Burton Joyce Primary School

PE Curriculum Overview Cycle A

BURTON JOYCE PRIMARY SCHOOL

Throughout all units:

- children develop their physical ability, mental capacity and emotional understanding (head, hand, heart)
- there are clear learning outcomes for head, hand and heart elements which are progressive through the year groups (see Skills Progression doc)

		Foundation	Yr 1/2	Yr 3/4	Yr 5/6
	PE Unit	Speed Agility Travel	Send & Return	Handball	Tag Rugby (Netball 2020)
			Run Jump Throw	Dance	OAA
				Swimming	
		Body Management	Dance	OAA	Dance
	Progression	" Movement	Gymnastics " Movement	Gymnastics " Movement	Gymnastics " Movement
	map (Key	" Development of skills & techniques	" Development of skills & techniques	" Development of skills & techniques	" Development of skills & techniques
	Elements)	·	,	· · · · · · · · · · · · · · · · · · ·	,
	Liements	" Application of skills and techniques	" Application of skills and techniques	" Application of skills and techniques	" Application of skills and techniques
		" Co-operation/teamwork	" Co-operation/teamwork	" Co-operation/teamwork	["] Co-operation/teamwork
		" Competition	" Competition	" Competition	["] Competition
		" Analysis and evaluation	" Analysis and evaluation	" Analysis and evaluation	" Analysis and evaluation
		" Preparation for life & participation	" Preparation for life & participation	" Preparation for life & participation	" Preparation for life & participation
A.		" Health and fitness	" Health and fitness	" Health and fitness	" Health and fitness
		" Tactics	" Tactics	" Tactics	" Tactics
Autumn Cycle		" Challenge	" Challenge	" Challenge	" Challenge
Cyc				" Swimming	
le A	National	Revise and refine the fundamental	master basic movements including	use running, jumping, throwing and	use running, jumping, throwing and
	Curriculum	movement skills they have already	running, jumping, throwing and catching, as well as developing	catching in isolation and in combination	catching in isolation and in combination
	Coverage	acquired: - rolling - crawling - walking	balance, agility and co-ordination,	play competitive games, modified	play competitive games, modified
		- jumping - running - hopping -	and begin to apply these in a range	where appropriate [for example,	where appropriate [for example,
		skipping.	of activities	handball], and apply basic principles	netball and tag rugby], and apply
		Develop the overall body strength,	participate in team games,	suitable for attacking and defending	basic principles suitable for attacking
		co-ordination, balance and agility	developing simple tactics for	develop flexibility, strength,	and defending
		needed to engage successfully with	attacking and defending	technique, control and balance [for	develop flexibility, strength,
		future physical education sessions	perform dances using simple	example, through gymnastics]	technique, control and balance [for
		and other physical disciplines including dance, gymnastics, sport	movement patterns	perform dances using a range of	example, through gymnastics]
		and swimming.		movement patterns	perform dances using a range of
		Combine different movements with		take part in outdoor and adventurous activity challenges both	movement patterns
		ease and fluency.		individually and within a team	
				marriadally and within a team	

		Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. Develop overall body-strength, balance, co-ordination and agility. Know and talk about the different factors that support their overall health and wellbeing:		compare their performances with previous ones and demonstrate improvement to achieve their personal best swim competently, confidently and proficiently over a distance of at least 25 metres; use a range of strokes effectively; perform safe self-rescue in different water-based situations	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
		Foundation	Yr 1/2	Yr 3/4	Yr 5/6
	PE Unit	Dance Gymnastics	Dance Gymnastics Attack, Defend, Shoot Hit, Catch, Run	Gymnastics Swimming Dance Tag Rugby Tennis	Dance Gymnastics Netball (Tag Rugby 2020-21) Tennis
	Progression	" Movement	" Movement	" Movement	" Movement
Spring Cycle A	тар	" Development of skills & techniques " Application of skills and techniques " Co-operation/teamwork " Competition " Analysis and evaluation " Preparation for life & participation " Health and fitness " Tactics " Challenge	" Development of skills & techniques " Application of skills and techniques " Co-operation/teamwork " Competition " Analysis and evaluation " Preparation for life & participation " Health and fitness " Tactics " Challenge	" Development of skills & techniques " Application of skills and techniques " Co-operation/teamwork " Competition " Analysis and evaluation " Preparation for life & participation " Health and fitness " Tactics " Challenge " Swimming	" Development of skills & techniques " Application of skills and techniques " Co-operation/teamwork " Competition " Analysis and evaluation " Preparation for life & participation " Health and fitness " Tactics " Challenge
	National Curriculum Coverage	Revise and refine the fundamental movement skills they have already acquired: - rolling - crawling - walking - jumping - running - hopping - skipping – climbing Progress towards a more fluent style of moving, with developing control and grace. Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines	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	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, tag rugby and tennis], and apply basic principles suitable for attacking and defending develop flexibility, strength, technique, control and balance [for example, through gymnastics] perform dances using a range of movement patterns	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, netball, tag rugby and tennis], and apply basic principles suitable for attacking and defending develop flexibility, strength, technique, control and balance [for example, through gymnastics] perform dances using a range of movement patterns

		including dance, gymnastics, sport and swimming. Combine different movements with ease and fluency. Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. Develop overall body-strength, balance, coordination and agility. Foundation	Yr 1/2	compare their performances with previous ones and demonstrate improvement to achieve their personal best swim competently, confidently and proficiently over a distance of at least 25 metres; use a range of strokes effectively; perform safe self-rescue in different water-based situations	compare their performances with previous ones and demonstrate improvement to achieve their personal best
	DE Unit			-	Yr 5/6
	PE Unit	Manipulation & Coordination Cooperate & Solve Problems	Attack, Defend, Shoot Hit Catch Run Send & Return Run, Jump, Throw	Tag Rugby Tennis Athletics Rounders	Hockey Tennis Athletics Rounders
	Progression	" Movement	" Movement	" Movement	" Movement
Summe	map	" Development of skills & techniques " Application of skills and techniques " Co-operation/teamwork " Competition " Analysis and evaluation " Preparation for life & participation " Health and fitness " Tactics " Challenge	" Development of skills & techniques " Application of skills and techniques " Co-operation/teamwork " Competition " Analysis and evaluation " Preparation for life & participation " Health and fitness " Tactics " Challenge	"Development of skills & techniques "Application of skills and techniques "Co-operation/teamwork "Competition "Analysis and evaluation "Preparation for life & participation "Health and fitness "Tactics "Challenge	" Development of skills & techniques " Application of skills and techniques " Co-operation/teamwork " Competition " Analysis and evaluation " Preparation for life & participation " Health and fitness " Tactics " Challenge
Summer Cycle A	National Curriculum Coverage	Progress towards a more fluent style of moving, with developing control and grace. Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming. Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. Develop confidence, competence,	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	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, tag rugby, netball, rounders and tennis], and apply basic principles suitable for attacking and defending develop flexibility, strength, technique, control and balance [for example, through athletics] compare their performances with previous ones and demonstrate improvement to achieve their personal best	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, hockey, rounders and tennis], and apply basic principles suitable for attacking and defending develop flexibility, strength, technique, control and balance [for example, through athletics] compare their performances with previous ones and demonstrate improvement to achieve their personal best

activities that invo Combine different and fluency. Confidently and sa large and small ap outside, alone and overall body-strent ordination and ag	t movements with ease afely use a range of paratus indoors and d in a group. Develop agth, balance, co- ility.		
Know and talk abo	out the different factors overall health and		

PE Curriculum Overview Cycle B

		Foundation	Yr 1/2	Yr 3/4	Yr 5/6
	Enquiry	Speed Agility Travel	Send & Return	Handball	Tag Rugby (Netball 2020)
	Question		Run Jump Throw	Dance	Gymnastics
		Body Management		Swimming	
			Dance	OAA	Dance
	DE Unit	" NA avverse and	Gymnastics	Gymnastics	" N d a v a ma a m
	PE Unit	" Movement	" Movement	" Movement	" Movement
		"Development of skills & techniques	Development of skills & techniques	Development of skills & techniques	Development of skills & techniques
		" Application of skills and techniques	" Application of skills and techniques	" Application of skills and techniques	" Application of skills and techniques
		" Co-operation/teamwork	" Co-operation/teamwork	" Co-operation/teamwork	" Co-operation/teamwork
		" Competition	" Competition	" Competition	" Competition
>		" Analysis and evaluation	" Analysis and evaluation	" Analysis and evaluation	" Analysis and evaluation
utc		" Preparation for life & participation	" Preparation for life & participation	" Preparation for life & participation	" Preparation for life & participation
₫		" Health and fitness	" Health and fitness	" Health and fitness	" Health and fitness
201		" Tactics	" Tactics	" Tactics	" Tactics
Autumn Cycle B		" Challenge	" Challenge	" Challenge	" Challenge
₩.				" Swimming	
	National Curriculum Coverage	Revise and refine the fundamental movement skills they have already acquired: - rolling - crawling - walking - jumping - running - hopping - skipping. Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions	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	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, handball], and apply basic principles suitable for attacking and defending	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, tag rugby and netball], and apply basic principles suitable for attacking and defending

		and other physical disciplines including dance, gymnastics, sport and swimming. Combine different movements with ease and fluency. Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. Develop overall body-strength, balance, co-ordination and agility. Know and talk about the different factors that support their overall health and wellbeing:	perform dances using simple movement patterns	develop flexibility, strength, technique, control and balance [for example, through 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 swim competently, confidently and proficiently over a distance of at least 25 metres; use a range of strokes effectively; perform safe self-rescue in different water-based situations	develop flexibility, strength, technique, control and balance [for example, through 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
		Foundation	Yr 1/2	Yr 3/4	Yr 5/6
	PE Unit	Dance Gymnastics	Dance Gymnastics Attack, Defend, Shoot Hit, Catch, Run	Gymnastics Swimming Dance Football Badminton	Dance Badminton Netball (Tag Rugby 2021)
	Progression	" Movement	" Movement	" Movement	" Movement
Spring Cycle B	тар	" Development of skills & techniques " Application of skills and techniques " Co-operation/teamwork " Competition " Analysis and evaluation " Preparation for life & participation " Health and fitness " Tactics " Challenge	" Development of skills & techniques " Application of skills and techniques " Co-operation/teamwork " Competition " Analysis and evaluation " Preparation for life & participation " Health and fitness " Tactics " Challenge	" Development of skills & techniques " Application of skills and techniques " Co-operation/teamwork " Competition " Analysis and evaluation " Preparation for life & participation " Health and fitness " Tactics " Challenge " Swimming	" Development of skills & techniques " Application of skills and techniques " Co-operation/teamwork " Competition " Analysis and evaluation " Preparation for life & participation " Health and fitness " Tactics " Challenge
	National Curriculum Coverage	Revise and refine the fundamental movement skills they have already acquired: - rolling - crawling - walking - jumping - running - hopping - skipping – climbing	- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination,	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example,	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example,

		Progress towards a more fluent style of moving, with developing control and grace. Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming. Combine different movements with ease and fluency. Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. Develop overall body-strength, balance, co-ordination and agility.	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	badminton and football], and apply basic principles suitable for attacking and defending develop flexibility, strength, technique, control and balance [for example, through gymnastics] perform dances using a range of movement patterns compare their performances with previous ones and demonstrate improvement to achieve their personal best swim competently, confidently and proficiently over a distance of at least 25 metres; use a range of strokes effectively; perform safe self-rescue in different water-based situations	badminton, netball and tag rugby], and apply basic principles suitable for attacking and defending develop flexibility, strength, technique, control and balance [for example, through gymnastics (dance)] perform dances using a range of movement patterns compare their performances with previous ones and demonstrate improvement to achieve their personal best
		Foundation	Yr 1/2	Yr 3/4	Yr 5/6
	PE Unit	Manipulation & Coordination	Attack, Defend, Shoot	Football	Hockey
		Cooperate & Solve Problems	Hit Catch Run	Badminton	Cricket
		Cooperate & Solve Problems	 Send & Return	Athletics	Athletics
			Run, Jump, Throw	Cricket	OAA (as part of residential)
	Progression	" Movement	" Movement	" Movement	" Movement
	map	" Development of skills & techniques	" Development of skills & techniques	" Development of skills & techniques	" Development of skills & techniques
		" Application of skills and techniques	" Application of skills and techniques	" Application of skills and techniques	" Application of skills and techniques
Sui		" Co-operation/teamwork	" Co-operation/teamwork	" Co-operation/teamwork	" Co-operation/teamwork
3 3		" Competition	" Competition	" Competition	" Competition
Summer Cycle B		" Analysis and evaluation	" Analysis and evaluation	" Analysis and evaluation	" Analysis and evaluation
Сус		" Preparation for life & participation	" Preparation for life & participation	" Preparation for life & participation	" Preparation for life & participation
le B		" Health and fitness	" Health and fitness	" Health and fitness	" Health and fitness
		" Tactics	" Tactics	" Tactics	" Tactics
		" Challenge	^{··} Challenge	^{··} Challenge	" Challenge
	National Curriculum Coverage	Progress towards a more fluent style of moving, with developing control and grace. Develop the overall body strength,	master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination,	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified
		co-ordination, balance and agility needed to engage successfully with	and begin to apply these in a range of activities	where appropriate [for example, badminton, football, and cricket],	where appropriate [for example, hockey and cricket], and apply basic

	future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming. Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball. Combine different movements with ease and fluency. Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. Develop overall body-strength, balance, coordination and agility. Know and talk about the different factors that support their overall health and wellbeing:	participate in team games, developing simple tactics for attacking and defending	and apply basic principles suitable for attacking and defending develop flexibility, strength, technique, control and balance [for example, through athletics] compare their performances with previous ones and demonstrate improvement to achieve their personal best	principles suitable for attacking and defending develop flexibility, strength, technique, control and balance [for example, through athletics] 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
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