

PE Curriculum Overview

Year Group	Core Knowledge	Core Skills
1	<p>Invasion Games –exercising safety & short term effects of exercise</p> <p>Gymnastics – I can safely perform teacher led warm up I am aware of others</p> <p>Dance - I can safely perform teacher led warm ups & can describe & discuss others work</p> <p>Athletics- I can recognise changes in the body during exercise</p>	<p>Invasion Games - basic control-stopping, sending, receiving</p> <p>Gymnastics – I can copy & explore basic actions with some control & coordination -I have begun to choose and link basic actions</p> <p>Dance – I can remember simple dance steps & perform in a controlled manner -I can copy and explore basic body patterns and movements</p> <p>Athletics – I can run at a different speeds - I can throw an object with one hand - I can jump from a standing position</p>
2	<p>Invasion Games - understand about exercising -short term effects of exercising</p> <p>Gymnastics – I understand the need for warm up & cool down, and also what is happening to my body during exercise</p> <p>Dance – I can discuss my own & others performances with simple vocabulary. - I understand the need for a warm up & cool down</p> <p>Athletics – I can recognise a change in temperature during exercise</p>	<p>Invasion Games – can stop & catch a ball with control, pass to someone else</p> <p>Gymnastics- I can copy, remember, explore & repeat simple actions. -I can recognise and use space appropriately -I am beginning to select simple actions to construct basic sequences</p> <p>Dance – I can respond imaginatively to a to a variety of stimuli -I can choose actions and link them with sounds</p> <p>Athletics – I can change speed & direction whilst running -I can jump accurately from a standing position -I can throw a variety of objects with one hand</p>
3	<p>Invasion Games – talk about reasons for warming up</p> <p>Gymnastics – I understand working safely</p>	<p>Invasion Games – to control and catch a ball, accurately pass to someone, move with a ball</p> <p>Gymnastics – I can apply compositional ideas to sequences alone & with others -I am able to identify the difference between my performance and that of others</p>

	<p>I can recognise changes in my body and can give reasons why PE is good for health.</p> <p>Dance – I understand working safely</p> <ul style="list-style-type: none"> - I can recognise changes in my body - I can give reasons why PE is good for my health <p>Athletics - I can recognise a change in temperature & heart rate during exercise</p>	<p>Dance – I continually demonstrate rhythm & spatial awareness</p> <ul style="list-style-type: none"> -I can improvise on my own and with a partner <p>Athletics – I can demonstrate a range of throwing actions using a variety of objects</p> <ul style="list-style-type: none"> -I can take a running jump
4	<p>Invasion Games- understand why we exercise is good for health</p> <p>Gymnastics – I can describe my own & others work noting similarities and differences</p> <p>Dance – I can modify my performance & that of others as a result of observation basic understanding of the structure of the body</p> <p>Athletics- I can recognise a change in heart rate, temperature and breathing rate</p>	<p>Invasion Games – to control and catch a ball with movement</p> <ul style="list-style-type: none"> - Take part in conditioned game <p>Gymnastics – I can copy, remember explore & repeat simple actions and link & vary ideas with control & coordination</p> <ul style="list-style-type: none"> -I can describe how to improve my performance <p>Dance – I can demonstrate precision, control & fluency in response to stimuli</p> <ul style="list-style-type: none"> -I can compare develop and adapt movements <p>Athletics – I can run at a speed appropriate to the distance I am running</p> <ul style="list-style-type: none"> -I can describe the changes in my body when running
5	<p>Invasion Games – understand & use the principles of warm up</p> <ul style="list-style-type: none"> - Explain why exercise is good for health <p>Gymnastics – I can describe the effects of exercise on the body</p> <p>Dance – I can suggest ways to improve quality of performance.</p> <p>Athletics – I can describe the changes in my body when running, jumping & throwing</p>	<p>Invasion Games - -control and catch a ball and pass whilst moving.</p> <ul style="list-style-type: none"> - Take part in conditioned game, with tactics and rules - Move the ball in opposed situations <p>Gymnastics - I can link ideas, skills & techniques with control, precision & fluency when performing basic skills.</p> <ul style="list-style-type: none"> -I can select and use a wide range of compositional skills <p>Dance – I can select & use a wide range of compositional skills to demonstrate ideas.</p> <ul style="list-style-type: none"> -I can translate ideas from a variety of stimuli into movement <p>Athletics – I can improve and sustain running technique at different speeds</p> <ul style="list-style-type: none"> - I can demonstrate accuracy & techniques in a range of throwing & jumping actions

<p>6</p>	<p>Invasion Games- understand & explain long term effects of exercise - Understand the short term effects of exercise, warming, and cooling. Gymnastics- I can lead own warm Dance – I can lead my own warm up & demonstrates all round safe practice Athletics – I understand the need for specific warm up & cool down</p>	<p>Invasion Games – control movement of a ball in an opposed situation - Combine accurate passing skills. Gymnastics - I can perform & create movement sequences with some complex skills -I can analyse skills and can suggest ways to improve Dance – I can perform & create motifs in a variety of dance styles with accuracy & consistency -I can vary dynamics and develop actions with a partner or as part of a group Athletics – I can demonstrate good control, strength, speed & stamina in a variety of athletic events</p>
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