

PE overview – key National Curriculum links

	Autumn		Spring		Summer	
Year 1 (Indoor)	Dance	Yoga	Ball Skills – Boccia	Gymnastics	Dance	Gymnastics
	To perform dances using simple movement patterns	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	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	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	To perform dances using simple movement patterns	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
Year 1 (Outdoor)	Tennis	Ball Skills – Throwing and Catching	Ball Skills – Sticks and Feet	Orienteering	Tag Rugby	Athletics
	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	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	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	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	To participate in team games, developing simple tactics for attacking and defending 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	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
Year 2 (Indoor)	Gymnastics	Yoga	Dance	Ball Skills – Goalball	Gymnastics	Dance
	To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility	To master basic movements including running, jumping, throwing	To perform dances using simple movement patterns	To participate in team games, developing simple tactics for attacking and defending	To master basic movements including running, jumping, throwing and catching,	To perform dances using simple movement patterns

	and co-ordination, and begin to apply these in a range of activities	and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities		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	as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	
Year 2 (Outdoor)	Ball Skills – Striking and Field	Football	Ball Skills – Invasion	Ball Skills – Throwing and Catching ing	Skipping	Athletics
	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	To participate in team games, developing simple tactics for attacking and defending 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	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	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	To master basic movements including, jumping, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	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
KS1 End Points	<p>By the end of KS1, pupils will:</p> <ul style="list-style-type: none"> ✓ Create their own sequence with linked actions, rolls, balances and jumps, whilst moving with increasing control and care. ✓ Copy, remember and repeat dance phrases, using counts to stay in time with the music. ✓ Dribble, send and receive a ball with increasing consistency, whilst showing an understanding of attacking and defending. ✓ Hold a bat appropriately and hit a ball into space making it difficult for an opponent. ✓ Send/throw a ball/shuttle underarm, overarm, high and low to a partner/target and have a simple rally over a net. ✓ Throw a ball in different ways towards a target and show balance, coordination and control when running and jumping. ✓ Understand how to use, follow and create a simple map or diagram. ✓ Explain what they need to stay healthy. ✓ Describe what they like and suggest simple improvements for their own and others' performances. 					
Year 3 (Indoor)	Seated Volleyball	Dance	Gymnastics	Badminton	Athletics	Gymnastics
	To use running, jumping, throwing and catching in isolation and in combination	To perform dances using a range of	To develop flexibility, strength, technique, control and balance	To use running, jumping, throwing and	To develop flexibility, strength, technique, control and balance	To develop flexibility, strength, technique, control and balance

	<p>To play competitive games and apply basic principles suitable for attacking and defending</p> <p>To compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>movement patterns</p>		<p>catching in isolation and in combination</p> <p>To play competitive games and apply basic principles suitable for attacking and defending</p> <p>To compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>To use running, jumping, throwing and catching in isolation and in combination</p> <p>To compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	
Year 3 (Outdoor)	Hockey	Orienteering	Tag Rugby	Basketball	Tennis	Cricket
	<p>To use running, jumping, throwing and catching in isolation and in combination</p> <p>To play competitive games and apply basic principles suitable for attacking and defending</p> <p>To compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>To take part in outdoor and adventurous activity challenges both individually and in a team</p>	<p>To use running, jumping, throwing and catching in isolation and in combination</p> <p>To play competitive games and apply basic principles suitable for attacking and defending</p> <p>To compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>To use running, jumping, throwing and catching in isolation and in combination</p> <p>To play competitive games and apply basic principles suitable for attacking and defending</p> <p>To compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>To use running, jumping, throwing and catching in isolation and in combination</p> <p>To play competitive games and apply basic principles suitable for attacking and defending</p> <p>To compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>To use running, jumping, throwing and catching in isolation and in combination</p> <p>To play competitive games and apply basic principles suitable for attacking and defending</p> <p>To compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>
Year 4 (Indoor)	Dance	Boccia	Pilates	Circuit Training	Swimming (All Year)	Dance
	<p>To perform dances using a range of movement patterns</p>	<p>To use running, jumping, throwing and catching in isolation and in combination</p> <p>To play competitive games and apply basic principles suitable for attacking and defending</p> <p>To compare their performances with</p>	<p>To develop flexibility, strength, technique, control and balance</p>	<p>To develop flexibility, strength, technique, control and balance</p> <p>To use running, jumping, throwing and catching in isolation and in combination</p> <p>To compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>To swim confidently, competently and proficiently over a distance of at least 25 metres</p> <p>To use a range of strokes effectively</p> <p>To perform safe self-rescue in different water-based situations</p> <p>NOTE:</p>	<p>To perform dances using a range of movement patterns</p>

		previous ones and demonstrate improvement to achieve their personal best			<p>Y4 indoor units are taught in a rotation for each class to allow for a 12 week block of swimming lessons, which are taught at different times.</p> <p>Each Y4 class will teach indoor PE units in a different order.</p>	
Year 4 (Outdoor)	Orienteering	Quidditch	Handball	Football	Tennis	Rounders
	To take part in outdoor and adventurous activity challenges both individually and in a team	<p>To use running, jumping, throwing and catching in isolation and in combination</p> <p>To play competitive games and apply basic principles suitable for attacking and defending</p> <p>To compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>To use running, jumping, throwing and catching in isolation and in combination</p> <p>To play competitive games and apply basic principles suitable for attacking and defending</p> <p>To compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>To use running, jumping, throwing and catching in isolation and in combination</p> <p>To play competitive games and apply basic principles suitable for attacking and defending</p> <p>To compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>To use running, jumping, throwing and catching in isolation and in combination</p> <p>To play competitive games and apply basic principles suitable for attacking and defending</p> <p>To compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>To use running, jumping, throwing and catching in isolation and in combination</p> <p>To play competitive games and apply basic principles suitable for attacking and defending</p> <p>To compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>
LKS2 End Points	<p>By the end of LKS2, pupils will:</p> <ul style="list-style-type: none"> ✓ Create a sequence using an increasing range of actions, directions, speeds and levels, whilst moving with clarity, fluency and expression. ✓ Use simple movement patterns to structure dances on their own, with a partner or in a group, using space and changes in timing. ✓ Dribble, pass, receive and shoot with increasing accuracy, whilst considering tactics to delay opponents. ✓ Strike a ball bowled and stop, collect and intercept a ball at different heights and speeds. ✓ Use forehand and/backhand serve with and without ball bounce over a net and maintain a cooperative rally using a variety of strokes (forehand and backhand). ✓ Throw and roll a variety of objects with some power to a target, jump for distance and demonstrate a difference in sprinting and jogging techniques. ✓ Identify key symbols on a map and use a key to navigate around a grid. ✓ Explain why exercise is good for your health. ✓ Modify their use of skills or techniques to achieve a better performance, recognising how they have improved. 					

Year 5 (Indoor)	Dance	Badminton	Learn and move fitness	Seated Volleyball	Dance	Athletics
	To perform dances using a range of movement patterns	To use running, jumping, throwing and catching in isolation and in combination To play competitive games and apply basic principles suitable for attacking and defending To compare their performances with previous ones and demonstrate improvement to achieve their personal best	To develop flexibility, strength, technique, control and balance	To use running, jumping, throwing and catching in isolation and in combination To play competitive games and apply basic principles suitable for attacking and defending To compare their performances with previous ones and demonstrate improvement to achieve their personal best	To perform dances using a range of movement patterns	To develop flexibility, strength, technique, control and balance To use running, jumping, throwing and catching in isolation and in combination To compare their performances with previous ones and demonstrate improvement to achieve their personal best
Year 5 (Outdoor)	Cricket	Netball	Hockey	Tennis	Orienteering	Football
	To use running, jumping, throwing and catching in isolation and in combination To play competitive games and apply basic principles suitable for attacking and defending To compare their performances with previous ones and demonstrate improvement to achieve their personal best	To use running, jumping, throwing and catching in isolation and in combination To play competitive games and apply basic principles suitable for attacking and defending To compare their performances with previous ones and demonstrate improvement to achieve their personal best	To use running, jumping, throwing and catching in isolation and in combination To play competitive games and apply basic principles suitable for attacking and defending To compare their performances with previous ones and demonstrate improvement to achieve their personal best	To use running, jumping, throwing and catching in isolation and in combination To play competitive games and apply basic principles suitable for attacking and defending To compare their performances with previous ones and demonstrate improvement to achieve their personal best	To take part in outdoor and adventurous activity challenges both individually and in a team	To use running, jumping, throwing and catching in isolation and in combination To play competitive games and apply basic principles suitable for attacking and defending To compare their performances with previous ones and demonstrate improvement to achieve their personal best

Year 6 (Indoor)	Kin-ball	Pilates	Circuit Training	Dance	Volleyball	Gymnastics
	<p>To play competitive games and apply basic principles suitable for attacking and defending</p> <p>To compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>To develop flexibility, strength, technique, control and balance</p>	<p>To develop flexibility, strength, technique, control and balance</p> <p>To use running, jumping, throwing and catching in isolation and in combination</p> <p>To compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>To perform dances using a range of movement patterns</p>	<p>To use running, jumping, throwing and catching in isolation and in combination</p> <p>To play competitive games and apply basic principles suitable for attacking and defending</p> <p>To compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>To develop flexibility, strength, technique, control and balance</p>
Year 6 (Outdoor)	Tag Rugby	Ultimate frisbee	Orienteering	Rounders	Athletics	Tennis
	<p>To use running, jumping, throwing and catching in isolation and in combination</p> <p>To play competitive games and apply basic principles suitable for attacking and defending</p> <p>To compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>To use running, jumping, throwing and catching in isolation and in combination</p> <p>To play competitive games and apply basic principles suitable for attacking and defending</p> <p>To compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>To take part in outdoor and adventurous activity challenges both individually and in a team</p>	<p>To use running, jumping, throwing and catching in isolation and in combination</p> <p>To play competitive games and apply basic principles suitable for attacking and defending</p> <p>To compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>To develop flexibility, strength, technique, control and balance</p> <p>To use running, jumping, throwing and catching in isolation and in combination</p> <p>To compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>To use running, jumping, throwing and catching in isolation and in combination</p> <p>To play competitive games and apply basic principles suitable for attacking and defending</p> <p>To compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>

UKS2 End Points

By the end of UKS2, pupils will:

- ✓ Link actions to create their own complex sequences involving the full range of actions and movements, whilst showing precision and consistency.
- ✓ Choreograph a dance which represents ideas, emotions and feelings, whilst using counts for timing.
- ✓ Use a range of shots and passes with power and accuracy, using marking, tackling and interception to defend effectively.
- ✓ Strike a bowled ball with intent and to choose good positions and have good movement to collect shots.
- ✓ Use a forehand/backhand and overhead serve over a net into a target and maintain a rally that is not cooperative.
- ✓ Throw for distance with power and accuracy, perform a range of jumps for distance with good technique and decide on best paces for running events.
- ✓ Orientate a map efficiently and navigate around a course.
- ✓ Understand why exercise is good for health, fitness and wellbeing and that different exercises can have different benefits.
- ✓ Thoroughly evaluate their own work and other's work against criteria, suggesting thoughtful and appropriate improvements.