



PE Curriculum Overview



	Dance		Gymnastics		Fitness	Outdoor PE	
Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
Year 1	Skip to the Beat <ul style="list-style-type: none"> Developing foot patterns that aid skipping. Improving agility, balance and co-ordination. 	Groovy gymnastics <ul style="list-style-type: none"> Moving with control and linking them together. Exploring actions and shapes. Travelling on benches. Repeating and linking gymnastics actions. 	Story Time Dance <ul style="list-style-type: none"> Changing direction during travelling moves and linking them. Using a variety of moves. Exploring basic body patterns and movements to music. Using a variety of moves that change speed and direction. Linking together dance moves with gestures and changing direction in time to the music. 	Gym Fit Circuits <ul style="list-style-type: none"> Identifying techniques to improve balance. Practising and performing a range of gymnastics skills and sequences. Evaluating performances of gymnastics moves. 	Fitness Frenzy <ul style="list-style-type: none"> Completing a circuit. Exploring running at different speeds. Improving agility, balance and co-ordination. Evaluating performances. Identifying techniques to improve core strength and agility. Using techniques to improve performance. 	Sports Day Preparation <ul style="list-style-type: none"> Balancing objects on their head Throwing accurately Balancing objects To work as part of a team. 	
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PE Curriculum Overview



Year 2	Groovy Gymnastics <ul style="list-style-type: none">Remembering and repeating simple gymnastics actions.Balancing on isolated parts of the body.Developing a range of gymnastic moves.Linking together actions in a sequence.Exploring ways of travelling on apparatus.Making sequences.	Boot camp <ul style="list-style-type: none">Understanding how to prepare the body for exercise, what fitness means and what happens to our heart rate.Completing circuit based activities.	Skip to the Beat <ul style="list-style-type: none">Performing skipping moves with agility, balance and co-ordination.Exploring different ways of jumping/hopping.Skipping with control and balance.	Ugly Bug Ball <ul style="list-style-type: none">Exploring different speeds of movement.Composing simple dance phrases.Showing contrasts in simple dances.Developing a range of dance moves.	Gym Fit Circuits <ul style="list-style-type: none">Identifying techniques to improve balance.Practising, performing and evaluating a range of gymnastic skills.	Fitness Frenzy <ul style="list-style-type: none">Completing a circuit of activities.Understanding the purpose of a circuit.Skipping with control and balance.Evaluating performances. Improving core strength, balance and agility.
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<h2>Year 3</h2>	<p>Groovy Gymnastics</p> <ul style="list-style-type: none"> • Exploring jumping techniques and link them with other gymnastics actions. • Selecting and adapting gymnastics actions. • Creating sequences. • Improving the ability to choose appropriate actions. 	<p>Fitness Frenzy</p> <ul style="list-style-type: none"> • Completing an agility and co-ordination circuit, spending 30 seconds at each station. • Improving fitness by increasing the heart rate. • Developing skipping techniques. • Evaluating my performance. • Improving core strength and agility. • Performing a sequence of moves within a circuit. 	<p>Gym Fit Circuits</p> <ul style="list-style-type: none"> • Identifying techniques to improve balance. • Performing a sequence of moves within a circuit. • Performing and practicing a range of gymnastics skills. 	<p>Mighty Movers</p> <ul style="list-style-type: none"> • Exploring running at different speeds. • Working as a team in a running situation. • Understanding the importance of a running circuit. • Improving fitness by raising the heart rate. 	<p>Skip to the beat</p> <ul style="list-style-type: none"> • Developing skipping techniques with control and balance. 	<p>African Dancing (<i>adapt skills to Bollywood</i>)</p> <ul style="list-style-type: none"> • To explore Bollywood dance movements and create patterns of movement. • Working with a partner to create Bollywood dance patterns. • Performing a dance with rhythm, expression and confidence. • Using the knowledge of Bollywood dancing to create a story in small groups. • Developing precision of movement.
	<p>Harry's Boys – Outdoor PE</p>					

PE Curriculum Overview

Year 4	<p>Boot Camp</p> <ul style="list-style-type: none"> Understanding how to prepare the body for exercise, what fitness means and what happens to the heart rate. Completing a range of circuit- based activities. Improving a circuit. 	<p>Dynamic Dance</p> <ul style="list-style-type: none"> Identifying, practising and performing a line dancing. Demonstrating an awareness of rhythm. Creating an individual and partnered dance in the style of line dancing. <p>Evaluating own and other's work.</p>	<p>Mighty Movers – Boxercise</p> <ul style="list-style-type: none"> Learning footwork movement patterns showing co-ordination Demonstrating correct technique for a job. Understanding the value of Boxercise moves. Learning how to build an aerobic routine. Creating and performing a Boxercise sequence. 	<p>Step to the beat</p> <ul style="list-style-type: none"> Understanding the importance of a warm-up. Improving fitness, particularly strength and stamina. Completing a step routine. Developing co-ordination and balance. 	<p>Fitness Frenzy</p> <ul style="list-style-type: none"> Completing a circuit that includes different aerobic activities and athletics based circuits. Performing a Boxercise routine and a sequence of moves. Developing co-ordination, balance and core moves. 	<p>Gym sequences</p> <ul style="list-style-type: none"> Identifying and practising body shapes. Constructing sequences. Using counterbalances and incorporating them into a sequence of movements. Performing movements in canon and unison. Performing and evaluating own and others' sequences.
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Year 5	Gym Fit Circuits <ul style="list-style-type: none"> Understanding why fitness is good for health and wellbeing. Developing consistency in technique and in personal fitness. Understanding why fitness is good for health and wellbeing. 	Dynamic Dance <ul style="list-style-type: none"> Identifying and practising the patterns and actions of the Bollywood dance style. Demonstrating an awareness or rhythm and phrasing. Creating and performing an individual, partnered and group dance. Evaluating own and others' work. 	Fitness Frenzy <ul style="list-style-type: none"> Completing a circuit. Learning how Boxercise moves can be adapted. Performing a sequence of steps in time with the music and within a circuit. Understanding why fitness is good for health and wellbeing. Identifying techniques improving balance, core strength and co-ordination. 	Step to the beat <ul style="list-style-type: none"> Performing a sequence of steps. Developing an understanding of this type of exercise. Constructing own moves. Understanding the benefits of improving muscle tone and of a warm- up. Learning new strength- based moves. Developing co- ordination, balance and timing. Improving general fitness levels. 	Mighty Movers - Boxercise <ul style="list-style-type: none"> Performing a Boxercise routine, actions and moves. Understanding the principles of dynamic stretching. Improving fitness. Creating and applying compositional ideas to the sequences. Learning how Boxercise moves can be adapted. 	Gym sequences <ul style="list-style-type: none"> Identifying and practising body shapes, balances, symmetrical and asymmetrical body shapes. Using and refining: flexibility, strength, balance, power, mental focus and counterbalances Performing movements in canon and unison. Performing and evaluating own and others' sequences.
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PE Curriculum Overview

Year 6	Boot camp <ul style="list-style-type: none"> Understanding how to prepare the body for exercise, what fitness means and what happens to the heart rate. Completing a range of circuit- based activities and why they do them. 	Step to the beat <ul style="list-style-type: none"> Learning how to measure heart rate and any changes. Understanding the value of aerobic exercise and step-based exercise. Performing aerobic activity. Practising, applying and devising a sequence of step moves. 	Dynamic Dance <ul style="list-style-type: none"> Identifying and practising patterns and actions. Demonstrating an awareness of the music’s rhythm and phrasing. Creating a dance representing a street dance style individually and as a group. Performing and analysing own and others’ performance. 	Mighty Movers - Boxercise <ul style="list-style-type: none"> Knowing and understanding the basic principles of a good warm-up. Understanding how moves can be linked together. Performing and devising a sequence of movements. 	Gym sequences <ul style="list-style-type: none"> Identifying and practising gymnastic, symmetrical and asymmetrical shapes and balances. Constructing sequences. Using counterbalances incorporating them into sequences. Performing movements in canon and in unison. Performing and evaluating own and others’ sequences. 	Gymfit <ul style="list-style-type: none"> Planning a personal programme.
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