

Sir Alexander Fleming Primary School and Nursery
PE Curriculum Overview



Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	FMS ABC'S	Ball skills Individual Ball Mastery	Gymnastics	Dance	Athletics	Games Striking and Feilding Balloon Games
Reception	FMS ABC'S Space Orientation Body Control Recalling & Copying Movement Patterns	Games Invasion	Gymnastics	Games Net and Wall	Athletics OAA	Striking and Feilding Games Balloon Games
1	Dance	Games Invasion	Gymnastics	Games Net and Wall	Athletics OAA	Games Striking and fielding
2	Dance	Games Invasion	Gymnastics	Games Net and Wall	Athletics OAA	Games Striking and fielding
3	Dance	Games Invasion	Gymnastics	Games Net and Wall	Athletics OAA	Games Striking and fielding
4	Dance	Games Invasion	Gymnastics	Games Net and Wall	Athletics Swimming OAA	Games Striking and fielding
5	Dance	Games Invasion	Gymnastics	Games Net and Wall	Athletics OAA	Games Striking and fielding Swimming
6	Dance	Games Invasion	Gymnastics	Games Net and Wall	Athletics OAA	Games Striking and fielding Swimming

KS1- Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their **agility, balance and coordination, individually and with others**. They should be able to engage in **competitive (both against self and against others) and co-operative physical activities**, in a range of increasingly challenging situations.

Pupils should be taught to:

- master **basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination**, and begin to apply these in a range of activities
- participate in **team games, developing simple tactics for attacking and defending**
- perform dances using simple movement patterns**

KS2- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and **sequences of movement**. They should enjoy **communicating, collaborating and competing** with each other. They should develop an understanding of **how to improve** in different physical activities and sports and learn how to **evaluate and recognise** their own success.

Pupils should be taught to:

- use **running, jumping, throwing and catching in isolation** and in combination
- play **competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending**
- develop flexibility, strength, technique, control and balance** [for example, through athletics and gymnastics]
- perform dances** using a range of movement patterns
- take part in **outdoor and adventurous activity** challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Ks1 or KS2

- 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

National curriculum objectives KS1	Skills	Activity
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.	Running- speed, power Jumping- agility, balance and power Throwing- control, power, aim and coordination Catching- coordination Balance- body control, direction Agility- speed and direction (control) Co-ordination- fine motor control/body control Strength	Athletics (running, jumping, agility) Striking and fielding games (throwing and catching) Games/ Ball skills (throwing and catching) Gymnastics (Balance and coordination)

Participate in team games, developing simple tactics for attacking and defending	Communication Team work and leadership Listening skills Attacking- shooting, passing Defending- tackling	Invasion games Multisports Games
Perform dances using simple movement patterns	Coordination	dance
Additional experiences:	Target aim Coordination Fine motor control/body control	NAK, Archery, Boccia & Tri Golf
National curriculum objectives KS2	Skills	Activity
Use running, jumping, throwing and catching in isolation and in combination	Running Jumping Throwing Catching	Athletics Striking and Fielding games
Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.	Ball skills- control Agility Teamwork and Sportsmanship Attacking- shooting, passing Defending- tackling	Football Tag rugby Cricket Hockey Basketball Striking and fielding games
Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	Flexibility Strength Technique Control balance	Athletics gymnastics
Perform dances using a range of movement patterns	Coordination Balance	Dance
Take part in outdoor and adventurous activity challenges both individually and within a team	Map work skills Teamwork skills	Outdoor learning OAA Teambuilding Arthog (residential) Orienteering (residential)
Compare their performances with previous ones and demonstrate improvement to achieve their personal best.		Fitness
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	Swimming Stamina Range of strokes Water safety	Swimming (Year 4,5,6) Spring and Summer

