



Yew Tree Primary School

P.E. CURRICULUM OVERVIEW

RESPONSIBILITY:

We are responsible for what we do – if it's to be, it's up to me! We are prepared, organised and recognise consequences of our actions on ourselves and others.

RESPECT:

We are respectful by treating others how we wish to be treated – using manners, being thoughtful, kind and celebrating diversity

COURAGE:

We are brave and we take chances. We develop resilience to keep going even when things are tough. We face our fears and we are not afraid to make mistakes.

AMBITION:

We believe we can achieve in anything that we put our mind to. We aim high, love learning, have a positive 'can do' attitude and aim to be the best!

PRIDE:







We are proud of who we are and where we are from. We believe in our abilities and celebrate our success. We are a family at Yew Tree!

Intent	Curriculum Aim	To offer a broad, balanced & inclusive curriculum which acts as a starting point to stimulate awe, wonder & curiosity and which encompasses 'Learning Without Limits' so that children are empowered and able to achieve their full potential.	<p>What does this mean for P.E?</p> <ul style="list-style-type: none"> • A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. • We provide opportunities for pupils to become physically confident in a way which supports their health and fitness. • Embed values such as fairness and respect. • Develop competence to excel in a broad range of physical activities • Are physically active for sustained periods of time • Engage in competitive sports and activities • Lead healthy/active lives. <p>Responsible when taking part in physical education during P.E lessons, break, lunch and outside of school competitions.</p> <p>Respectful to others during competitions/games.</p> <p>Courage and resilience during physical activities – keep going when things get tough!</p> <p>Ambition during P.E and use your 'can do' attitude to do your absolute best, always.</p> <p>Pride in what you do and what you achieve to celebrate our success together.</p>
	Curriculum Objectives	<ul style="list-style-type: none"> • To develop the child as a responsible and confident citizen who is prepared to live in an ever-changing and diverse world. • To develop the child as an individual who embraces challenge and makes the most of every opportunity to learn. • To develop the child as a life-long learner who has a range of skills, which ensure a high level of achievement. 	



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P.E Key Skills & Knowledge Overview

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year	TOPIC 1	TOPIC 2	TOPIC 3	TOPIC 4	TOPIC 5	TOPIC 6
YN	<p><u>Manipulation and Coordination</u> Hand eye co-ordination and balls skills</p>  <p>Key Skills To begin to roll and slide beanbag/ball</p>	<p><u>Gymnastics/ Movements/ Shapes</u></p>  <p>Key Skills To begin to use their motor skills/balancing to travel under and over equipment.</p>	<p><u>Dance / Movements / Shapes</u> (Topic based)</p>  <p>Key Skills Copy different shapes to a piece of music.</p>	<p><u>Body Management</u></p>  <p>Key Skills To begin to play chasing games. Stopping and starting when told to do so.</p>	<p><u>Athletic Skills Speed, Agility and Travel</u></p>  <p>Key Skills To begin to jump, hop and skip.</p>	<p><u>Athletic Skills Speed, Agility and Travel</u> (Extra Sports Day Practise)</p>  <p>Key Skills Begin to engage having control over an object E.g. To roll a ball and stop it.</p>

YR

Manipulation and Coordination

Hand eye co-ordination and balls skills



Key Skills

Shows preference for a dominant hand and roll and slide a beanbag/ball with increasing accuracy.

Gymnastics/ Movements/ Shapes



Key Skills

Travels with confidence around, under, over and through equipment. Begin to make their body tense, relaxed, stretched and curled

Dance Movements and Shapes

(Topic Based)



Key Skills

Follow simple instructions, copy and variety of defined shapes and actions

Body Management



Key Skills

Demonstrates a range of control over an object such as a ball e.g. rolling, catching, patting and pushing confidently.

OAA



Key Skills

To understand direction e.g forwards, backwards, left and right.

Athletics Speed, Agility and Travel



Key Skills

Can move on their feet in a variety of ways including jumping, skipping, hopping, running and walking








Athletic skills Speed, Agility and Travel

(Extra Sports Day Practise)



Key Skills

Adjust speed and direction in different chasing games.

<p>Y1</p>	<p><u>Net Games</u> Send and Return</p>  <p><u>Key Skills</u> Move towards a ball to return with a hand/bat and score points against an opposition line</p>	<p><u>Dance</u></p>  <p><u>Key Skills</u> Remember and repeat simple movement patterns</p>	<p><u>Gymnastics</u></p>  <p><u>Key Skills</u> Perform simple gymnastic actions and shapes and confidently make their body tense/relaxed/curled.</p>	<p><u>Activity Games</u> <u>Hit, Catch and Run</u></p>  <p><u>Key Skills</u> Begin to engage in competitive sports and score points with an opposition.</p> <p><u>OAA</u></p>  <p><u>Key Skills</u> To interpret a simple map and transfer understanding real world concrete materials.</p>	<p><u>Athletics</u> Run, Jump and Throw</p>  <p><u>Key Skills</u> Attempt a variety of jumps taking off and landing on different foot combinations e.g., 2 to 1, 1 to 2 etc.</p>	<p><u>Striking and Fielding</u> Run, Jump and Throw (Extra Sports Day Practise)</p>  <p><u>Key Skills</u> Catch and throw objects like a beanbag/small ball with some consistency.</p>

Y2

Net Games

Send and Return



Key Skills

Begin to understand how to serve to start a game and use a range of small basic racquet skills.

Dance



Key Skills

Perform with control and balance and demonstrating coordination

Gymnastics



Key Skills

Show contrasts in gymnastics shapes and actions and attempt to apply these skills to a rhythm.

Activity Games

Attack, defend and shoot



Key Skills

To send and receive a ball using their hands and link a combination of skills to develop dribbling etc...

OAA



Key Skills

To know the 4 cardinal directions and use these to complete outdoor challenges.
To use known features on a map.

Athletics

Run, Jump and Throw



Key Skills

Begin to do simple jumps i.e. star jumps, pencil jumps etc... and use agility in running games

Striking and Fielding

Run, Jump and throw (Extra Sports Day Practise)



Key Skills

Develop hitting skills and begin to practise bowling/feeding the ball to other.

Y3

Net Games

Tennis



Key Skills

Use a small range of racquet and hand skills and use basic skills to defend the court e.g moving to a different position.

Dance



Key Skills

Attempt short pieces of improvised dance responding to the structure/theme of the dance

Gymnastics



Key Skills

Show strength and flexibility to shapes and actions being performed. Develop on repeating sequences.

Activity Games

Hockey



Key Skills

To begin to identify a space to move into, catch a ball and progress in sending and receiving a ball with accuracy.

Athletics

Sports Day Practise



Key Skills

To link running and jumping activities with some fluency and consistency and to run at a variety of speeds.

OAA



Key Skills

To know features of an orienteering map and hold it correctly.

Striking and

Fielding

Rounders
Extra Sports Day
Practise



Key Skills

To begin to bowl accurately and apply simple tactics to choose where to hit the ball and discuss the variety of shots that could be used.

Y4

Activity Games

Hockey



Key Skills

To keep possession of the ball by using running/dribbling skills and begin to show speed and agility in a game situation.

Dance



Key Skills

Show rhythm and style when performing as an individual and with others. In addition to dancing with a variety of formations confidently.

Net Games

Tennis



Key Skills

Use a small range of racquet and hand skills and use basic skills to defend the court e.g moving to a different position.

Gymnastics



Key Skills

Develop an increased range of body actions and shapes to use in longer, more complex sequences.

Athletics

Sports Day Practise



Key Skills

Perform a range of jumps with consistency and show differences between running and sprinting over a variety of distances.

OAA



Key Skills

Fold and thumb an orienteering map.

Striking and

Fielding

Rounders
Extra Sports Day
Practise



Key Skills

Play confidently in a range of roles in different situations such as fielder, bowler etc...

Begin to increase consistency when hitting a ball and what direction it needs to go in.

Y5

Activity Games

Football



Key Skills

Select and apply skills for a game situation with some consistency. e.g. dodging, pivoting, dribbling and running with the ball

Dance



Key Skills

Create and use ideas with different levels and flight confidently such as pathways, step patterns and unison.

Net games

Badminton



Key Skills

Demonstrate a varied selection of service shots and start to apply some control when considering shot aim, foot movement etc...

Gymnastics



Key Skills

Remember and repeat longer sequences with more difficult actions such as cartwheels, shoulder rolls

Athletics



Key Skills

Perform a range of jumps with consistency in different activities and demonstrate running and sustaining pace over shorter and longer distances.

Striking and Fielding

Cricket
Extra Sports Day
Practise



Key Skills

Throw balls with accuracy and consistency over different distances and to strategically think where to hit the ball to get the most runs/points etc...

OAA



Key Skills

Use map memory and control to read orienterring maps.

Swimming (Y5)



Perform safe self-rescue in different water based situations
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.

Y6

Activity Games

Tag Rugby



Key Skills

Use a variety of techniques confidently and consistently catch and control a ball.



Key Skills

Use a compass to take a bearing.

Dance



Key Skills

Work creatively and imaginatively on their own, in pairs and in a group to create simple dances applying what they know.

Net games

Badminton



Key Skills

Use forehand, backhand and overhead shots in confidence and start games knowing/showing the appropriate serve.

Gymnastics



Key Skills

Show clarity, fluency, accuracy and consistency in their movements.

Athletics



Key Skills

Show good technique and control for jumping activities and implement run up jumps for athletic jumps. In addition to using appropriate pace for different running activities. [OAA](#)

Striking and

fielding

Cricket



Key Skills

Demonstrate control and consistency when throwing a ball and increase using tactics for attacking and defending in different roles.

Swimming (Y6)



Perform safe self-rescue in different water based situations
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.