



St Joseph's PE Curriculum overview – 2021/2022

	EYFS	Key Stage 1		Lower Key Stage 2		Upper Key Stage 2	
	Rec / Nurs	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn term 1	Rosie's Walk Experimenting different ways to shuffling, running, jumping, skipping and hopping.	Baseline- Lost and Found Practising a variety of fundamental skills.	Baseline- Supertato Practising a variety of fundamental skills.	Invasion games- Rugby To perform a swing pass in a game.	Dodgeball Throwing a ball at a target within a game.	Invasion games To apply simple tactics to a game.	Net and ball tennis To play a game and demonstrate tactics.
Autumn term 2	How to catch a star Practising how to throw a ball.	Underarm throw Using underarm throwing with accuracy and determination.	Games- net and ball Using a bat and a ball.	Net and wall games Using different throwing actions and striking skills.	Invasion games- Rugby Running and throwing a ball.	Athletics To take off and land using, jumps, throws and speeds.	Invasion games- net and wall To use simple attacking and defending tactics.
Spring term 1	The Hungry Caterpillar Travelling and rolling in different ways.	Overarm throw Using the skill in a simple tactic game.	Playground games in the 20 th Century Developing direction and galloping while catching a ball.	Athletic activities To throw from a distance and pass a baton in a relay.	Athletics To improve throwing and jumping skills.	Badminton To demonstrate different tactics in a simple game.	Creative games To create a game and outwit the opposite team.
Spring term 2	Jack and The Beanstalk Experimenting different ways of moving on equipment.	Dance- Three Little Pigs Linking and travelling movements.	Dance- Seaside Exploring body shapes and movements.	Dance- Ironman Demonstrate unusual movements and keep in time to music.	Dance- Myths and Legends To link three sequences together.	Dance- Robin Hood To link different sequences to tell a story.	Dance To use the story to create a routine with a variety of skills.
Summer term 1	Seaside Practising a variety of gymnastic rolls and balances.	Gymnastics Applying travelling, rolling, and jumping in a sequence.	Gymnastics To create a sequence using rolling, jumping, and travelling.	Gymnastics Create a routine using 6 different skills.	Gymnastics To plan and perform a simple routine.	Gymnastics To perform a range of counter-balance actions.	Gymnastics Link all sequences together to create a routine.
Summer term 2	Fundamental skills Hopping, jumping, and throwing underarm/over.	Catching and throwing a ball Using this skill to show power and accuracy.	Fundamental key skills Applying the FMS over distances.	Trust and Trails To know simple orientating symbols and maps.	Team work and problem solving To work in a team and solve challenges.	OAA To generate and share ideas within a team.	OAA Can organise time and resources within a team.

Coverage	<p>Over EYFS:</p> <p>Physical activity is vital in children's all-round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child's strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination, which is later linked to early literacy. Repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practice of using small tools, with feedback and support from adults, allow children to develop proficiency, control and confidence</p>	<p>Over KS1:</p> <p>Pupils develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They are able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Pupils are taught to:</p> <ul style="list-style-type: none"> • 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 	<p>Over KS2 the knowledge to be covered for each unit:</p> <p>Pupils continue to 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. They enjoy communicating, collaborating and competing with each other. They develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p> <p>Pupils are taught to:</p> <ul style="list-style-type: none"> • 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 <p>End of KS2 Swimming</p> <ul style="list-style-type: none"> • 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
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