



St Oswald's CE Primary School



PE Curriculum Overview



Cycle A

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>EYFS</p> <p>Throughout PE lessons, EYFS will also:</p> <ul style="list-style-type: none"> Understand how to listen carefully and understand why listening is important (C&L) Learn new vocabulary (C&L). Ask questions to find out more and to check they understand what has been said to them (C&L). Build constructive and respectful relationships (P,S&E) Show resilience and perseverance in the face of challenge (P,S&E) Know and talk how regular physical activity supports overall health and wellbeing (P,S&E) Watch and talk about dance and performance art, expressing their feelings and responses (EA&D) Explore and engage in dance, performing solo or in groups (EA & D) 	<p><u>Travelling and Jumping</u> Revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping, climbing.</p>	<p><u>Sending and Receiving</u> Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</p>	<p><u>Gymnastics</u> Develop the overall body strength, coordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming. Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. Develop overall body-strength, balance, coordination and agility.</p>	<p><u>Striking</u> Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</p>	<p><u>Dance</u> Progress towards a more fluent style of moving, with developing control and grace. Develop the overall body strength, coordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming. (D.S to work on Sports Day preparation as additional)</p>	<p><u>Attacking and Defending</u> Revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping, climbing.</p>
Year 1/2	<p><u>Multi Skills: Striking and Hitting</u> NC: master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities (AO1)</p>		<p><u>Multi skills: Attacking and Defending</u> NC: participate in team games, developing simple tactics for attacking and defending (AO2)</p>		<p><u>Invasion: Tag Games</u> NC: master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities (AO1) Participate in team games (AO2)</p>	
	<p><u>Dance: Representing London's Burning (Hall)</u> NC: Perform dances using simple movement patterns (AO3).</p>		<p><u>Target: Dodgeball (Hall)</u> NC: participate in team games, developing simple tactics for attacking and defending (AO2) NC: master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities (AO1)</p>		<p><u>Athletics</u> NC: master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities (AO1)</p>	<p><u>Inclusive Target: Boccia</u> NC: master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities (AO1)</p>
Year 3/4	<p><u>Invasion: Basketball</u> NC: use running, jumping, throwing and catching in isolation and in combination (AO1) NC: play competitive games and apply basic principles for attacking and defending (AO2).</p>		<p><u>Orienteering: OAA</u> NC: take part in outdoor and adventurous activity challenges both individually and within a team (AO5)</p>		<p><u>Invasion: Tag Rugby League</u> NC: use running, jumping, throwing and catching in isolation and in combination (AO1) NC: play competitive games and apply basic principles for attacking and defending (AO2).</p>	
	<p><u>Gymnastics (Hall)</u> NC: develop flexibility, strength, technique, control and balance (AO3)</p>		<p><u>Inclusive Target: Goalball (Hall)</u> NC: play competitive games, modified and apply basic principles for attacking and defending (AO2).</p>	<p><u>Athletics</u> NC: use running, jumping, throwing and catching in isolation and in combination (AO1) develop flexibility, strength, technique, control and balance (AO3)</p>	<p><u>Net and Wall: Tennis</u> NC: use running, jumping, throwing and catching in isolation and in combination (AO1) NC: play competitive games and apply basic principles for attacking and defending (AO2).</p>	
Year 5/6	<p><u>Invasion: Football</u> NC: use running, jumping, throwing and catching in isolation and in combination (AO1) NC: play competitive games and apply basic principles for attacking and defending (AO2).</p>		<p><u>Invasion: Hockey</u> NC: use running, jumping, throwing and catching in isolation and in combination (AO1) NC: play competitive games and apply basic principles for attacking and defending (AO2).</p>		<p><u>Strike and Field: Danish Longball</u> NC: develop flexibility, strength, technique, control and balance (AO3)</p>	
	<p><u>Inclusive Target: New Age Kurling (Hall)</u> NC: develop flexibility, strength, technique, control and balance (AO3)</p>	<p><u>Fitness: Box2BFit/ Skip2BFit (Hall)</u> NC: develop flexibility, strength, technique, control and balance (AO3)</p>	<p><u>Gymnastics (Hall)</u> NC: develop flexibility, strength, technique, control and balance (AO3).</p>		<p><u>Athletics</u> NC: use running, jumping, throwing and catching in isolation and in combination (AO1)</p>	<p><u>Invasion: Quidditch</u> NC: use running, jumping, throwing and catching in isolation and in combination (AO1)</p>

				develop flexibility, strength, technique, control and balance (AO3)	NC: play competitive games and apply basic principles for attacking and defending (AO2).
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 St Oswald's CE Primary School PE Curriculum Overview 						
Cycle B						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS Throughout PE lessons, EYFS will also: <ul style="list-style-type: none"> Understand how to listen carefully and understand why listening is important (C&L) Learn new vocabulary (C&L). Ask questions to find out more and to check they understand what has been said to them (C&L). Build constructive and respectful relationships (P,S&E) Show resilience and perseverance in the face of challenge (P,S&E) Know and talk how regular physical activity supports overall health and wellbeing (P,S&E) Watch and talk about dance and performance art, expressing their feelings and responses (EA&D) Explore and engage in dance, performing solo or in groups (EA & D) 	Travelling and Jumping Revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping, climbing.	Sending and Receiving Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.	Gymnastics Develop the overall body strength, coordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming. Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. Develop overall body-strength, balance, coordination and agility.	Striking Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.	Dance Progress towards a more fluent style of moving, with developing control and grace. Develop the overall body strength, coordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming. (D.S to work on Sports Day preparation as additional)	Attacking and Defending Revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping, climbing.
Year 1/2	Multi skills: Travelling, dodging, jumping, sending and receiving NC: master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities (AO1)		Invasion: Handball NC: master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities (AO1) Participate in team games (AO2)		Athletics NC: master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities (AO1)	
	Yoga NC: master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities (AO1)		Gymnastics (Hall) NC: master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities (AO1)		Strike and Field: Beanbag Rounders NC: participate in team games, developing simple tactics for attacking and defending (AO3)	
Year 3/4	Invasion: Uni-Hoc NC: use running, jumping, throwing and catching in isolation and in combination (AO1) NC: play competitive games and apply basic principles for attacking and defending (AO2).		Invasion: Futsal NC: use running, jumping, throwing and catching in isolation and in combination (AO1) NC: play competitive games and apply basic principles for attacking and defending (AO2).		Athletics NC: use running, jumping, throwing and catching in isolation and in combination (AO1) develop flexibility, strength, technique, control and balance (AO3)	
	Dance: War Dance (Hall) NC: perform dances using a range of movement patterns (AO4)		Fitness: Circuits (Hall) NC: use running, jumping, throwing and catching in isolation and in combination (AO1) NC: develop flexibility, strength, technique, control and balance (AO3)		Strike and Field: Cricket NC: use running, jumping, throwing and catching in isolation and in combination (AO1) NC: play competitive games and apply basic principles for attacking and defending (AO2).	

Year 5/6	<u>Invasion: Tag Rugby (Union)</u> NC: use running, jumping, throwing and catching in isolation and in combination (AO1) NC: play competitive games and apply basic principles for attacking and defending (AO2)	<u>Orienteering: OAA</u> NC: use running, jumping, throwing and catching in isolation and in combination (AO1) NC: take part in outdoor and adventurous activity challenges both individually and within a team (AO5)	<u>Athletics</u> NC: use running, jumping, throwing and catching in isolation and in combination (AO1) develop flexibility, strength, technique, control and balance (AO3)
	<u>Dance: A Journey through the 20th Century (Hall)</u> NC: perform dances using a range of movement patterns (AO4)	<u>Invasion: Netball</u> NC: use running, jumping, throwing and catching in isolation and in combination (AO1) NC: play competitive games and apply basic principles for attacking and defending (AO2).	<u>Net and Wall: Badminton (Hall)</u> NC: play competitive games and apply basic principles for attacking and defending (AO2).