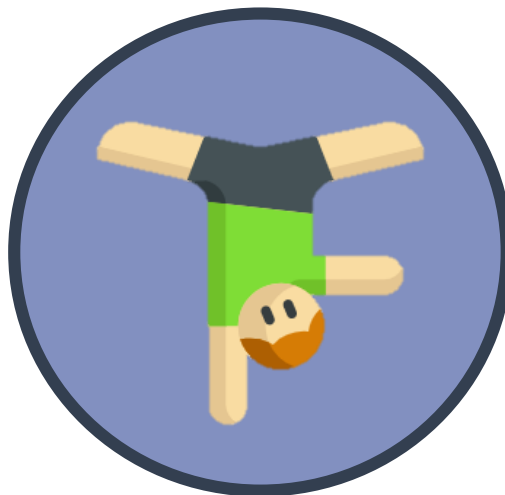


# PE Curriculum Overview

	Autumn	Spring	Summer
Themes	<b>Multi-Skills &amp; Gymnastics</b> 	<b>Dance &amp; Mini-tennis</b> 	<b>Athletics &amp; Football</b> 
National Curriculum	<p>PE National Curriculum 2014</p> <p>Key stage 2</p> <p>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.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> <li>❖ Use running, jumping, throwing and catching in isolation and in combination.</li> <li>❖ Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.</li> <li>❖ Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].</li> <li>❖ Perform dances using a range of movement patterns.</li> <li>❖ Take part in outdoor and adventurous activity challenges both individually and within a team.</li> <li>❖ Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>		
	Multi-Skills & Gymnastics	Dance & Mini-tennis	Athletics & Football
Vocabulary	<p>Aut 1. TACTICS COMPOSITION RESPOND VARY SKILLS ACTIONS IDEA APPLY ADJUSTING POSITION COMMUNICATE DEGREE CO-ORDINATION CONTROL CATCH MOVEMENT DEVELOP SUPPORT COMPETITION APPARATUS EQUIPMENT</p> <p>Aut 2. IMPROVISE CREATE GROUP SITUATION APPROPRIATE DANCE VOCABULARY COMPARE TRANSLATE IDEAS VARIETY OF STIMULI MOVEMENT SUPPORT LARGER SEQUENCE PERFORM ADAPTING FLOW EXPLOSIVE SYMMETRICAL ASYMMETRICAL COMBINATION EVALUATE IMPROVE STRETCH REFINE ADAPT PATHWAY CONTRASTING CURLED STRETCHED SUPPLENESS STRENGTH INVERTED JUMP LAND OVER UNDER</p>	<p>Spr 1, COPY REMEMBER EXPLORE REPEAT SIMPLE ACTIONS VARY IDEAS CONTROL &amp; CO-ORDINATION APPLY COMPOSITIONAL SEQUENCES ALONE DESCRIBE SIMILARITIES DIFFERENCES SUGGESTIONS IMPROVEMENTS USE TURNS TRAVELLING DEVELOP GOOD TECHNIQUE BALANCING SHOW FLEXIBILITY</p> <p>Spr 2. COURT TARGET NET RACKET DEFENDING HITTING STANCE PITCH FOREHAND BACKHAND VOLLEY OVERHEAD SINGLES DOUBLES RALLY</p>	<p>Sum 1. SPRINT PACE ACCURACY HEIGHT RECORD LEADING LEG MEASURE UNDERARM OVERARM HEARTBEAT PULSE-RATE JOGGING WALK HURDLES TIME APPROACH SPEED RUN APPROPRIATE DISTANCE PERFORM JUMP THROW ACCELERATE BATON RELAY PUSH TAKE OFF LANDING EVALUATE</p> <p>Sum 2. POSSESSION SCORING GOALS KEEPING SCORE MAKING SPACE PASS/SEND/RECEIVE DRIBBLE TRAVEL WITH A BALL BACK UP SUPPORT PARTNER MAKE USE OF SPACE POINTS GOALS RULES DEFENDING/ATTACKING</p>

Year  
3

# Multi-Skills and Gymnastics



Key Learning Points for this theme:		S.A.	T.A.
Key Progress Indicators	Use a range of skills with increasing control		
	Give partner advice on improving		
	Develop and perform actions e.g. jumping, balancing, transferring weight, rolling, turning, weight on hands		
	Devise and perform sequences showing clear beginning, middle and end		
	Identify similarities and differences in performance		
Subject Specific Knowledge			
	Pupils can throw, roll a ball or a beanbag into a target.		
	Pupils can jump over extended hurdles using the correct technique.		
	Pupils can balance on apparatus without losing balance.		
	Pupils can perform a sequence that has a beginning, middle and end.		
	Pupils can use the climbing frame safely.		

Year  
3

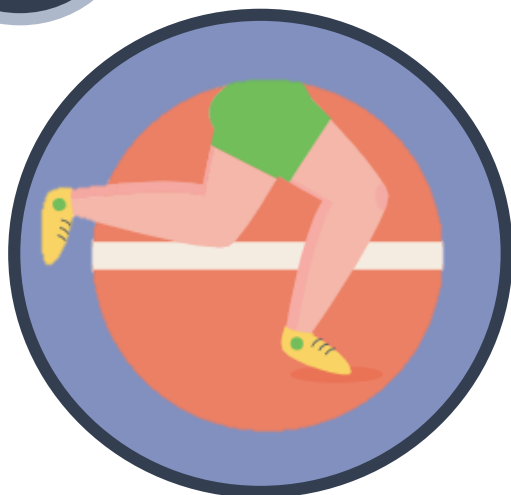
# Dance and Mini-tennis



Key Learning Points for this theme:		S.A.	T.A.
Key Progress Indicators	Explore and develop new actions whilst working with a partner or small group		
	Link actions to make dance phrases with partner		
	Perform with expression and awareness of others		
	Use a range of skills with increasing control		
	Know how to use space in dance		
Subject Specific Knowledge	Identify parts of own performance that need improvement and suggest how to achieve this		
	Pupils can link actions with a partner to music.		
	Pupils can use changes of speed in their sequence.		
	Pupils can make good contact on the ball using a tennis racket.		
	Pupils can move around the court in anticipation for the ball.		

Year  
3

# Athletics and Football



Key Learning Points for this theme:		S.A.	T.A.
Key Progress Indicators	Perform a range of jumps showing power, control and consistency at both take-off and landing		
	Pace effort well in different types of events to keep going steadily		
	Use a range of skills with increasing control		
	Know how to use space in games		
	Use a range of skills with increasing control (when passing and shooting)		
Subject Specific Knowledge			
	Pupils can run using the correct scissor hands technique while jumping over hurdles.		
	Pupils can use the correct technique when performing a long jump ie: hop, skip, jump.		
	Pupils can pass to others in their team passing and shoot effectively.		
	Pupils can use the rules and abide by them in a game of football.		
	Pupils can use space for them to receive the ball and also create space for others.		