jumping and running events	Exploring and developing hand-eye co-ordination	



Curriculum overview and progression of skills

		Speed, agility, balance and co-ordination	Safe use of apparatus Begin to link skills	Selecting and applying skills	Control and co-ordination of body and equipment Fine motor skills	Identifying and improving skills Individual competition	
	Class Teacher Led	Throwing and catching Using feet to control a ball Dribbling Finding and moving into space Passing and receiving	Travelling and awareness of space Different ways of moving with control Rhythm Patterns of movement Performance skills	Applying balances, jumps, shapes, rolls and spins to routines Working as a group Large apparatus	Attacking and defending skills Applying skills to game play Teamwork	Travelling and awareness of space Speed, agility, balance and co-ordination Jumping and landing safely Specific sports day skills Competition and sportsmanship	Exploring ways of striking and fielding objects Throwing and catching
	Area of study Premier Sport Led	Athletics	Gymnastics	Invasion Games	Invasion Games	Athletics	Net & Wall
Year 2	Class Teacher Led	Jumping and Dodging (Complete PE)	Dance (Explorers- Complete PE)	Gymnastics (Linking- Complete PE)	Invasion Games (Attack v Defence: Games For Understanding- Complete PE)	Ball Skills (Hands 1 & Feet 1- Complete PE)	Strike & Field (Hands 2-Complete PE)
	Key questions Premier Sport Led	How do we control speed? Can we balance whilst moving? When do we change our speed? Why is speed important? How do we stay safe when moving fast? What is agility? Why is it important? When do we use it?	Who can remember/identify gymnastic shapes? How can we use our body to make different shapes and sizes? What is a safe balance? How can we make a balance harder/easier? How can I be creative with shapes?	How do we control ourself? Who can find space quickly? Why is space important in sport and PA? How we dribble with control? What is sending and receiving? What is accuracy? How can we improve?	How can we perform skills of dribbling/sending and receiving striking in more complex ways (using feet/sticks)? Why is it important to keep the objects close when dribbling? How do we 'score' points?	How do we compete? What is personal best? How do we improve? What is the jump technique? How do we increase our jumping distance? What can our arms and legs do when jumping?	How do we control different objects (balloons/balls/rackets)? What is power? What is accuracy? How does it feel to control objects with your hand/racket? How do we play games? Can we adapt rules?



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		<p>How can we change direction? When do we 'dodge'?</p> <p>Who can show simple coordination? What is hand/eye coordination? How do we avoid others? How can we improve? Who can select skills and apply to challenges? What skills were used in each game?</p>	<p>Can we balance/jump/roll using apparatus? How can we show shapes with a partner? Can we link skills? How do we roll safely with control? Who can follow sequences? Who can create their own sequences? Who can identify shapes in jumps and rolls?</p>	<p>What have you done well? What is the difference in attacking and defending? Who tries to find space? Why do attackers try to keep the ball from defenders? Who is the attacker/defender? How can we work as a team to be successful? What is cooperation? How do we communicate?</p>	<p>Can we plan a tactic to be successful? How do defenders get the ball back (tackle/intercept)? Who can follow more complex rules? Why is it important to compete fairly? What is sportsmanship?</p>	<p>How do we sprint? Why are reactions important? Why is balance important when sprinting? How can we challenge ourselves and others? How does our speed affect our energy? Why is it important our head is up when sprinting? How can we mark distances/times? Who can throw overarm? How do we select correct technique for throwing (control, distance, accuracy)</p>	<p>How do we move quickly? What is the 'ready' position? Why is it important? What different ways can you use the racket/hand to strike the ball? How do we keep score? How do we win/lose fairly?</p>
	Class Teacher Led	<p>Why do we need to stay in a space when we are jumping? Why do we need to jump with our heads focused forwards? How does swinging our arms help us jump? Why is it important for us to land with our knees bent? How do we dodge? When do we dodge? Where do we dodge? Why do we dodge? Why do we need to dodge round other players into space?</p>	<p>Who is moving with control? What different parts of our body can we move on? Can we make our movements flow? Can we respond to the music with appropriate actions? Who is moving whilst thinking about the speed of the music? How many different ways of travelling are there? How can we interlink our movements? Can we add expression to our performance?</p>	<p>Who is moving without their body making a sound? Can we link two movements together? Can we make sure our movements flow? What ways of moving are there on apparatus? What different parts of our body can we balance on? Can any of us use more than one piece of equipment to balance or move on? Can we watch someone else's sequence and help them improve it?</p>	<p>What is the role of a defender and attacker in a team? When, where and why do we attack and defend as a team? Why do we have rules? What tactics can we use?</p>	<p>Why do we dribble? How do we dribble? Why do we need to keep the ball close to us? How do we pass the ball? When, where, why do we pass? Why should we communicate when we pass? What parts of our feet should we use to move the ball?</p>	<p>How do we throw underarm/overarm? When and why do we throw underarm/overarm? What are the differences between overarm and underarm throwing? What is the difference between batting and fielding? How can we win a game batting/fielding?</p>
	National curriculum statements	See PE National Curriculum for KS1: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/239040/PRIMARY_national_curriculum_-_Physical_education.pdf					
	Key skills Premier Sport Led	<p>Individual athletic development</p> <p>Speed, agility, balance and co-ordination</p> <p>Applying skills to games/ sports</p>	<p>Improving and developing jumping, balance, rolling and spinning</p> <p>Mirroring and repetition</p> <p>Linking skills</p>	<p>Working as a team</p> <p>Hand-eye co-ordination</p> <p>Selecting and applying skills</p> <p>Understanding rules of games</p>	<p>Control and co-ordination of body and equipment</p> <p>Fine motor skills</p> <p>Attacking and defending</p>	<p>Technical skills of events</p> <p>Practising and improving performance</p> <p>Acknowledging strengths and weaknesses</p>	<p>Hand-eye co-ordination using different balls and objects</p> <p>Exploring team games</p>



Curriculum overview and progression of skills

	Class Teacher Led	Different ways of jumping Jumping and landing safely Speed, distance, agility, balance and co-ordination Attacking and defending Application of skills to games	Travelling and awareness of space Different ways of moving with control and co-ordination Rhythm Developing a character & performance skills	Applying balances, jumps, rolls and spins to routines Working as a group Use of large apparatus	Attacking and defending skills and the transition between Applying skills to game play Teamwork and use of tactics	Throwing and catching Using feet to control a ball Dribbling Finding and moving into space Passing and receiving Applying learnt skills to game play Scoring points	Developing striking objects accurately Throwing and catching Exploring team games
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