

PE Curriculum

REAL PE

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Coordination: footwork Static balance: one leg	Dynamic balance to agility: jumping and landing Static balance: seated	Dynamic balance: on a line Static balance: stance	Counter balance: with a partner Coordination: ball skills	Agility: reaction/response Coordination: sending and receiving	Agility: ball chasing Static balance: floor work
Year 1	REAL Gym	Dynamic balance to agility: jumping and landing Static balance: seated	Dynamic balance: on a line Static balance: stance	Coordination: ball skills Counter balance: with a partner	Agility: reaction/response Coordination: sending and receiving	REAL Dance
Year 2	REAL Gym	Dynamic balance to agility: jumping and landing Static balance: seated	Dynamic balance: on a line Static balance: stance	Coordination: ball skills Counter balance: with a partner	Agility: reaction/response Coordination: sending and receiving	REAL Dance
Year 3	Coordination: footwork Static balance: one leg	Dynamic balance to agility: jumping and landing Static balance: seated	Dynamic balance: on a line Coordination: ball skills	Coordination: sending and receiving Counter balance: with a partner	Agility: reaction/response Static balance: floor work	Agility: ball chasing Static balance: stance
Year 4	Coordination: footwork Static balance: one leg	Dynamic balance to agility: jumping and landing Static balance: seated	Dynamic balance: on a line Coordination: ball skills	Coordination: sending and receiving Counter balance: with a partner	Agility: reaction/response Static balance: floor work	Agility: ball chasing Static balance: stance
Year 5	Coordination: ball skills Agility: reaction/response	Dynamic balance: on a line Counter balance: with a partner	Static balance: stance Coordination: footwork	Static balance: seated Static balance: floor work	Dynamic balance to agility: jumping and landing Static balance: one leg	Coordination: sending and receiving Agility: ball chasing
Year 6	Coordination: ball skills Agility: reaction/response	Dynamic balance: on a line Counter balance: with a partner	Static balance: stance Coordination: footwork	Static balance: seated Static balance: floor work	Dynamic balance to agility: jumping and landing Static balance: one leg	Coordination: sending and receiving Agility: ball chasing

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Games, Gym, Swimming and Dance PE KS2

Year	Autumn 1 Knows	Autumn 2 knows	Spring 1 Knows	Spring 2 Knows	Summer 1 Knows	Summer 2 Knows
Year 3	Gymnastics Link actions and develop sequences of movements that express my own ideas. Change tactics, rules or tasks to make activities more fun or more challenging. Recognise similarities and differences in movements and expression. Make up my own rules and versions of activities. Respond differently to a variety of tasks.	Invasion games (Basketball) how to move ball around different parts of the body how to dribble and bounce a ball in a variety of ways 'push not pat' how to pass and receive a ball how to score into a targeted area, perform a jump and stride stop in basketball how to dodge in a conditioned game to get into a space protecting the ball in an adapted game transfer skills to a 3v3 mini basketball or an adapted game. key rules of basketball and apply them.	Dance Shapes * Create multiple standing and floor shapes * Travel between shapes including stepping into jumping. * Rotate in jumps. Circles * Create exact and repeatable movement led by both single arm and leg circles and semi- circles leading into: Partnering (Shapes) * Create standing and floor shapes Partnering (Circles) * Create movement led by horizontal and vertical single arm circles and semi-circles Partnering (Lifts) * Create partner balances with one standing and the other on the floor. * Create and support jumps palm to palm/palm to lower back with a 180° turn in the air and 1 foot take-off and landing. Artistry (Abstraction) * Create multiple ways of moving linked to the silk Artistry (Musicality)*	Invasion games (Rugby) and develops own rules for new games. how to make imaginative pathways using the equipment. how to compete with each other in a controlled manner.	Striking and fielding games (Cricket) where to position yourself when catching that I need to watch the ball at all times that hands should be cupped when catching body position / movement of fielder know how to throw/strike ball (kicking / rackets / bats) how to Intercept and stop the ball with consistency and sometimes catch the ball	Athletics how to run at speeds appropriate for the distance. e.g. sprinting and cross country how to perform a running jump with some accuracy and perform a variety of throws using a selection of equipment. how to use equipment safely and with good control.

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			* Create shapes, circle and silk movements Artistry (Making) * Create a sequence of a minimum of 5 moves			
Year 4	Gymnastics Link actions and develop sequences of movements that express my own ideas. Change tactics, rules or tasks to make activities more fun or more challenging. Recognise similarities and differences in movements and expression. Make up my own rules and versions of activities. Respond differently to a variety of tasks. Select and link movements together to fit a theme. Begin to compare my movements and skills	Invasion games (Basketball) how to dribble and bounce a ball with control and using both hands how to pass and receive, stepping into the pass (chest and bounce pass) how to score into a net/hoop in a small sided 4v4 basketball game how to perform a jump and stride stop with a pivot how to protect the ball in an adapted game using the pivot to protect the ball Introduce 4v4 mini basketball or an adapted game. some additional rules e.g double dribble, travelling.	Dance Shapes * Create multiple standing and floor shapes * Travel between shapes including rotation Circles * Create sequences of movement led by combined arm, shoulder, leg and foot circles and/or semi-circles leading into: Partnering (Shapes) * Create standing and floor shapes: * Jump with backward rotation when moving between shapes. Partnering (Circles) * Create exact and repeatable movement led by both single arm and leg circles and semi-circles leading into: * Create sequences of movement led by large horizontal and vertical single arm and leg circles and semi-circles Partnering (Lifts) * Create and support jumps palm to palm/palm to lower back Artistry (Abstraction) * Create multiple ways of moving linked to the silk	Invasion games (rugby) and can create their own games using knowledge and skills. compares and comments on skills to support the creation of new games and can apply basic skills for attacking and defending.	Swimming how to swim between 10m and 20m unaided in shallow water, how to use floats to swim longer distances with a more controlled leg kick. Put face under the water and blow bubbles (begin to do this whilst swimming).	Swimming. how to move in and under water. how swimming affects breathing. how to Identify and describe differences between different leg and arm actions. and can understand water can be dangerous and repeat what to do when in difficulty.

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	with those of others.		Artistry (Musicality)* * Create combination of shapes, circle and silk moves * Perform both in my and my partner's place. Artistry (Making) * Create a sequence of a minimum of 5 moves * Perform both in my and my partner's place.			
Year 5	Invasion games (Hockey) how to take part in competitive games with a strong understanding of tactics and composition. how to create their own games using knowledge and skills. how to make suggestions as to what resources can be used to differentiate a game. how to apply basic skills for attacking and defending. how to use running, jumping, throwing and catching in isolation and combination.	Invasion games (Netball) how to take part in competitive games with a strong understanding of tactics and composition. how to create their own games using knowledge and skills. what resources can be used to differentiate a game. how to apply basic skills for attacking and defending. how to use running, jumping, throwing and catching in isolation and combination. what works well in a group to develop various games.	Striking and fielding games. (cricket) how to use a range of fielding skills, e.g. catching, throwing, intercepting, with growing control and consistency. different ways on how to bowl how to bat effectively, using different types of shot from both sides of body how to throw overarm with accuracy and for a good distance	Dance Shapes * Create multiple standing and floor shapes * Travel between shapes including rotation Circles * Create complex movement led by a combination of circles made with different body parts and in different planes leading into Partnering (Shapes) * Create standing and floor shapes in close contact * Travel with my partner Partnering (Circles) * Create sequences of movement led by combinations of circles made with different body parts and in different planes Partnering (Lifts) * Create sequences of movement, turning and jumping Artistry (Abstraction) * Create multiple ways of moving linked to the silk. Artistry (Musicality)	Swimming. how to swim 10m-15m unaided using a second stroke. how to put face in water and breath correctly when swimming in one identifiable stroke. how to use a float to aid their swimming and confidence in deeper water.	Swimming. how to use a float to develop leg and arm techniques. how to explain how to keep safe whilst in water and what dangers should be identified.

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	what works well in a group to develop various games. how to show confidence in using ball skills in various ways, and can link these together. e.g. dribbling, bouncing, kicking	that I need to show confidence in using ball skills in various ways, and can link these together. e.g. dribbling, bouncing, kicking.		* Create a combination of shapes, circle and silk moves Artistry (Making) * Create a sequence of a minimum of 6 various moves		
Year 6	Invasion games (Hockey) how to vary skills, actions and ideas and link these in ways that suit the activity of the game. how to confidently use ball skills in various ways, and can link these together effectively. how to keep possession of balls during games situations. how to consistently uses skills with coordination, control and fluency. how to modify competitive games. how to compare and comment on skills to	Invasion games (Netball) how to vary skills, actions and ideas and link these in ways that suit the activity of the game. how to keep possession of balls during games situations. and consistently uses skills with coordination, control and fluency. how to Modify competitive games. how to compare and comment on skills to support the creation of new games. skills for attacking and defending.	Striking and fielding games (Cricket) how to use an increasing range of skills in their practices and game with confidence, control and accuracy which skills relate to different parts of a game, or to different roles in a game how to use skills effectively in different types of game how to create a side on position for bowling how to improve my catching skills whilst on the move how to use a variety of techniques to throw a ball.	Dance Shapes * Create multiple standing and floor shapes * Travel between shapes including rotation Circles * Create complex movement led by a combination of circles made with different body parts and in different planes leading into Partnering (Shapes) * Create standing and floor shapes in close contact. * Travel with my partner Partnering (Circles) * Create sequences of movement led by combinations of circles made with different body parts and in different planes Partnering (Lifts) * Create sequences of movement, turning and jumping Artistry (Abstraction) * Create multiple ways of moving linked to the silk	Gymnastics how to plan and perform with precision, control and fluency, a movement sequence showing a wide range of actions including variations in speed, levels and directions. how to perform difficult actions, with an emphasis on extension, clear body shape and changes in direction. and adapts sequences to include a partner or a small group.	Athletics/orienteering how to confidently use a variety of running techniques. how to confidently perform a running jump with more than one component. e.g. hop skip jump (triple jump) how to record peers performances, and evaluate these.

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	support the creation of new games. how to apply knowledge of skills for attacking and defending.			Artistry (Musicality) * Create a combination of shapes, circle and silk moves Artistry (Making) * Create a sequence of a minimum of 6 various moves		
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