



## PE Curriculum

### Nursery

	Autumn term	Spring Term	Summer term
Before the half term break	Develop movement, balance, riding and ball skills and climb using alternate feet.	Begin to take part in group activities.  Remember some sequences and patterns of movements.	Use one-handed tools such as scissors.  Work with others to manage large items.
After the half term break	Skip, hop and stand on one leg.  Make big movements to wave flags, streamers and make marks.	Chose when to move at speed or slowly, depending on activity.	Get dressed and undressed with increasing independence.

### Reception

	Autumn term	Spring Term	Summer term
Before the half term break	Refine skills of rolling, crawling, walking, jumping, running, hopping, skipping and climbing.	Take part in activities involving a ball.  Make small movements to use pencils, scissor, knives, forks and spoons.	Use ball skills to throw, catch, kick, pass and aim.  Sit on the floor or at a table with stability.
After the half term break	Develop overall body strength, coordination, balance and agility.  Move with fluency.	Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.	Improve overall body strength, coordination, balance and agility.  Form small movements with a pencil

### Year 1

	Autumn term	Spring Term	Summer term
Before the half term break	Learn basic skills for team games.  Carry out simple jumps and movements sequences.	Throw, catch, pass and travel with a ball.  Create and perform movement sequences and travel in different ways.	Engage in competitive activities with rackets.  Perform different types of jumps and run at different speeds.
After the half term break	Striking, hitting and travelling with a stick and ball.  Put a sequence of dance actions together.	Follow simple rules to play striking and fielding games.  Perform movement patterns and evaluate them.	Perform different types of throw.  Run with speed in competitive activities.

### Year 2

	Autumn term	Spring Term	Summer term
Before the half term break	Develop at least one technique to attack or defend in a team game.  Compose and perform dance sequences.	Compete against self and others in striking and fielding games.  Put a sequence of actions together to create a motif.	Develop a range of striking skills.  Combine running with other skills.

After the half term break	Participate in a range of team games.	Understand and begin to apply basic principles of invasion games.	Jump with one and two feet take off and landings for variety of heights and distances.
	Perform sequences with increasing coordination and control.	Use simple dance vocabulary to compare and improve work.	Perform a range of catching and gathering skills with control.

### Year 3

	Autumn term	Spring Term	Summer term
Before the half term break	Show successful hitting and striking skills with a hockey stick.  Perform dances by copying a range of movement patterns.	Move and pass a ball in a variety of ways.  Use simple dance vocabulary to compare and improve work.	Show a range of skills in striking with a racket.  Perform athletic skills with control and confidence.
After the half term break	Throw and catch in a game with accuracy.  Link a range of jumps and rolls.	Pass a ball in different ways in a game situation.  Link changes of direction, speed and level.	Use techniques to throw for increased distance.  Compete against self and others in a controlled manner.

### Year 4

	Autumn term	Spring Term	Summer term
Before the half term break	Help their team win and keep possession of a ball.  Create and perform dance sequences with fluency and expression.	Use a range of attacking and defending skills in a game.  Compose longer dance sequences in a small group.	Use hand-eye coordination to strike a moving and stationary ball with a racket.  Show improved technique for sprinting.
After the half term break	Make the best use of space to pass and receive a ball in a team game.  Show strength, technique and flexibility in gymnastics.	Use fielding skills to prevent an opponent from scoring.  Show good technique when travelling, balancing and using equipment.	Modify own skills to get a better result in competitive activities.  Pass a ball accurately with overarm and underarm throws.