

Weare Physical Education Curriculum Overview

Year One	Year Two	Year Three	Year Four
Autumn Term 1: Multiskills – Sending and Receiving Focus		Tag Rugby/Football	
<ul style="list-style-type: none"> ▪ I can move fluently, change direction & speed easily ▪ I can avoid collisions & develop spatial awareness ▪ I can use different ways of moving, speeds & pathways ▪ I can recognise space in their games and use it to my advantage ▪ I can watch others, describe what they see & copy others <p>I can describe changes to my bodies with exercise</p>	<ul style="list-style-type: none"> ▪ I can perform rolling and gathering skills with confidence ▪ I can make simple decisions about when and where to run ▪ I can choose tactics to suit different situations ▪ I can react to situations in ways that help their partners ▪ I can understand & anticipate how their bodies will feel after exercise and being able to describe changes to my heart rate ▪ I can recognise & describe what is successful & copy ▪ I can use ideas & information acquired to improve my skills 	<ul style="list-style-type: none"> ▪ I can pass and receive with hands and feet in different ways. ▪ I can dribble/run with the ball with confidence ▪ I can sequence passes ▪ I can signal for the ball and move to a position to receive the ball. ▪ I can keep possession of the ball and progress towards the goal. ▪ I can work co-operatively in competitive games. ▪ I can use simple tactics 	<ul style="list-style-type: none"> ▪ I can pass/kick with increasing accuracy and control. ▪ I can send and receive in various ways to keep possession. ▪ I can travel with the ball. ▪ I can dodge, mark, intercept and signal. ▪ I understand “possession” ▪ I can co-operate in a team and communicate with others. ▪ I can develop tactics for attack and defence.
Autumn Term 2: Gymnastics/Dance		Gymnastics/Dance	
<ul style="list-style-type: none"> • I can explore gymnastic actions and still shapes. • I can watch copy and describe what others have done. • I can begin to explore creating simple sequences of movement. 	<ul style="list-style-type: none"> • I can explore gymnastic actions and still shapes. • I can watch copy and describe what others have done. • I can begin to explore creating simple sequences of movement. 	<ul style="list-style-type: none"> • I can explore and demonstrate different ways of travelling - using different Levels and Pathways. • I can devise a short sequence in pairs using different movement styles. • I can Improve quality of work by extending fingers and toes to create body tension. 	<ul style="list-style-type: none"> • I can explore and demonstrate different ways of travelling - using different Levels and Pathways. • I can devise a short sequence in pairs using different movement styles. • I can Improve quality of work by extending fingers and toes to create body tension.

Spring Term 1: Multiskills – Throwing/Catching Focus		Netball	
<ul style="list-style-type: none"> ▪ I can move fluently, change direction & speed easily ▪ I can avoid collisions & develop spatial awareness ▪ I can use basic actions for rolling ▪ I can understand the concept of tracking & getting in line with a ball to receive it ▪ I can understand the concepts of aiming ▪ I can watch others, describe what they see & copy others ▪ I can describe changes to my bodies with exercise 	<ul style="list-style-type: none"> ▪ I can perform a range of throwing & catching skills with control ▪ I can make simple decisions about when & where to run ▪ I can choose & use tactics to suit different situations ▪ I know how to score & keep the rules of the game ▪ I can anticipate what I will feel like after playing games ▪ I can recognise describe what is successful & copy I can use ideas & information acquired to improve my skills 	<ul style="list-style-type: none"> • I can pass and receive in different ways. • I can use different shots/passes in different situations. • I can sequence passes with my teammates • I can signal for the ball and move to a position to receive the ball. • I can keep possession of the ball and progress towards the goal. • I can work co-operatively in competitive games. • I can use simple tactics 	<ul style="list-style-type: none"> • I can pass and receive in different ways. • I can use different shots/passes in different situations. • I can sequence passes with my teammates • I can signal for the ball and move to a position to receive the ball. • I can intercept/find space to keep possession. • I can keep possession of the ball and progress towards the goal. • I can work co-operatively in competitive games. • I can use simple tactics
Spring Term 2: Multiskills – Striking/Fielding Focus		Tennis	
<ul style="list-style-type: none"> • I can show control & accuracy with the basic actions for striking a ball and kicking • I can understand the concepts of aiming and hitting into space • I can explain why playing games is good for us • I can watch others, describe what I see and copy. 	<ul style="list-style-type: none"> • I can perform a range of striking & gathering skills with control. • I can choose & use tactics to suit different situations • I can react to situations in ways that help their partners • I can understand & anticipate how their bodies will feel after exercise and being able to describe changes to my heart rate • I can recognise & describe what is successful & copy • I can use ideas & information acquired to improve my skills 	<ul style="list-style-type: none"> • I can use appropriate shots for different situations. • I can understand simple principles and tactics to use them in a game effectively • I can play confidently in small sided games. • I know and use the rules of the game. 	<ul style="list-style-type: none"> • I can use a racquet to strike a ball with accuracy and control. • I can aim a ball over a net. • I can combine my skills to play a 1 vs 1 net game. • I know and use the rules of the game.

Summer Term 1: Athletics		Athletics	
<ul style="list-style-type: none"> • I can remember, repeat and link combinations of actions • I can use my body and a variety of equipment with greater control and co-ordination. • I can choose skills and equipment to help them meet the challenges that are set. • I can recognise and describe what my bodies feels like in different types of activity. • I can watch, copy and describe what others have done. 	<ul style="list-style-type: none"> • I can remember, repeat and link combinations of actions • I can use my body and a variety of equipment with greater control and co-ordination. • I can choose skills and equipment to help them meet the challenges that are set. • I can recognise and describe what my bodies feels like in different types of activity. • I can watch, copy and describe what others have done. 	<ul style="list-style-type: none"> • I can consolidate & improve the quality, range & consistency of the techniques I use for running, jumping and throwing. • I can develop my ability to choose & use simple tactics & strategies in different situations. • I can measure & describe the short-term effects of exercise on the body • I can describe how the body reacts to different types of activity. 	<ul style="list-style-type: none"> • I can consolidate & improve the quality, range & consistency of the techniques I use for running, jumping and throwing. • I can develop my ability to choose & use simple tactics & strategies in different situations. • I can measure & describe the short-term effects of exercise on the body • I can describe how the body reacts to different types of activity.
Summer Term 2: Cricket and Swimming		Cricket/Rounders and Swimming	
<ul style="list-style-type: none"> • I can demonstrate running, stopping and changing direction and pathways with control and speed. Developing spatial awareness. • I can explore different throwing and catching techniques with a variety of objects. Track an object in flight. • I can describe how to run faster, dodge and swerve and stop under control and why this helps me when I play cricket. • I can demonstrate how to work safely – consider other 	<ul style="list-style-type: none"> • I can demonstrate running, stopping and changing direction and pathways with control and speed. Developing spatial awareness. • I can explore different throwing and catching techniques with a variety of objects. Track an object in flight. • I can describe how to run faster, dodge and swerve and stop under control and why this helps me when I play cricket. • I can demonstrate how to work safely – consider other people around me • To develop basic pool safety 	<ul style="list-style-type: none"> • I can explore different throwing and catching techniques with a variety of objects stationary, whilst moving and with pressure. • I can demonstrate communication & collaboration when working in a team • To develop basic pool safety skills and confidence in water • To develop travel in vertical or horizontal position and introduce floats • To develop push and glides, any kick action on front and back with or without support aids • To develop entry and exit, travel 	<ul style="list-style-type: none"> • I can explore different throwing and catching techniques with a variety of objects stationary, whilst moving and with pressure • I can take part in competitive situations to apply running, throwing and catching skills • I can describe how to run quickly whilst fielding and why this helps me when I play cricket • I can demonstrate communication & collaboration when working in a team • To develop basic pool safety skills and confidence in water

<p>people around me</p> <ul style="list-style-type: none"> • To develop basic pool safety skills and confidence in water • To develop travel in vertical or horizontal position and introduce floats. • To develop push and glides, any kick action on front and back with or without support aids • To develop entry and exit, travel further, float and submerge • To develop balance, link activities and travel further on whole stroke. To show breath control • Introduction to deeper water • Treading water 	<p>skills and confidence in water</p> <ul style="list-style-type: none"> • To develop travel in vertical or horizontal position and introduce floats • To develop push and glides, any kick action on front and back with or without support aids • To develop entry and exit, travel further, float and submerge • To develop balance, link activities and travel further on whole stroke • To show breath control • Introduction to deeper water • Treading water 	<p>further, float and submerge</p> <ul style="list-style-type: none"> • To develop balance, link activities and travel further on whole stroke • To show breath control. Introduction to deeper water • Treading water 	<ul style="list-style-type: none"> • To develop travel in vertical or horizontal position and introduce floats • To develop push and glides, any kick action on front and back with or without support aids • To develop entry and exit, travel further, float and submerge • To develop balance, link activities and travel further on whole stroke • To show breath control • Introduction to deeper water • Treading water
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