



St George's Physical Education Curriculum Overview



	<u>Unit 1</u>	<u>Unit 2</u>	<u>Unit 3</u>	<u>Unit 4</u>	<u>Unit 5</u>	<u>Unit 6</u>
<u>Reception</u>	<u>ABC of movement....</u>		<u>ABC of movement....</u>		<u>ABC of movement....</u>	
Physical development	<u>Agility</u>		<u>Agility</u>		<u>Agility</u>	
Moving and handling	marching forwards backwards, running, running round obstacles, moving sideways like a crab, skipping without rope, hoola hooping – turn hoop with hand, hop – preferred foot, leap – take off one foot and attempt to land on other, move in to a new space, move away from other people		marching in time, running increasing speed, running with sharp turns and on different surface, moving sideways bringing one foot to join the other, skipping with rope forwards, hoola hooping – one or more turns, hop – non preferred foot, leap -take off one foot and land on other, move in to a new space changing direction, move away from other people in to a new space		marching with other people, running – moving in to sprinting with clear changes in speed, running stopping on a signal back and forth, moving sideways with lift/gallop action, skipping with rope backwards/increased speed, hoola hooping – many turns change of speed, hop – move from one foot to other, forward and back, hop and jump joined [hopscotch], leap – take off one foot land on other use arms to gain height, move in to a new space changing direction and at increased speed, move away from another person	
	<u>Balance</u>		<u>Balance</u>		<u>Balance</u>	
	taking weight on different body part jumping on to hands		taking weight on smaller body parts tip toe walking penguin walking [walking on heels]		static balance front support, back support, side support, support dish arch	
	<u>Coordination</u>		<u>Coordination</u>		<u>Coordination</u>	
	jumping on the spot		jumping with control getting length		jumping from one point to another with control	
	jumping off a bottom stair/bench		jumping off a low gymnastic table top		jumping upwards off a low gymnastic table	
	climbing pulling		rocking rolling curling tucking		kicking at a target with accuracy	
	kicking towards a target		kicking at a target		bouncing a ball whilst moving with increasing control	
	bouncing a ball on the spot		bouncing a ball whilst moving with some control			
	<u>Receiving</u> [introduction to fielding]		<u>Receiving</u>		<u>Receiving</u>	
	along the ground whilst sitting on the ground		in to hands		move towards object adjusting feet	
	towards hands		cup hands		watch in to hands	
	to self		watch object in to hands		give as receive	
	chase after bubbles/balloon		chase and retrieve run back		chase retrieve roll back	
	<u>Sending</u>		<u>Sending</u>		<u>Sending</u>	
	along the ground towards a target		along the ground at a target		along the ground at a small target	
	in the air towards a target underarm		in the air at a target underarm		in the air at a small target underarm	
	rolling along the ground towards a target		rolling along the ground at a target		rolling along the ground at a small target	
	pushing along the ground towards a target		pushing along the ground at a target		pushing along the ground at a small target	
<u>Reception</u>						
Physical development						
Moving and handling						

	sending ball with a bounce towards a target	sending ball with a bounce at a target	sending ball with a bounce at a small target
	send an object with a two handed strike	sending the object under arm towards a target	send an object with a two handed strike with increased accuracy
	sending the object under arm	send an object with a two handed strike with some accuracy	sending the object under arm at a small target
	striking the ball with hand	striking ball towards/at a given large/small target	strike with foot strike with piece of equipment
	<u>Travelling</u>	<u>Travelling</u>	<u>Travelling</u>
	shapes: straight, star, ball, pike straddle	pause and come to a stop	rocking rolling curling tucking leading to moving forwards
	travelling on to small apparatus	travelling along small apparatus	travelling off small apparatus e.g jump
	travelling on to large apparatus	travelling along large apparatus	travelling off large apparatus e.g jump

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<u>Year 1</u> Indoor	<u>Gymnastics (ABC of Movement)</u> Travelling roll-jump-climb-pause-skip-step-hop	<u>Dance</u> Counting in 8, linking basics steps to create a motif, moving with some control, changing levels of movements and cooperating with a partner.	<u>Gymnastics (ABC of Movement)</u> Stretching-curling-tucking-rolling	<u>Dance</u> <i>Further developing previous objectives...</i>	<u>Gymnastics (ABC of Movement)</u> Taking weight taking weight on different parts of the body for different purposes.	<u>Dance</u> <i>Consolidation of previous objectives ...</i> ...Plus copying a given action and then making changes to fit purpose, making comments on other performances.
<u>Year 1</u> outdoor	<u>Fundamental Skills</u> ABC: agility balance coordination Moving running- jumping- landing-skiping- hopping- stopping-side stepping Striking a ball with a foot and pieces of equipment whilst moving forwards.	<u>Fundamental Skills</u> ABC: agility balance coordination Sending objects/balls using hands/feet/body Receiving using hands-feet- body - with increased control	<u>Fundamental Skills</u> ABC: agility balance coordination Moving changing direction, finding different spaces Striking towards a target using a piece of equipment Fielding receiving a ball along the ground.	<u>Fundamental Skills</u> ABC: agility balance coordination Sending using bats, sticks, rackets. Receiving using bats, sticks, rackets,	<u>Athletic Skills</u> Skills running in lines jumping hopping skipping change speed working as a team	<u>Athletic Skills</u> Skills adding competitive element through: egg and spoon, skipping, simple obstacle, start and finish lines working as a team

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<u>Year 2</u> indoor	<u>Gymnastics (ABC of Movement)</u> Introduction to flight - jumping and landing <i>Using apparatus</i>	<u>Dance</u> Introduce: Developing use of arms, identify which move on which count, choreographing simple sequence of moves.	<u>Gymnastics (ABC of Movement)</u> Development of taking weight on different body parts. Points: knees, toes, hips, hands Patches: back, tummy, shoulders <i>Using apparatus</i>	<u>Dance</u> <i>Further developing previous objectives...</i>	<u>Gymnastics (ABC of Movement)</u> Stretching, curling, tucking <i>Using apparatus</i>	<u>Dance</u> <i>Consolidating previous objectives...</i>
<u>Year 2</u> outdoor	<u>Fundamental skills</u> Throwing Underarm, over arm, over different distances changing speed and direction. Catching/receiving Using two hands, Moving to receive a ball at different heights and distances.	<u>Fundamental skills</u> Aiming towards a stationary or moving target at different heights. Sending for a purpose e.g: bounce pass, chest pass, shoulder throw.	<u>Fundamental skills</u> Striking Striking a ball when target is close/further away/different height. Fielding Moving towards ball and begin to know where it has to be returned to.	<u>Fundamental skills</u> Move away from an opponent Receiving and moving with the ball e.g basketball, hockey, tag rugby Receiving and send Changing speed of release	<u>Athletics Skills</u> Running creating speed, stop and go. Jumping with height/distance, moving and from standing still. Throwing over arm with pull action working as a team work as a team taking turns	<u>OAA Skills (Outdoor Adventurous Activities)</u> Challenge activities outdoors. <i>Link with maths and positional language</i>

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<u>Year 3</u> Indoor	<u>Gymnastics</u> (Movement skills) Climbing Using ropes/wall bars, building core strength Hanging Pulling Using ropes/wall bars Rolling development of forward and backward rolls Flight on to and off apparatus, landing from height linking movements work collaboratively <i>Use apparatus/music</i>	<u>Dance</u> Introduce: fluency and control in movement, definition of level changes and speed changes, using space imaginatively, cooperate with a partner/group, introduce simple props for effect, construct more complex sequence of moves.	<u>Gymnastics</u> (Movement skills) Pathways Under, over, round, through, on top, next to, beside, beneath, up. Linking more complex movements, collaborate with a partner, repeat movements. <i>Use apparatus/music</i>	<u>Dance</u> <i>Further developing previous objectives...</i>	<u>Gymnastics</u> (Movement skills) Balance developing ability to feel a balance on different body parts: -large parts -small parts. Static and dynamic balances <i>Use apparatus/music</i>	<u>Dance</u> <i>Consolidating previous objectives...</i>
<u>Year 3</u> Outdoor	<u>Fundamental skills</u> <u>Sending/throwing</u> sending ball in different direction, knowing the different types of throw and when to use them.	<u>Fundamental skills</u> <u>Receiving/catching</u> In front /behind, moving in to space.	<u>Fundamental skills</u> <u>Stay</u> with an opponent, attempt to intercept a pass. <u>Move away</u> from an opponent and be ready to receive.	<u>Fundamental skills</u> <u>Striking</u> Apply skills; striking with one hand/two hands on racquet, striking in to a space, changing the backswing to create volley/smash/serve <u>Fielding</u> With a long barrier in between.	<u>Athletics Skills</u> <u>Running</u> Sprinting, starting a race, running longer distances, reaching for the finish line. <u>Jumping</u> With increased height/distance. <u>Throwing</u> faster release, whip through. <u>Working as a team</u> relay/obstacle.	<u>OAA Skills (Outdoor Adventurous Activities)</u> <u>Challenge activities</u> <i>Link with maths and positional language</i>

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<p><u>Year 4</u></p> <p>Indoor</p>	<p><u>Gymnastics</u> (Movement skills)</p> <p><u>Travelling</u> Turning as you travel in different directions, spinning at different speeds, travelling onto, along and off apparatus, speed and control in run up towards a large piece of apparatus.</p>	<p><u>Dance</u></p> <p>Introduce: Developing own way of moving/actions, cooperate with small group, making use of personal and open space, choreograph more complex sequence of moves with control and confidence, judging a performance and performing to others.</p>	<p><u>Gymnastics</u> (Movement skills)</p> <p><u>Rotation</u> -vertical - e.g. log roll. -horizontal e.g. forward roll. -frontal e.g. cartwheel.</p> <p><i>Use apparatus/music</i></p>	<p><u>Dance</u></p> <p><i>Further developing previous objectives...</i></p>	<p><u>Gymnastics</u> (Movement skills)</p> <p>To move in to and out of balance on and off apparatus</p> <p>Linking movements, working with a partner.</p> <p><i>Use apparatus/music</i></p>	<p><u>Dance</u></p> <p><i>Consolidating previous objectives...</i></p>
<p><u>Year 4</u></p> <p>Outdoor</p>	<p><u>Fundamental skills</u></p> <p><u>Sending/throwing</u> Know when to use a pass and to know the weight of the pass. Children to develop their own skill practices and small games</p> <p><u>Officiating</u></p>	<p><u>Fundamental skills</u></p> <p><u>Receiving/catching</u> whilst moving, off the ground, intercepting.</p> <p><u>Attacking</u> getting free, finding space.</p> <p><u>Defending</u> Player, space, zone</p> <p><u>Officiating</u></p>	<p><u>Fundamental skills</u></p> <p><u>Aiming</u> towards a given target (a person, space, corner of a net, backboard, mark on ground, line)</p> <p><u>Striking</u> e.g. hockey</p> <p><u>Officiating</u></p>	<p><u>Striking and Fielding</u> e.g. Cricket</p> <p><u>Striking</u> looking for spaces, ball placement.</p> <p><u>Fielding</u> long barrier, retrieving and returning to target.</p> <p><u>Receiving</u> from a height/distance</p> <p><u>Positional play</u></p> <p><u>Sending - Bowling</u> with increased accuracy</p>	<p><u>Athletic Skills</u></p> <p><u>Running</u> reaction time, pacing, running bends</p> <p><u>Jumping</u> triple jump and combined steps</p> <p><u>Throwing</u> vortex howler, darts</p> <p><u>Working as a team</u> relays, obstacle relays</p>	<p><u>OAA Skills (Outdoor Adventurous Activities)</u></p> <p><u>Challenge activities</u></p> <p><i>Link with maths and positional language</i></p>

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<u>Year 6</u> <i>indoor</i>	<u>Gymnastics</u> Counterbalance & counter tension Using a large base/small base, working with partner/group, tumbling, Creating a movement sequence with change in levels/direction/speed, Creating a routine for an audience. <i>Use apparatus/music</i>	<u>Dance</u> <i>Develop and consolidate:</i> Link complex motifs which reflect change in levels, dynamics, and use of space/direction. Build a dance as a whole class using canon moves (one after the other), synchronized/mirrored movements.	<u>Preparing to Move</u> Programme of study based around fitness. Or <u>Indoor athletics</u>	<u>Gymnastics</u> Stretching and Curling Cannon and synchronisation Forward and backward rolls with extension, Cartwheels. Turning on ropes, climbing ropes, complex apparatus arrangements.	<u>Volleyball</u> Striking downwards Aiming to player on own team Digging lifting ball Smashing sending ball to opponents floor Movement to and from ball Attacking play Defending play <i>Compare with sitting volleyball</i> Officiating	<u>Striking</u> e.g Badminton Striking forehand, backhand Aiming towards floor, high as in overhead Smashing towards floor and away from opponent Serving low, high Movement to and from shuttlecock Attacking play Defending play Officiating

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Year 6 outdoor	<p>Striking e.g. Short Tennis</p> <p>Striking Forehand/backhand with consistent length</p> <p>Placing use the lines for placement</p> <p>Serving <i>with increased speed and accuracy</i></p> <p>Volleying <i>away from opponent, drive volley</i></p> <p>Lobbing <i>changing defence in to attack</i></p> <p>Movement off the ball</p> <p>Doubles playing with a partner</p> <p>Move into a space to send receive a pass in a competitive situation</p> <p>Officiating</p>	<p>Applying the skills to an Invasion/net wall game e.g. High Fives, Korfball, Basketball, Handball, Dodgeball</p> <p>Receiving/ Sending with control changing direction and sending</p> <p>Aiming at a goal from different distances</p> <p>Attacking getting away from an opponent</p> <p>Defending watching the player and the ball</p> <p>Change defence in to attack – what might this look like?</p> <p>Tactics from set positions</p> <p>Officiating</p>	<p>Applying the skills to an Invasion game e.g. football</p> <p>Sending different parts of foot to meet different purposes</p> <p>Receiving chest, foot trapping ball</p> <p>Moving forwards backwards, making a space, <i>running off the ball, to support a player with the ball</i></p> <p>Aiming different parts of the net, away from the goalkeeper</p> <p>Attacking getting away from an opponent and knowing when to make the move</p> <p>Defending watching the player and the ball</p> <p>Working as a team</p> <p>Move into a space to send/ receive a pass in a competitive situation</p> <p>Officiating</p>	<p>Striking and fielding e.g. baseball/rounders</p> <p>Striking and running</p> <p>Placing in to a space</p> <p>Receiving stumping, <i>looking for another opportunity to get another player out</i></p> <p>Throwing with accuracy and speed putting pressure on the runner</p> <p>Team play/tactics</p> <p>Bowling with spin</p> <p>Stumping and sending to another post, being aware of the runner</p> <p>Officiating</p>	<p>Athletic Skills</p> <p>Relay circular relay and knowing about changeovers,</p> <p>Middle distance pacing strategies <i>develop to longer distances and hills/cross country</i></p> <p>Hurdling minimising space, rhythm, timing <i>increasing speed</i></p> <p>Throwing rotation for shot discus</p> <p>Long jump marking run up consistently hitting take-off board</p> <p>Officiating</p>	<p>OAA Skills Team challenges</p> <p>Building on skills from previous years and developing: -survival skills -environmental issues -walking in the hills</p>