



Physical Education

Key Stage 1 Curriculum Objectives:

These objectives will be covered over the year through these physical activities.

- 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.

Year Group	Autumn	Spring	Summer
1	Autumn 1 Creative Dance – fire dance Games (Sending and receiving) Autumn 2 Gym (rocking and rolling) Games (throwing and catching)	Spring 1 Dance – Bollywood Games (sending and receiving and travelling) Spring 2 Gym (balances) Games (football skills)	Summer 1 Athletics Gym (sequences) Summer 2 Athletics Games (sending and receiving tennis)
2	Autumn 1 Creative dance – fire dance Gym (transferring body weight) Autumn 2 Gym (linking movements) Games (travelling, attacking and defending)	Spring 1 Dance – Bollywood Gym (points and patches balances) Spring 2 Gym (partner work) Games (attacking and defending)	Summer 1 Athletics Games (sending and receiving, tennis) Summer 2 Athletics Games (tennis)

Key Stage 2 Curriculum Objectives:

These objectives will be covered over the year through these physical activities.

- 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

Year Group	Autumn	Spring	Summer
3	Autumn 1 Gym (pathways) Games net/wall (tennis) Autumn 2 Creative dance Games invasion (netball)	Spring 1 Swimming Gym (different body parts high) Spring 2 Swimming Games invasion (football)	Summer 1 Traditional dance Athletics Summer 2 Athletics Games striking and fielding (rounders and cricket)
4	Autumn 1 Gym (floor work) Swimming Autumn 2	Spring 1 Gym (balances/counter balances) Games net/wall (tennis)	Summer 1 Athletics Games striking and fielding (cricket)

	Swimming Games invasion (netball/tag rugby)	Spring 2 Creative dance Games net/wall (tennis)	Summer 2 Athletics Games striking and fielding (rounder/cricket)
5	Autumn 1 Gym (mirroring) Games invasion (tag rugby) Autumn 2 Creative dance Games invasion (hockey)	Spring 1 Gym (sequences changing height) Games invasion (dodgeball) Spring 2 Modern Dance Athletics	Summer 1 Swimming Games striking and fielding (rounders) Summer 2 Swimming Games striking and fielding (cricket)
6	Autumn1 Gym Games invasion (tag rugby) OAA (residential) Autumn 2 Creative dance Games invasion (basketball)	Spring 1 Gym Games striking and fielding (cricket) Spring 2 Gym Athletics	Summer 1 Athletics Games net/wall (tennis) Summer 2 Athletics Games striking and fielding (cricket)