

Pe Curriculum Overview

Autumn 1 – Games, Invasion, Netball Activities

Autumn 2 – Creative, Gymnastics Activities

Spring 1 – Net / Wall, Tennis Activities

Spring 2 – Games, Invasion, Hockey Activities

Summer 1 – Strike and Field, Cricket Activities

Summer 2 – Athletics, Athletics Activities



MYCOACHING

Autumn 1 Term

YR R

Games

Co-operative activities

Invasion

Netball activities

Learning Objectives

Develop, Apply, Extend through progressive skill development
Learners to know, apply and understand the matters, skills and processes in
FOM, FMS, FSS

- Play simple versions of attacking and defending games, collaboratively; choose a small range of basic skills and ideas.
- Describe some basic rules and the way to score.
- Send, receive strike a ball in a variety of ways depending on the needs of the game; choose different ways of sending, receiving, striking with their hands; decide where to stand to make it difficult for their opponent.
- Describe what they and others are doing through peer and self-assessment

YR 1

Games

Co-operative activities

Invasion

Netball activities

Learning Objectives

Develop, Apply, Extend through progressive skill development
Learners to know, apply and understand the matters, skills and processes in
FOM, FMS, FSS

- Play simple versions of attacking and defending games, collaboratively; choose a small range of basic skills and ideas.
- Describe some basic rules and the way to score.
- Send, receive strike a ball in a variety of ways depending on the needs of the game; choose different ways of sending, receiving, striking with their hands; decide where to stand to make it difficult for their opponent.
- Describe what they and others are doing through peer and self-assessment

MYCOACHING

YR 2

Games

Co-operative activities

Invasion

Netball activities

Learning Objectives

Develop, Apply, Extend through progressive skill development
Learners to know, apply and understand the matters, skills and processes in
FOM, FMS, FSS

- Show awareness of opponents and teammates when playing games;
- Perform basic skills of rolling, sending, receiving, striking with their hands; with more confidence.
- Apply these skills in a variety of simple games;
- Make choices about appropriate targets, space and equipment;
- Use a variety of simple tactics.
- Describe how their body works and feels during games.
- Work well collaboratively to improve their skills.

Autumn 2 Term

Year R

Creative
Gymnastic Activities

Learning Objectives

Develop, Apply, Extend through progressive skill development
Learners to know, apply and understand the matters, skills and processes in
FOM, FMS, FSS

- Show basic balance, control and coordination when travelling and when remaining still.
- Choose and link actions; remember and repeat accurately and consistently; find and use space safely, with an awareness of others;
- Use the four basic shapes in sports specific gymnastic moves.
- Use different parts of their body and stretch, tense muscles to ensure balance, coordination and travel.

MYCOACHING

Year 1

Creative
Gymnastic Activities

Learning Objectives

Develop, Apply, Extend through progressive skill development
Learners to know, apply and understand the matters, skills and processes in
FOM, FMS, FSS

- Show basic balance, control and coordination when travelling and when remaining still.
- Choose and link actions; remember and repeat accurately and consistently; find and use space safely, with an awareness of others;
- Use the four basic shapes in sports specific gymnastic moves.
- Use different parts of their body and stretch, tense muscles to ensure balance, coordination and travel.

MYCOACHING

Year 2

Creative
Gymnastic Activities

Learning Objectives

Develop, Apply, Extend through progressive skill development
Learners to know, apply and understand the matters, skills and processes in
FOM, FMS, FSS

- Show basic balance, control and coordination when travelling and when remaining still.
- Choose and link actions; remember and repeat accurately and consistently; find and use space safely, with an awareness of others;
- Confidently use the four basic shapes in sports specific gymnastic moves.
- Use different parts of their body and stretch, tense muscles to ensure balance, coordination and travel.
- Describe how balance and coordination is involved in linking their movement phrases and the importance of a start and finish

MYCOACHING

Spring 1 Term

Year R

Games

Net / Wall

Tennis Activities

Learning Objectives

Develop, Apply, Extend through progressive skill development
Learners to know, apply and understand the matters, skills and processes in
FOM, FMS, FSS

- Play simple versions of target hitting games, collaboratively; choose a small range of basic skills and ideas.
- Describe some basic rules and the way to score.
- Send, receive strike a ball in a variety of ways depending on the needs of the game; choose different ways of sending, receiving, striking; decide where to stand to make it difficult for their opponent.
- Describe what they and others are doing through peer and self-assessment

Year 1

Games
Net / Wall
Tennis Activities

Learning Objectives

Develop, Apply, Extend through progressive skill development
Learners to know, apply and understand the matters, skills and processes in
FOM, FMS, FSS

- Play simple versions of target hitting games, collaboratively; choose a small range of basic skills and ideas.
- Describe some basic rules and the way to score.
- Send, receive strike a ball in a variety of ways depending on the needs of the game; choose different ways of sending, receiving, striking; decide where to stand to make it difficult for their opponent.
- Describe what they and others are doing through peer and self-assessment

MYCOACHING

Year 2

Games

Net / Wall

Tennis Activities

Learning Objectives

Develop, Apply, Extend through progressive skill development
Learners to know, apply and understand the matters, skills and processes in
FOM, FMS, FSS

- Play simple versions of target hitting games, collaboratively; choose the best suited skills and ideas for the set game.
- Describe the rules and the way to score.
- Send, receive strike a ball in a variety of ways depending on the needs of the game; choose different ways of sending, receiving, striking; decide where to stand to make it difficult for their opponent.
- Describe what they and others are doing through peer and self–assessment.

MYCOACHING

Spring 2 Term

Year R

Games
Invasion
Hockey Activities

Learning Objectives

Develop, Apply, Extend through progressive skill development
Learners to know, apply and understand the matters, skills and processes in
FOM, FMS, FSS

- Play simple versions of attacking and defending games, collaboratively; choose a small range of basic skills and ideas.
- Describe some basic rules and the way to score.
- Send, receive strike a ball in a variety of ways depending on the needs of the game; choose different ways of sending, receiving, striking with a stick; decide where to stand to make it difficult for their opponent.
- Describe what they and others are doing through peer and self-assessment

MYCOACHING

Year 1

Games
Invasion
Hockey Activities

Learning Objectives

Develop, Apply, Extend through progressive skill development
Learners to know, apply and understand the matters, skills and processes in
FOM, FMS, FSS

- Play simple versions of attacking and defending games, collaboratively; choose a small range of basic skills and ideas.
- Describe some basic rules and the way to score.
- Send, receive strike a ball in a variety of ways depending on the needs of the game; choose different ways of sending, receiving, striking with a stick; decide where to stand to make it difficult for their opponent.
- Describe what they and others are doing through peer and self-assessment

MYCOACHING

Year 2

Games
Invasion
Hockey Activities

Learning Objectives

Develop, Apply, Extend through progressive skill development
Learners to know, apply and understand the matters, skills and processes in
FOM, FMS, FSS

- Show awareness of opponents and teammates when playing games;
- Perform basic skills of rolling, sending, receiving, striking with a stick; with more confidence.
- Apply these skills in a variety of simple games;
- Make choices about appropriate targets, space and equipment;
- Use a variety of simple tactics.
- Describe how their body works and feels during games.
- Work well collaboratively to improve their skills.

MYCOACHING

Summer 1 Term

Year R

Strike and Field
Cricket Activities

Learning Objectives

Develop, Apply, Extend through progressive skill development
Learners to know, apply and understand the matters, skills and processes in
FOM, FMS, FSS

- Perform basic skills of rolling, sending, receiving and striking.
- Make choices about appropriate targets, space and equipment;
- Use a variety of simple tactics.
- Play simple versions of target hitting games, collaboratively; choose a small range of basic skills and ideas.
- Describe some basic rules and the way to score.
- Describe what they and others are doing through peer and self observation

MYCOACHING

Year 1

Strike and Field
Cricket Activities

Learning Objectives

Develop, Apply, Extend through progressive skill development
Learners to know, apply and understand the matters, skills and processes in
FOM, FMS, FSS

- Perform basic skills of rolling, sending, receiving and striking.
- Make choices about appropriate targets, space and equipment;
- Use a variety of simple tactics.
- Play simple versions of target hitting games, collaboratively; choose a small range of basic skills and ideas.
- Describe some basic rules and the way to score.
- Describe what they and others are doing through peer and self observation

MYCOACHING

Year 2

Strike and Field
Cricket Activities

Learning Objectives

Develop, Apply, Extend through progressive skill development
Learners to know, apply and understand the matters, skills and processes in
FOM, FMS, FSS

- Perform rolling, sending, receiving and striking with confidence.
- Make choices about appropriate targets, space and equipment;
- Apply tactics to a game scenario.
- Play simple versions of striking and fielding games, collaboratively; choose a small range of basic skills and ideas.
- Describe the rules and the way to score.
- Describe what they and others are doing through peer and self observation

MYCOACHING

Summer 2 Term

Year R

Athletics
Athletic Activities

Learning Objectives

Develop, Apply, Extend through progressive skill development
Learners to know, apply and understand the matters, skills and processes in
FOM, FMS, FSS

- Run at fast, medium and slow speeds, changing speed and direction; link running and jumping activities with some fluency, control and consistency.
- Create and repeat a short sequence of linked jumps; take part in a relay activity, remembering when to run and what to do; send a variety of objects, changing their action for accuracy and distance.
- Compare running, sending and jumping and understand how to measure and attempt to improve on previous performance.

MYCOACHING

Year 1

Athletics
Athletic Activities

Learning Objectives

Develop, Apply, Extend through progressive skill development
Learners to know, apply and understand the matters, skills and processes in
FOM, FMS, FSS

- Run at fast, medium and slow speeds, changing speed and direction; link running and jumping activities with some fluency, control and consistency.
- Create and repeat a short sequence of linked jumps; take part in a relay activity, remembering when to run and what to do; send a variety of objects, changing their action for accuracy and distance.
- Compare running, sending and jumping and understand how to measure and attempt to improve on previous performance.

MYCOACHING

Year 2

Athletics
Athletic Activities

Learning Objectives

Develop, Apply, Extend through progressive skill development
Learners to know, apply and understand the matters, skills and processes in
FOM, FMS, FSS

- Perform fast, medium and slow speeds individually and collaboratively as part of a team in athletic activities; link running and jumping activities with some fluency, control and consistency in athletic activities and collaboratively in team activities.
- Repeat and refine linked jumps; take part in a relay activity, showing an understanding of decision making on when to run and what to do; send a variety of objects, understanding how to change their action for accuracy and distance.
- Communicate an understanding of how to run, send and jump in different athletic activities and explain how to use different means of measure to improve on previous performance

MYCOACHING