

PE New Curriculum Overview 2014

	AUTUMN	SPRING	SUMMER
Year R	Balance and Control	Movement	Ball skills
Year 1	Gymnastics Dance	Dance Gymnastics	Games (Skills-Sending and receiving)
Year 2	Dance Gymnastics	Gymnastics Dance	Games (Skills of rolling, throwing, striking)
Year 3	Gymnastics Dance	Games (Net and wall)	Athletics Outdoor adventurous activities
Year 4	Dance Gymnastics	Games (Rolling, throwing, kicking, striking)	Athletics Outdoor adventurous activities
Year 5	Gymnastics Dance	Games (striking, fielding)	Athletics Outdoor adventurous activities
Year 6	Dance Gymnastics	Games (invasion)	Outdoor adventurous activities Athletics

Aims

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

KS2 Pupils will have 3 weeks of intensive swimming tuition each year (2 weeks in Year 6) in order to facilitate the 25m end of Key Stage target.

Attainment targets

By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study.

Key stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- 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.
- perform dances using simple movement patterns.

Key stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Swimming and water safety

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be taught to:

- 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.