

PE Curriculum Overview

	Autumn	Spring	Summer
Themes	Multi-Skills & Gymnastics 	Dance & Team Games 	Athletics & CorCore (RealPE - Physical) 
National Curriculum	<p>PE National Curriculum 2014</p> <p>Key Stage 1</p> <p>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 co-operative physical activities, in a range of increasingly challenging situations.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> ❖ Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. ❖ Participate in team games, developing simple tactics for attacking and defending. ❖ Perform dances using simple movement patterns. 		
Vocabulary	Multi-Skills & Gymnastics Aut 1. THROW CATCH BOUNCE HOP ROLL JUMP SKIP BOUNCE CLIMB BALANCE STEP RUN JOG TRAVEL SEND RECEIVE CONTROL Aut 2. IN FRONT SPEED SLOW FAST WIDE SHAPE NARROW LONG LAND OVER JUMP OFF HIGH LOW STRETCH POINT BALANCE TWISTED CURLED LEVEL MEDIUM BACKWARDS SIDWAYS FORWARDS ZIG ZAG ANGULAR UNDER THROUGH BEHIND TENSION COPY SMOOTH SEQUENCE HEIGHT ROUTINE STARTING POSITION TRANSITION HOLD FINISHING POSITION	Dance & Team Games Spr 1, TRAVEL STILLNESS DIRECTION SPACE BEGINNING MIDDLE END FEELINGS BODY PARTS LEVELS RHYTHM MOVEMENTS PATTERN RHYTHM SPEED DIRECTION CONTROL RESPOND IMAGINATIVELY STIMULI INSTRUCTION ROUTINE SPACE Spr 2. AVOIDING TRACKING A BALL ROLLING STRIKING OVERARM THROW BOUNCING CATCHING FREE SPACE OWN SPACE OPPOSITE TEAM REBOUND FOLLOW AIMING SPEED DIRECTION PASSING CONTROLLING SHOOTING SCORING SPATIAL AWARENESS RULES GAMES SIMPLE TACTICS UNDERSTANDING ATTACKING DEFENDING	Athletics & Core Real PE Sum 1. THROW HIGH LOW SKIP AIM FAST SLOW SAFELY STEP BOUNCE JUMP LEAP HOP REPEAT RUN TARGET OVERARM UNDERARM WALKING JOGGING IMPROVE ADJUST SPEED DISTANCE JUMP STANDING POSITION ACCURACY PERFORM THROW CONTROL CO-ORDINATED Sum 2. SEND RECEIVE PASS BALL CONTROL HAND-EYE CO-ORDINATION SWITCH ALTERNATE LEFT HAND RIGHT HAND LEFT FOOT RIGHT FOOT REBOUND STRIKE RETURN POSITION LEVEL DIRECTION SPEED CATCH RALLY STRIKE PUSH BOUNCE REACT RESPOND

Year
2

Multi-skills and Gymnastics

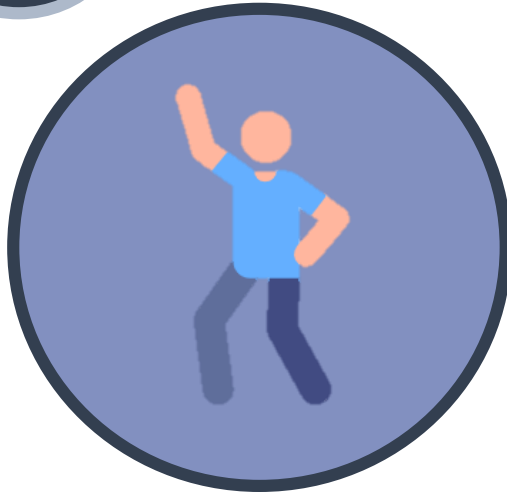


Key Learning Points for this theme:		S.A.	T.A.
Key Progress Indicators	MS Perform a range of rolling, throwing, striking and kicking		
	MS Perform a range of receiving catching and gathering skills with control		
	MS Perform a range of rolling, throwing, striking and kicking in a game situation		
	GYM Develop a range of actions on floor and apparatus when travelling, still and balancing		
	GYM Sequences to have a beginning, middle and end		
Subject Specific Knowledge	MS Pupils can throw a ball or beanbag with accuracy into a target		
	MS Pupils can kick the ball to a teammate with accuracy		
	GYM Pupils can perform a forward and backwards roll on a mat.		
	GYM Pupils can link actions to perform a routine with a partner.		
	GYM Pupils can use apparatus and link it into a routine.		

Year
2

Dance and Team Games

(Handball/Dodgeball)



Key Learning Points for this theme:		S.A.	T.A.
Key Progress Indicators	DANCE Choose and link actions to make short dance phrase that expresses an idea, mood or feeling		
	DANCE Talk about then explore actions relating to specific stimuli		
	HB Perform a range of rolling, throwing, striking and kicking in a game situation		
	HB Perform a range of receiving catching and gathering skills with control in a game situation		
Subject Specific Knowledge	DANCE Pupils can perform a routine to music		
	DANCE Pupils can use different levels in their routine		
	HB Pupils can follow the rules to keep score		
	HB Pupils can pass to others in better space than them		

Year
2

Athletics and Core

(RealPE - Physical)



Key Learning Points for this theme:		S.A.	T.A.
Key Progress Indicators	ATH Demonstrate different combinations of jumps showing control, coordination and consistency		
	ATH Recognise that there are different types of running, jumping and throwing		
	ATH Suggest with guidance a target for improving distance or height		
	CORE Perform a range of skills with some control and consistency		
	CORE Perform a sequence of movements with some changes in level, direction or speed		
Subject Specific Knowledge	ATH Pupils can run using the scissor arm technique		
	ATH Pupils can throw a javelin using the correct overarm technique		
	ATH Pupils can link a hop, step and jump to perform a long jump		
	CORE Pupils can respond to a partners pass by receiving and returning a ball		
	CORE Pupils can react and catch a bouncing ball		