

P.E. Curriculum Overview Davyhulme Primary School

Year	Autumn 1	Autumn 1	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Dance: Streamers experiment moving in different ways	Dance: BBC Radio experiment moving in different ways	Gymnastics: Travelling, balancing and apparatus	Gymnastics: Travelling, balancing and apparatus	Ball Skills: throwing and catching	Ball skills: Team Games
Year 2	Gymnastics: Skills 1 (moving around and using apparatus)	Gymnastics: Skills 2 (movements in a sequence, and developing rolls) Dance: The Great Fire of London	Gymnastics: Stretching, curling and arching	<u>Gymnastics:</u> Spinning, twisting and turning Dance: Animals	Athletics: Jumping and throwing	Games: Striking and fielding games
Year 3	Gymnastics 1 Stretch and Curl	Gymnastics 2 Linking Skills and movements Together	Dance- Dance around the world	Games - (Sports Hub) Handball	Games - (Sports Hub)	Games - Rounders (Sports Hub)
Year 4	Gymnastics: Basic gymnastics skills 1 (Swimming)	Gymnastics: Gymnastics partner work - Pushing and pulling (Swimming)	Games: Health Related Fitness (Swimming)	Games: Tag Rugby (Swimming)	Outdoor Games: Rounders (Swimming)	Outdoor Games: Cricket (Swimming)

Year 5	Gymnastics: Bridges Games: Invasion Games (Sports Hub)	Games: Team Building (Sports Hub) Gymnastics - Matching, Mirroring and Contrasting	Dance: The HAKA Games: Dodgeball (Sports Hub)	Health Related Fitness Games: Tennis	Games: Rounders Gymnastics: Synchronisation and Canon	Games: Athletics Dance: Space Race
Year 6	Gymnastics: recap of basic skills Games - Invasion Games (Sports Hub)	Gymnastics: Counter-balance and counter tension Games - Team Building (Sports Hub)	Games - Rugby (Sale Sharks) Games - Dodgeball (Sports Hall)	Games - Handball (Sports Hub)	Games - (Sports Hub)	Athletics

National Curriculum for P.E.

Swimming & Water Safety

All schools must provide swimming instruction either in Key Stage 1 or Key Stage 2.

- 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.

Key Stage One

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, 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 Two

- 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.