



Palace Fields Primary School
Whole School P.E Curriculum Overview
Academic Year 2018 - 2019

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<p>Premier Sports Gymnastics</p> <ul style="list-style-type: none"> • 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 • perform dances using a range of movement patterns 	<p>Premier Sports Gymnastics</p> <ul style="list-style-type: none"> • 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 • perform dances using a range of movement patterns 	<p>Premier Sports Outdoor Games</p> <ul style="list-style-type: none"> • 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 	<p>Premier Sports Outdoor Games</p> <ul style="list-style-type: none"> • 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 	<p>Dance</p> <ul style="list-style-type: none"> • perform dances using simple movement patterns. 	<p>Dance</p> <ul style="list-style-type: none"> • perform dances using simple movement patterns.
Year 2	<p>Premier Sport Gymnastics</p> <ul style="list-style-type: none"> • 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 • perform dances using a range of movement patterns 	<p>Premier Sport Gymnastics</p> <ul style="list-style-type: none"> • 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 • perform dances using a range of movement patterns 	<p>Dance</p> <ul style="list-style-type: none"> • perform dances using simple movement patterns. 	<p>Dance</p> <ul style="list-style-type: none"> • perform dances using simple movement patterns. 	<p>Swimming</p> <ul style="list-style-type: none"> • swim competently, confidently and proficiently over a distance of at least 10 metres • use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] • perform safe self-rescue in different water-based situations. 	<p>Premier Sports Athletics Outdoor Games</p> <ul style="list-style-type: none"> • 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
Year 3	<p>Premier Sport Gymnastics</p> <ul style="list-style-type: none"> • use running, 	<p>Dance</p> <ul style="list-style-type: none"> • use running, jumping, throwing 	<p>Dance</p> <ul style="list-style-type: none"> • use running, jumping, throwing 	<p>Swimming</p> <ul style="list-style-type: none"> • swim competently, confidently and 	<p>Premier Sport Athletics</p> <ul style="list-style-type: none"> • use running, 	<p>Premier Sport Athletics</p> <ul style="list-style-type: none"> • use running,

	<p>jumping, throwing and catching in isolation and in combination</p> <ul style="list-style-type: none"> • develop flexibility, strength, technique, control and balance • perform dances using a range of movement patterns • compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<p>and catching in isolation and in combination</p> <ul style="list-style-type: none"> • develop flexibility, strength, technique, control and balance • perform dances using a range of movement patterns • compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<p>and catching in isolation and in combination</p> <ul style="list-style-type: none"> • develop flexibility, strength, technique, control and balance • perform dances using a range of movement patterns • compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<p>proficiently over a distance of at least 25 metres</p> <ul style="list-style-type: none"> • use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] • perform safe self-rescue in different water-based situations. • compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<p>jumping, throwing and catching in isolation and in combination</p> <ul style="list-style-type: none"> • play competitive games, modified where, and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance • compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<p>jumping, throwing and catching in isolation and in combination</p> <ul style="list-style-type: none"> • play competitive games, modified where, and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance • compare their performances with previous ones and demonstrate improvement to achieve their personal best.
Year 4	<p>Dance</p> <ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination • develop flexibility, strength, technique, control and balance • perform dances using a range of movement patterns • compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<p>Dance</p> <ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination • develop flexibility, strength, technique, control and balance • perform dances using a range of movement patterns • compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<p>Swimming</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>Premier Sport Outdoor Games</p> <ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination • play competitive games, modified where, and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance • compare their performances with 	<p>Premier Sport Athletics</p> <ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination • play competitive games, modified where, and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance • compare their performances with 	<p>Premier Sport Athletics</p> <ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination • play competitive games, modified where, and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance • compare their performances with

				previous ones and demonstrate improvement to achieve their personal best.	previous ones and demonstrate improvement to achieve their personal best.	previous ones and demonstrate improvement to achieve their personal best.
Year 5	<p>Dance</p> <ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination • develop flexibility, strength, technique, control and balance • perform dances using a range of movement patterns • compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<p>Swimming</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>Premier Sport Outdoor Games</p> <ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination • play competitive games, modified where, and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance • compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<p>Premier Sport Outdoor Games</p> <ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination • play competitive games, modified where, and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance • compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<p>Premier Sport Athletics</p> <p>use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where, and apply basic principles suitable for attacking and defending develop flexibility, strength, technique, control and balance compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Premier Sport Athletics</p> <p>use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where, and apply basic principles suitable for attacking and defending develop flexibility, strength, technique, control and balance compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>
Year 6	<p>Swimming</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>Premier Sport Gymnastics</p> <p>use running, jumping, throwing and catching in isolation and in combination develop flexibility, strength, technique, control and balance perform dances using a range of movement patterns</p>	<p>Premier Sport Outdoor Games</p> <ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination • play competitive games, modified where, and apply basic principles 	<p>Dance</p> <p>use running, jumping, throwing and catching in isolation and in combination develop flexibility, strength, technique, control and balance perform dances using a range of movement patterns compare their</p>	<p>Premier Sport Athletics</p> <p>use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where, and apply basic principles suitable for attacking and defending develop flexibility, strength, technique,</p>	<p>Swimming</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]

	<ul style="list-style-type: none">perform safe self-rescue in different water-based situations.	compare their performances with previous ones and demonstrate improvement to achieve their personal best.	suitable for attacking and defending <ul style="list-style-type: none">develop flexibility, strength, technique, control and balancecompare their performances with previous ones and demonstrate improvement to achieve their personal best.	performances with previous ones and demonstrate improvement to achieve their personal best.	control and balance compare their performances with previous ones and demonstrate improvement to achieve their personal best.	<ul style="list-style-type: none">perform safe self-rescue in different water-based situations.
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