



St Joseph the Worker Catholic Primary School

Curriculum Overview and Progression

Subject: PE



Year R

Disciplinary knowledge and skills

- Performing and linking simple gymnastic movements
- Navigating obstacle courses
- Creating short sequences
- Controlling direction and speed in running games
- Moving and controlling objects like beanbags, balls and balloons
- Understanding basic changes exercise causes in the body
- Body movement basics including balancing self and objects
- Cooperating and problems solving with partners and groups

Vocabulary

Rhythm, beat, slow, fast, high, low, jump, roll, stretch, crawl, alternate, apparatus

Weekly learning objectives

Term Unit	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Autumn 1 <i>Dance 1</i>	To use colours and feelings in dance	To perform using different levels and direction	To work with a partner	To show expression in a sequence	To perform transport movements in our dance	To make shapes with our bodies
Autumn 1 <i>Body management</i>	To balance beanbags	To move through hoops in different ways	To reach and stretch for equipment	To make bridges with our bodies	To travel over and under apparatus	To use close control to keep possession of the ball under pressure
Autumn 2 <i>Speed agility travel 1</i>	To move in different directions	To keep our bodies safe in running games	To jump in different directions	To stop safely	To move at slow and fast speeds	To stop safely in different ways
Autumn 2 <i>Let's Move</i>						
Spring 1 <i>Gymnastics 1</i>	To move safely	To take off & land on two feet	To balance and move balls and beanbags	To travel on mats and benches	To copy and repeat actions	To perform simple shapes and balances



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Spring 1 <i>Manipulation & Coordination 1</i>	To handle a balloon	To handle a ball	To kick a ball	To hop, jump and step	To send a ball or beanbag	To send and stop in a game
Spring 2 <i>Body management 2</i>	To perform rolls	To show some body control	To perform different jumps	To jump using apparatus	To travel across apparatus	To work as part of a team
Spring 2 <i>Cooperate and solve problems 1</i>	To match colours and symbols	To work as a team to complete a task	To use our bodies to create number shapes	To follow a trail	To work with others to create patterns	To work with a partner to complete challenges
Summer 1 <i>Gymnastics 2</i>	To link different shapes and ways of moving	To egg roll and log roll	To follow different pathways	To balance on points and patches	To perform our story to music	To use start and finish position
Summer 1 <i>Cooperate and solve</i>	To follow a trail with a partner	To play parachute games	To create jumping patterns	To create movement patterns	To lead a partner in tapping patterns	To navigate obstacles
Summer 2 <i>Speed and agility 2</i>	To move beanbags and balls	To move in different ways	To move on, off and over	To perform circle dances	To use stretch told hold shapes	To work in a team
Summer 2 <i>Manipulation and coordination 2</i>	To play parachute games	To use equipment to perform actions	To use a baton to push beanbags and balls	To use a baton to dribble	To perform different jumps	To handle a hoop



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Year 1

Disciplinary knowledge and skills

- Copying, creating and repeating basic actions to music
- Developing sending and receiving skills
- Begin linking running with jumping
- Demonstrating a range of recognised balances
- Understanding roles of batters and fielders
- Begin to recognise basic rules and apply them
- Developing accuracy and power when throwing
- Recognising why our heart rate increases during exercise

Vocabulary

Swing, stretch, static, Liny hop, compose, canon, bat, bowl, tension, balance, intercept, adapt, unison

Weekly learning objectives

Term Unit	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Autumn 1 Dance 1	To copy basic actions and name body parts used	To performs showing meaning in facial expressions	To lead and follow	To copy and mirror actions	To perform basic Lindy hop	To perform final dance
Autumn 1 Games – hit, catch, run 1	To select a space to roll or throw a ball into	To track and collect a rolling ball	To catch a ball to impact play	To use hands to hit a ball	To run between bases to score points	To work as a team to score points
Autumn 2 Dance 2	To perform actions to well-known nursery rhymes	To create an individual marching pattern	To march in time as a group	To perform actions in a canon (one after the other)	To perform a canon in a small group	To perform in rounds in different groups
Autumn 2 Games – attack, defend and shoot 1	To throw a beanbag to hit a target	To defend a target	To roll and slide balls and beanbags	To shoot in a game to get points	To work with a partner to score points	To use attacking and defending skills in a game



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Spring 1 Gymnastics 1	To perform 'like' actions in a sequence	To carry and set up apparatus safely	To perform shapes using different body parts	To take off and land and use shape in our jumps	To travel on feet showing good body tension	To create and perform a 6 element sequence
Spring 1 Games – hit, catch, run 2	To catch a ball over a short distance	To begin to hit a ball with power	To intercept the path of a ball	To field the ball to a base	To catch a high ball	To stop the other team from scoring a point
Spring 2 Athletics – run, throw, jump 1	To start and stop moving at speed	To use our arms when running at different speeds	To take off on two feet to jump for distance	To use correct technique to throw different objects over distance	To show improvement in throwing	To take part in a competition with running, jumping and throwing.
Spring 2 Games – attack, defend and shoot 2	To recognise why our heart rate increases during exercise	To move from side to side to defend a goal	To control a bouncing ball	To aim at different targets	To adapt to a game with changing rules	To defend in a competitive game
Summer 1 Gymnastics 2	To move on and off apparatus using 'magic chair' landing	To rock on different parts of the body to begin a sequence	To perform one foot balances	To perform actions in unison	To perform actions in a canon	To jumps and turn in quarters and halves
Summer 1 Athletics – run, throw, jump 2	To use agile movements	To recognise the start and end of an activity	To develop stamina when running	To develop core strength to improve throwing	To stride and jump for height	To choose the best starting position for running quickly
Summer 2 Hockey – send and return 2	To perform attacking bowling to make it more difficult for the batter to hit	To track and catch a high ball	To demonstrate the use of attacking and defensive batting	To work in a pair in the field to restrict scoring	To apply tactics when running around bases to avoid overtakes	To apply team tactics in a competitive situation
Summer 2 Cricket – hit, catch, run 2	To catch a ball over a short distance	To begin to hit a ball with power	To intercept a ball	To field the ball to base	To catch a high ball	To stop the other team from scoring a point



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Year 2

Disciplinary knowledge and skills

- Cooperation with partners and team
- Dancing with rhythm and facial expressions to convey feelings and emotions
- Identifying dominant hand and foot and using appropriately
- Passing and moving in game play
- Developing agility to move around and across obstacles
- Understanding roles of wicket keepers and bat stops
- Intercepting the ball in different games
- Using different breathe techniques when running over distance or at speed

Vocabulary

Flexibility, obstacle, fielding, bowling, intercept, formation, coordination, agility, balance, rhythm, japana, bridge, arabesque

Weekly learning objectives

Term Unit	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Autumn 1 <i>Gymnastics 1</i>	To combine 4 elements into a floor sequence	To jump with power and control	To create a short sequence taking weight on our hands	To use a variation of japana and bridge in a sequence	To perform the point balance arabesque	To perform a teddy roll
Autumn 1 <i>Games - attack, defend, shoot 1</i>	To kick the ball over long and short distances	To stop and control a ball using the foot	To pass and receive the ball with accuracy	To bounce a ball to my partner	To bounce the ball whilst moving (dribbling)	To pass the ball forward in a game
Autumn 2 <i>Dance 1</i>	To use facial expression to respond to the music	To use basic actions to move like a specified animal	To perform a duet	To move in unison and in a canon in time to the music	To create an end dance phase	To perform a class dance
Autumn 2 <i>Games - attack, defend, shoot 2</i>	To throw different types of equipment	To move to space after passing a ball	To pass and move towards a target with a partner	To develop skills of a goalkeeper	To intercept the ball	To use skills in game play



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Spring 1 Gymnastics 2	To use releve walk in sequence	To move smoothly between dish and arch shape	To perform back support and crab	To frog jump and leap frog	To hold an L-sit with a straight back	To bring rhythm and flow to a sequence
Spring 1 Games - run, jump throw 1	To move quickly whilst being aware of others	To create power with our legs to turn at speed	To move through an obstacle course with speed and control	To choose throws for different situations (eg distance and height)	To use quick feet whilst sprinting	To perform static and dynamic balances
Spring 2 Dance 2	To develop a dance to show different emotions	To dance with rhythm following a clockwork pattern	To create and perform a short movement phase	To watch, copy and repeat actions to create a motif	To perform the motif in different formations	To use different movement pathways in our dance
Spring 2 Games – send and return 1	To stay on toes to move ball quickly	To identify dominant hand in a game	To understand basic rules of serving	To develop agility	To use the correct grip of a racquet	To use the ready position
Summer 1 Games –hit, catch, run 1	To hit ball to score points	To defend a target	To underarm bowl with control	To bat using different bats and techniques	To throw and catch accurately as a fielder	To hit a ball into space, away from fielders
Summer 1 Games – run, jump, throw 2	To run over a sustained period	To use strength to increase jumping distance	To create power when throwing for distance	To use breathing techniques to run more easily	To cooperate with a partner	To work as part of a team
Summer 2 Games – send and return 2	To feed a ball to our partner with consistency	To send the ball to different parts of the court	To throw and catch in a seated position	To accurately serve from different parts of the court	To use overarm shots to attack	To develop deeper control of the ball
Summer 2 Games - Hit, catch, run 2	To time our run around bases to stay 'safe'	To hit a ball in different directions	To respond when a ball is bowled	To understand role of wicket keeper	To understand role of batstop	To underarm bowl in a game



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Year 3

Disciplinary knowledge and skills

- Dribbling using control
- Independently modifying actions and pathways to create a gymnastic sequence
- Increasing agility through obstacles
- Receiving a pass in space
- Developing agility to move around and across obstacles
- Performing with a prop
- Intercepting the ball in different games
- Understanding the importance of dynamic and static stretches
- Throwing over greater distances

Vocabulary

Transition, unison, cooperation, collaborate, rally, stability, contrast, accuracy, forehand, extension, long barrier

Weekly learning objectives

Term <i>Unit</i>	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Autumn 1 Swimming	Guided by teachers					
Autumn 1 Football	To use the inside of the foot to pass	To stop a moving ball with control	To pass the ball accurately over distances	To identify and move into space to receive the ball	To dribble the ball with control	To cushion the ball when receiving it
Autumn 2 Swimming	Guided by teachers					
Autumn 2 Tag rugby	To use speed to run past defenders	To use a short pass in a game	To body shape and agility to evade being tagged	To understand and apply the tag protocol in games	To close down an attackers space	To perform a backwards pass to continue attack



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Spring 1 Gymnastics 1	To show full extension during a balance	To transition from a shoulder stand	Perform suing variety of rolls	To perform powerful jumps from low apparatus	To perform in unison to mount apparatus	To create a group performance
Spring 1 Tennis	To use the ready position to return a ball	To hit the ball using forehand	To perform an underarm serve to start a rally	To run towards the ball to return it over the net	To play cooperatively to keep a rally going	To perform forehand hits to score points
Spring 2 Gymnastics 2	To perform a Japana	To use bounces and broad jumps in a sequence	To attempt a half lever	To transition from a japana to another shape	To perform dynamic and static stretches	To show strength, flexibility and control in a sequence
Spring 2 Netball	To perform quick accurate chest passes	To dodge to break free from opponent	To demonstrate footwork rules catch a netball under pressure	To use a bounce pass to feed the shooter	To use a shoulder pass to throw for distance	To use a range of passes to build an attack
Summer 1 Dance 1	To respond appropriately to different types of music	To duet a simple dance	To recall and repeat movement phases from memory	To receive and act upon feedback	To collaborate with class to make a group dance	To perform class dance
Summer 1 Athletics	To develop combination jumps in sequence	To change pace with control	To approach and jump hurdles safely	To throw a javelin using the 'pull-throw' technique	To skip in a variety of ways	To keep score of a range of events
Summer 2 Rounders	To get into the correct body position to field a ball	To underarm bowl at a target at the appropriate height	To strike a bowled ball with one hand	To stop a moving ball using the long barrier technique	To throw over a long distance using the overarm technique	To accurately throw to return ball to bowler or base
Summer 2 Cricket	To hit a stationary ball into space using the straight drive,	To underarm bowl at a target at the appropriate height	To use the correct footwork to strike a bowled ball	To collect and return a moving ball	To recognise the rules of a modified game and use them fairly	To perform as a wicketkeeper



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Year 4

Disciplinary knowledge and skills

- Dribbling and passing to attack
- Taking weight on different parts
- Define muscle groups need to support the core
- Applying control and precision to dance routines
- Pivoting to change direction in netball
- Accelerating over short distances
- Showing consistency in batting and bowling
- Fielding effectively

Vocabulary

Evaluate, applying pressure, combat, trio, action, spatial, dynamics, justify, precision, pivot, preliminary moves, doubles

Weekly learning objectives

Term Unit	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Autumn 1 Gymnastics 1	To perform a 6-element sequence that changes speed and direction	To use the STEP principle to create and perform a partner sequence	To perform actions taking weight on hands	To develop a sequence using compositional ideas	To cooperate as a group to refine a short sequence	To judge and compare performances
Autumn 1 Football	To run and receive the ball	To use goal side marking technique	To apply pressure to an opponent and effectively tackle	To combine dribbling and passing to progress play	To pass over longer distances and set goal opportunities	To pass and move forward in an attack with a teammate
Autumn 2 Dance 1	To combine action, space and dynamics to a solo dance	To apply control and precision to master a solo dance	To develop a trio dance	To create a combat trio	To create genre specific gestures for ending to trio dance	To perform trio dance with control, precision and skill
Autumn 2 Tag rugby	To pass and receive the ball accurately	To run with the ball using the correct technique	Keep possession of the ball and move up the pitch progressively	To run with the ball to evade being tagged	To receive the ball in a game and use a change of speed to create space	To use different length passes to attack



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Spring 1 Swimming	Guided by teacher					
Spring 1 Netball	To protect the ball once caught	To use basic shooting techniques in a game	To use one-to-one marking in a game	To pivot to change direction with the ball	To use quick feet to show readiness to catch the ball	To use preliminary moves and play in set positions in a match
Spring 2 Swimming	Guided by teacher					
Spring 2 Tennis	To return to the middle of the court before taking a shot	To accurately use forehand in game situations to score points	To play a backhand shot with some control	To combine ready position and court movement to consistently return to serve	To work with a partner in a doubles match to score points	To use forehand and backhand in competitive matches
Summer 1 Gymnastics 2	To perform weighted bunny hop showing control and balance	To perform an arabesque balance and over the shoulder roll	To identify and engage core muscles for stability	To smoothly transition from front to side support	To perform shoulder-stand and cartwheel	To combine all elements into one sequence with smooth transitions
Summer 1 Athletics	To challenge ourselves in running, jumping and throwing tasks	To accelerate over short distances	To run and jump using a one-footed take off	To practice sling and wind up technique for discus	To perform a baton exchange	To apply all skills in competitive way
Summer 2 Rounders	To perform attacking bowling to make it more difficult for the batter to hit	To track and catch a high ball	To demonstrate the use of attacking and defensive batting	To work in a pair in the field to restrict scoring	To apply tactics when running around bases to avoid overtakes	To apply team tactics in a competitive situation
Summer 2 Cricket	To use a batting stance and hit the ball in different directions	To anticipate when to score singles	To intercept the ball with one moving hand	To bowl overarm	To use the pull shot and attempt it during a game	To field a bouncing ball effectively



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Year 5

Disciplinary knowledge and skills

- Creating and performing sequences
- Evaluating work
- Communicating clearly
- Memorising and performing sequenced routines
- Exchanging a baton within a restricted area
- Defending and attacking in as part of a team
- Understanding importance of a warm up and selecting appropriate activities

Vocabulary

Defensive/attacking position, defensive/attacking formation, barrier, sequence, reaction, control, interpret, consistency, refine, locomotor/non-locomotor movement

Weekly learning objectives

Term Unit	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Autumn 1 Gymnastics1	To practice key steps to performing a round-off	To create and perform a partner sequence using symmetry	To create and perform a partner sequence using asymmetry	To perform counter-balances with a partner	To perform smooth transitions between counter balances using different levels	To evaluate each other's work and suggest ways to improve
Autumn 1 Football	To receive the ball and turn into space or shoot	To travel at speed with the ball	To combine running and passing the ball	To use 'one-two' pass to set up shoot opportunity	To perform a step over to beat an opponent	To control a bouncing ball
Autumn 2 OAA	To explore different ways of communicating with a blindfolded partner	To follow a designated routes at a maximum speed	To use memory methods to recall different objects whilst navigating	To use clear communication to recreate a shape as a team	To use imagination to create the tallest marshmallow tower	To send and interpret messages as Morse code
Autumn 2 Tag rugby	To use defensive positions to mark and tag an attacker	To pass the ball accurately and consistently whilst on the move	To defend as part of a team	To use a pop pass over short distances to create an explosive run	To move the ball quickly in the 'magic diamond' formation	To use the 3 step and pass rule



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Spring 1 Dance 1	To use non-locomotor movement in dance	To perform non-locomotor and locomotor movements together	To create new and exciting group patterns	To perform a single line dance routine	To create a 3 step line dance routine with a partner	To work with a group to create an overall performance
Spring 1 Netball	To choose an appropriate pass	To find space to receive in a game	To use different dodging techniques to outwit a defender	To practice and perform pivoting turns at speed	To get into closer shooting positions	To react and move quickly in games
Spring 2 Gymnastics 2	To use space creatively along an L shaped pathway	To refine round-off technique	To refine over-the-shoulder roll and attempt an alternative to finish	To smoothly link cartwheels in a sequence	To transition into a bridge with control	To perform a 6 element sequence along a pathway
Spring 2 Hockey	To perform a block tackle	To use fast, accurate passes into the D	To closely mark an attacker to stop them receiving the ball	To perform a sweep hit to send the ball for the first time	To show close ball control when dribbling	To use a variety of techniques to keep possession in a game
Summer 1 Swimming	Guided by teacher					
Summer 1 Athletics	To run for speed and distance and part of a team	To pace yourself to run over longer distances	To use different jumping styles	To use the push throw technique	To exchange a baton within a restricted area	To design a running, throwing or jumping activity for others
Summer 2 Swimming	Guided by teacher					
Summer 2 Cricket	To work with a partner to score runs	To throw accurately over short distances to get batters out	To follow the path of the ball to catch as a wicket keeper	To overarm bowl using the correct grip	To play a forward defensive shot	To field in the mid-on and mid-off positions



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Year 6

Disciplinary knowledge and skills

- Performing and linking complex gymnastic movements with rhythm and musicality both individually and as part of a group
- Showing creativity and individuality in dance movements
- Creating attacking and defensive opportunities as well as using set plays across a range of sports
- Controlling direction and speed in individual races, relays and jumps
- Understand, implement and record rules and scores in competitive games
- Assess and evaluate both own and classmate's work
- Understand and use tactics effectively with teammate's in competitive games

Vocabulary

competency, fair play, strategy, covering, supporting, assist, set play, consistent, rebounds, blocking, expression, sprint, pass, targets, transition

Weekly learning objectives

Term Unit	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Autumn 1 <i>Gymnastics 1</i>	To use controlled flight onto high apparatus	To perform partner balances as a base and flyer	To perform more advanced partner balances	To incorporate equipment into a sequence	To incorporate musicality and timing into a sequence	To combine skills and rhythm into a team performance
Autumn 1 <i>Football</i>	To set up a shooting opportunity for a teammate	To restrict an opponent's space by defending with a team mate	To perform a penalty kick with accuracy	To attack and shoot as a pair	To perform the role of cover defender to stop the opposition	To use close control to keep possession of the ball under pressure
Autumn 2 <i>Indoor athletics</i>	To practise sprint start technique to increase accuracy	To use the three phases of triple jump	To use heave throw technique	To assess our own ability to play our role in a parlauff	To use a reverser board confidently	To compete in a class indoor athletics competition
Autumn 2 <i>Tag rugby</i>	To create attacking opportunity by supporting the player with the ball	To use set plays in attack to create space for the ball carrier	To develop the 3-step rule, compare and contrast to the 3-second pass	To attack the space as a ball carrier to create scoring opportunities	To change from an attacking to defensive formation	To observe and analyse our classmate's performance



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Spring 1 Dance 1	To use the stag leap, rebound jump and partner lifts	To compose a dance with sports theme	To choose dynamics for sports theme and extend routine	To link freeze frames to street style to create short movements	To perform Top Rock and Slide step with a partner	To link movements with a group to create short Street Dance routine
Spring 1 Netball	To improve coordination with footwork	To mark the pass or the shot	To play in and out of the D	To compete to win the rebounding ball	To stay active to intercept a pass	To stay onside in games depending on position being played
Spring 2 Gymnastics 2	To perform a 10 element sequence using floor and apparatus	To use equipment and respond creatively to music	To create judging criteria and assess performance against it	To create and perform patterns as part of a group	To select appropriate starting position and walk to sequence	To perform and evaluate a 10 element with 1 minute time limit
Spring 2 Hockey	To shoot under pressure from close range	To perform long corner routines as part of a team	To use goal side marking to prevent an attacker from getting closer to goal	To use a banana run to force an oncoming attacker out wide	To use a hit-out to successfully restart the game	To incorporate all elements into competitive games
Summer 1 Athletics	To perform the sprint start technique whilst keeping in track lanes	To pass a baton to partner in a relay exchange	To perform approach run, take-off, flight and landing for long jump	To confidently throw a javelin	To use the scissor jump technique	To record and relay results over a range of track and field events
Summer 1 Cricket	To create pressure on a batter by using a ring field	To track and catch a high ball consistently	To perform a short-pitched bowl to get a batter to hit the ball in the air	To work in a pair to restrict runs scored when fielding	To play an on-drive	To set an attacking field
Summer 2 Rounders	To perform attacking bowling to make it more difficult for the batter to hit	To track and catch a high ball	To demonstrate the use of attacking and defensive batting	To work in a pair in the field to restrict scoring	To apply tactics when running around bases to avoid overtakes	To apply team tactics in a competitive situation
Summer 2 Tennis	To communicate clearly with a partner to score points in doubles play	To attempt a two-handed backhand shot with control	To perform a lob shot to hit the ball over an opponent's head	To apply the correct rules and scoring system in games	To play in different doubles formations	To discuss and apply a range of tactics in double play