



St George's Physical Education Curriculum Overview



	<u>Unit 1</u>	<u>Unit 2</u>	<u>Unit 3</u>	<u>Unit 4</u>	<u>Unit 5</u>	<u>Unit 6</u>
Reception	ABC of movement....		ABC of movement....		ABC of movement....	
Physical development	Agility		Agility		Agility	
Moving and handling	marching forwards backwards, running, running round obstacles, moving sideways like a crab, skipping without rope, hoola hooping – turn hoop with hand, hop – preferred foot, leap – take off one foot and attempt to land on other, move in to a new space, move away from other people		marching in time, running increasing speed, running with sharp turns and on different surface, moving sideways bringing one foot to join the other, skipping with rope forwards, hoola hooping – one or more turns, hop – non preferred foot, leap -take off one foot and land on other, move in to a new space changing direction, move away from other people in to a new space		marching with other people, running – moving in to sprinting with clear changes in speed, running stopping on a signal back and forth, moving sideways with lift/gallop action, skipping with rope backwards/increased speed, hoola hooping – many turns change of speed, hop – move from one foot to other, forward and back, hop and jump joined [hopscotch], leap – take off one foot land on other use arms to gain height, move in to a new space changing direction and at increased speed, move away from another person	
	Balance		Balance		Balance	
	taking weight on different body part jumping on to hands		taking weight on smaller body parts tip toe walking penguin walking [walking on heels]		static balance front support, back support, side support, support dish arch	
	Coordination		Coordination		Coordination	
	jumping on the spot		jumping with control getting length		jumping from one point to another with control	
	jumping off a bottom stair/bench		jumping off a low gymnastic table top		jumping upwards off a low gymnastic table	
	climbing pulling		rocking rolling curling tucking		kicking at a target with accuracy	
	kicking towards a target		kicking at a target		bouncing a ball whilst moving with increasing control	
	bouncing a ball on the spot		bouncing a ball whilst moving with some control			
	Receiving [introduction to fielding]		Receiving		Receiving	
	along the ground whilst sitting on the ground		in to hands		move towards object adjusting feet	
	towards hands		cup hands		watch in to hands	
	to self		watch object in to hands		give as receive	
	chase after bubbles/balloon		chase and retrieve run back		chase retrieve roll back	
	Sending		Sending		Sending	
	along the ground towards a target		along the ground at a target		along the ground at a small target	
	in the air towards a target underarm		in the air at a target underarm		in the air at a small target underarm	
	rolling along the ground towards a target		rolling along the ground at a target		rolling along the ground at a small target	
	pushing along the ground towards a target		pushing along the ground at a target		pushing along the ground at a small target	
Reception						
Physical development						
Moving and handling						

	sending ball with a bounce towards a target	sending ball with a bounce at a target	sending ball with a bounce at a small target
	send an object with a two handed strike	sending the object under arm towards a target	send an object with a two handed strike with increased accuracy
	sending the object under arm	send an object with a two handed strike with some accuracy	sending the object under arm at a small target
	striking the ball with hand	striking ball towards/at a given large/small target	strike with foot strike with piece of equipment
	<u>Travelling</u>	<u>Travelling</u>	<u>Travelling</u>
	shapes: straight, star, ball, pike straddle	pause and come to a stop	rocking rolling curling tucking leading to moving forwards
	travelling on to small apparatus	travelling along small apparatus	travelling off small apparatus e.g jump
	travelling on to large apparatus	travelling along large apparatus	travelling off large apparatus e.g jump

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<u>Year 1</u> Indoor	<u>Gymnastics (ABC of Movement)</u> Travelling roll-jump-climb-pause-skip-step-hop	<u>Dance</u> Counting in 8, linking basics steps to create a motif, moving with some control, changing levels of movements and cooperating with a partner.	<u>Gymnastics (ABC of Movement)</u> Stretching-curling-tucking-rolling	<u>Dance</u> <i>Further developing previous objectives...</i>	<u>Gymnastics (ABC of Movement)</u> Taking weight taking weight on different parts of the body for different purposes.	<u>Dance</u> <i>Consolidation of previous objectives ...</i> ...Plus copying a given action and then making changes to fit purpose, making comments on other performances.
<u>Year 1</u> outdoor	<u>Fundamental Skills</u> ABC: agility balance coordination Moving running- jumping- landing-skiping- hopping- stopping-side stepping Striking a ball with a foot and pieces of equipment whilst moving forwards.	<u>Fundamental Skills</u> ABC: agility balance coordination Sending objects/balls using hands/feet/body Receiving using hands-feet- body - with increased control	<u>Fundamental Skills</u> ABC: agility balance coordination Moving changing direction, finding different spaces Striking towards a target using a piece of equipment Fielding receiving a ball along the ground.	<u>Fundamental Skills</u> ABC: agility balance coordination Sending using bats, sticks, rackets. Receiving using bats, sticks, rackets,	<u>Athletic Skills</u> Skills running in lines jumping hopping skipping change speed working as a team	<u>Athletic Skills</u> Skills adding competitive element through: egg and spoon, skipping, simple obstacle, start and finish lines working as a team

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<u>Year 2</u> indoor	<u>Gymnastics (ABC of Movement)</u> Introduction to flight - jumping and landing <i>Using apparatus</i>	<u>Dance</u> Introduce: Developing use of arms, identify which move on which count, choreographing simple sequence of moves.	<u>Gymnastics (ABC of Movement)</u> Development of taking weight on different body parts. Points: knees, toes, hips, hands Patches: back, tummy, shoulders <i>Using apparatus</i>	<u>Dance</u> <i>Further developing previous objectives...</i>	<u>Gymnastics (ABC of Movement)</u> Stretching, curling, tucking <i>Using apparatus</i>	<u>Dance</u> <i>Consolidating previous objectives...</i>
<u>Year 2</u> outdoor	<u>Fundamental skills</u> <u>Throwing</u> Underarm, over arm, over different distances changing speed and direction. <u>Catching/receiving</u> Using two hands, Moving to receive a ball at different heights and distances.	<u>Fundamental skills</u> <u>Aiming</u> towards a stationary or moving target at different heights. <u>Sending for a purpose</u> e.g: bounce pass, chest pass, shoulder throw.	<u>Fundamental skills</u> <u>Striking</u> Striking a ball when target is close/further away/different height. <u>Fielding</u> Moving towards ball and begin to know where it has to be returned to.	<u>Fundamental skills</u> <u>Move away from an opponent</u> <u>Receiving and moving with the ball</u> e.g basketball, hockey, tag rugby <u>Receiving and send</u> Changing speed of release	<u>Athletics Skills</u> <u>Running</u> creating speed, stop and go. <u>Jumping</u> with height/distance, moving and from standing still. <u>Throwing</u> over arm with pull action <u>working as a team</u> work as a team taking turns	<u>OAA Skills (Outdoor Adventurous Activities)</u> <u>Challenge activities outdoors.</u> <i>Link with maths and positional language</i>

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<u>Year 3</u> Indoor	<u>Gymnastics</u> (Movement skills) Climbing Using ropes/wall bars, building core strength Hanging Pulling Using ropes/wall bars Rolling development of forward and backward rolls Flight on to and off apparatus, landing from height linking movements work collaboratively Use apparatus/music	<u>Dance</u> Introduce: fluency and control in movement, definition of level changes and speed changes, using space imaginatively, cooperate with a partner/group, introduce simple props for effect, construct more complex sequence of moves.	<u>Gymnastics</u> (Movement skills) Pathways Under, over, round, through, on top, next to, beside, beneath, up. Linking more complex movements, collaborate with a partner, repeat movements. Use apparatus/music	<u>Dance</u> <i>Further developing previous objectives...</i>	<u>Gymnastics</u> (Movement skills) Balance developing ability to feel a balance on different body parts: -large parts -small parts. Static and dynamic balances Use apparatus/music	<u>Dance</u> <i>Consolidating previous objectives...</i>
<u>Year 3</u> Outdoor	<u>Fundamental skills</u> <u>Sending/throwing</u> sending ball in different direction, knowing the different types of throw and when to use them.	<u>Fundamental skills</u> <u>Receiving/catching</u> In front /behind, moving in to space.	<u>Fundamental skills</u> <u>Stay</u> with an opponent, attempt to intercept a pass. <u>Move away</u> from an opponent and be ready to receive.	<u>Fundamental skills</u> <u>Striking</u> Apply skills; striking with one hand/two hands on racquet, striking in to a space, changing the backswing to create volley/smash/serve <u>Fielding</u> With a long barrier in between.	<u>Athletics Skills</u> <u>Running</u> Sprinting, starting a race, running longer distances, reaching for the finish line. <u>Jumping</u> With increased height/distance. <u>Throwing</u> faster release, whip through. <u>Working as a team</u> relay/obstacle.	<u>OAA Skills (Outdoor Adventurous Activities)</u> <u>Challenge activities</u> <i>Link with maths and positional language</i>

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<p><u>Year 4</u></p> <p>Indoor</p>	<p><u>Gymnastics</u> (Movement skills)</p> <p><u>Travelling</u> Turning as you travel in different directions, spinning at different speeds, travelling onto, along and off apparatus, speed and control in run up towards a large piece of apparatus.</p>	<p><u>Dance</u></p> <p>Introduce: Developing own way of moving/actions, cooperate with small group, making use of personal and open space, choreograph more complex sequence of moves with control and confidence, judging a performance and performing to others.</p>	<p><u>Gymnastics</u> (Movement skills)</p> <p><u>Rotation</u> -vertical - e.g. log roll. -horizontal e.g. forward roll. -frontal e.g. cartwheel.</p> <p><i>Use apparatus/music</i></p>	<p><u>Dance</u></p> <p><i>Further developing previous objectives...</i></p>	<p><u>Gymnastics</u> (Movement skills)</p> <p>To move in to and out of balance on and off apparatus</p> <p>Linking movements, working with a partner.</p> <p><i>Use apparatus/music</i></p>	<p><u>Dance</u></p> <p><i>Consolidating previous objectives...</i></p>
<p><u>Year 4</u></p> <p>Outdoor</p>	<p><u>Fundamental skills</u></p> <p><u>Sending/throwing</u> Know when to use a pass and to know the weight of the pass. Children to develop their own skill practices and small games</p> <p><u>Officiating</u></p>	<p><u>Fundamental skills</u></p> <p><u>Receiving/catching</u> whilst moving, off the ground, intercepting.</p> <p><u>Attacking</u> getting free, finding space.</p> <p><u>Defending</u> Player, space, zone</p> <p><u>Officiating</u></p>	<p><u>Fundamental skills</u></p> <p><u>Aiming</u> towards a given target (a person, space, corner of a net, backboard, mark on ground, line)</p> <p><u>Striking</u> e.g. hockey</p> <p><u>Officiating</u></p>	<p><u>Striking and Fielding</u> e.g. Cricket</p> <p><u>Striking</u> looking for spaces, ball placement.</p> <p><u>Fielding</u> long barrier, retrieving and returning to target.</p> <p><u>Receiving</u> from a height/distance</p> <p><u>Positional play</u></p> <p><u>Sending - Bowling</u> with increased accuracy</p>	<p><u>Athletic Skills</u></p> <p><u>Running</u> reaction time, pacing, running bends</p> <p><u>Jumping</u> triple jump and combined steps</p> <p><u>Throwing</u> vortex howler, darts</p> <p><u>Working as a team</u> relays, obstacle relays</p>	<p><u>OAA Skills (Outdoor Adventurous Activities)</u></p> <p><u>Challenge activities</u></p> <p><i>Link with maths and positional language</i></p>

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Year 5 indoor	<u>Gymnastics</u> Matching and Mirroring with a partner/in a group, selecting skills [flight, balance, rolling etc] and arranging in a sequence both on and off apparatus, developing accuracy of movement/timing , changing direction/speed/levels <i>Use apparatus/music</i> <i>Link with maths</i>	<u>Dance</u> Introduce: Choosing own music and props, choreographing a small group, making judgements on a performance that can help move the dance/dancers to improve, using different stimuli, developing core strength.	<u>Gymnastics</u> Holes and Barriers Under/over/through/round/ next to. Selecting and developing skills e.g. forward rolls, backwards rolls, cartwheels. <i>Use apparatus/music</i>	<u>Dance</u> <i>Further developing previous objectives...</i>	<u>Gymnastics</u> Symmetry and Asymmetry with a partner/ in a group, selecting skills [flight, balance, rolling etc] and arranging in a <i>complex</i> sequence both on and off apparatus, showing accuracy, change in direction/speed/levels <i>Use apparatus/music</i> <i>Link with maths</i>	<u>Dance</u> <i>Consolidating previous objectives...</i>
	<u>Swimming</u>					
Pupils should be taught to: <ul style="list-style-type: none"> - Swim competently, confidently and proficiently over a distance of at least 25 metres. - Use a range of strokes effectively (front crawl, back stroke, breast stroke). - Perform safe self-rescue in different water based situations. 						
(QCA End of KS2 expectations) Most children will be able to: • swim between 25 and 100 metres and keep swimming for 45 to 90 seconds • use three different strokes, swimming on their front and back with controlled breathing • swim confidently and fluently on the surface and under water • work well in groups to solve specific problems and challenges, sharing out the work fairly • recognise how swimming affects their body, and pace their efforts to meet different challenges • suggest activities and practices to help improve their own performance.						
Year 5 outdoor	<u>Applying skills to an Invasion game</u> e.g. Tag Rugby Receiving whilst running Sending/throwing whilst running Sending and receiving Moving with the ball Attacking Defending Team play Officiating	<u>Applying skills to an Invasion game</u> e.g. Hockey Receiving Sending on the move in to space Aiming flicking Positional play corners/ free pass Attacking/Defending Zone marking 4v4 Officiating	<u>Applying skills to an Invasion/net wall game</u> e.g. High 5s/ Korfball/ Basketball. Receiving on the move, pivoting Send and move Aiming towards goal Attacking intercepting Defending marking partner, zone, space Moving in to new space Moving taking player with you to create space Officiating	<u>Applying skills to a Striking game</u> e.g. Short Tennis Striking with a spin Serving over-arm Volleying to reduce time opponent has to reach ball Movement off the ball	<u>Athletic Skills</u> Running Difference between sprint and middle distance Hurdling spring reach reaction body position Jumping Combining steps Hitting the take-off board Throwing shot vortex discus compare the techniques Working as a team circular relay Officiating Starting a race, Time keeping, Lap counter	<u>OAA Skills (Outdoor Adventurous Activities)</u> Challenge activities <i>Link with maths and positional language</i>

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<u>Year 6</u> <i>indoor</i>	<u>Gymnastics</u> Counterbalance & counter tension Using a large base/small base, working with partner/group, tumbling, Creating a movement sequence with change in levels/direction/speed, Creating a routine for an audience. <i>Use apparatus/music</i>	<u>Dance</u> <i>Develop and consolidate:</i> Link complex motifs which reflect change in levels, dynamics, and use of space/direction. Build a dance as a whole class using canon moves (one after the other), synchronized/mirrored movements.	<u>Preparing to Move</u> Programme of study based around fitness. Or <u>Indoor athletics</u>	<u>Gymnastics</u> Stretching and Curling Cannon and synchronisation Forward and backward rolls with extension, Cartwheels. Turning on ropes, climbing ropes, complex apparatus arrangements.	<u>Volleyball</u> Striking downwards Aiming to player on own team Digging lifting ball Smashing sending ball to opponents floor Movement to and from ball Attacking play Defending play <i>Compare with sitting volleyball</i> Officiating	<u>Striking</u> e.g Badminton Striking forehand, backhand Aiming towards floor, high as in overhead Smashing towards floor and away from opponent Serving low, high Movement to and from shuttlecock Attacking play Defending play Officiating

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Year 6 outdoor	<p>Striking e.g. Short Tennis</p> <p>Striking Forehand/backhand with consistent length</p> <p>Placing use the lines for placement</p> <p>Serving <i>with increased speed and accuracy</i></p> <p>Volleying <i>away from opponent, drive volley</i></p> <p>Lobbing <i>changing defence in to attack</i></p> <p>Movement off the ball</p> <p>Doubles playing with a partner</p> <p>Move into a space to send receive a pass in a competitive situation</p> <p>Officiating</p>	<p>Applying the skills to an Invasion/net wall game e.g. High Fives, Korfball, Basketball, Handball, Dodgeball</p> <p>Receiving/ Sending with control changing direction and sending</p> <p>Aiming at a goal from different distances</p> <p>Attacking getting away from an opponent</p> <p>Defending watching the player and the ball</p> <p>Change defence in to attack – what might this look like?</p> <p>Tactics from set positions</p> <p>Officiating</p>	<p>Applying the skills to an Invasion game e.g. football</p> <p>Sending different parts of foot to meet different purposes</p> <p>Receiving chest, foot trapping ball</p> <p>Moving forwards backwards, making a space, <i>running off the ball, to support a player with the ball</i></p> <p>Aiming different parts of the net, away from the goalkeeper</p> <p>Attacking getting away from an opponent and knowing when to make the move</p> <p>Defending watching the player and the ball</p> <p>Working as a team</p> <p>Move into a space to send/ receive a pass in a competitive situation</p> <p>Officiating</p>	<p>Striking and fielding e.g. baseball/rounders</p> <p>Striking and running</p> <p>Placing in to a space</p> <p>Receiving <i>stumping, looking for another opportunity to get another player out</i></p> <p>Throwing with accuracy and speed putting pressure on the runner</p> <p>Team play/tactics</p> <p>Bowling with spin</p> <p>Stumping and sending to another post, being aware of the runner</p> <p>Officiating</p>	<p>Athletic Skills</p> <p>Relay circular relay and knowing about changeovers,</p> <p>Middle distance <i>pace strategies develop to longer distances and hills/cross country</i></p> <p>Hurdling minimising space, rhythm, timing <i>increasing speed</i></p> <p>Throwing rotation for shot discus</p> <p>Long jump marking run up consistently hitting take-off board</p> <p>Officiating</p>	<p>OAA Skills Team challenges</p> <p>Building on skills from previous years and developing: -survival skills -environmental issues -walking in the hills</p>