

Sankey Valley St James CE Primary School

PE Curriculum

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Fundamentals Children will be taught to: <ul style="list-style-type: none"> • Explore balance, stability and landing safely • Explore how the body moves differently when running at different speeds • Explore changing direction and dodging • Explore jumping, hopping and skipping actions • Explore co-ordination and combination jumps • Explore combination 	Sending and Receiving Children will be taught to: <ul style="list-style-type: none"> • Develop rolling and throwing a ball towards a target • Develop receiving a rolling ball and tracking skills • Send and receive a ball with your feet • Develop throwing and catching skills over a short distance • Apply sending and receiving 	Gymnastics Children will be taught to: <ul style="list-style-type: none"> • Develop and combine travelling movements • Develop quality when performing and linking shapes • Develop stability and control when performing balances • Develop technique and control when performing shape jumps • Develop technique in the 	Target Games Children will be taught to: <ul style="list-style-type: none"> • Develop underarm throwing towards a target • Develop throwing for accuracy • Develop underarm and overarm throwing at a target • Develop throwing for accuracy and distance using underarm and overarm 	Fitness Children will be taught to: <ul style="list-style-type: none"> • Develop an understanding of how exercise can make you feel • Develop an understanding of how exercise can make you strong and healthy • Develop an understanding of how exercise relates to breathing • Develop an understanding of how exercise can help my brain and muscles. 	Striking and Fielding Games Children will be taught to: <ul style="list-style-type: none"> • Develop underarm and overarm throwing • Develop hitting and collecting a ball • Get a batter out • Play games and understand how to score points Team Building Children will be taught to: <ul style="list-style-type: none"> • Co-operate with a partner to complete challenges

	<p>jumping and skipping in an individual rope.</p> <p>Ball Skills Children will be taught to</p> <ul style="list-style-type: none"> • Develop dribbling with hands • Explore accuracy when rolling a ball • Explore throwing with accuracy towards a target • Explore catching with two hands • Explore dribbling a ball with feet • Explore tracking a ball that is coming towards me 	<p>skills to small games.</p> <p>Net and Wall Games Children will be taught to:</p> <ul style="list-style-type: none"> • Defend space using the ready position • Play against an opponent and keep a score • Explore hitting with a racket • Develop racket and ball skills • Develop sending a ball using a racket • Develop hitting over a net. 	<p>barrel, straight and forward roll</p> <ul style="list-style-type: none"> • Develop rolls in a gymnastic sequence • Link gymnastic actions to create a sequence. 	<ul style="list-style-type: none"> • Select the correct throw for a target <p>Invasion Games Children will be taught to:</p> <ul style="list-style-type: none"> • Understand the role of defenders and attackers • Recognise who to pass to and why • Move towards a goal with the ball • Support a team mate when playing in attack • Move into space and show an awareness of space • Stay with a player when defending. 	<p>Athletics Children will be taught to:</p> <ul style="list-style-type: none"> • Move at different speeds over different distances • Develop changing direction quickly • Explore hopping, jumping and leaping for distance • Develop throwing for distance and for accuracy. 	<ul style="list-style-type: none"> • Explore and develop working as a team • Develop talking, listening and sharing skills • Use speaking and listening skills to lead a partner • Plan with a partner and small group to complete challenges • Use talking, listening and sharing skills to complete challenges.
Year 2	<p>Fundamentals Children will be taught to:</p> <ul style="list-style-type: none"> • Explore how the body moves when running at different speeds 	<p>Sending and Receiving Children will be taught to:</p> <ul style="list-style-type: none"> • Roll a ball towards a target • Track and receive a rolling ball 	<p>Gymnastics Children will be taught to:</p> <ul style="list-style-type: none"> • Perform gymnastic shapes with control and link them together 	<p>Target Games Children will be taught to:</p> <ul style="list-style-type: none"> • Consider how much power to apply when aiming for a target 	<p>Fitness Children will be taught to:</p> <ul style="list-style-type: none"> • Run for a long time • Develop jumping in a long rope using timing 	<p>Striking and Fielding Games Children will be taught to:</p> <ul style="list-style-type: none"> • Track a rolling ball and collect it • Develop underarm throwing and

	<ul style="list-style-type: none"> • Develop changing direction and dodging • Develop balance, stability and landing safely • Explore and develop jumping, hopping and skipping actions • Develop co-ordination and combining jumps • Develop combination jumping and skipping in an individual rope <p>Ball Skills Children will be taught to:</p> <ul style="list-style-type: none"> • Develop rolling a ball to hit a target • Develop stopping a rolling ball • Develop dribbling a ball with your feet • Develop kicking a ball • Develop throwing and catching • Develop dribbling a ball with your hands. 	<ul style="list-style-type: none"> • Send and receive a ball with your feet • Develop catching skills • Develop throwing and catching skills • Send and receive a ball using a racket <p>Net and Wall Games Children will be taught to:</p> <ul style="list-style-type: none"> • Use the ready position to defend a space on court • Develop returning a ball with hands • Play against a partner • Develop racket skills and use them to return a ball • Develop returning a ball using a racket • Play against an opponent using a racket 	<ul style="list-style-type: none"> • Use shapes to create balances • Link travelling actions and balances using apparatus • Demonstrate different shapes, take off and landing when performing shapes • Develop rolling and sequence building • Create a sequence using apparatus. 	<ul style="list-style-type: none"> • Understand how to score using underarm and overarm throwing • Develop striking to a target • Develop hitting a moving target • Select and apply the appropriate skill to the target game • Show an improvement in personal best. <p>Invasion Games Children will be taught to:</p> <ul style="list-style-type: none"> • Understand what being in possession means and support a team mate to do this • Understanding that scoring goals is an attacking skill and stopping goals is a defending skill • Explore how to gain possession 	<ul style="list-style-type: none"> • Develop co-ordination in individual skipping • Develop stamina and change of direction • Explore exercises to develop strength • Develop agility, balance and co-ordination <p>Athletics Children will be taught to:</p> <ul style="list-style-type: none"> • Develop the sprinting action • Develop jumping for distance and height • Develop throwing for distance and accuracy • Select and apply knowledge in an athletics carousel. 	<p>catching to field a ball</p> <ul style="list-style-type: none"> • Develop overarm throw to limit a batter's score • Develop hitting for distance to score more points • To be able to get the batter out • To understand the rules of the game and use these fairly. <p>Team Building Children will be taught to:</p> <ul style="list-style-type: none"> • Follow instructions and work with others • Co-operate and communicate in small groups to solve challenges • Create a plan with a group to solve challenges • Communicate effectively and develop trust • Use teamwork skills to solve problems
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				<ul style="list-style-type: none"> Mark an opponent and understand that this is a defending skill Apply simple tactics for attacking and defending 		<ul style="list-style-type: none"> Work with a group to copy and create a basic map.
Year 3	Fundamentals Y3/4 Children will be taught to: <ul style="list-style-type: none"> Develop balance and apply to other fundamental movement skills Understand how the body moves differently at different speeds Develop technique when changing speed Develop agility using a change of speed and direction Develop technique and control when jumping, hopping and landing Apply fundamental skills 	Netball Children will be taught to: <ul style="list-style-type: none"> Understand the role of an attacker when in possession Develop movement skills to lose a defender Understand that scoring goals is an attacking skill and how to do this Understand the role of a defender Explore ways to gain possession Apply skills and knowledge to play games using netball rules. Tennis	Gymnastics Children will be taught to: <ul style="list-style-type: none"> Create interesting point and patch balances Develop point and patch balances on apparatus Develop stepping into shape jumps with control Develop stepping into shape jumps using apparatus Develop the straight, forward and barrel roll Include rolls in sequence work using apparatus Transition smoothly into 	Golf Children will be taught to: <ul style="list-style-type: none"> Explore technique and develop accuracy when aiming towards a target Explore technique when aiming at a target over a short distance Explore technique when aiming at a target over a long distance Apply skills and knowledge to compete in a tournament. Tag Rugby Led by Warrington Wolves Foundation	Athletics Children will be taught to: <ul style="list-style-type: none"> Develop the sprinting technique and improve on personal best Develop changeover technique in relay events Develop jumping technique in a range of approaches and take off positions Develop throwing for distance and accuracy Develop throwing for distance in a pull throw 	Cricket Children will be taught to: <ul style="list-style-type: none"> Score in a striking and fielding game Develop batting to score points Develop fielding skills to limit the batter's score Understand the role of the bowler Develop my understanding of tactics and begin to use them Apply skills and knowledge to play games using cricket rules. OOA (Outdoor Adventurous Activities)

	<p>to a variety of games.</p> <p>Ball Skills Y3/4 Children will be taught to:</p> <ul style="list-style-type: none"> • Develop dribbling with hands and feet • Develop tracking and catching skills • Develop tracking and throwing skills • Develop tracking and kicking skills • Track a ball that is not sent directly to me • Apply sending and receiving skills in games. 	<p>Children will be taught to:</p> <ul style="list-style-type: none"> • Develop racket and ball control • Explore rallying and returning the ball using a forehand • Explore returning the ball using a backhand • Learn how to score and use simple rules • Work co-operatively with others to begin to manage a game. 	<p>and out of balances</p> <ul style="list-style-type: none"> • Transition smoothly into and out of balances using apparatus • Create a sequence using matching and contrasting actions and shapes on the floor and on apparatus • Create a partner sequence using skills learnt and incorporating apparatus. 		<ul style="list-style-type: none"> • Develop officiating and performing skills. <p>Fitness Children will be taught to:</p> <ul style="list-style-type: none"> • Understand how balance, co-ordination, strength, speed, agility and stamina helps us in everyday life 	<p>Children will be taught to:</p> <ul style="list-style-type: none"> • Develop co-operation and teamwork skills • Develop trust and teamwork • Involve all team members to work towards a shared goal • Develop trust while listening to others and following instructions • Identify objects, draw and follow a simple map. • Draw a route using directions, orientate a map and navigate around a grid.
Year 4	<p>Fundamentals Y3/4 Children will be taught to:</p> <ul style="list-style-type: none"> • Develop balance and understand the importance of this skill • Develop technique when running at different speeds 	<p>Netball Children will be taught to:</p> <ul style="list-style-type: none"> • Develop attacking skills within the rules of the game • Apply attacking skills to move towards a goal • Develop movement skills 	<p>Gymnastics Children will be taught to:</p> <ul style="list-style-type: none"> • Develop individual and partner balances on the floor and using apparatus • Develop control in performing and landing rotation jumps 	<p>Swimming Children will be taught to:</p> <ul style="list-style-type: none"> • Swim competently, confidently and proficiently over a distance of at least 25 metres • Use a range of strokes effectively [for 	<p>Athletics Children will be taught to:</p> <ul style="list-style-type: none"> • Develop stamina and an understanding of speed and pace in relation to distance • Develop power and speed in the 	<p>Cricket Children will be taught to:</p> <ul style="list-style-type: none"> • Develop underarm and overarm throwing and apply these to a striking and fielding game • Develop bowling technique and

	<ul style="list-style-type: none"> • Develop agility using a change of speed and direction • Develop technique and control when running, hopping and landing • Develop skipping with a rope • Apply fundamental skills to a variety of challenges <p>Ball Skills Y3/4 Children will be taught to:</p> <ul style="list-style-type: none"> • Develop tracking and collecting skills • Develop confidence and accuracy when tracking a ball • Develop dribbling with hands and feet • Develop catching skills using one and two hands • Explore and develop a variety of throwing techniques 	<p>to lose a defender</p> <ul style="list-style-type: none"> • Defend an opponent and try to win the ball • Develop attacking skills to score goals • Apply skills and knowledge to play games using netball rules. <p>Tennis Children will be taught to:</p> <ul style="list-style-type: none"> • Develop racket and ball control • Develop returning the ball using a forehand and know when to use it • Develop the backhand and know when to use it • Keep a continuous rally going showing increased technique 	<ul style="list-style-type: none"> • Develop and assess the straight, barrel, forward and straddle rolls. • Link actions that flow using rolls individually and with a partner • Develop strength in inverted movements • Create a 'great' partner sequence to include skills learnt and apparatus <p>Swimming Children will be taught to:</p> <ul style="list-style-type: none"> • 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) 	<p>example, front crawl, backstroke and breaststroke]</p> <ul style="list-style-type: none"> • Perform safe self-rescue in different water-based situations <p>Golf Children will be taught to:</p> <ul style="list-style-type: none"> • Explore hitting technique and aiming towards a target • Develop hitting accuracy • Explore technique for hitting over a short distance • Explore technique for hitting over a long distance • Apply skills and knowledge to compete in a tournament <p>Tag Rugby Led by Warrington Wolves Foundation</p>	<p>sprinting technique</p> <ul style="list-style-type: none"> • Develop technique when jumping for distance • Develop a pull throw for distance and accuracy • Develop officiating and performing skills. <p>Fitness Children will be taught to:</p> <ul style="list-style-type: none"> • Recognise different areas of fitness and explore what your body can do • Develop speed, strength, co-ordination, agility, balance and stamina. 	<p>learn the rules of the skill within this game</p> <ul style="list-style-type: none"> • Develop batting technique and understand where to hit the ball • Develop fielding techniques and apply them to game situations • Play different roles within a game and begin to think tactically about each role • Apply skills and knowledge to compete in a tournament. <p>OOA (Outdoor Adventurous Activities) Children will be taught to:</p> <ul style="list-style-type: none"> • Develop co-operation and teamwork skills • Orientate a map and navigate around a grid • Develop observational skills, listening to
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	<ul style="list-style-type: none"> Use tracking and sending skills with feet. 	<ul style="list-style-type: none"> Use and apply rules and simple tactics Understand and use rules to manage a game. 	<ul style="list-style-type: none"> Perform safe self-rescue in different water-based situations. 			<p>others and following instructions</p> <ul style="list-style-type: none"> Develop trust while listening to others and following instructions Identify, draw and follow a simple map. Orientate and navigate around a map and draw a route using directions.
Year 5	<p>Netball Children will be taught to:</p> <ul style="list-style-type: none"> Explore attacking in different situations Develop movement skills to lose a defender in different situations Communicate with my team, move into space and take the ball towards goal Defend an opponent and know when to try and intercept 	<p>Swimming Children will be taught to:</p> <ul style="list-style-type: none"> 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. 	<p>Gymnastics Children will be taught to:</p> <ul style="list-style-type: none"> Perform symmetrical and asymmetrical balances on the floor and using apparatus Develop the straight, forward, straddle and backward roll Explore different travelling actions using both canon and synchronisation 	<p>Golf Children will be taught to:</p> <ul style="list-style-type: none"> Explore technique for hitting accurately over a short distance Select and apply the correct technique and shot for the situation Explore the technique for a long game Apply knowledge of rules and game to design and 	<p>Athletics Children will be taught to:</p> <ul style="list-style-type: none"> Understand pace and apply different speeds over varying distances Develop fluency and co-ordination when running for speed Develop technique in relay changeovers Build momentum and 	<p>Cricket Children will be taught to:</p> <ul style="list-style-type: none"> Develop throwing and catching skills and apply them relevantly to the situation Develop bowling accuracy and perform the skill within the rules of the game Develop batting skills, identify when I am successful and what I need to improve

	<ul style="list-style-type: none"> Develop attacking skills to score under pressure Use and apply skills, principles and tactics to a game situation. <p>Swimming Children will be taught to:</p> <ul style="list-style-type: none"> 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. 	<p>Volleyball Children will be taught to:</p> <ul style="list-style-type: none"> Use the serve with consideration of attacking principles Develop the fast catch volley with consideration of attacking principles Develop the set shot and use it to pass to a team mate Develop the dig and identify when to use Use a variety of shots to keep a continuous rally going Apply rules, skills and principles to play against an opponent. 	<ul style="list-style-type: none"> Perform progressions of inverted movements Explore matching and mirroring in sequence work on the floor and using apparatus Create partner and group sequences using apparatus. 	<p>compete in a tournament.</p> <p>Dodgeball Children will be taught to:</p> <ul style="list-style-type: none"> Develop throwing, dodging, catching and blocking skills and apply them appropriately to the situation Understand the need for tactics and identify how to create and use them Apply rules, skills and tactics when playing in a tournament. 	<p>power in the triple jump</p> <ul style="list-style-type: none"> Develop throwing with force for longer distances Develop throwing with greater control and technique. <p>Fitness Children will be taught to:</p> <ul style="list-style-type: none"> Understand how speed, strength, agility, balance, co-ordination and stamina help me in other activities and how to apply them. 	<ul style="list-style-type: none"> Develop fielding techniques and using them under pressure Apply skills and knowledge to compete in a tournament, applying tactics identified throughout the unit. <p>OOA (Outdoor Adventurous Activities) Children will be taught to:</p> <ul style="list-style-type: none"> Develop strong communication and negotiation skills to solve challenges Develop planning and problem solving skills Share ideas and work as a team to solve problems Develop navigation skills and map reading
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						<ul style="list-style-type: none"> • Create and follow a key and route on a map.
Year 6	<p>Netball Children will be taught to:</p> <ul style="list-style-type: none"> • Develop attacking skills to maintain possession • Use a variety of attacking skills to lose a defender • Move into and create space to support a team mate • Use defending skills to gain possession • Develop accuracy when scoring under pressure • Use and apply skills, principles and tactics to a game situation. <p>Handball Children will be taught to:</p> <ul style="list-style-type: none"> • Use attacking skills to maintain possession under pressure 	<p>Volleyball Children will be taught to:</p> <ul style="list-style-type: none"> • Use the fast catch volley to create space and place the ball • Develop the set shot and dig and understand when to use them • Select and apply skills to keep a continuous rally going • Develop the underarm serve and learn the rules for serving • Apply rules, skills and principles to play in a tournament. <p>Badminton Children will be taught to:</p> <ul style="list-style-type: none"> • Return the shuttlecock using an underarm 	<p>Gymnastics Children will be taught to:</p> <ul style="list-style-type: none"> • Develop forward, straddle and backward rolls • Develop rolling into sequence work and on apparatus • Develop counter balance and counter tension into sequence work with apparatus • Develop jumps and explore the effects of height • Explore jump sequence work with consideration of performance tools • Develop inverted movements with control • Use flight from hands to travel over apparatus 	<p>Golf Children will be taught to:</p> <ul style="list-style-type: none"> • Develop technique for hitting accurately over a short distance • Select and apply skills for a short game • Develop the technique for a long game • Design a course and select the appropriate shot for the situation <p>Dodgeball Children will be taught to:</p> <ul style="list-style-type: none"> • Throw under pressure and apply this to a target game • Select the appropriate dodging skill for the situation • Develop catching with 	<p>Athletics Children will be taught to:</p> <ul style="list-style-type: none"> • Develop my own and others sprinting technique • Identify a suitable pace for the event • Develop power, control and technique for the triple jump • Develop power, control and technique when throwing for distance • Develop throwing with force and accuracy for longer distances • Work collaboratively in a team to develop the officiating skills of measuring, timing and recording. 	<p>Cricket Children will be taught to:</p> <ul style="list-style-type: none"> • Develop throwing and catching under pressure and apply to a striking and fielding game • Develop bowling under pressure while abiding by the rules of the game • Develop fielding techniques and select the appropriate action for the situation • Strike a bowled ball with increased consistency • Understand and apply tactics to a game • Apply skills and knowledge to compete in a tournament.

	<ul style="list-style-type: none"> • Select the appropriate skill to create space, move towards a goal and away from defenders • Use appropriate defensive techniques • Select and apply appropriate skills to score goals • Apply rules, skills and principles to play in a tournament. 	<p>clear and overhead clear</p> <ul style="list-style-type: none"> • Use a variety of shots to keep a continuous rally going • Develop the serve and understand rules for serving • Employ tactics to play against an opponent and with a partner • Apply rules, skills and principles to play against an opponent. 	<ul style="list-style-type: none"> • Create group sequences using formations and apparatus. 	<p>increasing consistency under pressure</p> <ul style="list-style-type: none"> • Develop defensive techniques and select the appropriate action for the situation • Understand and apply tactics in a game • Develop officiating skills and referee a game. 	<p>Fitness Children will be taught to:</p> <ul style="list-style-type: none"> • Develop an awareness of what your body is able to do • Develop speed and stamina • Develop strength using own body weight • Develop co-ordination, agility and balancing with control. 	<p>OOA (Outdoor Adventurous Activities) Children will be taught to:</p> <ul style="list-style-type: none"> • Build communication and trust whilst showing an awareness of safety • Collaborate as a team so solve problems • Develop tactical planning and problem solving • Work as a team and use critical thinking to determine the best approach • Develop navigational skills and map reading • Use a key to identify objects and locations.
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