

Curriculum Subject Overview - PE

Year Topic	Gym	Dance	Games	Outdoor and Adventurous
Nursery Physical development Moovers and Groovers Dough Disco Climbing Frame Gym Ball Games Reception Physical development Fundamental Skills Gym Man City Athletics	I can Move in a variety of ways slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping. Jump off an object and land appropriately. Travel with confidence and skill around, under, over and through balancing and climbing equipment.	I can Show preferences for forms of expression. Uses movement to express feelings. Experiment with different ways of moving.	I can Negotiate space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. Show increasing control over an object in pushing, patting, throwing, catching or kicking it.	I can Understand the importance for good health of physical exercise, and talk about ways to keep healthy and safe. Show good control and co-ordination in large and small movements. Move confidently in a range of ways, safely negotiating space. Mount stairs, steps or climbing equipment using alternate feet. Walk downstairs, two feet to each step while carrying a small object.
Year 1 Autumn- Fundamental Movement Skills/Games/Dance Spring -Gym/Dance/Games Summer – Athletics/Dance/Gym	I can: Make my body curled, tensed, stretched and relaxed. Control my body when travelling and relaxing. Copy sequences and repeat them. Roll, curl, travel and balance in different ways.	I can: Move to music Copy dance moves Perform my own dance moves Make up a short dance Move safely in a space	I can: Throw underarm Hit a ball with a bat Move and stop safely Throw and catch a ball with both hands. Throw and kick in different ways.	I can Understand the importance for good health of physical exercise, and talk about ways to keep healthy and safe. Show good control and co-ordination in large and small movements.
Year 2 Autumn- Gym/Games/Dance Spring -Gym/Dance/Games Summer – Athletics/Dance/Gym	I can: Plan and perform a sequence of movement. Improve my sequence based on feedback. Think of more than one way to create a sequence that follows some 'rules'. Work on my own and with a partner.	I can: Change rhythm, speed, level and direction in a dance. Dance with control and coordination Make a sequence by linking sections together, Use a dance to show a mood or feeling.	I can: Use hitting, kicking and/ or rolling in a game, Decide the best space to be in during a game. Use one tactic in a game and follow rules.	I can Understand the importance for good health of physical exercise, and talk about ways to keep healthy and safe. Show good control and co-ordination in large and small movements.

<p>Year 3 Autumn- Gym/Games/Dance Spring -Gym/Dance/Games Summer – Athletics/Dance/Gym</p>	<p>I can: Adapt sequences to suit different types of apparatus. Explain how strength and suppleness affect performance. Compare and contrast gymnastic sequences.</p>	<p>I can: Improvise feely and translate ideas from a stimulus to a movement. Share and create phases with a partner and a small group. Repeat, remember and perform phases.</p>	<p>I can: Throw and catch with control. Am aware of space and use it to support team mates. Know and use rules fairly</p>	<p>I can: Follow a map in a familiar context Use clues to follow a route Follow a route safely</p>
<p>Year 4 Autumn- Swimming/Games/Dance Spring -Gym/Swimming/Ball and net games Summer – Athletics/Dance/Gym</p>	<p>I can: Work in a controlled way Include changes of speed and direction Include a range of shapes Work with a partner to create, repeat and improve a sequence with at least 3 phases.</p>	<p>I can: Take the lead when working with a group. Use dance to communicate an idea.</p>	<p>I can: Throw and catch accurately. Catch with one hand. Hit a ball accurately with control. Keep possession of a ball. Vary tactics and adapt skills depending on the state of the game.</p>	<p>I can: Follow a map in a familiar context. Follow a route within a time limit.</p>
<p>Year 5 Autumn- Gym/Invasion Games /Dance Spring -Gym/Dance/Striking and fielding games Summer – Athletics/Dance/Gym</p>	<p>I can: Make complex and extended sequences. Combine action, balance and shape. Perform consistently to audiences.</p>	<p>I can: Compose my own dances in a creative way. Perform to an accompaniment. Show clarity, fluency, accuracy and consistency through my own dance.</p>	<p>I can: Gain possession, working in a team. Pass in different ways and use a number of different techniques to pass, dribble, shoot. Use backhand and forehand with a racquet. Choose a tactic for attacking and defending.</p>	<p>I can: Follow a map in an unknown location. Use clues and compass to navigate a route. Change my route to overcome a problem. Use new information to change my route.</p>
<p>Year 6 Autumn- Gym/ Football skills /Dance Spring -Gym/Dance/Tag rugby Summer – Athletics/Dance/Gym</p>	<p>I can: Combine my own work with that of others. Link sequences to specific things,</p>	<p>I can: Develop sequences in a specific style, Choose my own music and style.</p>	<p>I can: Play to agreed rules Explain rules, and umpire. Lead others in a games situation.</p>	<p>I can: Plan a route and a series of clues for someone else. Plan with others, taking account of safety and danger.</p>