

PE Curriculum

Y1						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year One	Fundamentals	Balance & Coordination	Target & Throwing Games	Movement & Sequences	Sending & Receiving	Athletics
NC Obj.	- Master basic movements including running, jumping, throwing and catching. - Develop balance, agility and coordination, and begin to apply these in a range of activities. - Engage in competitive and cooperative physical activities.	- Master basic movements inc. run, jump, throw and catch, and develop balance, agility and coord; begin to apply these in a range of activities. - Participate in team games, developing simple tactics for attacking and defending. - Perform dances using simple movement patterns.	- Master basic movements including running, jumping, throwing and catching. - Develop balance, agility and coordination, and begin to apply these in a range of activities. - Participate in team games, developing simple tactics for attacking and defending.	- Master basic movements including developing balance, agility and coordination. - Perform dances using simple movement patterns. - Use movement imaginatively, responding to stimuli and creating simple sequences.	- Master basic movements including throwing and catching, as well as developing balance, agility and coordination. - Participate in team games, developing simple tactics for attacking and defending.	- Master basic movements including running, jumping, throwing, as well as developing balance, agility and coordination. - Participate in team games and competitive activities.
Key Learning / concepts / People	- Develop body awareness and control through a range of movements. - Improve balance, coordination, agility. - Learn to listen, follow instructions, and work safely in space. - Understand how movement can be linked and refined. - Build confidence in trying new activities.	- Developing spatial awareness and control - Building core strength and stability - Understanding balance through stillness and movement - Co-ordinating actions using diff. body parts - Applying balance and coordination to simple sequences - Beginning to evaluate and improve movement	- Underarm and overarm throwing - Aiming and target accuracy - Control, balance and coordination - Working with others in team challenges - Developing tactical awareness (e.g. how to block or aim to score.	- Travelling using different body parts - Balance and stillness - Linking movements into simple sequences - Exploring movement levels (low, medium, high) - Spatial awareness and control	- Rolling, throwing, and catching with control - Tracking and receiving objects - Using space effectively - Working with a partner - Beginning to understand basic game play	- Running with control and speed - Jumping for height and distance - Throwing with aim and power - Competing in simple challenges - Working individually and in teams
Key Vocabulary	- Balance - Agility - Coordination - Movement - Control - Travel - Space - Stillness - Sequence	- Balance - Coordination - Stillness - Control - Movement - Core - Sequence - Freeze - Travel	- Aim - Target - Underarm - Overarm - Throw - Catch - Team - Score - Defend	- Travel - Balance - Stretch - Curl - Sequence - Level - Smooth - Control - Stillness	- Roll - Throw - Catch - Underarm - Overarm - Aim - Target - Space - Partner	- Run - Sprint - Jog - Jump - Hop - Skip - Throw - Aim - Distance

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	• Direction	• Focus	• Accuracy	• Movement	• Control	• Teamwork
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lesson Objectives (six lessons per unit)	1. What does it mean to balance, and how can we keep still in different positions? 2. How do we move quickly and change direction safely? 3. How can we link movements together smoothly? 4. Can we use our bodies to move in high, low, wide and narrow shapes? 5. How can we use what we've learned to move through a simple course? 6. Can we create a mini movement routine using our new skills?	1. How can I move and stop with control? 2. Can I balance on different parts of my body? 3. How can I travel in different ways while staying balanced? 4. How do I coordinate different parts of my body at the same time? 5. Can I link balances and movements into a simple sequence? 6. Can I perform a short movement sequence with balance and control?	1. How do I throw a beanbag accurately using an underarm throw? 2. How do I throw over longer distances using an overarm throw? 3. How can I aim at different targets with increasing accuracy? 4. How can I stop an object reaching a target? 5. How do I work with a partner or group to complete a throwing challenge? 6. How can I show what I've learned in a target game?	1. How can I travel in different ways using my whole body? 2. How do I balance and hold a still shape? 3. Can I link two movements together smoothly? 4. How do I explore different levels and directions when I move? 5. How can I create a short movement sequence with a beginning, middle and end? 6. Can I perform my sequence with control and confidence?	1. Can I roll a ball towards a target with control? 2. Can I catch a ball using two hands? 3. Can I throw an object underarm accurately? 4. How do I track and collect a moving ball? 5. Can I work with a partner to pass and receive a ball? 6. Can I play a simple game using throwing and catching skills?	1. Can I run with good technique and control over different distances? 2. Can I jump in different ways and land safely? 3. Can I throw for distance using different equipment? 4. Can I work with others to complete athletic challenges? 5. Can I combine my skills in mini events and relays? 6. Can I take part in a mini sports day and support others?
End of unit assessment	Can you show a short movement sequence that uses balance, agility and coordination?	Can I show balance and control in a short sequence using different movements and body parts?	Can I throw with accuracy and control and use simple tactics to help my team in a target game?	Can I create and perform a short movement sequence using travel and balance with control?	Can I throw and catch a ball with control and use these skills to work with a partner in a simple game?	Can I run, jump, and throw with control and confidence, and take part in simple competitive games?

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Y2						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year two	Fundamentals	Exploring Balance & Coordination	Invasion Games	Movement Sequences - Gymnastics	Dance	Athletics
NC Obj.	- Master basic movements including running, jumping, throwing and catching. - Develop balance, agility and coordination, and begin to apply these in a range of activities.	- Master basic movements including running, jumping, throwing and catching. - Develop balance, agility and coordination, and begin to apply these in a range of activities. - Perform dances using simple movement patterns.	- Master basic movements including running, jumping, throwing, and catching. - Participate in team games, developing simple tactics for attacking and defending.	- Master basic movements including balance, agility and coordination. - Develop balance, agility and coordination, and begin to apply these in a range of activities. - Perform dances using simple movement patterns.	- Perform dances using simple movement patterns. - Develop balance, agility and coordination. - Master basic movements including running, jumping, and coordination, and begin to apply these in a range of activities.	- Master basic movements including running, jumping, throwing and catching. - Develop balance, agility and coordination, and begin to apply these in a range of activities. - Participate in team games, developing simple tactics for attacking and defending.
Key Learning / concepts / People	- Refining basic movement patterns (run, jump, hop, skip, land). - Greater control in balance and agility sequences. - Spatial awareness and travelling with purpose. - Linking movement sequences with control. - Introduction of peer observation for self-improvement.	- Understanding dynamic and static balance. - Developing body control through movement sequences. - Building spatial awareness. - Exploring simple patterns of movement and performing with fluency.	- Develop ball control and accurate passing (rolling, throwing, kicking). - Understand and apply simple rules and tactics for attack and defence. - Work as a team to move into space and defend their area. - Build spatial awareness and anticipation of opponents' movements. - Develop agility, balance, and coordination in dynamic settings.	- Control and coordination in movement. - Developing a variety of balances (on different body parts and levels). - Combining balances and movements into sequences. - Introducing basic apparatus safely and confidently. - Exploring creativity in movement through dance and gymnastic crossover.	- Using movement to express ideas (e.g. weather, seasonal change). - Responding to music and rhythm with body movement. - Working individually, with a partner and in small groups to create dance sequences. - Using space and shape creatively.	- Running for speed and distance with good technique. - Jumping for height and distance using appropriate strategies. - Throwing accurately for distance using different equipment. - Using personal bests to track improvement. - Competing fairly and encouraging others. - Learning how to warm up and cool down safely.
Key Vocabulary	- Balance - Agility - Coordination - Control - Speed - Accuracy - Direction	- Balance - Control - Stillness - Sequence - Travel - Level (high, low) - Direction	- Pass - Space - Defend - Attack - Teamwork - Intercept - Control	- Balance - Sequence - Movement - Level - Direction - Stillness - Flow	- Rhythm - Beat - Flow - Freeze - Sequence - Expression - Tempo	- Sprint - Jog - Relay - Leap - Take-off - Land - Distance

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	• Stability • Travel • Sequence	• Flow • Start • Finish	• Tactic • Opponent • Movement	• Transition • Travel • Body tension	• Gesture • Formation • Transition	• Accuracy • Technique • Personal best
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lesson Objectives (six lessons per unit)	1. How can we move with control and speed? 2. What does good balance look and feel like? 3. How do we change direction quickly and safely? 4. How can we create a short movement sequence using different ways of travelling? 5. How can we link movements to show coordination and control? 6. How well can I perform and reflect on a movement sequence using the skills I've learned?	1. How can I use my body to balance in different ways? 2. Can I create and hold balances using different parts of my body? 3. How do I move smoothly from one balance to another? 4. Can I link balances and movements into a short sequence? 5. How can I use direction and level to make my sequence more interesting? 6. Can I perform and improve a movement sequence with a clear start and finish?	1. How can we move into space to help our team? 2. How can we pass a ball accurately to a partner? 3. How do we defend our goal or space? 4. How can we choose the best tactic to score or stop a goal? 5. How can we use what we've learned in a mini game? 6. Can we show what we've learned in an invasion game tournament?	1. What different ways can I move across the floor using balance and control? 2. Can I hold balances on different body parts and at different levels? 3. How can I travel and balance in a short sequence of movements? 4. Can I add jumps and turns to make my sequence more interesting? 5. How can I perform my sequence on apparatus with control and safety? 6. Can I perform a short sequence with a partner using travel, balance and shape?	1. How can I use my body to show the changing seasons? 2. Can I use levels and shapes to show different kinds of weather? 3. How can I use rhythm and repetition to create a dance phrase? 4. Can I work with a partner to mirror or follow movements? 5. How do we put together a full dance sequence with a clear start and finish? 6. Can I perform my dance clearly and confidently for an audience?	1. How can I run fast and efficiently over a short distance? 2. How can I run further without stopping? 3. What's the best way to jump as far as I can? 4. How can I throw for distance and accuracy? 5. What do I need to remember when working in a relay team? 6. How can I show everything I've learned in a mini athletics competition?
End of unit assessment	How well can I perform and reflect on a movement sequence using the skills I've learned?	Can you create and perform a movement sequence that includes balances, changes of level, and direction with control and fluency?	Can you explain and show how to work as a team to pass, move and defend in a simple invasion game?	Can I perform a short movement sequence with control, including travel, balance and shape, either on the floor or apparatus?	Can I create and perform a simple dance sequence using different shapes, movements, and rhythms to show the seasons?	What skills have I improved in athletics this half term, and how do I know I've got better?

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Y3						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year three	Sports Hall Athletics	Gymnastics	Unihoc	Dance	Rounders	Athletics
NC Obj.	- Use running, jumping, throwing and catching in isolation and in combination. - Develop flexibility, strength, technique, control and balance. - Compare performances with previous ones and demonstrate improvement to achieve personal bests	- Develop flexibility, strength, technique, control and balance. - Compare performances with previous ones and demonstrate improvement. - Perform dances using a range of movement patterns (although this unit focuses primarily on gymnastics).	- Use running and jumping, in isolation and in combination. - Play competitive games, modified where appropriate (e.g. hockey), and apply basic principles suitable for attacking and defending. - Develop flexibility, strength, technique, control and balance. - Compare performances with previous ones and show improvement to achieve a PB.	- Perform dances using a range of movement patterns. - Develop flexibility, strength, technique, control and balance. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	- Use running, jumping, throwing and catching in isolation and in combination. - Play competitive games, modified where apt, and apply basic principles suitable for attacking / defending. - Develop flexibility, strength, technique, control and balance. - Compare their performances with previous ones and show improvement.	- Use running, jumping, throwing and catching in isolation and in combination - Compare their performances with previous ones and demonstrate improvement to achieve their personal best
Key Learning / concepts / People	- Personal challenge and improvement - Fundamental athletic skills (running, jumping, throwing) - Measuring and recording performance - Competing in teams and individually	- Body control and coordination - Flexibility and strength - Balance and transitions - Sequencing movements - Spatial awareness - Safe use of apparatus	- Basic stick handling and ball control - Spatial awareness and movement with the ball - Simple attacking and defending principles - Applying skills into small-sided games - Communication and teamwork - Understanding rules and fair play	- Expression through movement - Performance and control - Use of space, rhythm and levels - Collaboration and choreography	- Catching and fielding accurately - Underarm and overarm throwing techniques - Batting from a tee or soft toss - Running between bases and decision-making - Working as part of a team—attack / defend - Following the rules of a simplified rounders game	- Running for speed and endurance - Jumping for distance and height - Throwing for accuracy and power - Measuring and comparing performances - Developing teamwork and striving for personal bests

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Key Vocabulary	• Sprint • Relay • Standing jump • Chest push • Speed bounce • Technique • Personal best • Teamwork • Coordination • Agility	• Balance • Sequence • Transition • Extension • Control • Counterbalance • Point and patch • Apparatus	• Dribble • Push pass • Intercept • Defend • Space • Attack • Control • Teamwork • Tackle • Stick grip	• Rhythm • Tempo • Levels • Unison • Canon • Expression • Freeze frame • Pathways • Sequence	• Batter • Bowler • Catcher • Base • Fielding • Out • Rounder • Overarm throw • Underarm throw • Safe	• Sprint • Jog • Relay • Stance • take-off • landing • javelin • shot put • distance • speed • personal best
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lesson Objectives (six lessons per unit)	1. What is sports hall athletics and how can I improve my sprinting technique? 2. How can I improve my jumping distance and landing safely? 3. How can I throw with power and accuracy? 4. How do we use speed and rhythm in speed bounce? 5. How can I put all my athletics skills together in a mini competition? 6. How can I reflect on my performance and aim to improve next time?	1. What shapes and balances can we create using our bodies? 2. How can we move smoothly between shapes and balances? 3. What types of jumps and rolls can we perform safely? 4. How can we use apparatus to explore balance and movement? 5. Can we work as a pair to create a mirrored or matched routine? 6. Can we create and perform a sequence that includes balances, travel, and rolls?	1. How do we hold a hockey stick correctly and control the ball while moving? 2. How can we pass the ball accurately and receive it with control? 3. How do we move into space to help our team? 4. How can we defend by blocking and intercepting the ball safely? 5. How do we use our skills in small-sided games and work as a team? 6. What have we learned about uni-hoc and how can we improve our performance?	1. How can we show emotions and characters through movement? 2. How can we use levels and space to create interest in a dance? 3. What is unison and canon in dance, and how can we use them? 4. How can we use movement to tell a story? 5. How can we create and perform a group dance sequence? 6. How can we evaluate and refine our performance?	1. How can I throw and catch accurately to stop the ball? 2. How can I hit the ball away from the bowler and into space? 3. When should I run and when should I stay at a base? 4. How can I field and return the ball quickly and accurately? 5. How do I decide when to run or stay and how do I know I'm safe? 6. Can I play a simplified game and help my team to win?	1. How can we sprint effectively over short distances? 2. What techniques help us throw further? 3. How can we jump for height and length safely and effectively? 4. How can we pace ourselves when running longer distances? 5. What is a relay and how can we work together in a team race? 6. How can we measure our performance and aim for a personal best?
End of unit assessment	What athletic skill have you improved the most and how do you know?	Can you create a gymnastics sequence with control, creativity and smooth transitions?	Can I use my hockey skills to pass, move and defend effectively in a small-sided game?	Can I perform a group dance that tells a story, using expression, space, and movement to communicate meaning?	Can I field, throw, bat, run and work as a team in a rounders game, following the rules and making good choices?	Can you demonstrate how you've improved your running, throwing, or jumping skills this term and explain what helped you achieve your personal best?

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Y4						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year Four	Sports Hall Athletics	Gymnastics & Dance	Dodgeball	Tag Rugby	Cricket	Athletics
NC Obj.	- Use running, jumping, throwing and catching in isolation and in combination. - Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	- Develop flexibility, strength, technique, control and balance - Perform dances using a range of movement patterns	- Use running, jumping, throwing and catching in isolation and in combination. - Play competitive games, modified where apt, and apply basic principles suitable for attacking and defending. - Develop flexibility, strength, technique, control and balance. - Compare performances and show improvement.	- Use running, jumping, throwing and catching in isolation and in combination. - Play competitive games, modified where apt, and apply basic principles suitable for attacking and defending. - Develop flexibility, strength, technique, control and balance. - Compare performances and show improvement.	- Use running, throwing and catching in isolation and in combination. - Play competitive games, modified where apt, and apply basic principles suitable for attacking and defending. - Develop flexibility, strength, technique, control and balance. - Compare performances with previous ones and show improvement.	- Use running, jumping, throwing, and catching in isolation and in combination. - Develop flexibility, strength, technique, control, and balance. - Compare performances with previous ones and show improvement to achieve personal bests.
Key Learning / concepts / People	- Running for speed, power and endurance - Throwing for distance and accuracy - Jumping for distance and height - Recording and comparing results - Improving through practice	- Control and balance - Creative movement and expression - Sequencing and fluency - Performance and evaluation	- Agility, coordination and reaction. - Throwing accuracy and catching skills under pressure. - Working as part of a team to attack and defend. - Strategic thinking, fair play and resilience.	- Running with the ball and evasion skills. - Passing accurately and catching at speed. - Understanding tagging as a form of tackling. - Working as part of a team to attack and defend. - Introduction to simple tactics: space, support, communication. - Fair play and resilience.	- Developing batting technique (grip, stance, striking). - Bowling skills (underarm and introduction to overarm bowling). - Fielding skills: catching, throwing, stopping. - Teamwork and simple tactics in batting and fielding. - Understanding scoring, runs, and outs.	- Develop sprinting technique: start, drive phase, running tall. - Explore pacing strategies for distance running. - Learn a variety of jumping techniques (long, triple, high basics). - Throwing for distance and accuracy using different equipment

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					• Playing simplified cricket games.	• Understanding how to measure, record, and evaluate perf. • Emphasis on PB and self-improvement.
Key Vocabulary	• Sprint • Endurance • Speed • Take-off • Landing • Target • Accuracy • Relay • Personal best • Consistency	• Balance • Sequence • Transition • Expression • Pose • Canon • Unison • Formation • Tempo • Level	• Dodge • Throw • Catch • Target • Aim • Teamwork • Strategy • Agility • Reflex • Movement	• Try • Pass • Tag • Dodge • Space • Attack • Defence • Support • Teamwork • Agility	• Batting • Bowling • Fielding • Wicket • Runs • Catch • Throw • Overarm • Underarm • Teamwork	• Sprint, stride, pace, stamina, endurance • Relay, baton, changeover • Jump, take-off, landing, flight, power • Throw, distance, accuracy, target • Measure, record, improve, personal best
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lesson Objectives (six lessons per unit)	1. How can we improve our sprinting technique to run faster? 2. How can we develop more power and control in our throws? 3. How can we jump further and higher using the right technique? 4. What strategies help us pace ourselves over longer distances? 5. How do we work together effectively in a relay race? 6. How can we measure, reflect on, and improve our personal bests?	1. How can we create a balanced gymnastic sequence using rolls and shapes? 2. What makes a jump or roll controlled and safe? 3. How can we combine dance and gym movements to create fluid sequences? 4. What does unison and canon mean in dance? 5. How do we express emotion or theme through movement? 6. How can we improve our final performance by refining and evaluating?	1. How can I move quickly and safely to dodge a ball? 2. What techniques help me throw accurately and with control? 3. How can I improve my catching to help my team? 4. How do I work as part of a team to outplay the opposition? 5. What strategies help us succeed in dodgeball? 6. How can I show all the skills I've learned in a fair and competitive game?	1. How can I move safely and dodge defenders in tag rugby? 2. What skills help me pass and catch a rugby ball accurately? 3. How can I tag effectively to stop an opponent? 4. How do I work with teammates to attack and defend? 5. What strategies help us use space and support in tag rugby? 6. How can I apply my skills in a competitive tag rugby game?	1. How can I hold and use a cricket bat to strike the ball effectively? 2. What skills do I need to throw and catch in cricket? 3. How can I bowl accurately towards the wicket? 4. How do I work as part of a fielding team? 5. What tactics help my team score runs or prevent runs? 6. Can I apply all my cricket skills in a game?	1. How can we improve our sprinting technique to run faster over short distances? 2. What strategies can we use to run effectively over longer distances without getting too tired? 3. How can we use our bodies to jump further and higher? 4. What techniques help us to throw for distance and accuracy? 5. How do relay teams work together to be successful? 6. How can we combine our athletic skills in a mini-competition and show our personal bests?
End of unit assessment	How have your performances improved across the term and what	How well can you perform a controlled and expressive sequence	Can I apply my dodging, throwing, and teamwork skills in a game and reflect	Can I combine dodging, passing, tagging, and teamwork to play an	Can I demonstrate batting, bowling, and fielding skills	How have you improved your running, jumping, and throwing skills, and how

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	techniques helped you achieve your personal bests?	combining dance and gymnastic elements with fluency and precision?	on how they helped my team succeed?	effective game of tag rugby?	and use them in a cricket game	do you know you have achieved your personal best?
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Y5						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year Five	Gymnastics & Dance	Dodgeball	Sports Hall Athletics	Tag Rugby	Rounders	Athletics
NC Obj.	• Develop flexibility, strength, technique, control, and balance. • Perform dances using a range of movement patterns. • Compare performances with previous ones and show improvement. • Take part in cooperative activities, working as individuals and groups.	• Use running, jumping, throwing, and catching in isolation and combo • Play competitive games, modified where appropriate, and apply basic principles suitable for attack & defence. • Develop communication and teamwork. • Compare performances and demonstrate improvement.	• Use running, jumping, throwing and catching in isolation and combo • Develop flexibility, strength, technique, control and balance. • Compare performances with previous ones and show improvement • Take part in competitive activities and challenge themselves to improve.	• Use running, catching, and throwing in isolation and in combination. • Play competitive games, applying basic principles suitable for attacking and defending. • Develop flexibility, strength, technique, control and balance. • Compare performances and show improvement.	• Use running, throwing, and catching in isolation and in combo • Play competitive games, using attacking and defending. • Develop striking and fielding skills in games. • Compare performances and show improvement.	• Use running, jumping, throwing, and catching in isolation and in combination. • Develop flexibility, strength, technique, control, and balance. • Compare performances with previous ones and demonstrate improvement.

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Key Learning / concepts / People	- Refine balances and develop more complex travelling actions. - Perform moves with improved fluency and control. - Work to create counterbalances and linked movements. - Use dance show mood, emotion, and themes. - Combine gymnastics and dance with smooth transitions. - Reflect on and evaluate performances	- Refine dodging, throwing, and catching skills under pressure. - Develop tactical awareness: positioning, spacing, defending, and attacking. - Understand and apply rules of dodgeball. - Work effectively in teams, using communication to create strategies. - Show respect, fairness, and inclusion	- Refine sprinting, pacing, and relay technique. - Improve jumping with control and power. - Develop throwing accuracy, technique, and distance (chest push, javelin) - Record, measure, and evaluate performances to find improvements. - Develop resilience by striving for personal bests while supporting peers.	- Develop running, passing, and receiving skills at pace. - Understand and apply attacking principles (width, support play, evasion). - Understand and apply defending principles (line defence, tagging, marking). - Apply rules of tag rugby in small-sided games. - Work effectively as a team, communicating and supporting others.	- Develop striking technique (stance, grip, swing, timing). - Understand fielding roles (bowler, backstop, bases, deep fielders). - Apply principles of attacking (running, scoring) - Apply principles of defence (position throw accuracy, teamwork). - Play within simplified rounders rules before applying full rules.	- Refine sprinting, middle-distance running, relay technique, and pacing. - Develop throwing techniques. - Refine jumping techniques. - Understand how to improve personal performance through feedback and self-assessment. - Prepare for competitive and team athletics events
Key Vocabulary	- balance - counterbalance - symmetry, asymmetry - roll, jump - travel - sequence, unison - canon - motif - dynamics, fluency - evaluate, refine	- Dodge, throw, catch, aim - Attack, defend, strategy, tactic - Court, boundary, safe zone - Out, return, elimination, re-entry - Communication, teamwork, fair play	- Sprint, endurance, pacing, stride - Take-off, landing, balance, power - Throw, push, launch, distance, accuracy - Personal best, measure, improve, technique - Relay, baton, exchange, teamwork	- Pass (lateral, backwards), catch, support, space, width - Attack, defence, marking, line defence - Tag, turnover, try, offside - Teamwork, strategy, communication	- Strike, bat, bowl, backstop, fielding, base, run, innings - Attack, defend, teamwork, accuracy, positioning - Out, catch, stump, throw, underarm, overarm	- Sprint, relay, baton, changeover, pacing, stamina - Javelin, shot put, technique, release - Long jump, triple jump, take-off, landing, flight - Personal best (PB), measure, improve, performance
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Lesson Objectives (six lessons per unit)	- How can we refine balances and travelling movements? - How can we perform rolls and jumps with accuracy and control? - How can we work with a partner to create balances and short sequences? - How can we use dance to communicate a mood or idea?	- How can we improve our dodging and movement to avoid being hit? - How can we throw and catch with accuracy under pressure? - How can we use tactics to work as a team in dodgeball? - How can we defend space and support our teammates? - How can we adapt strategies when rules or teams change?	- How can we improve our sprinting speed and running technique? - How can we pace ourselves for longer distance runs? - How can we jump with power and accuracy in different events? - How can we throw with control, power, and accuracy? - How can we work as a team in relay events?	- How can we run into space and evade defenders in tag rugby? - How do we pass and catch effectively in tag rugby? - How can we support each other when attacking? - How can we defend as a team and work together to tag effectively? - How can we combine attacking and	- How do we strike a ball with control and accuracy in rounders? - How do we field effectively and return the ball quickly? - How can we work as a team to attack and defend in rounders? - What tactics can we use to score runs safely? - How can we apply all our skills in small-sided rounders games?	- How can we improve our sprinting speed and relay changeovers? - How can we pace ourselves in middle-distance running? - How do we throw for distance with good technique and control? - How can we jump further and higher using correct technique? - How can we apply all our athletics skills in

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	5. How can we link gymnastics and dance to create a routine? 6. How can we perform and evaluate our routines?	6. How can we perform in a competitive dodgeball game fairly and effectively?	6. How can we measure and improve our performances across athletics events?	defending skills in small-sided games? 6. How can we apply all our skills and tactics in a tag rugby tournament?	6. How can we show our learning in a rounders tournament?	competitive challenges? 6. How can we demonstrate progress and improvement in athletics?
End of unit assessment	How can you use gymnastics and dance to create a controlled and expressive performance?	How did you use movement, teamwork, and tactics to succeed in dodgeball?	How have your speed, stamina, jumping, and throwing skills improved this half term, and what did you do to achieve your personal bests?	How did you use teamwork, passing, and space to attack effectively, and how did you organise your defence to stop your opponents?	How did you use batting, fielding, and teamwork to help your team succeed in rounders?	How have your running, throwing, and jumping techniques improved, and what did you learn about competing and pacing yourself in athletics?

Y6						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year Six	Gymnastics & Dance	Basketball	Handball	Tag Rugby	Cricket	Athletics

PE Curriculum

NC Obj.	- Develop flexibility, strength, technique, control, and balance. - Perform dances using a range of movement patterns. - Compare performances with previous ones and demonstrate improvement. - Take part in activities, working as individuals and groups.	- Use running, jumping, throwing, and catching in isolation and in combination. - Play competitive games, and apply basic principles for attack / defence. - Develop flexibility, strength, technique, control, and balance. - Compare performances and show improvement.	- Use running, jumping, throwing, and catching in isolation and in combination. - Play competitive games, and apply attacking and defending principles. - Develop strength, technique, control, and balance in game play. - Compare performances and see how to improve.	- Play competitive games, applying basic principles for attacking and defending. - Use running, dodging, throwing and catching in isolation and combination. - Develop comms collaboration and tactical awareness. - Compare performances and see how to improve.	- Play competitive games, applying basic principles suitable for attacking and defending. - Use running, throwing, catching, striking in isolation and combo - Develop communication and collaboration in games - Compare performance, show improvement.	- Develop flexibility, strength, technique, control and balance. - Use running, jumping, throwing and catching in isolation and combination. - Take part in competitive games, applying principles of attacking and defending. - Compare performance, show improvement.
Key Learning / concepts / People	- Refine balances, rolls, and controlled travelling movements. - Create, link, and perform complex gymnastic sequences - Develop partner/group balance/counterbalance. - Explore dance as a way of expressing themes, emotions, and stories. - Link dance and gym by focusing on rhythm, timing, and performance. - Reflect on and evaluate own and others' performances.	- Develop ball-handling skills (dribbling, passing, catching) - Understand and apply spacing, movement, and positioning. - Use attacking tactics: finding space & passing opportunities, breaks. - Apply defensive principles: marking, intercepting, blocking. - Apply rules of basketball in games. - Work collaboratively in teams, making tactical decisions.	- Develop throwing and catching skills under pressure. - Apply rules of handball including dribbling, steps, and goal scoring. - Use attacking strategies: fast breaks, creating overloads, shooting opportunities. - Apply defensive tactics: blocking, intercepting, goalkeeping basics. - Work effectively as a team, using communication and tactical awareness.	- Passing backwards with accuracy under pressure. - Running into and finding space. - Dodging and evasion techniques. - Defensive positioning and safe tagging. - Supporting teammates in attack. - Applying rules in competitive games.	- Striking a ball with control (batting stance, grip, swing). - Bowling techniques (underarm, then overarm accuracy). - Catching and fielding skills, including long and short throws. - Basic game rules (runs, outs, wickets). - Teamwork and tactical decision-making.	- Sprinting technique: starts, acceleration, stride length, arm drive. - Middle-distance running: pacing and endurance. - Throwing: javelin, shot put (adapted equipment), discus. - Jumping: long jump and triple jump. - Collaboration through relay running. - Self-assessment, resilience and goal setting.
Key Vocabulary	- Balance, counterbalance, symmetry, asymmetry - Sequence, transition, fluency, control - Canon, unison, rhythm, motif, expression - Evaluate, refine, feedback	- Dribble, chest pass, bounce pass, overhead pass - Marking, intercept, block, pivot, rebound - Attack, defence, possession, space, teamwork - Tactics, transition, fast break	- Dribble, pass, intercept, pivot, shot - Fast break, overlap, block, rebound - Attack, defence, space, teamwork, transition - Goalkeeper, save, throw-off	- Pass, tag, offside, try - support, tackle, space - defence, attack, teamwork - tactics.	- Batting, bowling, fielding, - wicket, boundary - over - run, catch, strike - teamwork, tactics	- Sprint, - relay, baton, - pace, stride, - acceleration, - endurance, - javelin, shot put, discus, - long jump, - technique.
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2

PE Curriculum

Lesson Objectives (six lessons per unit)	1. How can we refine balances and travelling movements in gymnastics? 2. How can we perform rolls and jumps with control and fluency? 3. How can we create and perform gymnastic sequences with a partner or group? 4. How can we use dance to show a theme or emotion? 5. How can we combine dance and gymnastics movements into a performance? 6. How can we perform, evaluate, and improve our routines?	1. How can we control the ball when dribbling in basketball? 2. How can we pass and catch accurately to keep possession? 3. How can we use movement and positioning to attack effectively? 4. How can we defend as individuals and as a team? 5. How can we apply tactics in small-sided basketball games? 6. How can we perform effectively in a competitive game of basketball?	1. How can we throw and catch accurately in handball? 2. How can we move with the ball using dribbling and pivoting? 3. How can we attack effectively to create and take shooting opportunities? 4. How can we defend as individuals and as a team? 5. How can we apply tactics in small-sided handball games? 6. How can we perform effectively in a competitive handball match?	1. How do we pass and catch effectively in tag rugby? 2. How do we dodge and evade defenders? 3. How do we defend using safe tagging? 4. How do we support teammates in attack? 5. How do we apply tactics in small-sided games? 6. How can we perform effectively in a competitive game?	1. How do we strike the ball accurately when batting? 2. How do we bowl accurately? 3. How do we field effectively? 4. How do we work as a team in cricket? 5. How do we apply batting, bowling and fielding in small-sided games? 6. How can we perform effectively in a full game of cricket?	1. How can we improve our sprinting technique? 2. How do we manage our pace in middle-distance running? 3. How can we throw for distance with control? 4. How do we improve our jumping technique? 5. How do we work together in a relay race? 6. How can we combine our skills in an athletics competition?
End of unit assessment	How can you combine gymnastics and dance movements to create a fluent and expressive performance?	How can effective teamwork and tactical decisions help you perform successfully in basketball?	How can teamwork and tactical awareness help you succeed in handball?	How can attacking and defending tactics help a team be successful in tag rugby?	How can batting, bowling and fielding skills work together to make a successful cricket team?	How do athletes use technique, teamwork and resilience to improve performance and succeed in competition?