

Chaucer Community Primary School

Physical Education Overview 2023/2024

Leader: Mrs Soper

	Autumn I	Autumn 2	Spring I	Spring 2	Summer I	Summer 2
Nursery	Curriculum Coverage	Curriculum Coverage	Curriculum Coverage	Curriculum Coverage	Curriculum Coverage	Curriculum Coverage
radi sei y	EYFS – Fundamental Movement Skills	EYFS – FMS – Elmer	EYFS – FMS – How to Catch a Star	EYFS – FMS – Rosies Walk	EYFS – FMS – Mini Beasts	EYFS – FMS – Transport
	Movement Skills	National Curriculum	Catch a Star	National Curriculum	National Curriculum	National Curriculum
	National Curriculum	Content	National Curriculum	Content	Content	Content
	Content	In foundation stage,	Content	In foundation stage,	In foundation stage,	In foundation stage,
	In foundation stage,	Physical development is	In foundation stage,	Physical development is	Physical development is	Physical development is
	Physical development is	one of the three prime	Physical development is	one of the three prime	one of the three prime	one of the three prime
	one of the three prime	areas of learning and	one of the three prime	areas of learning and	areas of learning and	areas of learning and
	areas of learning and	development, divided into	areas of learning and	development, divided into	development, divided into	development, divided int
	development, divided into	moving and handling and	development, divided into	moving and handling and	moving and handling and	moving and handling and
	moving and handling and	health and self-care.	moving and handling and	health and self-care.	health and self-care.	health and self-care.
	health and self-care.		health and self-care.			
		Skills Focus		Skills Focus	Skills Focus	Skills Focus
	Skills Focus	FMS (fundamental	Skills Focus	FMS (fundamental	FMS (fundamental	FMS (fundamental
	FMS (fundamental	movement skills)	FMS (fundamental	movement skills)	movement skills)	movement skills)
	movement skills)	Travel	movement skills)	Jump	Jump	Travel
	Jump	Roll	Balance	Travel	Catch	Roll
	Under arm throw	Throw	Jump	Skip	Roll	
	Нор		Throw	Нор		
					Character Values	
	Character Values		Character Values	Character Values	Self-Belief	
	Self-Belief		Self-Belief	Self-Belief	Determination	
	Determination		Determination	Determination		
Reception	Curriculum Coverage	Curriculum Coverage	Curriculum Coverage	Curriculum Coverage	Curriculum Coverage	Curriculum Coverage
	EYFS – An adventure with	EYFS – Fantasy Fairy Tale	EYFS – FMS – How to	EYFS – FMS – A Day on	EYFS – FMS – Rumble in	EYFS – FMS – Transport
	the Emergency Services		catch a star	the Farm	the Jungle	
		National Curriculum	l	1	l	National Curriculum
	National Curriculum	Content	National Curriculum	National Curriculum	National Curriculum	Content
	Content	In foundation stage,	Content	Content	Content	In foundation stage,
	In foundation stage,	Physical development is	In foundation stage,	In foundation stage,	In foundation stage,	Physical development is
	Physical development is	one of the three prime	Physical development is	Physical development is	Physical development is	one of the three prime
	one of the three prime	areas of learning and	one of the three prime	one of the three prime	one of the three prime	areas of learning and
develo movin	areas of learning and	development, divided into	areas of learning and	areas of learning and	areas of learning and	development, divided in
	development, divided into	moving and handling and	development, divided into	development, divided into	development, divided into	moving and handling and
	moving and handling and	health and self-care.	moving and handling and	moving and handling and	moving and handling and	health and self-care.
	health and self-care.	Chille Feeting	health and self-care.	health and self-care.	health and self-care.	Status Farms
	Skille Engue	Skills Focus	Skills Focus	Skills Focus	Skills Focus	Skills Focus
	Skills Focus	FMS (fundamental				FMS (fundamental
	FMS (fundamental	movement skills) Travel	FMS (fundamental	FMS (fundamental	FMS (fundamental	movement skills) Travel
	movement skills)		movement skills) Balance	movement skills) Run	movement skills) Travel	Roll
	Travel	Under arm throw			****	
	Under arm throw	Over arm throw	Jump	Balance	Under arm throw	Climb



	Over arm throw	Catch with increasing	Throw	Roll	Over arm throw	Over arm throw
	Catch with increasing	accuracy		Jump	Roll	
	accuracy	,	Character Values	Throw		Character Values
	1 '	Character Values	Self-Belief		Character Values	Self-Belief
	Character Values	Self-Belief	Determination	Character Values	Self-Belief	Determination
	Self-Belief	Determination		Self-Belief	Determination	
	Determination			Determination		
	Curriculum Coverage	Curriculum Coverage	Curriculum Coverage	Curriculum Coverage	Curriculum Coverage	Curriculum Coverage
	EYFS – FMS – Rosies Walk	EYFS – Toys	EYFS – FMS – Elmer	EYFS – Seasons	EYFS – FMS – Hungry	EYFS – FMS – Seaside
	The most valid	2113 10/3	2110 1110 Eliniei	Livo ocasons	Caterpillar	2110 1110 Seasing
	National Curriculum	National Curriculum	National Curriculum	National Curriculum	·	National Curriculum
	Content	Content	Content	Content	National Curriculum	Content
	In foundation stage,	In foundation stage,	In foundation stage,	In foundation stage,	Content	In foundation stage,
	Physical development is	Physical development is	Physical development is	Physical development is	In foundation stage,	Physical development is
	one of the three prime	one of the three prime	one of the three prime	one of the three prime	Physical development is	one of the three prime
	areas of learning and	areas of learning and	areas of learning and	areas of learning and	one of the three prime	areas of learning and
	development, divided into	development, divided into	development, divided into	development, divided into	areas of learning and	development, divided into
	moving and handling and	moving and handling and	moving and handling and	moving and handling and	development, divided into	moving and handling and
	health and self-care.	health and self-care.	health and self-care.	health and self-care.	moving and handling and	health and self-care.
					health and self-care.	
	Skills Focus	Skills Focus	Skills Focus	Skills Focus		Skills Focus
	FMS (fundamental	FMS (fundamental	FMS (fundamental	FMS (fundamental	Skills Focus	FMS (fundamental
	movement skills)	movement skills)	movement skills)	movement skills)	FMS (fundamental	movement skills)
	Jump	Travel	Travel	Travel	movement skills)	Balance
	Travel	Balance	Roll	Balance	Jump	Travel
	Jump		Throw		Travel	Roll
	Skip	Character Values	Jump	Character Values	Нор	Under arm throw
	Нор	Self-Belief	Balance	Self-Belief	Roll	
		Determination		Determination	Balance	Character Values
	Character Values		Character Values			Self-Belief
	Self-Belief		Self-Belief		Character Values	Determination
	Determination		Determination		Self-Belief	
					Determination	
KSI	Curriculum Coverage	Curriculum Coverage	Curriculum Coverage	Curriculum Coverage	Curriculum Coverage	Curriculum Coverage
	Year I Baseline Unit	Dance – Three Little Pigs	FMS – Underarm throw	FMS – Overarm throw	FMS – Catching and	FMS - Supertato
					Bouncing a ball	
Cycle A	National Curriculum	National Curriculum	National Curriculum	National Curriculum		National Curriculum
7,3333	Content	Content	Content	Content	National Curriculum	Content
	Master basic movements	Perform dances using	Master basic movements	Master basic movements	Content	Master basic movements
	including running, jumping,	simple movement patterns	including running, jumping,	including running, jumping,	Master basic movements	including running, jumping,
	throwing and catching, as		throwing and catching, as	throwing and catching, as	including running, jumping,	throwing and catching, as
	well as developing balance,	Skills Focus	well as developing balance,	well as developing balance,	throwing and catching, as	well as developing balance,
	agility and co-ordination	FMS (fundamental	agility and co-ordination	agility and co-ordination	well as developing balance,	agility and co-ordination
		movement skills)			agility and co-ordination	
	Skills Focus	Jump	Skills Focus	Skills Focus		Skills Focus
	FMS (fundamental	Travel	FMS (fundamental	FMS (fundamental	Skills Focus	FMS (fundamental
	movement skills)	Balance	movement skills)	movement skills)	FMS (fundamental	movement skills)
			Throw	Throw	movement skills)	Jump
	morement skills)	Sulance	,	/	`	,



	Character Values	Character Values	Travel	Travel	Travel	Travel
	Self-Belief	Empathy			Bounce	Balance
	Courage		Character Values	Character Values	Catch	Bounce
			Determination	Determination	Нор	Roll
			Concentration	Concentration		
				Cooperation	Character Values	Character Values
					Determination	Cooperation
					Cooperation Self-Belief	Honesty Self-Belief
			C. i. I. v. C.	6		
	Curriculum Coverage	Curriculum Coverage	Curriculum Coverage	Curriculum Coverage	Curriculum Coverage Dance - Robots	Curriculum Coverage FMS – Tri Throlf
	Athletics	FMS - Rolling a ball	Dance – Toy Story	Gymnastics Activities I	Dance - Robots	FINS - ITI I I I I I I I
	National Curriculum	National Curriculum	National Curriculum	National Curriculum	National Curriculum	National Curriculum
	Content	Content	Content	Content	Content	Content
	Participate in team games	Master basic movements	Perform dances using	Master basic movements	Perform dances using	Master basic movements
	GLIII. E	including running, jumping,	simple movement patterns	including running, jumping,	simple movement patterns	including running, jumping,
	Skills Focus	throwing and catching, as	CLIII. E	throwing and catching, as	CLUL E	throwing and catching, as
	FMS (fundamental	well as developing balance,	Skills Focus	well as developing balance,	Skills Focus	well as developing balance,
	movement skills) Hop	agility and co-ordination	FMS (fundamental movement skills)	agility and co-ordination	FMS (fundamental movement skills)	agility and co-ordination
	Roll	Skills Focus	Travel	Skills Focus	Travel	Skills Focus
	Travel	FMS (fundamental	Turn	FMS (fundamental	Mirroring	FMS (fundamental
	Underarm throw	movement skills)	Jump	movement skills)	Shapes	movement skills)
	Jump	Roll	Gesture	Travel		Underarm throw
		Jump	Stillness	Coordination	Character Values	Overarm throw
	Character Values			Control	Imagination	Roll
	Cooperation	Character Values	Character Values	Balance	Self-Belief	Travel
	Encouragement	Concentration	Imagination	Jump		
	Honesty	Cooperation	Self-Belief	Roll		Character Values
	Self-Belief	Self-Belief		Character Values		Determination
				Character Values		Concentration
				Cooperation		Cooperation
				Encouragement Honesty		
				Self-Belief		
	From the FI	1 S B aseline teachers v	vill adapt the PE curri		cus on the EMS the ch	ildron aro loss
	proficient in		viii adapt tile F L turri	culuiti, so there is a lo	cus on the FM3 the ci	muren are less
			I a	Ta		Ta
KSI	Curriculum Coverage Year Baseline Unit	Curriculum Coverage Dance – Moving Along	Curriculum Coverage Dance - Seaside	Curriculum Coverage FMS – Kicking Unit	Curriculum Coverage Games – Striking and	Curriculum Coverage OAA – The Great
	Teal I basellile Offic	Dance - Proving Along	Dance - Seaside	THIS - KICKING OTHE	Fielding	Outdoors
Coole D	National Curriculum	National Curriculum	National Curriculum	National Curriculum	I leidiliğ	Cutadors
Cycle B	Content	Content	Content	Content	National Curriculum	National Curriculum
	Master basic movements	Perform dances using	Perform dances using	Master basic movements	Content	Content
	including running, jumping,	simple movement patterns	simple movement patterns	including running, jumping,	Master basic movements	Engage in a range of
	throwing and catching, as	Simple movement patterns	Simple movement pacterns	throwing and catching, as	including running, jumping,	increasingly challenging
	and catering, as	Skills Focus	Skills Focus	and catering, as		
	2	Skills Focus	Skills Focus		throwing and catching, as	situations



	well as developing balance,	FMS (fundamental	FMS (fundamental	well as developing balance,	well as developing balance,	
	agility and co-ordination	movement skills)	movement skills)	agility and co-ordination	agility and co-ordination.	Skills Focus
		Travel	Movement		Participate in team games,	FMS (fundamental
	Skills Focus	Shape	Travel	Skills Focus	developing simple tactics.	movement skills)
	FMS (fundamental	Movement	Shapes	FMS (fundamental	l see a grant and	Travel
	movement skills)		.	movement skills)	Skills Focus	
	,	Character Values	Character Values	Travel	FMS (fundamental	Character Values
	Character Values	Self-Belief	Curiosity	Kick	movement skills)	Responsibility
	Self-Belief	Empathy	Courage		Overarm throw	Trust
	Courage	,		Character Values	Strike	Cooperation
				Cooperation	Simple tactics	
				Encouragement		
					Character Values	
					Communication	
					Self-Belief	
	Curriculum Coverage	Curriculum Coverage				
	Athletics	Games – Piggy in the	Games – Net and Wall	Gymnastics Activities 2	Dance – Once Upon a	FMS End of KSI
		Middle		,	Giant	Assessment
	National Curriculum		National Curriculum	National Curriculum		
	Content	National Curriculum	Content	Content	National Curriculum	National Curriculum
	Participate in team games	Content	Master basic movements	Master basic movements	Content	Content
		Master basic movements	including running, jumping,	including running, jumping,	Perform dances using	Master basic movements
	Skills Focus	including running, jumping,	throwing and catching, as	throwing and catching, as	simple movement patterns	including running, jumpin
	FMS (fundamental	throwing and catching, as	well as developing balance,	well as developing balance,		throwing and catching, as
	movement skills)	well as developing balance,	agility and co-ordination.	agility and co-ordination	Skills Focus	well as developing balanc
	Travel	agility and co-ordination.	Participate in team games,		FMS (fundamental	agility and co-ordination.
	Underarm throw	Participate in team games,	developing simple tactics.	Skills Focus	movement skills)	
	Jump	developing simple tactics.		FMS (fundamental	Travel	Skills Focus
	1		Skills Focus	movement skills)	Gesture	FMS (fundamental
	Character Values	Skills Focus	FMS (fundamental	Movement	Control	movement skills)
	Cooperation	FMS (fundamental	movement skills)	Balance	Sequence	,
	Encouragement	movement skills)	Travel	Jump		Character Values
	Honesty	Underarm throw	Strike	Roll	Character Values	Concentration
	Self-Belief	Catching			Imagination	Self-Belief
		Simple tactics	Character Values	Character Values	Self-Belief	
			Concentration	Courage		
		Character Values	Self-Belief	Concentration		
		Cooperation		Self-Belief		
		Honesty				
		Self-Belief				
	From the FI	1S Baseline teachers v	will adapt the PE curri	iculum, so there is a fo	cus on the FMS the cl	hildren are less
	proficient in	•	•			
LKS2	Curriculum Coverage	Curriculum Coverage				
	Invasion Games - Handball	Invasion Games - Netball	Dance – Rock and Roll	Gymnastics Activities 2	Dance – Ironman	Invasion Games - Rugby



Cycle A	National Curriculum	National Curriculum	National Curriculum	National Curriculum	National Curriculum	National Curriculum
Cycle A	Content	Content	Content	Content	Content	Content
	Play competitive games,	Play competitive games,	Perform dances using a	Develop flexibility,	Compare their	Play competitive games,
	modified where	modified where	range of movement	strength, technique, control	performances with	modified where
	appropriate.	appropriate, and apply basic	patterns.	and balance	previous ones and	appropriate, and apply basic
	Use running, jumping,	principles suitable for	Compare their		demonstrate improvement	principles suitable for
	throwing and catching in	attacking and defending.	performances with	Skills Focus	to achieve their personal	attacking and defending.
	isolation and in	Use running, jumping,	previous ones and	Develop sport specific skills	best.	Use running, jumping,
	combination.	throwing and catching in	demonstrate improvement	and perform them with	Develop flexibility,	throwing and catching in
	Combination.	isolation and in	to achieve their personal	some accuracy	strength, technique, control	isolation and in
	Skills Focus	combination.	best.	Travel	and balance	combination.
	Chest pass	combination.	Develop flexibility,	Balance	and balance	Combination.
	Bounce pass	Skills Focus	strength, technique, control	lump	Skills Focus	Skills Focus
	Space	Chest pass	and balance	Rolling	Perform dances	Passing a ball
	Simple tactics to outwit a	Bounce pass	and balance	Use of apparatus	expressively	Simple tactics to outwit
	defender	Space	Skills Focus	Ose of apparatus	Perform freely, translating	•
	deletidet	Dodging	Effective travel movements	Character Values	ideas	opponent Moving into space
	Character Values	Simple tactics to outwit a	Stillness	Trust	Have an awareness of	Evaluate performance
	Honesty	defender	Unison	Courage	rhythmic, dynamic and	Evaluate performance
	Evaluation	delender	Offisori	Evaluation	expressive qualities	Character Values
	Evaluation	Character Values	Character Values	Evaluation	expressive qualities	Honesty
					Character Values	Evaluation
		Honesty	Cooperation, Evaluation		Resilience	Evaluation
	Curriculum Coverage	C		C	Curriculum Coverage	C
		Curriculum Coverage	Curriculum Coverage	Curriculum Coverage		Curriculum Coverage
	Gymnastics Activities I	Dance – Myths and	Creative Games – Tag and	Athletics	Striking and Fielding - Rounders	OAA – Trust and Trails
	Notional Comissions	Legends	Target	National Commissions	Rounders	National Curriculum
	National Curriculum	National Commissions	National Commissions	National Curriculum	National Cominguity	
	Content	National Curriculum	National Curriculum	Content	National Curriculum	Content
	Develop flexibility,	Content	Content	Use running, jumping,	Content	Take part in outdoor and
	strength, technique, control	Perform dances using a	Use running, jumping,	throwing and catching in	Use running, jumping,	adventurous activity
	and balance	range of movement	throwing and catching in	isolation and in	throwing and catching in	challenges both individually
		patterns.	isolation and in	combination.	isolation and in	and within a team
	Skills Focus	Compare their	combination.	Develop flexibility,	combination.	Shills Facus
	Develop sport specific skills and perform them with	performances with	Play competitive games,	strength, technique, control and balance	Play competitive games, modified where	Skills Focus
		previous ones and	modified where	and balance		Travel and balance safely
	some accuracy Travel	demonstrate improvement	appropriate, and apply basic	Skills Focus	appropriate, and apply basic	when carrying out
		to achieve their personal	principles suitable for		principles suitable for	challenges
	Balance	best.	attacking and defending.	Master fundamental	attacking and defending.	Demonstrate team work
	Jump	Develop flexibility,	Develop flexibility,	movement skills	Develop flexibility,	skills during planning, doing
	Rolling	strength, technique, control and balance	strength, technique, control and balance	Develop athletic specific skills	strength, technique, control and balance	and reviewing
	Use of apparatus	ани рагансе	апи рагапсе		and balance	Chamastan Values
	Character Values	Skills Focus	Skills Focus	Throwing – push, pull and	Skills Focus	Character Values Communication
				sling		
	Trust	Travelling along pathways	Rolling	Hop, step and jump	Underarm throw	Trust
	Courage	Mirrored sequence	Dodging	Combination of jumping	Catch a ball	Self-Discipline
	Evaluation	Sequence	Underarm throw	actions	Striking a ball from a tee or	
		Chamatan Valara	Character Value	Chamatan Valara	drop feed	
	l .	Character Values	Character Values	Character Values		l



LKG2	Curriculum Coverage	Encouragement Reflection Curriculum Coverage	Co-operation Curriculum Coverage	Resilience Curriculum Coverage	Develop sports specific skills performing them with consistency and accuracy Character Values Communication Evaluation Curriculum Coverage	Curriculum Coverage
LKS2 Cycle B	Target Games - Dodgeball National Curriculum	Gymnastics Activities 3 National Curriculum	Invasion Games – Rugby 2 National Curriculum	Target Games - Boccia National Curriculum	OAA – Team Work and Problem Solving	Striking and Fielding - Cricket
Cycle B	Content Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. Use running, jumping, throwing and catching in isolation and in combination. Skills Focus Catch a ball One handed throw Dodging Character Values Self-discipline Respect	Content Develop flexibility, strength, technique, control and balance Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Skills Focus Shoulder stand Arabesque Balances – one footed, dish and arch Basic rolling actions Two footed jump and land and turns Character Values Motivation Evaluation	Content Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. Use running, jumping, throwing and catching in isolation and in combination. Skills Focus Passing a ball Simple tactics to outwit opponent Moving into space Evaluate performance Character Values Encouragement Determination Evaluation	Content Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. Use running, jumping, throwing and catching in isolation and in combination. Skills Focus Underarm roll Different rolls — overarm, pushing Simple tactics Character Values Reflection Respect	National Curriculum Content Take part in outdoor and adventurous activity challenges both individually and within a team Skills Focus Orientate a map Use a control card Navigate a course safely Character Values Communication Problem-Solving	National Curriculum Content 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. Develop flexibility, strength, technique, control and balance Skills Focus Bowl underarm Catch Return the ball Straight drive Character Values Communication Evaluation
	Curriculum Coverage Dance – Sparks Might Fly	Curriculum Coverage Invasion Games - Basketball	Curriculum Coverage Dance - Superheroes	Curriculum Coverage Gymnastic Activities 4	Curriculum Coverage Dance – The Great Plague	Curriculum Coverage Invasion Games – On the Attack
	National Curriculum Content Perform dances using a range of movement patterns. Compare their performances with previous ones and demonstrate improvement	National Curriculum Content Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. Use running, jumping, throwing and catching in	National Curriculum Content Perform dances using a range of movement patterns. Compare their performances with previous ones and demonstrate improvement	National Curriculum Content Develop flexibility, strength, technique, control and balance Compare their performances with previous ones and demonstrate improvement	National Curriculum Content Perform dances using a range of movement patterns. Compare their performances with previous ones and demonstrate improvement	National Curriculum Content Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. Use running, jumping, throwing and catching in



	to achieve their personal best. Develop flexibility, strength, technique, control and balance Skills Focus Create a freeze frame Transitions Group dance Movement Character Values Encouragement	isolation and in combination. Skills Focus Dribble Bounce pass Chest pass Simple tactics Character Values Determination Evaluation	to achieve their personal best. Develop flexibility, strength, technique, control and balance Skills Focus Perform dances clearly and fluently Show sensitivity to the dance idea Perform dances expressively Perform freely, translating ideas Have an awareness of rhythmic, dynamic and	to achieve their personal best. Skills Focus Mirrored shape Matched balance Create a sequence Character Values Problem-Solving Evaluation	to achieve their personal best. Develop flexibility, strength, technique, control and balance Skills Focus Create a group dance showing contact, canon, unison, changes of direction, formations and dynamics Solo Movement Character Values Responsibility	isolation and in combination. Skills Focus Pass and move into space Shoot one handed Throw and catch Simple tactics Character Values Determination Evaluation
111/62	Curriculum Coverage	Curriculum Coverage	expressive qualities Character Values Communication Empathy Curriculum Coverage	Curriculum Coverage	Curriculum Coverage	Curriculum Coverage
UKS2	Dance - Earthlings	Invasion Games - Netball	Athletics	Invasion Games - Hockey	Dance – Robin Hood	Creative Games
Cycle A	National Curriculum Content Perform dances using a range of movement patterns. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Develop flexibility, strength, technique, control and balance Skills Focus Perform different styles of dance clearly and fluently Adapt and refine the way they use weight, space and rhythm in their dances Perform dances expressively	National Curriculum Content Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. Use running, jumping, throwing and catching in isolation and in combination. Skills Focus Chest pass Bounce pass Shoulder pass Shoot Close down opponent Character Values Decision-Making Evaluation	National Curriculum Content Use running, jumping, throwing and catching in isolation and in combination. Develop flexibility, strength, technique, control and balance Skills Focus Throwing (push, pull, sling and heave) Jumping and landing in different ways Running for short and long distances Passing a baton in a relay Character Values Self-motivation Determination	National Curriculum Content Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. 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. Skills Focus Passing a ball Dribbling Shooting Attacking tactics	National Curriculum Content Perform dances using a range of movement patterns. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Develop flexibility, strength, technique, control and balance Skills Focus Body actions and shapes Actions Expressions Expressions Exaggerated movements Character Values Empathy	National Curriculum Content Play competitive games, modified where appropriate. Use running, jumping, throwing and catching in isolation and in combination. Skills Focus Sending a ball Receiving a ball Different techniques for travelling Shooting with accuracy Character Values Decision-Making Evaluation



Perform freely, transla ideas	ing		Evaluate performance Evaluate the performance	Self-Discipline	
Have an awareness of			of others		
rhythmic, dynamic and			Defending tactics		
expressive qualities			Play a role in a competitive		
			modified game		
Character Values					
Empathy			Character Values		
Self-Discipline			Responsibility		
			Decision making		
			Evaluation		
Curriculum Covera		Curriculum Coverage	Curriculum Coverage	Curriculum Coverage	Curriculum Coverage
Gymnastics Activities	Gymnastics Activities 2	Dance – Food, Glorious	Orienteering	Net and Wall - Tennis	Striking and Fielding -
Notice of Control of	Notice of Control of	Food	Notice of Control of	Notice of Control of	Rounders
National Curriculur		National Commissions	National Curriculum	National Curriculum	National Commissions
Content Develop flexibility,	Content Develop flexibility,	National Curriculum Content	Content Take part in outdoor and	Content Play competitive games,	National Curriculum Content
strength, technique, co	1 7	Perform dances using a	adventurous activity	modified where	Use running, jumping,
and balance	and balance	range of movement	challenges both individually	appropriate.	throwing and catching in
Compare their	Compare their	patterns.	and within a team	Use running, jumping,	isolation and in
performances with	performances with	Compare their	and within a team	throwing and catching in	combination.
previous ones and	previous ones and	performances with	Skills Focus	isolation and in	Play competitive games,
demonstrate improver	_ ·	previous ones and	Navigate to a control	combination.	modified where
to achieve their person		demonstrate improvement	marker on a score event		appropriate, and apply basic
best.	best.	to achieve their personal	course	Skills Focus	principles suitable for
		best.	Demonstrate teamwork	Throwing a ball	attacking and defending.
Skills Focus	Skills Focus	Develop flexibility,	skills during planning, doing	Holding a racket correctly	Develop flexibility,
Counter balance with	Counter balance with a	strength, technique, control	and reviewing.	Forehand	strength, technique, control
partner with and without	ut partner using apparatus	and balance		Backhand	and balance
apparatus	Counter-tension balance		Character Values	Volley	
Counter-tension balan		Skills Focus	Cooperation	Develop sport specific skills	Skills Focus
with a partner	apparatus	Perform in unison as part	Responsibility	and perform with accuracy,	Develop sport specific skills
Matched and mirrored	Sequence with a partner in	of a group	Evaluation	consistency, confidence and	and perform them with
shapes with a partner	unison and canon	Dance sequence in canon		control	consistency, accuracy,
		as part of a group			control, confidence and
Character Values	Character Values	Use a prop as part of a		Character Values	speed.
Communication	Evaluation	dance phrase		Decision-Making	Bowl overarm
Evaluation		Character Wall		Evaluation	Strike a ball of a tee
		Character Values			Strike a bowled ball Field a ball and throw back
		Co-operation			
					overarm
					Character Values
					Encouragement
					Motivation
					Decision-Making
					Decision-Making



UKS2	Curriculum Coverage	Curriculum Coverage	Curriculum Coverage	Curriculum Coverage	Curriculum Coverage	Curriculum Coverage
01.02	Invasion Games - Rugby	Invasion Games - Netball	Net and Wall - Badminton	Athletics	Invasion Games – Rugby 2	OAA – Teamwork and Problem Solving
Cycle B	National Curriculum Content	National Curriculum Content	National Curriculum Content	National Curriculum Content	National Curriculum Content	National Curriculum
	Play competitive games,	Play competitive games,	Play competitive games,	Use running, jumping,	Play competitive games,	Content
	modified where	modified where	modified where	throwing and catching in	modified where	Take part in outdoor and
	appropriate, and apply basic	appropriate, and apply basic	appropriate.	isolation and in	appropriate, and apply basic	adventurous activity
	principles suitable for	principles suitable for	Use running, jumping,	combination.	principles suitable for	challenges both individually
	attacking and defending.	attacking and defending.	throwing and catching in	Develop flexibility,	attacking and defending.	and within a team
	Use running, jumping,	Use running, jumping,	isolation and in	strength, technique, control	Use running, jumping,	G
	throwing and catching in	throwing and catching in	combination.	and balance	throwing and catching in	Skills Focus
	isolation and in combination.	isolation and in combination.	Skills Focus	Skills Focus	isolation and in combination.	Different ways of
	Compare their	Compare their	Hold a racket correctly	Throwing (push, pull, sling	Compare their	communicating directions Transport equipment
	performances with	performances with	Forehand shot	and heave)	performances with	Guide a blindfolded partner
	previous ones and	previous ones and	Backhand shot	Jumping and landing in	previous ones and	safely
	demonstrate improvement	demonstrate improvement	Hit a shuttlecock into a	different ways	demonstrate improvement	Surery
	to achieve their personal	to achieve their personal	target using a forehand	Running for short and long	to achieve their personal	Character Values
	best.	best.	Hit a shuttlecock into a	distances	best.	Problem Solving
			target using a backhand	Passing a baton in a relay		
	Skills Focus	Skills Focus		,	Skills Focus	
	Passing and catching a ball	Chest pass	Character Values	Character Values	Kick a rugby ball with	
	with consistency, accuracy	Bounce pass	Decision-Making	Self-motivation	confidence and accuracy	
	and control	Shoulder pass	Evaluation	Determination	Run with the ball in two	
	Apply simple tactics	Shoot			hands	
	Evaluate performance	Close down opponent			Use techniques for passing using swing pass and	
	Character Values	Character Values			catching with accuracy	
	Decision Making	Decision Making				
	Evaluation	Evaluation			Character Values	
					Encouragement	
					Determination	
					Evaluation	
	Curriculum Coverage Dance – Heroes and	Curriculum Coverage Gymnastics Activities 3	Curriculum Coverage Gymnastics Activities 4	Curriculum Coverage Dance - Seaside	Curriculum Coverage Dance – Highway Man	Curriculum Coverage Invasion Games - Hockey
	Villains	,	-		,	,
		National Curriculum	National Curriculum	National Curriculum	National Curriculum	National Curriculum
	National Curriculum	Content	Content	Content	Content	Content
	Content	Develop flexibility,	Develop flexibility,	Perform dances using a	Perform dances using a	Play competitive games,
	Perform dances using a	strength, technique, control	strength, technique, control	range of movement	range of movement	modified where
	range of movement patterns.	and balance. Compare their	and balance. Compare their	patterns. Compare their	patterns. Compare their	appropriate, and apply basic principles suitable for
	Compare their	performances with	performances with	performances with	performances with	attacking and defending.
	performances with	previous ones and	previous ones and	previous ones and	previous ones and	Use running, jumping,
	previous ones and	demonstrate improvement	demonstrate improvement	demonstrate improvement	demonstrate improvement	throwing and catching in
	demonstrate improvement	to achieve their personal	to achieve their personal	to achieve their personal	to achieve their personal	isolation and in
		best.	best.	best.	best.	combination.



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•				Compare their
Skills Focus	Skills Focus	strength, technique, control	strength, technique, control	performances with
	ls Develop sport specific skills	and balance	and balance	previous ones and
chnique, control and perform them with	and perform them with			demonstrate improvement
consistency, accuracy,	consistency, accuracy,	Skills Focus	Skills Focus	to achieve their personal
confidence, control and	confidence, control and	Suggest actions and	Exaggerate body	best.
speed.	speed.	demonstrate movement	movements and shapes	
nces fluently and Travel	Travel	ideas	Convey a character	Skills Focus
I Balance	Balance	Perform balances or shapes	through movement	Passing a ball
an Jump	Jump	in a group dance	Different traveling actions	Dribbling
nent Roll	Roll			Shooting
and sensitively. Use of apparatus	Use of apparatus	Character Values	Character Values	Attacking tactics
nces		Resilience	Self-discipline	Evaluate performance
Character Values	Character Values			Evaluate the performance
ely, translating Resourcefulness	Problem Solving			of others
Responsibility	Resourcefulness			Defending tactics
areness of Evaluation	Evaluation			Play a role in a competitive
namic and				modified game
qualities				
				Character Values
Values				Responsibility
				Decision Making
				Evaluation
	and perform them with consistency, accuracy, confidence, control and speed. Travel Balance Jump Roll V and sensitively. Inces V Character Values Responsibility	Skills Focus Develop sport specific skills and perform them with consistency, accuracy, confidence, control and speed. Travel Balance Jump nent y and sensitively. nces y elely, translating areness of ynamic and qualities Skills Focus Develop sport specific skills and perform them with consistency, accuracy, confidence, control and speed. Travel Balance Jump Roll Use of apparatus Character Values Resourcefulness Responsibility Evaluation Skills Focus Develop sport specific skills and perform them with consistency, accuracy, confidence, control and speed. Travel Balance Jump Roll Use of apparatus Character Values Problem Solving Resourcefulness Evaluation	Skills Focus Develop sport specific skills and perform them with consistency, accuracy, confidence, control and speed. Travel Balance Jump nent y and sensitively. nces y elely, translating areness of ynamic and qualities Skills Focus Develop sport specific skills and perform them with consistency, accuracy, confidence, control and speed. Travel Balance Jump Roll Use of apparatus Skills Focus Skills Focus Skills Focus Skills Focus Skills Focus Suggest actions and demonstrate movement ideas Perform balances or shapes in a group dance Character Values Problem Solving Resourcefulness Evaluation Skills Focus Suggest actions and demonstrate movement ideas Perform balances or shapes in a group dance Character Values Resilience	Skills Focus Develop sport specific skills and perform them with consistency, accuracy, confidence, control and speed. Travel Balance Jump nent y and sensitively. nees y eley, translating areness of ynamic and qualities Skills Focus Develop sport specific skills and perform them with consistency, accuracy, confidence, control and speed. Travel Balance Jump Roll Use of apparatus Skills Focus Suggest actions and demonstrate movement ideas Perform balances or shapes in a group dance In a group dance Character Values Resourcefulness Responsibility Evaluation Skills Focus Skills Focus Suggest actions and demonstrate movement ideas Perform balances or shapes in a group dance Character Values Resilience Character Values Resourcefulness Evaluation Skills Focus Suggest actions and demonstrate movement ideas Perform balances or shapes in a group dance Character Values Resilience Character Values Resilience Skills Focus Suggest actions and demonstrate movement ideas Perform balances Convey a character through movement Different traveling actions Character Values Resilience Character Values Resilience Self-discipline

Currently swimming takes place for Year 5 in Autumn Term and Year 4 in Spring and Summer Term.

Swimming	Curriculum Coverage Swimming	Curriculum Coverage Swimming				
	National Curriculum					
	Content	Content	Content	Content	Content	Content
	To swim competently,					
	confidently and proficiently					
	over a distance of at least					
	25 metres. Use a range of strokes effectively (front crawl, backstroke, breaststroke). Perform safe self-rescue in different water-based situations.	25 metres. Use a range of strokes effectively (front crawl, backstroke, breaststroke). Perform safe self-rescue in different water-based situations.	25 metres. Use a range of strokes effectively (front crawl, backstroke, breaststroke). Perform safe self-rescue in different water-based situations.	25 metres. Use a range of strokes effectively (front crawl, backstroke, breaststroke). Perform safe self-rescue in different water-based situations.	25 metres. Use a range of strokes effectively (front crawl, backstroke, breaststroke). Perform safe self-rescue in different water-based situations.	25 metres. Use a range of strokes effectively (front crawl, backstroke, breaststroke). Perform safe self-rescue in different water-based situations.
	Year 5	Year 5	Year 4	Year 4	Year 4	Year 4

Due to swimming in these years, the units will vary slightly.