

P.E. Curriculum Overview

At St. Mary's we offer all of our children high-quality P.E. lessons where they can learn a range of skills whereby they can be inspired to succeed and excel. We strive to teach the pupils to become physically confident in a way which supports their health and fitness. This document gives an overview of what each class will be learning across the academic year within their P.E lessons. It does not show the extra-curricular P.E. and Sport activities which happen across the year.

For the 2022-23 academic year we have developed a whole school sports ethos. The aim of this new sporting ethos is to help the children develop life skills that they can be used not just within P.E. and Sport but also across all areas of their learning and lives. The four areas of our sporting ethos are:

- **Resilience** –sometimes things are difficult and that is Ok. Keep going!
- **Personal Best** – to improve your own performance / beat your own score
- **Team work** – working as part of a team, making sure everyone is involved
- **Encourage** – support your friends and team mates with what they are doing.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Fundamental Movements <i>Using bikes, tricycles and outdoor spaces.</i> Negotiate space and obstacles safely, with consideration for themselves and others. Work and play cooperatively and take turns with others. Demonstrate strength, balance and coordination. Move energetically	Multi skills Negotiate space and obstacles safely, with consideration for themselves and others. Work and play cooperatively and take turns with others. Demonstrate strength, balance and coordination. Move energetically, such as running, jumping, hopping, skipping and climbing.	Team games Negotiate space and obstacles safely, with consideration for themselves and others. Work and play cooperatively and take turns with others. Demonstrate strength, balance and coordination. Move energetically, such as running, jumping, hopping, skipping and climbing.	Gymnastics – large apparatus Negotiate space and obstacles safely, with consideration for themselves and others. Work and play cooperatively and take turns with others. Demonstrate strength, balance and coordination. Move energetically, such as running, jumping, hopping, skipping and climbing.	Dance Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination. Move energetically, such as running, jumping, dancing and hopping	Gymnastics – large apparatus Negotiate space and obstacles safely, with consideration for themselves and others. Work and play cooperatively and take turns with others. Demonstrate strength, balance and coordination. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.
	Gymnastics – movement Negotiate space and obstacles safely, with consideration for themselves and others. Work and play cooperatively and take turns with others. Demonstrate strength, balance and coordination. Move energetically, such as running, jumping, hopping, skipping and climbing.	Dance Negotiate space and obstacles safely, with consideration for themselves and others. Work and play cooperatively and take turns with others. Demonstrate strength, balance and coordination. Move energetically, such as running, jumping and dancing.	Parachute games Negotiate space and obstacles safely, with consideration for themselves and others. Work and play cooperatively and take turns with others. Demonstrate strength, balance and coordination.	Multi skills Negotiate space and obstacles safely, with consideration for themselves and others. Work and play cooperatively and take turns with others. Demonstrate strength, balance and coordination. Move energetically, such as running, jumping, hopping, skipping and climbing.	Fundamental Movements Negotiate space and obstacles safely, with consideration for themselves and others. Work and play cooperatively and take turns with others. Demonstrate strength, balance and coordination. Move energetically, such as running, jumping, hopping, skipping and climbing.	Team games Negotiate space and obstacles safely, with consideration for themselves and others. Work and play cooperatively and take turns with others. Demonstrate strength, balance and coordination. Move energetically, such as running, jumping, hopping, skipping and climbing.

EYFS learning goals:

- communication and language
- personal, social and emotional development
- physical development: gross motor skills
- playing and exploring
- active learning
- creating and thinking critically
- work and play cooperatively and take turns with others

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Year 1	<p>Fundamental Movements</p> <p>Movement, direction, awareness of own body</p> <p>Begin to master basic movements.</p>	<p>Dance</p> <p>perform dances using simple movement patterns.</p>	<p>Parachute games</p> <p>Cooperation, confidence</p> <p>developing balance, agility and co-ordination</p>	<p>Fundamental Movements</p> <p>Movement, direction, awareness of own body</p> <p>Begin to master basic movements.</p>	<p>Team games</p> <p>developing simple tactics for attacking and defending</p>	<p>Multi skills</p> <p>running, jumping, throwing and catching,</p>
	<p>Multi skills</p> <p>running, jumping, throwing and catching,</p>	<p>Team games</p> <p>developing simple tactics for attacking and defending</p>	<p>Gymnastics – movement</p> <p>developing balance, agility and co-ordination</p>	<p>Gymnastics – apparatus</p> <p>developing balance, agility and co-ordination</p>	<p>Dance</p> <p>perform dances using simple movement patterns.</p>	<p>Mini athletics</p> <p>running, jumping, throwing and catching,</p>
Year 2	<p>Fundamental Movements</p> <p>Movement, direction, awareness of own body</p> <p>Begin to master basic movements.</p>	<p>Dance</p> <p>perform dances using simple movement patterns.</p>	<p>Team games</p> <p>developing simple tactics for attacking and defending</p>	<p>Invasion games</p> <p>developing simple tactics for attacking and defending</p>	<p>Dance</p> <p>perform dances using simple movement patterns.</p>	<p>Striking and fielding</p> <p>Balance, coordination</p> <p>throwing and catching,</p>
	<p>Multi skills</p> <p>running, jumping, throwing and catching,</p>	<p>Team games</p> <p>developing simple tactics for attacking and defending</p>	<p>Gymnastics – movement</p> <p>developing balance, agility and co-ordination</p>	<p>Gymnastics – apparatus</p> <p>developing balance, agility and co-ordination</p>	<p>Net and wall games</p> <p>Balance, coordination</p> <p>throwing and catching,</p>	<p>Athletics</p> <p>running, jumping, throwing and catching</p>
<p>Throughout KSI:</p> <ul style="list-style-type: none"> develop fundamental movement skills extend their agility, balance and coordination, individually and with others. engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. 						
Year 3	<p>Team games</p> <p>developing simple tactics for attacking and defending</p> <p>Cooperation, enjoyment, team work</p>	<p>Fitness Circuit</p> <p>develop flexibility, strength, technique, control and balance</p>	<p>Gymnastics</p> <p>develop flexibility, strength, technique, control and balance</p>	<p>Invasion games</p> <p>play competitive games, modified where appropriate - apply basic principles suitable for attacking and defending</p>	<p>Athletics</p> <p>develop flexibility, strength, technique, control and balance</p>	<p>Net and wall games</p> <p>use running, jumping, throwing and catching in isolation and in combination</p>
	<p>Multi / basic skills</p> <p>develop flexibility, strength, technique, control and balance</p> <p>running, jumping, throwing and catching in isolation and in combination</p>	<p>Dance</p> <p>perform dances using a range of movement patterns</p>	<p>Dance</p> <p>perform dances using a range of movement patterns</p> <p>Preparation for Dance festival</p>	<p>OAA</p> <p>Problem solving and challenges</p>	<p>Striking and fielding</p> <p>use running, jumping, throwing and catching in isolation and in combination</p>	<p>OAA</p> <p>take part in outdoor and adventurous activity challenges both individually and within a team</p>
Year 4	<p>Gymnastics</p> <p>develop flexibility, strength, technique, control and balance</p>	<p>Dance</p> <p>perform dances using a range of movement patterns</p>	<p>Net and wall games</p> <p>use running, jumping, throwing and catching in isolation and in combination</p>	<p>Striking and fielding</p> <p>use running, jumping, throwing and catching in isolation and in combination</p>	<p>Athletics (Track and Field)</p> <p>develop flexibility, strength, technique, control and balance</p>	<p>Fitness Circuit</p> <p>develop flexibility, strength, technique, control and balance</p> <p>Preparation for Skipping festival.</p>

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	Fitness Circuit develop flexibility, strength, technique, control and balance	Invasion games play competitive games, modified where appropriate - apply basic principles suitable for attacking and defending	Team games developing simple tactics for attacking and defending Cooperation, enjoyment, team work	OAA take part in outdoor and adventurous activity challenges both individually and within a team	Swimming swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations.	Swimming swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations.
Year 5	Net and wall games use running, jumping, throwing and catching in isolation and in combination	Dance perform dances using a range of movement patterns	Invasion games play competitive games, modified where appropriate - apply basic principles suitable for attacking and defending	Gymnastics develop flexibility, strength, technique, control and balance	Striking and fielding use running, jumping, throwing and catching in isolation and in combination / competitive games	Athletics (Track and Field) develop flexibility, strength, technique, control and balance
	Swimming swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations.	Swimming swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations.	Swimming swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations.	Swimming swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations.	OAA take part in outdoor and adventurous activity challenges both individually and within a team	Invasion games play competitive games, modified where appropriate - apply basic principles suitable for attacking and defending
Year 6	Leadership in PE Enjoy communicating, collaborating and competing with each other. Compete in sport and other activities build character and help to embed values such as fairness and respect.	Dance perform dances using a range of movement patterns	Gymnastics develop flexibility, strength, technique, control and balance	Net and wall games use running, jumping, throwing and catching in isolation and in combination	Striking and fielding use running, jumping, throwing and catching in isolation and in combination / competitive games	Athletics (Track and Field) develop flexibility, strength, technique, control and balance
	Athletics (Track and Field) develop flexibility, strength, technique, control and balance	Fitness Circuits develop flexibility, strength, technique, control and balance	Invasion games play competitive games, modified where appropriate - apply basic principles suitable for attacking and defending	Invasion games play competitive games, modified where appropriate - apply basic principles suitable for attacking and defending	Mindfulness / Well being develop flexibility, strength, technique, control and balance. Develop mental health and self-well-being skills	OAA take part in outdoor and adventurous activity challenges both individually and within a team

Throughout KS2:

- 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.
- enjoy communicating, collaborating and competing with each other.
- develop an understanding of how to improve in different physical activities and sports
- Evaluate and recognise their own success
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.