

PE curriculum overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Explore and experiment a range of fundamental movement skills. SAQ Send and receive	Demonstrate a range of simple movement patterns Gymnastics Dance	Present effective communication skills in attacking and defending. Football Basketball	Consider the importance of working in a team. Competitive games Hockey	Listen and improve by watching others. Dance Athletics	Reflect on fairness and respect. Cricket Competitive games
Year 2	Demonstrate the range of fundamental movement skills. SAQ Send and receive	Improve a range of simple movement patterns Gymnastics Dance	Share a range of effective communication skills in attacking and defending. Football Hockey	Identify the importance of working in a team. Competitive games Basketball	Review your performance and improve by watching others. Dance Athletics	Outline the importance of fairness and respect. Cricket Strike and field
Year 3	Improve and develop fundamental movement skills. SAQ Tactics and strategies	Design a sequence of movement patterns. Gymnastics Dance	Demonstrate effective communication skills and co-operative learning. Football Basketball	Outline the main ways in which we show respect for others when working within a team. Competitive games Orienteering	Demonstrate the ability to swim 25m. Dance Swimming	Assess your performance and discuss areas of improvement. Rounders/cricket Netball
Year 4	Control and present a range of fundamental movement skills. SAQ ABC	Observe and improve a sequence of movement patterns. Gymnastics Dance	Identify a range of effective communication skills and co-operative learning. Football Hockey	Co-operate and show respect for others when working within a team. Competitive games Orienteering	Demonstrate the ability to be physically active for sustained periods of time. Dance Striking and fielding	Modify your performance and discuss your improvements. Rounders/cricket Send and receive
Year 5	Refine and master fundamental movement skills. SAQ Tactics and strategies	Suggest and deliver a sequence of controlled movement patterns. Gymnastics Dance	Demonstrate working collaboratively when applying principles for attacking and defending. Football Basketball	Present important communication skills when working as a team. Competitive games Orienteering	Develop positive mind set and self to achieve their personal best. (confidence building) Dance Athletics	Explore a range of sportsperson ship qualities (respect, fairness, empathy, discipline) Rounders/cricket Netball
Year 6	Use a range of fundamental movement skills in isolation and combination. SAQ Send and receive	Show and modify a sequence of controlled movement patterns. Gymnastics Dance	Effect others through using communication when applying principles for attacking and defending. Football Basketball	Evaluate your own and others communication skills when working as a team. Competitive games Orienteering	Develop positive mind set and self to achieve their personal best. (confidence building) Dance Athletics	Select and present sportsperson ship qualities (respect, fairness, empathy, discipline) Rounders/cricket Netball

End of key stage expectations from the curriculum

Physical

Psychological

Social and emotional