

PE Curriculum at Our Lady's

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	<ul style="list-style-type: none"> Gymnastics body movements 	<ul style="list-style-type: none"> Multi/Ball skills 	<ul style="list-style-type: none"> Dance 	<ul style="list-style-type: none"> Gymnastics including apparatus 	<ul style="list-style-type: none"> Athletics – field events 	<ul style="list-style-type: none"> Athletics – running events
Year 1	<ul style="list-style-type: none"> Cricket- Chance To Shine 	<ul style="list-style-type: none"> Gymnastics body movements 	<ul style="list-style-type: none"> Gymnastics using apparatus 	<ul style="list-style-type: none"> Dance 	<ul style="list-style-type: none"> Athletics 	<ul style="list-style-type: none"> Swimming
Year 2	<ul style="list-style-type: none"> Ball skills 	<ul style="list-style-type: none"> Multi skills 	<ul style="list-style-type: none"> Gymnastics including apparatus 	<ul style="list-style-type: none"> Dance 	<ul style="list-style-type: none"> Swimming 	<ul style="list-style-type: none"> Cheerleading
Year 3	<ul style="list-style-type: none"> FA football coach 	<ul style="list-style-type: none"> Ball skills in hockey 	<ul style="list-style-type: none"> Gymnastics including apparatus 	<ul style="list-style-type: none"> Swimming 	<ul style="list-style-type: none"> Tennis 	<ul style="list-style-type: none"> Athletics
Year 4	<ul style="list-style-type: none"> Small ball skills & teamwork 	<ul style="list-style-type: none"> FA football coach 	<ul style="list-style-type: none"> Swimming 	<ul style="list-style-type: none"> Gymnastics including apparatus 	<ul style="list-style-type: none"> Rounders 	<ul style="list-style-type: none"> Athletics
Year 5	<ul style="list-style-type: none"> FA football coach 	<ul style="list-style-type: none"> Swimming 	<ul style="list-style-type: none"> Dance (Moving Targets) 	<ul style="list-style-type: none"> Gymnastics including apparatus 	<ul style="list-style-type: none"> Kwik cricket 	<ul style="list-style-type: none"> Athletics
Year 6	<ul style="list-style-type: none"> Swimming 	<ul style="list-style-type: none"> FA football coach 	<ul style="list-style-type: none"> Gymnastics including apparatus 	<ul style="list-style-type: none"> Dance 	<ul style="list-style-type: none"> Athletics 	<ul style="list-style-type: none"> Rounders

Links to the NC

Year 1 and Year 2

- 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

Year 3

- 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.

Year 4

- 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.

Year 5

- 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.

Year 6

- 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.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Swimming NC - these objectives are developed from Reception through to Year 5.

- 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.