

PE Curriculum Overview

PE overview

The PE strands are well sequenced to provide a coherent subject scheme that develops children's skills and knowledge of dance, gymnastics, athletics, outdoor and adventurous activities and competitive games. The themes for each half term have been carefully placed to ensure that children have enough time to develop their skills as well as progress into games elements. For example, Year 5 would learn and develop their Netball skills and then develop those skills into a competitive game. The curriculum overview has been developed so that the children have a more equal coverage of learning skills and knowledge, developing those into competitive games and beating their own personal best.

Key Stage 1

In Key Stage 1, each Autumn term begins with Dance and Gymnastics for indoor PE and a games element for outdoor PE. The teaching of these topics in Years 1 and 2 enables children to be introduced to and then revisit throwing and catching skills and provides plentiful opportunities for children to explore balances and creating movements within pathways. Year 1, over the course of the year will learn that different parts of the body can be used to create movements, there are different ways of travelling, throwing involves sending a ball through the air using the hands and arms, that balancing means holding the body steady without wobbling or falling and that rules are instructions that guide how a game should be played. In Year 2, the projects expand children's knowledge and horizons to develop a more comprehensive range of skills, movements and competition. Some of these include: direction, tactics, techniques and sequences for performance.

Lower Key Stage 2

In Lower Key Stage 2, each Autumn term begins with building upon skills built in KS1. More emphasis is placed on working together as a team. The children need to have increasing accuracy and build stamina when completing and developing skills. The children will learn to combine movements and begin to improvise when completing gymnastics and dance elements. The children use the tactics learned in KS1 to play competitive games. They learn that games can be tactical and involve children defending and planning each move. The children know that different rules, striking and defending differ from game to game and learn how they can use what they know to apply to a new sport. Control, coordination and accuracy show how they have developed their skills from KS1. Spending time practising a technique can lead to improvements. They learn that a skill is a special ability to do something well and is gained through practise and training.

Upper Key Stage 2

In Upper Key Stage 2, the children learn a range of problem-solving and resilience skills and that they can be employed to help complete a task effectively. The children explore power, fitness, strength and stamina. They are expected to display a high level of control, complete complex routines and use dynamics when moving with improvisation when completing dance and gymnastics. Within games, the children apply attacking and defence tactics and evaluate performances based on what has previously been learned. The children develop and refine skills as well as applying precision to all sports. The children focus on their personal best and notice and discuss similarities and differences



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between people's performances and that it can be a tool to support improvement. This improvement can be seen in distance or in time.

Throughout the PE scheme, there is complete coverage of all national curriculum programmes of study.