



# Warden House Primary School

## Physical Education Curriculum Overview

2023-24

EYFS

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Aspect	Agility	Balance	Coordination	Jumping	Play	Target
Skills	<ul style="list-style-type: none"> <li>-Spatial awareness.</li> <li>-Travelling.</li> <li>-Movement using arms and legs.</li> <li>-Locomotive movement in various directions.</li> <li>-Movement with equipment.</li> <li>-Coordination.</li> <li>-Footwork.</li> <li>-Running skilfully.</li> </ul>	<ul style="list-style-type: none"> <li>-Static balance.</li> <li>-Explore shape and balance.</li> <li>-Floorwork balance with partners.</li> <li>-Balance in motion.</li> <li>-Balance with different body parts.</li> <li>-Balance with equipment.</li> </ul>	<ul style="list-style-type: none"> <li>-Explore using sports equipment.</li> <li>-Working with partners.</li> <li>-Hand-Eye coordination.</li> <li>-Foot/Eye coordination.</li> <li>-Unilateral movement.</li> <li>-Bilateral movement.</li> <li>-Reactions.</li> </ul>	<ul style="list-style-type: none"> <li>-How to jump and land safely.</li> <li>-Jumping with control.</li> <li>-Technique.</li> <li>-Coordination.</li> <li>-Direction.</li> <li>-Controlled movement.</li> </ul>	<ul style="list-style-type: none"> <li>-Movement through dance.</li> <li>-Movement in games.</li> <li>-Variety of movements.</li> <li>-Exploring objects.</li> <li>-Problem solving.</li> <li>-Personal strengths and weaknesses.</li> <li>-Artistic and imaginative gymnastics.</li> <li>-Understand the importance of exercise.</li> <li>-Movement at speed.</li> </ul>	<ul style="list-style-type: none"> <li>-Aim.</li> <li>-Accuracy.</li> <li>-Team work.</li> <li>-Competition.</li> <li>-Throwing technique.</li> <li>-Kicking.</li> <li>-Shooting.</li> <li>-Putting.</li> <li>-Hitting.</li> </ul>

# Year 1

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Gymnastics	<ul style="list-style-type: none"> <li>-Body shape</li> <li>-Performing a sequence</li> <li>-Movement</li> <li>-Levels</li> </ul>				<ul style="list-style-type: none"> <li>-Travelling</li> <li>-Balancing</li> <li>-Using apparatus</li> <li>-Performing a small routine</li> </ul>	
Dance		<ul style="list-style-type: none"> <li>-Movement patterns</li> <li>-Responding to stimuli</li> <li>-Reflecting stimuli</li> <li>-Direction</li> <li>-Performing movement patterns</li> </ul>	<ul style="list-style-type: none"> <li>-Express mood and feeling</li> <li>-Story telling</li> <li>-Communication</li> <li>-Performance skills</li> </ul>			
Games	<p><b>Infant Agility</b></p> <ul style="list-style-type: none"> <li>-Running technique</li> <li>-Chest Push</li> <li>-Balance</li> <li>-Jumping technique</li> <li>-Throwing technique</li> </ul>	<p><b>Football</b></p> <ul style="list-style-type: none"> <li>-Basic rules</li> <li>-Dribbling</li> <li>-Passing</li> <li>-Shooting</li> <li>-Game play</li> </ul>	<p><b>Tag Rugby</b></p> <ul style="list-style-type: none"> <li>-Basic rules</li> <li>-Speed and direction</li> <li>-Throwing and catching the ball</li> <li>-Marking and tagging</li> <li>-Game play</li> </ul>	<p><b>Tri Golf</b></p> <ul style="list-style-type: none"> <li>-Areas of a golf course</li> <li>-Putting</li> <li>-Chipping</li> <li>-Game play</li> </ul> <p><b>Rounders</b></p> <ul style="list-style-type: none"> <li>-Two handed catch</li> <li>-Bowling</li> <li>-Striking</li> <li>-Running technique</li> <li>-Fielding</li> <li>-Game play</li> </ul>	<p><b>Tennis</b></p> <ul style="list-style-type: none"> <li>-Forehand shot</li> <li>-Volley shot</li> <li>-Movement and position</li> <li>-Underarm serve</li> <li>-Rally</li> </ul>	<p><b>Cricket</b></p> <ul style="list-style-type: none"> <li>-Throwing</li> <li>-Bowling</li> <li>-Catching</li> <li>-Fielding</li> <li>-Kwik cricket rules</li> <li>-Game play</li> </ul> <p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>-Sprinting</li> <li>-Obstacle course</li> <li>-Relay racing</li> <li>-Traditional sports day events</li> </ul>

# Year 2

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Gymnastics	<ul style="list-style-type: none"> <li>-Travelling</li> <li>-Body shape</li> <li>-Jumping</li> <li>-Balancing</li> <li>-Safety</li> </ul>				<ul style="list-style-type: none"> <li>-Apply skills in routine</li> <li>-Performance</li> <li>-Using apparatus</li> <li>-Apparatus in routine</li> <li>-Develop sequence</li> </ul>	
Dance		<ul style="list-style-type: none"> <li>-Improvisation</li> <li>-Partnership</li> <li>-Group dance and unison</li> <li>-Stage direction</li> <li>-Story telling and conveying ideas</li> </ul>		<ul style="list-style-type: none"> <li>-Expression</li> <li>-Learning a dance</li> <li>-Creating beginning, middle and end</li> <li>-Pair work</li> <li>-Performing a dance</li> </ul>		
Games	<p><b>Infant Agility</b></p> <ul style="list-style-type: none"> <li>-Correct running technique</li> <li>-Chest push pass</li> <li>-Balance</li> <li>-Jumping technique</li> <li>-Hand-eye coordination</li> </ul>	<p><b>Tennis</b></p> <ul style="list-style-type: none"> <li>-Forehand shot</li> <li>-Volley shot</li> <li>-Correct stance and footwork</li> <li>-Rallying</li> <li>-Underarm serve</li> </ul>	<p><b>Tri-golf</b></p> <ul style="list-style-type: none"> <li>-Terminology and equipment</li> <li>-Body position</li> <li>-Putting</li> <li>-Chipping</li> <li>-Score cards</li> </ul> <p><b>Football</b></p> <ul style="list-style-type: none"> <li>-Basic rules</li> <li>-Dribbling</li> <li>-Short passing</li> <li>-Long passing</li> <li>-Shooting</li> <li>-Game play</li> </ul>	<p><b>Rugby</b></p> <ul style="list-style-type: none"> <li>-Dodging and weaving</li> <li>-Catching technique</li> <li>-Throwing technique</li> <li>-Marking</li> <li>-Movement</li> <li>-Game play</li> </ul>	<p><b>Rounders</b></p> <ul style="list-style-type: none"> <li>-Two handed and one handed catching</li> <li>-Bowling technique</li> <li>-Striking</li> <li>-Fielding</li> <li>-Game play</li> </ul>	<p><b>Cricket</b></p> <ul style="list-style-type: none"> <li>-Fielding and position</li> <li>-Throwing technique</li> <li>-Catching technique</li> <li>-Wicket Keeping</li> <li>-Game play</li> </ul> <p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>-Sprinting</li> <li>-Obstacle course</li> <li>-Relay racing</li> <li>-Traditional sports day events</li> </ul>

# Year 3

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Gymnastics				<ul style="list-style-type: none"> <li>-Travelling</li> <li>-Shapes in sequence</li> <li>-Jumping</li> <li>-Balancing</li> <li>-Rolling</li> </ul>		
Dance	<ul style="list-style-type: none"> <li>-Pattern, formation, control and symmetry</li> <li>-Response</li> <li>-Stage direction</li> <li>-Performing a dance</li> </ul>					
Games	<p style="text-align: center;"><b>Tennis</b></p> <ul style="list-style-type: none"> <li>-Forehand shot</li> <li>-Backhand shot</li> <li>-Volleying</li> <li>-Serving</li> <li>-Game play</li> </ul>	<p style="text-align: center;"><b>Hockey</b></p> <ul style="list-style-type: none"> <li>-Basic rules</li> <li>-Dribbling</li> <li>-Passing</li> <li>-Shooting</li> <li>-Game play</li> </ul> <p style="text-align: center;"><b>Badminton</b></p> <ul style="list-style-type: none"> <li>-Terminology and equipment</li> <li>-Backhand return</li> <li>-Serving</li> <li>-Rallying</li> </ul>	<p style="text-align: center;"><b>Football</b></p> <ul style="list-style-type: none"> <li>-Basic rules</li> <li>-Dribbling</li> <li>-Direction</li> <li>-Passing</li> <li>-Shooting</li> <li>-Game play</li> </ul>	<p style="text-align: center;"><b>Netball</b></p> <ul style="list-style-type: none"> <li>-Footwork</li> <li>-Passing</li> <li>-Attacking skills</li> <li>-Defending skills</li> <li>-Game play</li> </ul>	<p style="text-align: center;"><b>Tri-Golf</b></p> <ul style="list-style-type: none"> <li>-Golf equipment</li> <li>-Putting</li> <li>-Chipping</li> <li>-Avoiding obstacles</li> <li>-Game play</li> </ul> <p style="text-align: center;"><b>Rounders</b></p> <ul style="list-style-type: none"> <li>-Catching</li> <li>-Throwing over distance</li> <li>-Bowling</li> <li>-Fielding</li> <li>-Game play</li> </ul>	<p style="text-align: center;"><b>Athletics</b></p> <ul style="list-style-type: none"> <li>-Short distance running technique</li> <li>-Long jump technique</li> <li>-Long distance running</li> <li>-Javelin</li> </ul> <p style="text-align: center;"><b>Basketball</b></p> <ul style="list-style-type: none"> <li>-Dribbling</li> <li>-Passing</li> <li>-Shots</li> <li>-Attacking and defending</li> </ul>
Swimming			<ul style="list-style-type: none"> <li>-Front crawl</li> <li>-Breathing technique</li> <li>-Backstroke</li> <li>-Swim speed</li> <li>-Sculling</li> <li>-Self-safety rescue</li> </ul>			

# Year 4

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Gymnastics	<ul style="list-style-type: none"> <li>-Travelling</li> <li>-Mirroring</li> <li>-Jumping and turning</li> <li>-Counter balance</li> <li>-Forward roll</li> <li>-Performing a routine</li> </ul>					
Dance		<ul style="list-style-type: none"> <li>-Travelling</li> <li>-Stage direction</li> <li>-Unison and canon</li> <li>-Communication</li> <li>-Performing a dance</li> </ul>				
Games	<p style="text-align: center;"><b>Hockey</b></p> <ul style="list-style-type: none"> <li>-Basic rules</li> <li>-Control</li> <li>-Passing</li> <li>-Striking</li> <li>-Game play</li> </ul>	<p style="text-align: center;"><b>Tri Golf</b></p> <ul style="list-style-type: none"> <li>-Putting with accuracy</li> <li>-Chipping</li> <li>-Shot selection</li> <li>-Obstacles</li> <li>-Game play</li> </ul>	<p style="text-align: center;"><b>Netball</b></p> <ul style="list-style-type: none"> <li>-Footwork</li> <li>-Movement</li> <li>-Passing</li> <li>-Attack and defence</li> <li>-Game play</li> </ul> <p style="text-align: center;"><b>Badminton</b></p> <ul style="list-style-type: none"> <li>-Forehand and backhand</li> <li>-Return serve</li> <li>-Rallying</li> </ul>	<p style="text-align: center;"><b>Football</b></p> <ul style="list-style-type: none"> <li>-Basic rules</li> <li>-Direction</li> <li>-Passing</li> <li>-Shooting</li> <li>-Accuracy and power</li> <li>-Game play</li> </ul>	<p style="text-align: center;"><b>Handball</b></p> <ul style="list-style-type: none"> <li>-Ball control</li> <li>-Body position</li> <li>-Types of pass</li> <li>-Shooting</li> <li>-Game play</li> </ul> <p style="text-align: center;"><b>Cricket</b></p> <ul style="list-style-type: none"> <li>-Fielding</li> <li>-Batting</li> <li>-Bowling</li> <li>-Game play</li> </ul>	<p style="text-align: center;"><b>Athletics</b></p> <ul style="list-style-type: none"> <li>-Running technique</li> <li>-Jumping technique</li> <li>-Pace</li> <li>-Javelin</li> </ul> <p style="text-align: center;"><b>Rounders</b></p> <ul style="list-style-type: none"> <li>-Throwing and catching</li> <li>-Striking</li> <li>-Fielding</li> <li>-Game play</li> </ul>
Swimming				<ul style="list-style-type: none"> <li>-Front crawl</li> <li>-Breathing technique</li> <li>-Backstroke</li> <li>-Swim speed</li> <li>-Sculling</li> <li>-Self-safety rescue</li> </ul>		

# Year 5

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Gymnastics	<ul style="list-style-type: none"> <li>-Balancing</li> <li>-Symmetric and asymmetric shape</li> <li>-Using equipment</li> <li>-Performing a routine</li> </ul>					
Dance		<ul style="list-style-type: none"> <li>-Basic motif</li> <li>-Exploring movement</li> <li>-Relationship in dance</li> <li>-Formation</li> <li>-Dance performance</li> </ul>				
Games	<p style="text-align: center;"><b>Tennis</b></p> <ul style="list-style-type: none"> <li>-Forehand shot</li> <li>-Backhand shot</li> <li>-Volleying</li> <li>-Overarm serve</li> <li>-Competitive game and scoring system</li> </ul>	<p style="text-align: center;"><b>Badminton</b></p> <ul style="list-style-type: none"> <li>-Forehand shot</li> <li>-Backhand shot</li> <li>-Overhead Shot</li> <li>-Serving</li> <li>-Rallying</li> </ul>	<p style="text-align: center;"><b>Handball</b></p> <ul style="list-style-type: none"> <li>-Types of pass</li> <li>-Shooting</li> <li>-Dribbling</li> <li>-Game play</li> </ul> <p style="text-align: center;"><b>Hockey</b></p> <ul style="list-style-type: none"> <li>-Reverse grip</li> <li>-Direction</li> <li>-Attacking</li> <li>-Defending</li> <li>-Game play</li> </ul>	<p style="text-align: center;"><b>Tag rugby</b></p> <ul style="list-style-type: none"> <li>-Agility</li> <li>-Passing and catching</li> <li>-Tagging</li> <li>-Game play</li> </ul> <p style="text-align: center;"><b>Netball</b></p> <ul style="list-style-type: none"> <li>-Footwork</li> <li>-Passing</li> <li>-Communication</li> <li>-Attack and defend</li> <li>-Game play</li> </ul>	<p style="text-align: center;"><b>Cricket</b></p> <ul style="list-style-type: none"> <li>-Accuracy in throwing and fielding</li> <li>-Retrieve and return</li> <li>-Defensive shot</li> <li>-Bowling</li> </ul>	<p style="text-align: center;"><b>Athletics</b></p> <ul style="list-style-type: none"> <li>-Long distance run</li> <li>-Long jump</li> <li>-Sprinting</li> <li>-Throwing events</li> <li>-Relay</li> </ul> <p style="text-align: center;"><b>Basketball</b></p> <ul style="list-style-type: none"> <li>-Movement</li> <li>-Dribbling</li> <li>-Passing and shooting</li> <li>-Attack and defend</li> <li>-Game play</li> </ul>
Swimming					<ul style="list-style-type: none"> <li>-25m front crawl</li> <li>-Breathing technique</li> <li>-Sculling and floating</li> <li>-Breaststroke</li> <li>-Backstroke</li> <li>-Self-safety</li> </ul>	

# Year 6

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Gymnastics	<ul style="list-style-type: none"> <li>-Balance sequence</li> <li>-Counterbalance</li> <li>-Headstand</li> <li>-Basic vault</li> <li>-Perform routine</li> </ul>					
Dance				<ul style="list-style-type: none"> <li>-Basic motif</li> <li>-Linking movements</li> <li>-Formation</li> <li>-Partnership</li> <li>-Performing a dance</li> </ul>		
Games	<p><b>Rounders</b></p> <ul style="list-style-type: none"> <li>-Throwing/catching</li> <li>-Striking</li> <li>-Bowling with spin</li> <li>-Fielding</li> <li>-Game play</li> </ul>	<p><b>Tag rugby</b></p> <ul style="list-style-type: none"> <li>-Speed and direction</li> <li>-Catching and passing</li> <li>-Tagging</li> <li>-Communication</li> <li>-Game play</li> </ul> <p><b>Handball</b></p> <ul style="list-style-type: none"> <li>-Passing and shooting</li> <li>-Dribbling</li> <li>-Deception</li> <li>-Game play</li> </ul>	<p><b>Tri Golf</b></p> <ul style="list-style-type: none"> <li>-Power and accuracy</li> <li>-Putting</li> <li>-Chipping</li> <li>-Obstacles</li> <li>-Game play</li> </ul> <p><b>Netball</b></p> <ul style="list-style-type: none"> <li>-Turning in the air</li> <li>-Footwork</li> <li>-Short/long passing</li> <li>-Finding space</li> <li>-Shooting</li> <li>-Game play</li> </ul>	<p><b>Badminton</b></p> <ul style="list-style-type: none"> <li>-Forehand shot</li> <li>-Backhand shot</li> <li>-Net shot</li> <li>-Short and deep serve</li> <li>-Smash shot</li> <li>-Game play</li> </ul>	<p><b>Basketball</b></p> <ul style="list-style-type: none"> <li>-Movement</li> <li>-Dribbling</li> <li>-Control</li> <li>-Passing</li> <li>-Shooting</li> <li>-Game play</li> </ul> <p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>-Sprint starts</li> <li>-Changing direction</li> <li>-Long jump</li> <li>-Shot putt</li> <li>-Competition</li> </ul>	<p><b>Tennis</b></p> <ul style="list-style-type: none"> <li>-Forehand shot</li> <li>-Backhand shot</li> <li>-Court position</li> <li>-Volley shot</li> <li>-Rallying</li> <li>-Game play</li> </ul>
Swimming						<ul style="list-style-type: none"> <li>-25m swim</li> <li>-Breathing technique</li> <li>-Sculling and floating</li> <li>-Breaststroke</li> <li>-Backstroke</li> <li>-Self-safety</li> </ul>