



## PE Curriculum Overview

'Working together to achieve success'



**For the PE Overview click on this link: <..\PE\2019 - 2020\New Mossgate PE Curriculum Project\The PE Curriculum\The PE Curriculum - Final Document\Mossgate Primary School Physical Education - Overview.docx>**

# Gymnastics Key Learning

'Working together to achieve success'



Year Group	Key Learning	National Curriculum Coverage
Year 1	<ul style="list-style-type: none"> <li>To develop the basic skills of travelling, rolling and jumping.</li> <li>To apply the skills of travelling, rolling and jumping with two different shapes.</li> <li>To perform basic skills with straight and tuck shapes.</li> <li>To link basic movements together.</li> <li>To link basic movements together to create a sequence.</li> <li>To adapt the sequence to perform on apparatus.</li> </ul>	<ul style="list-style-type: none"> <li>Master basic movements</li> <li>Developing balance, agility and co-ordination.</li> </ul>
Year 2	<ul style="list-style-type: none"> <li>To develop the skills of jumping with different shapes.</li> <li>To develop the basic skills of travelling on hands and feet.</li> <li>To develop the skill of balancing on different body parts.</li> <li>To develop the basic skills of travelling, balancing, jumping and rolling.</li> <li>To link actions of movement together to create a simple sequence.</li> <li>To adapt a sequence of moves to apparatus.</li> </ul>	<ul style="list-style-type: none"> <li>Developing balance, agility and co-ordination.</li> </ul>
Year 3	<ul style="list-style-type: none"> <li>To develop ways of travelling on hands and feet.</li> <li>To develop balance on small body parts.</li> <li>To create a sequence of travelling and balancing actions.</li> <li>To develop the skills of rolling, jumping, shape and landing.</li> <li>To create a sequence of gymnastics actions</li> <li>To evaluate and recognise their own success.</li> <li>To perform gymnastic actions using apparatus.</li> </ul>	<ul style="list-style-type: none"> <li>Use running and jumping in isolation and in combination.</li> <li>Develop flexibility, strength, technique, control and balance.</li> </ul>
Year 4	<ul style="list-style-type: none"> <li>To explore different ways of balancing, jumping and travelling.</li> <li>To develop ways of travelling on feet and hands.</li> <li>To develop balance on small body parts.</li> <li>To develop a range of jumping actions.</li> <li>To develop balance on large body parts.</li> <li>To explore different ways of rolling, perform rolling actions and link these with other actions to create a sequence.</li> <li>To create a sequence using travelling, balancing, jumping and rolling that meet a set of conditions.</li> <li>To make simple judgements about the quality of performances and suggest ways they can be improved.</li> </ul>	<ul style="list-style-type: none"> <li>Use running and jumping in isolation and in combination.</li> <li>Develop flexibility, strength, technique, control and balance.</li> <li>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>
Year 5	<ul style="list-style-type: none"> <li>To perform partner balances (matches and mirrored).</li> <li>To perform counter balance.</li> <li>To perform counter tension balances.</li> <li>To evaluate and recognise their own success.</li> <li>To create a gymnastic sequences with a partner.</li> <li>To develop a sequence onto apparatus.</li> </ul>	<ul style="list-style-type: none"> <li>Use running and jumping in isolation and in combination.</li> <li>Develop flexibility, strength, technique, control and balance.</li> <li>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>
Year 6	<ul style="list-style-type: none"> <li>To perform matches and mirrors paired balances.</li> <li>To perform counter balance and counter tension paired balances.</li> <li>To perform a group counter balance.</li> <li>To perform paired and group counter balances in unison.</li> <li>To perform a part weight bearing balance.</li> <li>To create a sequence of gymnastic actions, paired and group balances using apparatus.</li> <li>To evaluate success at working as a team.</li> </ul>	<ul style="list-style-type: none"> <li>Use running and jumping in isolation and in combination.</li> <li>Develop flexibility, strength, technique, control and balance.</li> <li>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>

# Athletics Key Learning

'Working together to achieve success'



Year Group	Key Learning	National Curriculum Coverage
Year 1	<ul style="list-style-type: none"> <li>To develop the skill of changing direction.</li> <li>To develop the skill of underarm throwing.</li> <li>To develop the skill of jumping for distance.</li> <li>To develop posture when walking and running.</li> <li>To apply changing direction in relay type races.</li> <li>To complete run, jump and throw challenges.</li> </ul>	<ul style="list-style-type: none"> <li>Master basic movements including running, jumping and throwing and begin to apply these in a range of activities.</li> </ul>
Year 2	<ul style="list-style-type: none"> <li>To explore different ways of throwing.</li> <li>To throw underarm accurately.</li> <li>To throw overarm for distance and with increasing accuracy.</li> <li>To explore a push throw.</li> <li>To explore jumping for distance.</li> <li>To develop the skill of running fast.</li> <li>To complete an obstacle course.</li> <li>To complete run, jump and throw challenges.</li> </ul>	<ul style="list-style-type: none"> <li>Master basic movements including running, jumping and throwing and begin to apply these in a range of activities.</li> </ul>
Year 3	<ul style="list-style-type: none"> <li>To perform the pull throwing action, the sling throw and push throw</li> <li>To throw for distance using three different throws.</li> <li>To perform a start in a spring type race.</li> <li>To explore different running techniques.</li> <li>To select an appropriate running technique for distance.</li> <li>To pass a baton successfully in a race.</li> <li>To perform a hop, step and jump.</li> <li>To perform 5 different jumps and develop the actions for at least one of these</li> <li>To perform in athletic type competitive events (run, jump and throw).</li> </ul>	<ul style="list-style-type: none"> <li>Use running, jumping and throwing in isolation and in combination.</li> <li>Develop flexibility, strength, technique, control and balance.</li> <li>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>
Year 4	<ul style="list-style-type: none"> <li>To perform the pull throwing action, the sling throw and the push throw.</li> <li>To throw for distance using three different throws.</li> <li>To perform a start in a spring type race.</li> <li>To explore different running techniques.</li> <li>To select an appropriate running technique for distance.</li> <li>To pass a baton successfully in a race.</li> <li>To develop jumping actions.</li> <li>To perform a hop, step and jump.</li> <li>To perform 5 different jumps and develop the actions for two or more</li> <li>To perform in athletic type competitive events (run, jump and throw).</li> </ul>	<ul style="list-style-type: none"> <li>Use running, jumping and throwing in isolation and in combination.</li> <li>Develop flexibility, strength, technique, control and balance.</li> <li>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>
Year 5	<ul style="list-style-type: none"> <li>To develop running skills in isolation.</li> <li>To evaluate their own success.</li> <li>To explore and develop ways of combining jumping actions.</li> <li>To develop running, jumping and throwing skills in an athletic type activity.</li> <li>To compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>	<ul style="list-style-type: none"> <li>Use running, jumping and throwing in isolation and in combination.</li> <li>Develop flexibility, strength, technique, control and balance.</li> <li>Compare their performances with previous ones and demonstrate improvement to achieve their personal</li> </ul>
Year 6	<ul style="list-style-type: none"> <li>To develop running skills in isolation.</li> <li>To evaluate their own success.</li> <li>To explore and develop ways of combining jumping actions.</li> <li>To develop running, jumping and throwing skills in an athletic type activity.</li> <li>To compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>	<ul style="list-style-type: none"> <li>Use running, jumping and throwing in isolation and in combination.</li> <li>Develop flexibility, strength, technique, control and balance.</li> <li>Compare their performances with previous ones and demonstrate improvement to achieve their personal</li> </ul>

Year Group	Key Learning	National Curriculum Coverage
Year 1	<ul style="list-style-type: none"> <li>To explore, remember, repeat and link a range of actions with co-ordination and control</li> <li>To compose a short dance independently</li> <li>To show awareness of the expressive qualities</li> <li>To recognise and describe how different dance activities make them feel</li> <li>To compose and perform dance phrases that communicate a story</li> <li>To link travel, turn and stillness to convey events in a story</li> <li>To travel from one space to another using different pathways and levels</li> <li>To explore body shapes and emotions associated with the stimulus.</li> </ul>	<ul style="list-style-type: none"> <li>Master basic movements including running and jumping</li> <li>Develop balance, agility and coordination and apply these</li> <li>Perform dances using simple movement patterns</li> </ul>
Year 2	<ul style="list-style-type: none"> <li>To explore a range of actions, travelling patterns and pathways related to a stimulus</li> <li>To remember, repeat and perform a short dance to represent the stimulus.</li> <li>To compose and perform a dance phrase</li> <li>To explore different ways of travelling and using the space</li> <li>To recreate ideas adding expression and developing and improving their own work.</li> <li>To perform in a whole class performance.</li> </ul>	<ul style="list-style-type: none"> <li>Master basic movements including running and jumping</li> <li>Develop balance, agility and coordination and apply these</li> <li>Perform dances using simple movement patterns</li> </ul>
Year 3	<ul style="list-style-type: none"> <li>To select travelling actions to convey different characters, along varied pathways, linked to three different settings</li> <li>To explore the movements of different creatures within a stimulus</li> <li>To create a sequence conveying a challenge, using travel, turn and gesture</li> <li>To create a sequence using control of body actions and shapes</li> <li>To combine all elements of the unit to tell a story through dance.</li> </ul>	<ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance</li> <li>Perform dances using a range of movement patterns</li> <li>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>
Year 4	<ul style="list-style-type: none"> <li>To describe what you need to do to warm up/cool down for a dance and why it is important</li> <li>To explore movement, communicating character</li> <li>To use simple choreographic principles and perform a more complex dance phrase to communicate narrative with a partner</li> <li>To describe, interpret and evaluate their own dance and others</li> <li>To create a sequence conveying more than one character to convey a narrative</li> <li>To work as a group to combine movements to create a sequence</li> <li>To combine sequences to create a final performance.</li> </ul>	<ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance</li> <li>Perform dances using a range of movement patterns</li> <li>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>
Year 5	<ul style="list-style-type: none"> <li>To set the scene, investigating words and actions which create an atmosphere</li> <li>To convey a character through movement</li> <li>To combine travel, turn, gesture and stillness to convey events and emotions</li> <li>To explore contrasting actions to depict different characters.</li> <li>To create a sequence using travel, jump, turn, gesture and stillness</li> <li>To retell a poem through movement linking travel, turn, gesture and stillness.</li> </ul>	<ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance</li> <li>Perform dances using a range of movement patterns</li> <li>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>
Year 6	<ul style="list-style-type: none"> <li>To use a stimulus to create gestures and develop and improve their work</li> <li>To create travelling patterns and learning to use canon effectively</li> <li>To learn a set dance, creating a solo sequence and participating in a whole class performance</li> <li>To use development techniques and perform with accuracy, control and timing.</li> <li>To create travelling patterns and explore contrasting emotions and different ways to demonstrate them.</li> <li>To perform in a whole class performance and respond to their own work.</li> </ul>	<ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance</li> <li>Perform dances using a range of movement patterns</li> <li>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>

Year Group	Key Learning	National Curriculum Coverage
Year 1	<ul style="list-style-type: none"> <li>To develop travelling skills.</li> <li>To revise the skill of catching a ball and bouncing a ball.</li> <li>To develop the skill of bouncing a ball with control and to bounce a ball whilst travelling in a game.</li> <li>To develop the skill of throwing overarm for distance and accuracy</li> <li>To explore, develop and apply the skill of an underarm throw in different ways.</li> <li>To explore the skill of running fast.</li> <li>To apply simple tactics in a game.</li> <li>To explore the skill of dodging.</li> <li>To strike a ball off a tee.</li> <li>To explore the skill of jumping.</li> <li>To explore, develop and apply the skill of rolling different equipment.</li> <li>To develop the skill of side gallop.</li> <li>To explore different ways of kicking objects with increasing accuracy and control with a variety of equipment.</li> <li>To receive a kick with control.</li> <li>To intercept a ball</li> <li>To work cooperatively in a small group.</li> <li>To choose skills effectively for a game.</li> </ul>	<ul style="list-style-type: none"> <li>Master basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities.</li> <li>Participate in team games, developing simple tactics for attacking and defending.</li> </ul>
Year 2	<ul style="list-style-type: none"> <li>To develop the skill of throwing overarm for distance</li> <li>To develop the skill of running</li> <li>To develop the skill of striking a ball, throwing and fielding with accuracy</li> <li>To apply striking a ball, throwing and fielding in a simple team game.</li> <li>To develop simple tactics in a simple striking/fielding game.</li> <li>To develop the skill of throwing underarm, catching, dodging and side gallop</li> <li>To develop the skill of passing and moving into space</li> <li>To apply throwing, moving and catching in a simple team game</li> <li>To know the ready position and how to hold a bat</li> </ul>	<ul style="list-style-type: none"> <li>Master basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities.</li> <li>Participate in team games, developing simple tactics for attacking and defending.</li> </ul>
Year 3	<ul style="list-style-type: none"> <li>To send a ball and move into space to receive a pass</li> <li>To send and receive a ball in a simple game and an invasion game</li> <li>To use simple tactics in game and to revise simple tactics in an invasion game</li> <li>To evaluate their own and others success</li> <li>To send and receive a ball in a striking and fielding game</li> <li>To strike a ball in a striking and fielding game</li> <li>To use simple tactics in a striking and fielding game</li> <li>To evaluate tactics used</li> </ul>	<ul style="list-style-type: none"> <li>Use running, jumping throwing and catching in isolation and in combination</li> <li>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</li> <li>Develop technique</li> <li>Compare their performance with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>
Year 4	<ul style="list-style-type: none"> <li>To send and receive a ball.</li> <li>To travel with a ball with control in an invasion game</li> <li>To use simple tactics to outwit opponents</li> <li>To apply basic principles suitable for attacking in an invasion game</li> <li>To evaluate and recognise their own success</li> <li>To consolidate and explore different throwing actions and practise catching</li> <li>To suggest ideas and practices to improve their play</li> <li>To strike the ball using their hand or a small bat</li> <li>To improve movement skills and body positions</li> <li>To familiarise themselves with a racquet and practise striking skills using a racquet</li> <li>To choose a range of simple tactics to use in a simple game</li> <li>To develop a range of striking skills suitable for net / wall type game.</li> </ul>	<ul style="list-style-type: none"> <li>Use running, jumping throwing and catching in isolation and in combination</li> <li>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</li> <li>Develop technique and control</li> <li>Compare their performance with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>

<p><b>Year 5</b></p>	<ul style="list-style-type: none"> <li>• To develop the skill of passing and catching a netball</li> <li>• To develop the skill of passing a netball using a shoulder pass</li> <li>• To develop the skill of shooting in netball</li> <li>• To choose and apply skills and tactics consistently in netball type competitive games</li> <li>• To select appropriate strategies for attack</li> <li>• To develop their ability to evaluate their own work and their teams' work and suggest ways to improve</li> <li>• To bowl underarm with accuracy in a game</li> <li>• To catch a ball when fielding and to throw overarm</li> <li>• To strike a ball with a bat and to know where to strike it in a game</li> <li>• To use tactics in a rounders type game</li> <li>• To evaluate what was successful in a game.</li> </ul>	<ul style="list-style-type: none"> <li>• Use running, jumping throwing and catching in isolation and in combination</li> <li>• Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</li> <li>• Develop technique, control and balance</li> <li>• Compare their performance with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>
<p><b>Year 6</b></p>	<ul style="list-style-type: none"> <li>• To revise travelling with an object, sending and receiving skills and tactics used in an invasion game</li> <li>• To undertake a leadership/officiating role</li> <li>• To select and apply tactics in different invasion games and evaluate the tactics</li> <li>• To develop the skills to play a rugby type game</li> <li>• To create an invasion game to solve a tactical problem and to adapt it to explore positions and attacking/defending.</li> <li>• To develop the ability to evaluate their teams' work and suggest ways to improve it</li> <li>• To develop sending a ball, striking a ball and fielding skills</li> <li>• To apply basic principles of striking and fielding in a game</li> <li>• To evaluate and recognise their own success</li> <li>• To develop consistency in playing shots with racket and ball, playing forehand and backhand shots with a partner</li> <li>• To understand the basic principles of attack and use in a net/wall type game</li> </ul>	<ul style="list-style-type: none"> <li>• Use running, jumping throwing and catching in isolation and in combination</li> <li>• Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</li> <li>• Develop technique, control and balance</li> <li>• Compare their performance with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>

# Outdoor Adventurous Activity Key Learning

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Year Group	Key Learning	National Curriculum Coverage
Year 3	<ul style="list-style-type: none"> <li>• To improve communication skills</li> <li>• To improve ability to work with and trust others</li> <li>• To undertake an adventure trail to develop communication skills</li> <li>• To work safely with a partner in an adventurous environment</li> <li>• To complete a Photo Trail within the school grounds</li> <li>• To increase confidence in decision making</li> <li>• To know how to use a control card.</li>   <li>• To participate in a Ghyll Scrambling activity through MCHS.</li> </ul>	<ul style="list-style-type: none"> <li>• Use running in isolation</li> <li>• Develop control and balance</li> <li>• Take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>• Compare their performances with previous ones and demonstrate improvement to achieve</li> <li>•</li> </ul>
Year 4	<ul style="list-style-type: none"> <li>• To take part in outdoor and adventurous activity challenges</li> <li>• To develop communication and collaboration skills</li> <li>• To evaluate their own success and to take responsibility for self and others</li> <li>• To take part in activities that involve working with and trusting others.</li> <li>• To work effectively as part of a team.</li>   <li>• To participate in a kayaking activity through MCHS.</li> </ul>	<ul style="list-style-type: none"> <li>• Use running in isolation</li> <li>• Develop control and balance</li> <li>• Take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>• Compare their performances with previous ones and demonstrate improvement to achieve</li> <li>•</li> </ul>
Year 5	<ul style="list-style-type: none"> <li>• To know that a map is a birds' eye view plan of the ground and how to keep the map 'set' 'orientated' when they move around a simple course</li> <li>• To know some of the symbols on an orienteering map</li> <li>• To run safely with a map around a simple orienteering course</li> <li>• To know the 9 points of a compass</li> <li>• To navigate to a control marker on a simple course and record information accurately</li> <li>• To plan effectively to visit as many control markers in the time allowed</li> <li>• To understand how OAA can help their fitness and health</li>   <li>• To participate in a caving activity through MCHS.</li> </ul>	<ul style="list-style-type: none"> <li>• Use running in isolation</li> <li>• Play competitive games, modified where appropriate</li> <li>• Develop technique and control</li> <li>• Take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>• Compare their performances with previous ones and demonstrate improvement to achieve</li> <li>•</li> </ul>
Year 6	<ul style="list-style-type: none"> <li>• Y6 Lakeside residential covers learning</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>