

Subject Curriculum Overview

Subject PE

	Autumn		Spring		Summer	
	Multi-Skills		Gymnastics		Introduction to sport development	
	Skills	Knowledge	Skills	Knowledge	Skills	Knowledge
Year 1 HT1	<ul style="list-style-type: none"> • Dodging • Chasing • Change of speed • Hand eye co-ordination 	<p>Understand rules for the games.</p> <p>How to progress in each skill.</p> <p>Spreading out in the area and being aware of who/what is around you.</p> <p>Learn the correct throwing and catching techniques.</p>	<ul style="list-style-type: none"> • Rolling • Partner balancing • Balancing • Jumping • Sequences • Apparatus • Body control 	<p>Understanding specific techniques for the skills.</p> <p>How to progress in each skill.</p> <p>How to be safe during activity.</p> <p>Understand how to support your partner in a balance.</p>	<ul style="list-style-type: none"> • Learning New Sports/Skills. • Control a ball using hands, feet, stick and a racquet. • Playing a match in handball, dodgeball, football and hockey. • Positional play 	<p>Understand rules for the games.</p> <p>How to progress in each skill.</p> <p>Understand different techniques for each sport.</p> <p>Understand the rules for a match.</p> <p>How to keep your position.</p>
	Team Games		Introduction to sport		Athletics	
	Skills	Knowledge	Skills	Knowledge	Skills	Knowledge
Year 1 HT2	<ul style="list-style-type: none"> • Communication • Motivating • Working Hard • Team Work • Decision Making • Positional play (attacking and defending) 	<p>Understand rules for the games.</p> <p>How to progress in each skill.</p> <p>Importance of working hard for your team.</p>	<ul style="list-style-type: none"> • Learning New Sports/Skills. • Control a ball using hands, feet, stick and a racquet. 	<p>Understand rules for the games.</p> <p>How to progress in each skill.</p> <p>Understand different techniques for each sport.</p>	<ul style="list-style-type: none"> • Improve Stamina. • Improve co-ordination. • Standing long jump techniques. • Use pace and jumping skills 	<p>How to pace yourself in a long distance run.</p> <p>How to progress in each skill.</p> <p>Remember the starting stance to start the race.</p> <p>Understand how the</p>

					together.	body reacts to activity.
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	Autumn		Spring		Summer	
	Spatial Awareness		Gymnastics		Introduction to sport development	
	Skills	Knowledge	Skills	Knowledge	Skills	Knowledge
Year 2 HT1	<ul style="list-style-type: none"> • Dodging • Chasing • Change of speed • Hand eye co-ordination 	<p>Understand rules for the games.</p> <p>How to progress in each skill.</p> <p>Spreading out in the area and being aware of who/what is around you.</p> <p>Learn the correct throwing and catching techniques.</p>	<ul style="list-style-type: none"> • Rolling • Partner balancing • Balancing • Jumping • Sequences • Apparatus • Body control 	<p>Understanding specific techniques for the rolling, jumping and balancing.</p> <p>How to progress in each skill.</p> <p>How to be safe during activity.</p> <p>Understand how to support your partner in a balance.</p>	<ul style="list-style-type: none"> • Learning New Sports/Skills. • Control a ball using hands, feet, stick and a racquet. • Playing a match in handball, dodgeball, football and hockey. • Positional play 	<p>Understand rules for the games.</p> <p>How to progress in each skill.</p> <p>Understand different techniques for each sport.</p> <p>Understand the rules for a match.</p> <p>How to keep your position.</p>
	Team Games		Introduction to sport		Athletics	
	Skills	Knowledge	Skills	Knowledge	Skills	Knowledge

Year 2 HT2	<ul style="list-style-type: none"> • Communication • Motivating • Working Hard • Team Work • Decision Making • Positional play (attacking and defending) 	<p>Understand rules for the games.</p> <p>How to progress in each skill.</p> <p>Importance of working hard for your team.</p>	<ul style="list-style-type: none"> • Learning New Sports/Skills. • Control a ball using hands, feet, stick and a racquet. 	<p>Understand rules for the games.</p> <p>How to progress in each skill.</p> <p>Understand different techniques for each sport.</p>	<ul style="list-style-type: none"> • Improve Stamina. • Improve co-ordination. • Standing long jump techniques. • Use pace and jumping skills together. 	<p>How to pace yourself in a long distance run.</p> <p>How to progress in each skill.</p> <p>Remember the starting stance to start the race.</p> <p>Understand how the body reacts to activity.</p>
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	Autumn		Spring		Summer	
	Football		Gymnastics		Cricket / Rounders	
	Skills	Knowledge	Skills	Knowledge	Skills	Knowledge
Year 3 HT1	<ul style="list-style-type: none"> • Passing • Dribbling • Shooting • Attacking and defending • Matches (positional play) 	<p>Understand the correct techniques for passing, dribbling and shooting.</p> <p>Understand the rules of the game.</p> <p>How to keep their position.</p> <p>How to mark someone.</p> <p>How to lose your marker.</p> <p>Where is your position and are you in it.</p>	<ul style="list-style-type: none"> • Rolling • Partner balancing • Balancing • Jumping • Sequences • Small Apparatus • Body control 	<p>Understanding specific techniques for rolling, jumping and balancing.</p> <p>How to progress in each skill.</p> <p>How to be safe during activity.</p> <p>Understand how to support your partner in a balance.</p> <p>Do your sequences flow.</p> <p>Can you set up the apparatus safely.</p>	<ul style="list-style-type: none"> • Throwing • Catching • Batting • Decision making • Matches 	<p>Understand the rules of a match.</p> <p>Know hold to hold the bat with the correct grip.</p> <p>Knowledge of various throwing and catching techniques.</p>

				Do you understand what body control is.		
	Basketball		Hockey		Athletics / OAA	
	Skills	Knowledge	Skills	Knowledge	Skills	Knowledge
Year 3 HT2	<ul style="list-style-type: none"> • Dribbling • Passing • Shooting • Pivoting • Attacking and defending • Matches 	<p>Understand the correct dribbling technique.</p> <p>Understand the correct passing techniques.</p> <p>Understand the correct shooting techniques.</p> <p>Understand how to attack and defend correctly.</p> <p>Understand rules of a match.</p>	<ul style="list-style-type: none"> • Grip • Dribbling • Passing • Shooting • Attacking and defending • Matches 	<p>Safety with the stick.</p> <p>How to hold the stick.</p> <p>Understand how to dribble the ball.</p> <p>Understand various passing techniques.</p> <p>Understand various shooting techniques.</p> <p>Understand how to attack and defend correctly.</p> <p>Understand rules of a match.</p>	<ul style="list-style-type: none"> • Hurdles • Long distance run • Sprint • Relay • Throwing (shot putt and javelin) • Team building • Communication • Map reading 	<p>Understand techniques for specific races.</p> <p>Understand the techniques for throwing events.</p> <p>Listen to others as well as share your ideas.</p> <p>How to give clear instructions.</p> <p>Understand how to read a basic map.</p>

	Autumn		Spring		Summer	
	Football		Gymnastics		Cricket / Rounders	
	Skills	Knowledge	Skills	Knowledge	Skills	Knowledge

Year 4 HT1	<ul style="list-style-type: none"> • Passing • Dribbling • Shooting • Attacking and defending • Matches (positional play) 	<p>Understand the correct techniques for passing, dribbling and shooting.</p> <p>Understand the rules of the game.</p> <p>How to keep their position.</p> <p>How to mark someone.</p> <p>How to lose your marker.</p> <p>Where is your position and are you in it.</p>	<ul style="list-style-type: none"> • Rolling • Partner balancing • Balancing • Jumping • Sequences • Partner balances • Small Apparatus • Body control 	<p>Understanding specific techniques for rolling, jumping and balancing.</p> <p>How to progress in each skill.</p> <p>How to be safe during the activity.</p> <p>Understand how to support your partner in a balance safely.</p> <p>Do your sequences flow.</p> <p>Can you set up the apparatus safely.</p> <p>Do you understand what body control is.</p>	<ul style="list-style-type: none"> • Throwing • Catching • Batting • Decision making • Matches 	<p>Understand the rules of a match.</p> <p>Know hold to hold the bat with the correct grip.</p> <p>Knowledge of various throwing and catching techniques.</p>
	Basketball		Hockey		Athletics / OAA	
	Skills	Knowledge	Skills	Knowledge	Skills	Knowledge
Year 4 HT2	<ul style="list-style-type: none"> • Dribbling • Passing • Shooting • Pivoting • Attacking and defending • Matches 	<p>Understand the correct dribbling technique.</p> <p>Understand the correct passing techniques.</p> <p>Understand the correct shooting techniques.</p> <p>Understand how to attack and defend correctly.</p> <p>Understand rules of a</p>	<ul style="list-style-type: none"> • Grip • Dribbling • Passing • Shooting • Attacking and defending • Matches 	<p>Safety with the stick.</p> <p>How to hold the stick.</p> <p>Understand how to dribble the ball.</p> <p>Understand various passing techniques.</p> <p>Understand various shooting techniques.</p> <p>Understand how to</p>	<ul style="list-style-type: none"> • Hurdles • Long distance run • Sprint • Relay • Throwing (shot putt and javelin) • Team building • Communication • Map reading 	<p>Understand techniques for specific races.</p> <p>Understand the techniques for throwing events.</p> <p>Listen to others as well as share your ideas.</p> <p>How to give clear instructions.</p> <p>Understand how to read</p>

		match.		attack and defend correctly. Understand rules of a match.		a basic map.
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	Autumn		Spring		Summer	
	Football		Gymnastics		Cricket / Rounders	
	Skills	Knowledge	Skills	Knowledge	Skills	Knowledge
Year 5 HT1	<ul style="list-style-type: none"> • Passing • Dribbling • Shooting • Attacking and defending • Matches (positional play) • Tactical play 	<p>Understand the correct techniques for passing, dribbling and shooting.</p> <p>Understand the rules of the game enough to referee it.</p> <p>How to keep their position and stay involved in the game.</p> <p>How to mark someone.</p> <p>How to lose your marker.</p> <p>Where is your position and are you in it.</p>	<ul style="list-style-type: none"> • Rolling • Partner balancing • Balancing • Jumping • Sequences • Partner sequences • Large Apparatus • Body control • Group balance 	<p>Understanding specific techniques for advanced rolling, jumping and balancing.</p> <p>How to progress in each skill.</p> <p>How to be safe during the activity.</p> <p>Understand how to support your partner in a balance safely.</p> <p>Do your sequences flow.</p> <p>Can you set up the apparatus safely.</p>	<ul style="list-style-type: none"> • Throwing • Catching • Batting • Decision making • Matches • Positional play 	<p>Understand the rules of a match.</p> <p>Know hold to hold the bat with the correct grip.</p> <p>Knowledge of various throwing and catching techniques.</p> <p>Who or what to throw to when fielding.</p> <p>When to run as a batter during the game.</p> <p>The importance of positional play.</p>

		Can you make any tactical changes to your team to improve your team play.		Do you understand what body control is. Can you remember all your jumps, balances and rolls to create a sequence.		
	Basketball		Hockey		Athletics / OAA	
	Skills	Knowledge	Skills	Knowledge	Skills	Knowledge
Year 5 HT2	<ul style="list-style-type: none"> • Dribbling • Passing • Shooting • Pivoting • Attacking and defending • Matches • Positional play 	<p>Understand the correct dribbling technique and when to use it in a match.</p> <p>Understand the correct passing techniques and decide which passing technique to use during the game.</p> <p>Understand the correct shooting techniques and decide which shooting technique to use during the game.</p> <p>Understand how to attack and defend correctly.</p> <p>Understand rules of a match enough to referee it.</p>	<ul style="list-style-type: none"> • Grip • Dribbling • Passing • Shooting • Attacking and defending • Matches • Positional play 	<p>Safety with the stick.</p> <p>How to hold the stick.</p> <p>Understand how to dribble the ball and decide which dribbling technique to use during the game.</p> <p>Understand various passing techniques and decide which passing technique to use during the game..</p> <p>Understand various shooting techniques and decide which shooting technique to use during the game..</p> <p>Understand how to attack and defend correctly.</p> <p>Understand rules of a match enough to</p>	<ul style="list-style-type: none"> • Hurdles • Long distance run • Sprint • Relay • Throwing (shot putt and javelin) • Team building • Communication • Map reading 	<p>Understand techniques for specific races.</p> <p>Understand the techniques for throwing events.</p> <p>Listen to others as well as share your ideas.</p> <p>How to change tactics if needed.</p> <p>How to give clear instructions.</p> <p>Understand how to read a map with coordinates.</p>

				referee it.		
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	Autumn		Spring		Summer	
	Football		Gymnastics		Cricket / Rounders	
	Skills	Knowledge	Skills	Knowledge	Skills	Knowledge
Year 6 HT1	<ul style="list-style-type: none"> • Passing • Dribbling • Shooting • Attacking and defending • Matches (positional play) • Tactical play 	<p>Understand the correct techniques for passing, dribbling and shooting.</p> <p>Understand the rules of the game enough to referee it.</p> <p>How to keep their position and stay involved in the game.</p> <p>How to mark someone.</p> <p>How to lose your marker.</p> <p>Where is your position and are you in it.</p>	<ul style="list-style-type: none"> • Advanced rolling • Partner balancing • Advanced balancing • Advanced Jumping • Sequences • Partner sequences • Large Apparatus • Body control • Group balance 	<p>Understanding specific techniques for advanced rolling, jumping and balancing.</p> <p>How to progress in each skill.</p> <p>How to be safe during the activity.</p> <p>Understand how to support your partner in a balance safely.</p> <p>Do your sequences flow.</p> <p>Can you set up the apparatus safely.</p>	<ul style="list-style-type: none"> • Throwing • Catching • Batting • Decision making • Matches • Positional play 	<p>Understand the rules of a match.</p> <p>Know hold to hold the bat with the correct grip.</p> <p>Knowledge of various throwing and catching techniques.</p> <p>Who or what to throw to when fielding.</p> <p>When to run as a batter during the game.</p> <p>The importance of positional play.</p>

		Can you make any tactical changes to your team to improve your team play.		Do you understand what body control is. Can you remember all your jumps, balances and rolls to create a sequence?		
	Basketball		Hockey		Athletics / OAA	
	Skills	Knowledge	Skills	Knowledge	Skills	Knowledge
Year 6 HT2	<ul style="list-style-type: none"> • Dribbling • Passing • Shooting • Pivoting • Attacking and defending • Matches • Positional play 	<p>Understand the correct dribbling technique and when to use it in a match.</p> <p>Understand the correct passing techniques and decide which passing technique to use during the game.</p> <p>Understand the correct shooting techniques and decide which shooting technique to use during the game.</p> <p>Understand how to attack and defend correctly.</p> <p>Understand rules of a match enough to referee it.</p>	<ul style="list-style-type: none"> • Grip • Dribbling • Passing • Shooting • Attacking and defending • Matches • Positional play 	<p>Safety with the stick.</p> <p>How to hold the stick.</p> <p>Understand how to dribble the ball and decide which dribbling technique to use during the game.</p> <p>Understand various passing techniques and decide which passing technique to use during the game..</p> <p>Understand various shooting techniques and decide which shooting technique to use during the game..</p> <p>Understand how to attack and defend correctly.</p> <p>Understand rules of a match enough to</p>	<ul style="list-style-type: none"> • Hurdles • Long distance run • Sprint • Relay • Throwing (shot putt and javelin) • Team building • Communication • Map reading 	<p>Understand techniques for specific races.</p> <p>Understand the techniques for throwing events.</p> <p>Listen to others as well as share your ideas.</p> <p>How to change tactics if needed.</p> <p>How to give clear instructions.</p> <p>Understand how to read a map with coordinates.</p>

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