

THE CURRICULUM IN YEAR Reception (EYFS)

PE

Units taken from the Get Set 4 PE scheme of work

Activity	Early learning goals and Development Matters Statements covered
Introduction to PE	<p>Revise and refine the fundamental movement skills they have already acquired:</p> <ul style="list-style-type: none"> - rolling - crawling - walking - jumping - running - hopping - skipping - climbing <p>Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines</p>
Dance	<p>Combine different movements with ease and fluency</p> <p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing</p> <p>Progress towards a more fluent style of moving, with developing control and grace</p> <p>Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines</p>
Gymnastics	<p>Negotiate space and obstacles safely, with consideration for themselves and others.</p> <p>Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group</p> <p>Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines</p>
Ball skills	<p>Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming</p> <p>Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball</p>
Fundamentals	<p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing</p> <p>Develop overall body-strength, balance, co-ordination and agility</p> <p>Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines</p>
Games	<p>Negotiate space and obstacles safely, with consideration for themselves and others.</p> <p>Demonstrate strength, balance and coordination when playing</p> <p>Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines</p>

THE CURRICULUM IN YEAR 1/2

PE

Units taken from the Get Set 4 PE scheme of work

YEAR 1 OF THE TWO YEAR CYCLE	
Activity	National Curriculum objectives covered
Fundamentals (year 1)	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
Striking and fielding	participate in team games, developing simple tactics for attacking and defending
Team building (year 1)	participate in team games, developing simple tactics for attacking and defending
Fitness	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
Dance (year 1)	perform dances using simple movement patterns
Gymnastic (year 1)	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
Ball skills (year 1)	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
Net and wall games	participate in team games, developing simple tactics for attacking and defending
Invasion games	participate in team games, developing simple tactics for attacking and defending
Athletics (year 1)	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

YEAR 2 OF THE TWO YEAR CYCLE	
Activity	National Curriculum objectives covered
Fundamentals (year 2)	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
Team building (year 2)	participate in team games, developing simple tactics for attacking and defending
Ball skills (year 2)	participate in team games, developing simple tactics for attacking and defending
Sending and receiving	participate in team games, developing simple tactics for attacking and defending
Gymnastics (year 2)	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
Dance (year 2)	perform dances using simple movement patterns
Yoga	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 perform dances using simple movement patterns
Target 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
Athletics (year 2)	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

THE CURRICULUM IN YEAR 3/4

PE

Units taken from the Get Set 4 PE scheme of work

YEAR 1 OF THE TWO YEAR CYCLE	
Activity	National Curriculum objectives covered
Tag rugby	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p>
Fitness	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>
Dance (year 3)	perform dances using a range of movement patterns
Dodgeball	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p>
Gymnastics (year 3)	develop flexibility, strength, technique, control and balance
Tennis (year 3)	play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
Netball	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p>
Athletics (year 3)	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>develop flexibility, strength, technique, control and balance</p>
Ball Skills	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>develop flexibility, strength, technique, control and balance</p>
Rounders	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p>
OAA	take part in outdoor and adventurous activity challenges both individually and within a team

YEAR 2 OF THE TWO YEAR CYCLE	
Activity	National Curriculum objectives covered
Fundamentals	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>
Hockey	play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
Football	play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
Yoga	develop flexibility, strength, technique, control and balance
Basketball	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p>
Golf	<p>develop flexibility, strength, technique, control and balance</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>
Athletics (year 4)	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>develop flexibility, strength, technique, control and balance</p>
Dance (year 4)	perform dances using a range of movement patterns
Gymnastics (year 4)	develop flexibility, strength, technique, control and balance
Tennis (year 4)	play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
Cricket	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p>

THE CURRICULUM IN YEAR 5/6

PE

Units taken from the Get Set 4 PE scheme of work

YEAR 1 OF THE TWO YEAR CYCLE	
Activity	National Curriculum objectives covered
Fitness	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>
Cricket	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p>
Hockey	<p>play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p>
Basketball	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p>
Swimming	<p>swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>perform safe self-rescue in different water-based situations</p>
Gymnastics (year 5)	<p>develop flexibility, strength, technique, control and balance</p>
Dance (year 5)	<p>perform dances using a range of movement patterns</p>
Badminton	<p>play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p>
Volleyball	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p>
Athletics (year 5)	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>develop flexibility, strength, technique, control and balance</p>
Tennis (year 5)	<p>play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p>
Rounders	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p>

YEAR 2 OF THE TWO YEAR CYCLE	
Activity	National Curriculum objectives covered
Football	play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
Tag rugby	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
Yoga	develop flexibility, strength, technique, control and balance
Gymnastics (year 6)	develop flexibility, strength, technique, control and balance
Dance (year 6)	perform dances using a range of movement patterns
Dodgeball	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
Swimming	swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations
Tennis (year 6)	play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
Netball	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
Golf	develop flexibility, strength, technique, control and balance compare their performances with previous ones and demonstrate improvement to achieve their personal best
OAA	take part in outdoor and adventurous activity challenges both individually and within a team
Athletics (year 6)	use running, jumping, throwing and catching in isolation and in combination develop flexibility, strength, technique, control and balance