

Wren Park Primary School

Whole school long-term

Physical Education curriculum overview



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Build knowledge about:		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS <i>Children continue to access resources to work on Fine motor skills and gross motor skills during continuous provision</i>		Dance – Dance till you drop <ul style="list-style-type: none"> - To develop the ability to adapt a known dance. - To develop the ability to share ideas about how to adapt a dance. - To develop the ability to change movements and adapt a simple dance. - To share opinions and give ideas about how to adapt and alter a simple dance 		Gymnastics – Gym in the Jungle <ul style="list-style-type: none"> - To develop the ability to move in a range of ways. - To increase the ability to move around and onto equipment. - To increase the ability to move under and onto equipment. - To increase the ability to move over and onto equipment. - To increase the ability to move through and onto equipment. - To combine movements together while negotiating different equipment. 		Games – The Olympics <ul style="list-style-type: none"> - To develop the ability to throw an object. - To develop the ability to move at speed. - To adapt the body when moving at speed. - To learn how to jump safely. - To develop the ability to jump in different ways 	
Year 1	Outdoor	Multi skills- Throwing and Catching -To master basic movements including running, jumping, throwing and catching.	Invasion Games – At the fair -To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities	Attacking and Defending - To participate in team games, developing simple tactics for attacking and defending.	Multi skills – Bat and Ball -To develop balance and co-ordination when holding a piece of a equipment. -To master basic movements and apply these in a range of activities.	Multi skills – Running and Jumping -To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities	Multi skills – Sports Day -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
	Indoor	Yoga – Salute to the sun. To develop balance, agility and coordination through yoga	Dance - Starry skies -To perform dances using simple movement patterns	Gymnastics - Traditional tales -To develop balance, agility and co-ordination	Games - Circuit training -To master basic movements and apply these in a range of activities.	Dance - The seasons To develop balance and co-ordination. To perform dances using simple movement patterns	Gymnastics - Animals To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination.

Year 2	Outdoor	Multi Skills – Throwing and Catching -To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities.	Invasion Games -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. Participate in team games, developing simple tactics for attacking and defending	Attacking and Defending -To master basic movements and apply these in a range of activities. To participate in team games, developing simple tactics for attacking and defending.	Multi Skills – Bat and Ball -To develop balance and coordination. -To master basic movements and apply these in a range of activities.	Multi Skills – Target Games -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.	Animal Olympics - To master basic movements including running, jumping, throwing and catching in the context of the Olympic Values and Olympic-style events
	Indoor	Games- Circuit training -To develop balance and co-ordination . - To master basic movements and apply these in a range of activities.	Dance- The Great fire of London -To perform dances using simple movement patterns in the context of ‘significant historical events’	Dance- Toys -To perform dances using simple movement patterns	Dance- Plants -To develop balance and co-ordination. -To perform dances using simple movement patterns	Gymnastics- Landscapes and cities - 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	Gymnastics- Under the sea -To develop balance, agility and co-ordination

Year 3	Outdoor	OAA -To take part in outdoor and adventurous activity challenges both individually and within a team.	Invasion Games - Fundamentals -To develop flexibility, strength, technique, control and balance; play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending	Invasion Games - Football -To develop flexibility, strength, technique, control and balance.	Net and Wall Games – Fundamentals -Use running, jumping, throwing and catching in isolation and in combination; develop flexibility, strength, technique, control and balance	Striking and Fielding - Fundamentals - To play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.	Athletics - To use running, jumping, throwing and catching in isolation and in combination. -To develop flexibility, strength, technique, control and balance. --To compare performances with previous ones and demonstrate improvement to achieve a personal best.
	Indoor	Gymnastics–Movement -To develop flexibility, strength, technique, control and balance. -To use running, jumping, throwing and catching in isolation and in combination	Dance - Extreme Earth -To perform dances using a range of movement patterns.	Games – Dodgeball -To use running, jumping, throwing and catching in isolation and in combination.	Gymnastics – Shape -To develop flexibility, strength, technique, control and balance. To use running, jumping, throwing and catching in isolation and in combination	Dance – Rainforest -To perform dances using a range of movement patterns	Games - Circuit training -To develop flexibility, strength, technique, control and balance

Year 4	Outdoor	OAA -To take part in outdoor and adventurous activity challenges, both individually and within a team.	Invasion Games -To develop flexibility, strength, technique, control and balance. To play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending	Invasion Games – Tag Rugby To develop flexibility, strength, technique, control and balance; To play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending	Net and Wall Games - Badminton - To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	Striking and Fielding - Cricket - To use running, jumping, throwing and catching in isolation and in combination. -To play competitive games, modified where appropriate, applying basic principles suitable for attacking and defending. - To develop flexibility, strength,	Athletics - To develop flexibility, strength, technique, control and balance; to use running, jumping, throwing and catching in isolation and in combination.
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	Indoor	Class A - Gymnastics – Movement -Develop flexibility, strength, technique, control and balance Class B - Swimming	Class A – Dance -Water -To perform dances using a range of movement patterns. Class B -Swimming	Class A - Swimming Class B - Dance (water) -To perform dances using a range of movement patterns.	Class A - Swimming Class B – Gymnastics - Movement -Develop flexibility, strength, technique, control and balance	Gymnastics - Egyptians -To develop flexibility, strength, technique, control and balance	Circuit training To develop flexibility, strength, technique, control and balance
Year 5	Outdoor	OAA - To take part in outdoor and adventurous activity challenges, both individually and within a team	Invasion Games - To develop flexibility, strength, technique, control and balance. -To play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.	Invasion Games - Basketball - To develop flexibility, strength, technique, control and balance. -To play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.	Net and Wall Games – Tennis - To play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. - To develop flexibility, strength, technique, control and balance	Striking and fielding - Rounders - To use running, jumping, throwing and catching in isolation and in combination	Athletics - To develop flexibility, strength, technique, control and balance. To use running, jumping, throwing and catching in isolation and in combination
	Indoor	Gymnastics – Space -To develop flexibility, strength, technique, control and balance in the context of creating shapes, balances and movement.	Games – Handball -To use running, jumping, throwing and catching in isolation and in combination.	Dance – Eco dance -To perform dances using a range of movement patterns	Gymnastics – Movement - Develop flexibility, strength, technique, control and balance	Dance - Rock n Roll -Perform dances using a range of movement patterns Swimming – for chn who did not meet 25m in y4	Games - Circuit training - To develop flexibility, strength, technique, control and balance. Swimming – for chn who did not meet 25m in y4
Year 6	Outdoor	OAA - To take part in outdoor and adventurous activity challenges, both individually and within a team	Invasion Games -To develop flexibility, strength, technique, control and balance. - To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	Invasion Games - Netball -To develop flexibility, strength, technique, control and balance; Use running, jumping, throwing and catching in isolation and in combination	Net and Wall Games - Volleyball .To play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. -To develop flexibility, strength, technique, control and balance	Striking and Fielding Games -To play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.	Athletics -To develop flexibility, strength, technique, control and balance. -To use running, jumping, throwing and catching in isolation and in combination
	Indoor	Gymnastics- Movement -Develop flexibility, strength, technique, control and balance	Dance - Electricity To perform dances using a range of movement patterns.	Games - Circuit training -To develop flexibility, strength, technique, control and balance.	Dance- Through the decades To perform dances using a range of movement patterns	Gymnastics - Develop flexibility, strength, technique, control and balance	Games – Leadership in PE -To continue to apply and develop a broader range of skills, learning how to use them in different ways; show good communication, collaboration competing and evaluation skills;