



Year 1 / 2 Cycle A	<p>Multi skills - Hand skills Dribble a ball with control Roll a ball into a target Stop a ball using their hands Follow the rules of a game</p> <p>Multi skills - Foot skills Explore kicking the ball in different ways Dribble the ball with control Stop the ball with their feet Follow rules to play a game</p>	<p>Gymnastics Make wide, narrow and curled movements and shapes Learn different rolls Add 3 movements together – jump, roll and balance</p> <p>Multi skills Dribble a ball with control Roll a ball into a target Stop a ball Follow the rules of a game</p>	<p>Dance Add two movements together Include a high / low movement Add a balance Perform</p> <p>Team Building Learn strategies to play a game as a team Use communication to complete a challenge</p>	<p>Dance Explore moving on different body parts Create a dance sequence with a jump, turn and balance Create a motif with a partner Perform a sequence</p> <p>Games for Understanding Play games using strategies Learn about defending - prevent attackers from scoring points / avoid defenders</p>	<p>Gymnastics Explore moving and balances using “big” “small” body parts Explore moving using wide, narrow and curled movements Combine movements together and add a balance Perform favourite combination and balance Suggest ways to improve</p> <p>Striking and fielding games Bats and balls Dribble a ball with a racket Keep their ball away from defenders Hit their ball using a racket at a target.</p>	<p>Athletics Explore different ways of running Play games to explore running and what is needed Explore jumping in different ways Play games to learn and practise jumping techniques</p>
Year 1 / 2 Cycle B	<p>Multi skills- hand skills Dribble a ball with control Roll a ball into a target Stop a ball using their hands Pass a ball with control – using the correct technique Follow the rules of a game</p>	<p>Multi skills – ball skills Kick the ball with control Dribble the ball with control Stop the ball with their feet Follow rules to play a game Play as a team</p> <p>Gymnastics Make wide, narrow and curled movements Make wide, narrow and curled shapes Add 3 movements together</p>	<p>Dance Create a movement to represent a superpower Add two movements together Include a high / low movement Add a balance Perform to their friends</p> <p>Team building Play games making sure everyone is involved Learn strategies to play a game as a team Use communication to complete a challenge</p>	<p>Gymnastics Explore moving on different body parts Create a dance sequence – jump, turn, balance Create a motif with a partner Perform their sequence</p> <p>Games for understanding Play games avoiding defenders Defenders prevent attackers from scoring points Play games using strategies</p>	<p>Gymnastics Explore moving and balances using “big” “small” body parts Explore moving using wide, narrow and curled movements Combine movements together and add a balance Perform their favourite combination and balance Suggest ways to improve</p> <p>Striking and fielding games Bats and balls Dribble a ball with a racket Keep their ball away from defenders Hit their ball using a racket at a target</p>	<p>Athletics Explore different ways of running Play games to explore running and what is needed Explore jumping in different ways Play games to learn and practise jumping techniques</p>

Bowesfield Primary School PE Curriculum Overview

Year 3 / 4 Cycle A	<p>Invasion games</p> <p>Netball Learn how to chest pass Learn simple tactics to keep possession – pass, move, create a space Learn ways to defend, to regain possession Select appropriate places to shoot Use different footwork (pivot)</p> <p>Tag Rugby Learn how to run forwards, pass and move to create an attack to score a goal Pass the ball backwards while moving forwards Use tactics to defend Learn how to tag accurately</p>	<p>Gymnastics Create bridges (balances) with a partner at different levels Create movements over or under a partner's bridge Move out of a balance with flow Create a sequence Provide constructive feedback Improve and develop sequence</p> <p>Problem solving Collaborate and apply the rules of a game Cooperate as part of a team Create simple tactics Know the characteristics of an effective team member</p>	<p>Football Dribble to keep control and possession of a ball to beat an opponent – change speed and direction Pass the football successfully Move into a space to receive the ball Learn how to intercept Apply an understanding of passing, moving and dribbling to create a goal scoring opportunity Shoot successfully</p> <p>Dance Create a sequence of 3 then 6 movements Include different levels and flow between movements Perform in unison and make movements match Perform movements in canon and make them match Make suggestions to improve performance</p>	<p>Net and wall games</p> <p>Tennis Hit a ball after one bounce Return to the correct court position Control a ball with a racket and return the ball back over the net to their opponent's side of the court.</p> <p>Orienteering Use a map and navigate to the correct place following a route Ordnate a map. With a team locate and find points,</p>	<p>Striking and fielding games</p> <p>Cricket Throw overarm accurately Bowl a good ball Stop the ball when they are the back stop Hit the ball and score points</p> <p>Rounders Throw underarm accurately Throw overarm with power and distance Catch a ball Strike a ball with intent to score runs Apply different fielding techniques</p>	<p>Athletics Develop a sprinting technique Explore pacing and running a distance Use the correct technique to throw a javelin Learn the technique for a standing triple jump and standing long jump Use the correct technique to push the shot put Throw for accuracy Analyse performances</p>
Year 3/ 4 Cycle B	<p>Invasion games</p> <p>Netball Learn how to chest pass Learn simple tactics to keep possession – pass, move, create a space Learn ways to defend, to regain possession Select appropriate places to shoot Use different footwork (pivot)</p> <p>Tag Rugby Learn how to run forwards, pass and move to create an attack to score a goal Pass the ball backwards while moving forwards Use tactics to defend Learn how to tag accurately</p>	<p>Gymnastics Create bridges (balances) with a partner at different levels Create movements over or under a partner's bridge Move out of a balance with flow Create a sequence Provide constructive feedback Improve and develop sequence</p> <p>Communication and tactics Know what makes an effective team Collaborate and apply the rules of a game Cooperate as part of a team Create simple tactics</p>	<p>Football Dribble to keep control and possession of a ball to beat an opponent – change speed and direction Pass the football successfully Move into a space to receive the ball Learn how to intercept Apply an understanding of passing, moving and dribbling to create a goal scoring opportunity Shoot successfully</p> <p>Dance Create a sequence of 3 then 6 movements Include different levels and flow between movements Perform in unison and make movements match Perform movements in canon and make them match Make suggestions to improve performance</p>	<p>Net and wall games</p> <p>Tennis Hit a ball after one bounce Return to the correct court position Control a ball with a racket and return the ball back over the net to their opponent's side of the court.</p> <p>Orienteering Use a map and navigate to the correct place following a route Ordnate a map. With a team locate and find points,</p>	<p>Striking and fielding games</p> <p>Cricket Throw overarm accurately Bowl a good ball Stop the ball when they are the back stop Hit the ball and score points</p> <p>Rounders Throw underarm accurately Throw overarm with power and distance Catch a ball Strike a ball with intent to score runs Apply different fielding techniques</p>	<p>Athletics Develop a sprinting technique Explore pacing and running a distance Use the correct technique to throw a javelin Learn the technique for a standing triple jump and standing long jump Use the correct technique to push the shot put Throw for accuracy Analyse performances</p>

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Year 5	<p>Invasion games Netball Use different passing styles – Shoulder, bounce Pass and move accurately and consistently Keep possession for a period of time Mark a player effectively Show ways to defend and to regain possession Shoot accurately Use effective footwork Play a tournament – stinger netball</p> <p>Tag Rugby Pass accurately and consistently Receive a pass while moving with speed Choose suitable positions to receive the ball Perform a miss pass Perform a loop pass Score a try Apply defending tactics – Play a mini game</p>	<p>Gymnastics Create a counter balance Apply different levels to a balance Use flow, unison and canon Create a sequence –using a counter balance on apparatus, travel and a counter tension balance to end sequence Tell a partner how to improve</p> <p>Invasion games Football Pass accurately keeping possession Receive a ball at pace Move and dribble to keep the possession of a ball Create a shooting opportunity Shoot successfully Select and apply different techniques when defending Play a football tournament</p>	<p>Heathy wellbeing Create own warm up ideas Complete cardio circuits Perform strength circuits Strive to try and improve performance</p> <p>Dance Create a motif –with 2/3 movements and a freeze position Change level Include flow Create a circus performance - Interpret music Perform with good timing Show expression Show creativity Able to choreograph Make improvements to a performance</p>	<p>Problem solving Play games that involve team work Cooperate as part of a team Think tactically and suggest ideas Listen to others and take ideas into account</p> <p>OAA Orienteering Use a map and navigate to the correct place following a route Ordinate a map With a team locate and find points</p>	<p>Striking and fielding games Rounders Throw accurately underarm and over arm Back up their team when fielding Stop balls when a backstop or outfielder Understand the concept of fielding Understand the concept of batting Collaborate as a team and think about tactics</p> <p>Striking and fielding games Cricket Bowl accurately and consistently Field with increased accuracy Begin to umpire Create tactics Work positively with team members</p>	<p>Tennis Hit the ball using a forehand and backhand shot with control Hit the ball over the net consistently Serve the ball to the correct part of the court Play a game of doubles Start to understand how to beat an opponent (use tactics)</p> <p>Athletics Use techniques for sprinting Take part in relays Change their stride to clear hurdles Use the correct throwing technique Improve their performances</p>
Year 6	<p>Invasion Games Basketball Pass and move accurately and consistently Keep possession of the ball Produce an attack to create a successful shooting opportunity Defend to prevent a pass (effective marking) Play a 5v5 game of basketball</p> <p>Football Pass accurately keeping possession Receive a ball at pace Move and dribble to keep the possession of a ball Outwit opponents and keep possession of the ball Create a shooting opportunity Shoot successfully Select and apply different techniques when defending Manage teams, organise formations and decide tactics Play a football tournament with referees</p>	<p>Gymnastics Create a sequence with 3 movements demonstrating flow – canon – unison Create a mirror sequence (face each other, side by side, back-to-back) Combine their work with another pair. Identify strengths and weaknesses in their own and others performances and suggest ways to improve.</p> <p>Communication and Tactics Communicate, collaborate and work together as a team to complete challenges. Show leadership attributes.</p>	<p>Health related exercise Create their own warm up ideas Take part in a fitness assessment Complete cardio circuits Perform strength circuits Strive to try and improve performance</p> <p>Dance Choreography a routine Create and perform a sequence with control and rhythm Make improvements to a performance Assess others performances</p>	<p>Problem solving Know the characteristics of an effective team member Cooperate as part of a team Think tactically and suggest ideas Listen to others and take ideas into account</p> <p>Orienteering Use a map and navigate to the correct place following a route Orientate a map With a team locate and find points</p>	<p>Striking and fielding games Rounders Throw accurately underarm when bowling and fielding Throw accurately overarm with accuracy over a long distance When fielding, stop the batters from scoring a rounder When backstop deliver the ball accurately to get the batter out if missed When batting make good decisions when to stop or run Collaborate and organise as a team Think about tactics Take on the role of team captain organising and leading a team</p> <p>Cricket Field with accuracy Return the ball with accuracy</p>	<p>Athletics Learn the skills to compete in -Sprint, Relay and long-distance running races Use the correct technique to throw the javelin Use the correct technique to push the shot put Use the correct technique for a standing long jump and standing triple jump Evaluate performances and make suggestions of how to improve.</p>

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					<div>Bowlers and fielders work together to outwit the batter</div> <div>Use different ways of bowling</div> <div>Bat the ball with varying speed and angles</div> <div>Umpire a game fairly</div> <div>Create a range of tactics</div> <div>Evaluate and improve their performance</div> <div>Work positively with team members</div> <div>Take on the role of team captain organising and leading a team</div>	
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