



Shine as Lights in the World

St Mary's CE School PE Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nur	<p><u>Introduction to PE: Unit 1</u></p> <ul style="list-style-type: none"> - moving safely; running; jumping; throwing; catching; following a path 	<p><u>Introduction to PE: Unit 2</u></p> <ul style="list-style-type: none"> - moving safely; running; jumping; throwing; catching; rolling 	<p><u>Dance: Unit 1</u></p> <ul style="list-style-type: none"> - travelling; copying and performing actions; co-ordination 	<p><u>Ball Skills: Unit 1</u></p> <ul style="list-style-type: none"> - rolling a ball; stopping a rolling ball; throwing at a target; bouncing a ball; dribbling a ball with feet; kicking a ball 	<p><u>Gymnastics: Unit 1</u></p> <ul style="list-style-type: none"> - shapes; balances; jumps; rocking; rolling 	<p><u>Games: Unit 1</u></p> <ul style="list-style-type: none"> - running; balancing; changing direction; striking a ball; throwing
Rec	<p><u>Fundamentals: Unit 1</u></p> <ul style="list-style-type: none"> - balancing; running; jumping; changing direction; hopping; travelling 	<p><u>Fundamentals: Unit 2</u></p> <ul style="list-style-type: none"> - hopping; galloping; skipping; sliding; jumping; changing direction; balancing; running 	<p><u>Gymnastics: Unit 2</u></p> <ul style="list-style-type: none"> - shapes; balances; jumps; rock and roll; barrel roll; straight roll; progressions of a forward roll; travelling 	<p><u>Bat & Ball Skills Games: Unit 2</u></p> <ul style="list-style-type: none"> - running; changing direction; striking a ball 	<p><u>Dance: Unit 2</u></p> <ul style="list-style-type: none"> - travelling; copying and performing actions; balance; co-ordination 	<p><u>Ball Skills: Unit 2</u></p> <ul style="list-style-type: none"> - rolling a ball; tracking a ball; throwing at a target; bouncing a ball; dribbling a ball with feet; kicking a ball

Y1	<p>Ball Skills</p> <ul style="list-style-type: none"> - rolling; kicking; throwing; catching; bouncing; dribbling; tracking 	<p>Sending and Receiving</p> <ul style="list-style-type: none"> - rolling; kicking; throwing; catching; tracking 	<p>Gymnastics</p> <ul style="list-style-type: none"> - travelling actions; shapes; balances; jumps; barrel roll; straight roll; forward roll progressions 	<p>Net and Wall Games</p> <ul style="list-style-type: none"> - throwing; catching; hitting a ball; tracking a ball 	<p>Target Games</p> <ul style="list-style-type: none"> - underarm throwing; overarm throwing; aim; hand eye co-ordination 	<p>Dance</p> <ul style="list-style-type: none"> - travelling; copying and performing actions; using shape; balance; co-ordination
	<p>Game On: Fundamentals</p> <ul style="list-style-type: none"> - balancing; sprinting; jogging; dodging; jumping; hopping; skipping 	<p>Game On: Fundamentals</p> <ul style="list-style-type: none"> - balancing; sprinting; jogging; dodging; jumping; hopping; skipping 	<p>Game On: Tennis</p> <ul style="list-style-type: none"> - hitting; throwing; catching; ready position 	<p>Game On: Football</p> <ul style="list-style-type: none"> - dribbling; passing; ball control; turning; receiving 	<p>Game On: Cricket</p> <ul style="list-style-type: none"> - underarm and overarm throwing; catching; fielding a ball; batting 	<p>Game On: Athletics</p> <ul style="list-style-type: none"> - running at different speeds; agility and co-ordination; jumping for distance; throwing for distance; throwing for accuracy; balance
Y2	<p>Archery</p> <ul style="list-style-type: none"> - aim; hand eye co-ordination 	<p>Dance</p> <ul style="list-style-type: none"> - travelling; copying and performing actions; using dynamics; using pathways, expression, and speed; balance; co-ordination 	<p>Gymnastics</p> <ul style="list-style-type: none"> - shapes; balances; shape jumps; travelling movements; barrel roll; straight roll; forwards roll 	<p>Ball Skills</p> <ul style="list-style-type: none"> - rolling; kicking; throwing; catching; bouncing; dribbling 	<p>Invasion Games</p> <ul style="list-style-type: none"> - throwing; catching; kicking; dribbling with hands; dribbling with feet; dodging; finding space 	<p>Striking and Fielding</p> <ul style="list-style-type: none"> - throwing; catching; tracking a ball; striking a ball
	<p>Game On: Fundamentals</p> <ul style="list-style-type: none"> - balancing; sprinting; jogging; dodging; jumping; hopping; skipping 	<p>Game On: Fundamentals</p> <ul style="list-style-type: none"> - balancing; sprinting; jogging; dodging; jumping; hopping; skipping 	<p>Game On: Tennis</p> <ul style="list-style-type: none"> - hitting; throwing; catching; ready position 	<p>Game On: Football</p> <ul style="list-style-type: none"> - dribbling; passing; ball control; turning; receiving 	<p>Game On: Athletics</p> <ul style="list-style-type: none"> - running at different speeds; jumping for distance; jumping for height; throwing for distance 	<p>Game On: Cricket</p> <ul style="list-style-type: none"> - underarm and overarm throwing; catching; fielding a ball; batting

Y3	<p>Gymnastics</p> <ul style="list-style-type: none"> - individual point and patch balances; straight roll; barrel roll; forward roll; straight jump; tuck jump; star jump; rhythmic gymnastics 	<p>Fitness</p> <ul style="list-style-type: none"> - strength; speed; power; agility; co-ordination; balance; stamina 	<p>Dance</p> <ul style="list-style-type: none"> - using canon, unison, formation, dynamics, pathways, and direction; copying and performing actions, control, balance 	<p>Ball Skills</p> <ul style="list-style-type: none"> - tracking a ball; throwing; catching; dribbling 	<p>Rounders</p> <ul style="list-style-type: none"> - underarm and overarm throwing; catching; tracking a ball; fielding and retrieving a ball; batting 	<p>Netball</p> <ul style="list-style-type: none"> - passing; catching; footwork; intercepting; shooting; dodging
	<p>Game On: Tag Rugby</p> <ul style="list-style-type: none"> - passing; catching; dodging; tagging; scoring 	<p>Game On: Hockey</p> <ul style="list-style-type: none"> - passing; dribbling; receiving; intercepting; tackling 	<p>Game On: Tennis</p> <ul style="list-style-type: none"> - forehand; backhand; throwing; catching; ready position 	<p>Game On: Football</p> <ul style="list-style-type: none"> - dribbling; passing; ball control; tracking/jockeying; turning; receiving 	<p>Game On: Athletics</p> <ul style="list-style-type: none"> - sprinting; running over obstacles; jumping for distance; jumping for height; push throw for distance; pull throw for distance 	<p>Game On: Cricket</p> <ul style="list-style-type: none"> - underarm and overarm throwing; catching; over and underarm bowling; fielding and tracking a ball; batting
Y4	<p>Gymnastics</p> <ul style="list-style-type: none"> - individual and partner balances; jumps using rotation; straight roll; barrel roll; forward roll; straddle roll; bridge; shoulder stand 	<p>Fundamentals</p> <ul style="list-style-type: none"> - balancing; sprinting; jogging; dodging; jumping; hopping; skipping 	<p>Swimming</p> <ul style="list-style-type: none"> - float; travel; submerge; kick with legs; pull with arms; glide; front crawl; backstroke; breaststroke; rotation; sculling; treading water 	<p>Swimming</p> <ul style="list-style-type: none"> - float; travel; submerge; kick with legs; pull with arms; glide; front crawl; backstroke; breaststroke; rotation; sculling; treading water 	<p>Dodgeball</p> <ul style="list-style-type: none"> - throwing; catching; dodging; blocking 	<p>Dance</p> <ul style="list-style-type: none"> - using canon, unison, formation, dynamics, pathways and direction; copying and performing actions, control, balance, technique
	<p>Game On: Tag Rugby</p> <ul style="list-style-type: none"> - passing; catching; dodging; tagging; scoring 	<p>Game On: Hockey</p> <ul style="list-style-type: none"> - passing; dribbling; receiving; intercepting; tackling 	<p>Game On: Tennis</p> <ul style="list-style-type: none"> - underarm throwing; catching; forehand; backhand; ready position 	<p>Game On: Football</p> <ul style="list-style-type: none"> - dribbling; passing; ball control; tracking/jockeying; turning; receiving 	<p>Game On: Athletics</p> <ul style="list-style-type: none"> - pacing; sprinting technique; jumping for distance; jumping for height; throw, heave and launch for distance 	<p>Game On: Cricket</p> <ul style="list-style-type: none"> - underarm and overarm throwing; catching; over and underarm bowling; fielding and tracking a ball; batting

Y5	<p>Dance</p> <ul style="list-style-type: none"> - using a variety of dance actions; using canon, unison, formation, dynamics, character, structure, space, emotion, matching, mirroring and transitions 	<p>Fitness</p> <ul style="list-style-type: none"> - strength; speed; power; agility; co-ordination; balance; stamina 	<p>Cross Country</p> <ul style="list-style-type: none"> - pacing; sprinting; strength; stamina 	<p>Gymnastics</p> <ul style="list-style-type: none"> - straddle roll; forward roll; backward roll; counter- balance; counter tension; bridge; shoulder stand; handstand; cartwheel; vault 	<p>Badminton</p> <ul style="list-style-type: none"> -underarm forehand; underarm backhand; overarm forehand; serve; rally; run 	<p>Rounders</p> <ul style="list-style-type: none"> - throwing; catching; bowling; tracking, fielding, and retrieving a ball; batting
	<p>Game On: Tag Rugby</p> <ul style="list-style-type: none"> - throwing; catching; running; dodging; tagging; scoring 	<p>Game On: Netball</p> <ul style="list-style-type: none"> - passing; catching; footwork; intercepting; shooting; dodging 	<p>Game On: Hockey</p> <ul style="list-style-type: none"> - dribbling; passing; receiving; tackling; creating and using space; shooting 	<p>Game On: Tennis</p> <ul style="list-style-type: none"> - forehand groundstroke; backhand groundstroke; forehand volley; backhand volley; underarm serve 	<p>Game On: Athletics</p> <ul style="list-style-type: none"> - pacing; sprinting technique; relay changeovers; jumping for height; jumping for distance – long jump, triple jump; push throw for distance – shot put, javelin; pull throw for distance 	<p>Game On: Cricket</p> <ul style="list-style-type: none"> - underarm and overarm throwing; catching; over and underarm bowling; long and short barrier; batting
Y6	<p>Gymnastics</p> <ul style="list-style-type: none"> - straddle roll; forward roll; backward roll; counter- balance; counter tension; bridge; shoulder stand; handstand; cartwheel; headstand; vault 	<p>Fitness</p> <ul style="list-style-type: none"> - strength; speed; power; agility; co-ordination; balance; stamina 	<p>Cross Country</p> <ul style="list-style-type: none"> - pacing; sprinting; strength; stamina 	<p>Dance</p> <ul style="list-style-type: none"> - performing a variety of dance actions; using canon, unison, formation, dynamics, character, structure, space, emotion, matching and mirroring 	<p>Dodgeball</p> <ul style="list-style-type: none"> - throwing; catching; dodging; blocking 	<p>Rounders</p> <ul style="list-style-type: none"> - throwing; catching; bowling; tracking, fielding, and retrieving a ball; batting

	<p><u>Game On: Tag Rugby</u></p> <p>- throwing; catching; running; dodging; tagging; scoring</p>	<p><u>Game On: Netball</u></p> <p>- passing; catching; footwork; intercepting; shooting; dodging</p>	<p><u>Game On: Hockey</u></p> <p>- dribbling; passing; receiving; tackling; creating and using space; shooting</p>	<p><u>Game On: Tennis</u></p> <p>- forehand groundstroke; backhand groundstroke; forehand volley; backhand volley; underarm serve</p>	<p><u>Game On: Athletics</u></p> <p>- pacing; sprinting; running over obstacles – hurdles; jumping for distance – triple jump; jumping for height – high jump; fling throw for distance – discus; push throwing for distance – shot put</p>	<p><u>Game On: Cricket</u></p> <p>- underarm and overarm throwing; catching; over and underarm bowling; long and short barrier; batting</p>
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