

P.E. Curriculum Overview Davyhulme Primary School

Year	Autumn 1	Autumn 2	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, developing balance, agility and coordination.	Ball skills: Team Games
Year 2	Gymnastics: Skills 1 (moving around and using apparatus)	Dance: The Great Fire of London	Gymnastics: Stretching, curling and arching	Gymnastics: Spinning, twisting and turning	Athletics: Jumping and throwing	Games: Striking and fielding games
Year 3	Gymnastics 1 Stretch and Curl	Gymnastics 2 Linking Skills and movements Together	Dance- Egyptians	Games - Health Related Fitness	Games - Tennis	Games - Rounders
Year 4	Gymnastics: Basic gymnastics skills 1 (Swimming)	Gymnastics: Basic gymnastics skills 2 (Swimming)	Games: Health Related Fitness (Swimming)	Dance: Romans (Swimming)	Outdoor Games: Tag Rugby (Swimming)	Outdoor Games: Cricket (Swimming)

Year 5	Gymnastics:		Dance: The		Games: Rounders	Games: Athletics
	Bridges	Gymnastics - Synchronisation and Canon	HAKA	Games: Tennis		
Year 6	Gymnastics: Matching, Mirroring and contrasting	Gymnastics: Counter-balance and counter tension	Games: Netball	Games: Netball	Dance: Dance through the ages	Athletics

National Curriculum for P.E.

Swimming and 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 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.