



# PE: WHOLE SCHOOL OVERVIEW



*Including 2014 National Curriculum Guidelines*

## **KS1**

Pupils should be taught to:

- 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.

Year 1		
Multi-Skills	Games Skills (Invasion games)	Dance
<ul style="list-style-type: none"> <li>➤ Develop balance, agility and co-ordination.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Participate in team games.</li> <li>➤ Develop simple attacking and defending techniques.</li> <li>➤ Pass and receive a ball in different ways with increased control</li> </ul>	<ul style="list-style-type: none"> <li>➤ Perform dance movements and simple routines using simple movement patterns.</li> </ul>
Gymnastics	Athletics	Games Skills (Striking and Fielding games)
<ul style="list-style-type: none"> <li>➤ Develop balance, agility and co-ordination.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Develop basic movement techniques.</li> <li>➤ Know how to run, throw and jump with increased control and co-ordination.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Pass and receive a ball in different ways with increased control.</li> <li>➤ Develop simple fielding techniques.</li> <li>➤ Participate in team games.</li> </ul>

Year 2		
Multi-Skills	Games Skills (Invasion games)	Dance
<ul style="list-style-type: none"> <li>➤ Develop balance, agility and co-ordination.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Participate in team games.</li> <li>➤ Understand and develop tactics for attacking and defending.</li> <li>➤ Pass and receive a ball in different ways with control and increased accuracy.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Remember and repeat simple dance phrases.</li> <li>➤ Perform dances using simple movement patterns.</li> </ul>
Gymnastics	Athletics	Games Skills (Striking and Fielding games)
<ul style="list-style-type: none"> <li>➤ Develop balance, agility and co-ordination.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Explore movement techniques with increased control.</li> <li>➤ Know how to run, throw and jump. Perform these with increased control and co-ordination.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Participate in team games.</li> <li>➤ Pass and receive a ball in different ways with control and increased accuracy.</li> <li>➤ Perform fielding techniques with increased control and co-ordination.</li> </ul>

## KS2

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- 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
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Year 3		
Dance	Gymnastics	OAA
<ul style="list-style-type: none"> <li>➤ Perform simple dance phrases using a range of simple movement patterns.</li> <li>➤ Remember and repeat simple dance phrases.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Develop flexibility, strength and balance.</li> <li>➤ Perform basic skills with increased control on the floor and apparatus.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Take part in outdoor and adventurous activity challenges.</li> <li>➤ Work with others to complete challenges.</li> <li>➤ Begin to use a range of simple orienteering skills.</li> </ul>
Invasion Games (Hockey / Netball)	Striking & Fielding / Net Games (Tennis / Rounders)	Athletics
<ul style="list-style-type: none"> <li>➤ Perform actions and skills with increased control and accuracy.</li> <li>➤ Use basic principles for attacking and defending.</li> <li>➤ Participate in competitive games.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Perform actions and skills with increased control and accuracy.</li> <li>➤ Participate in competitive games.</li> <li>➤ Perform fielding techniques with an increased awareness of space.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Use running, jumping, throwing and catching in isolation and in combination.</li> <li>➤ Take part in challenges and competitions.</li> <li>➤ Perform actions and skills with increased control and accuracy.</li> </ul>

Year 4		
Swimming and water safety	Dance	Gymnastics
<p>All schools must provide swimming instruction either in key stage 1 or key stage 2.</p> <p>In particular, pupils should be taught to:</p> <ul style="list-style-type: none"> <li>▪ swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>▪ use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</li> <li>▪ perform safe self-rescue in different water-based situations.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Perform simple dance phrases using a range of simple movement patterns.</li> <li>➤ Remember and repeat simple dance phrases.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Develop flexibility, strength and balance.</li> <li>➤ Perform basic skills with increased control on the floor and apparatus.</li> </ul>
Games Invasion Games (Rugby / Football) and Striking & Fielding Games (Cricket)	Fitness	Athletics
<ul style="list-style-type: none"> <li>➤ Perform actions and skills with increased control and accuracy.</li> <li>➤ Use basic principles for attacking and defending.</li> <li>➤ Participate in competitive games.</li> <li>➤ Perform fielding techniques with and increased awareness of space.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Know how exercise affects our bodies.</li> <li>➤ Know about the importance of exercise for good health.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Use running, jumping, throwing and catching in isolation and in combination.</li> <li>➤ Take part in challenges and competitions.</li> <li>➤ Perform actions and skills with increased control and accuracy.</li> </ul>

Year 5		
Dance	Gymnastics	Fitness
<ul style="list-style-type: none"> <li>➤ Perform dance phrases using a range of movement patterns.</li> <li>➤ Create and perform dance phrases using a range of movement patterns.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Develop flexibility, strength, technique,, control and balance.</li> <li>➤ Perform basic skills with control and accuracy on the floor and apparatus.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Know why physical activity is good for our health and well-being</li> <li>➤ Know about the effect of exercise and rest on pulse rate.</li> </ul>
Invasion Games (Netball / Hockey)	Striking & Fielding / Net Games (Tennis / Rounders)	Athletics
<ul style="list-style-type: none"> <li>➤ Perform actions and skills with increased control and accuracy.</li> <li>➤ Use attacking and defending techniques with increased confidence and control.</li> <li>➤ Play competitive games.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Perform actions and skills with control and accuracy.</li> <li>➤ Play competitive games.</li> <li>➤ Perform fielding techniques with an awareness of space.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Use running, jumping, throwing and catching in isolation and in combination.</li> <li>➤ Take part in challenges and competitions.</li> <li>➤ Perform actions and skills with control and accuracy.</li> </ul>

Year 6		
Dance	Gymnastics	OAA
<ul style="list-style-type: none"> <li>➤ Perform dance phrases using a range of movement patterns.</li> <li>➤ Create and perform dance phrases using a range of movement patterns.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Develop flexibility, strength, technique,, control and balance.</li> <li>➤ Perform basic skills with control and accuracy on the floor and apparatus.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Take part in outdoor and adventurous activity challenges both individually and within a team.</li> <li>➤ Use a range of orienteering and problem-solving skills.</li> </ul>
Invasion Games (Basketball / Rugby)	Striking & Fielding / Net Games (Badminton or Volleyball / Cricket)	Athletics
<ul style="list-style-type: none"> <li>➤ Perform actions and skills with increased control and accuracy.</li> <li>➤ Use attacking and defending techniques with increased confidence and control.</li> <li>➤ Play competitive games.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Perform actions and skills with control and accuracy.</li> <li>➤ Play competitive games.</li> <li>➤ Perform fielding techniques with an awareness of space.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Use running, jumping, throwing and catching in isolation and in combination.</li> <li>➤ Take part in challenges and competitions.</li> <li>➤ Perform actions and skills with control and accuracy.</li> </ul>