



Warden House Primary School

Physical Education Curriculum

Overview 2019-20

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

Year 1

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Gymnastics	<ul style="list-style-type: none"> -Body shape -Performing a sequence -Movement -Levels 				<ul style="list-style-type: none"> -Travelling -Balancing -Using apparatus -Performing a small routine 	
Dance		<ul style="list-style-type: none"> -Movement patterns -Responding to stimuli -Reflecting stimuli -Direction -Performing movement patterns 				<ul style="list-style-type: none"> -Express mood and feeling -Story telling -Communication -Performance skills
Games	<p>Infant Agility</p> <ul style="list-style-type: none"> -Running technique -Chest Push -Balance -Jumping technique -Throwing technique 	<p>Football</p> <ul style="list-style-type: none"> -Basic rules -Dribbling -Passing -Shooting -Game play 	<p>Tag Rugby</p> <ul style="list-style-type: none"> -Basic rules -Speed and direction -Throwing and catching the ball -Marking and tagging -Game play 	<p>Tri Golf</p> <ul style="list-style-type: none"> -Areas of a golf course -Putting -Chipping -Game play 	<p>Tennis</p> <ul style="list-style-type: none"> -Forehand shot -Volley shot -Movement and position -Underarm serve -Rally 	<p>Cricket</p> <ul style="list-style-type: none"> -Throwing -Bowling -Catching -Fielding -Kwik cricket rules -Game play
Swimming			<ul style="list-style-type: none"> -Body position -Breathing -Floating -Water safety -Push and glide -Kicking -Front crawl basics 	<ul style="list-style-type: none"> -Body position -Breathing -Floating -Water safety -Push and glide -Kicking -Front crawl basics 		

Year 2

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Gymnastics	-Travelling -Body shape -Jumping -Safety		-Applying skills in a routine -Balancing -Performance		-Using apparatus -Apparatus in routine -Developing a gymnastics sequence	
Dance		-Improvisation -Partnership -Group dance and unison		-Stage direction -Story telling and conveying ideas -Expression -Learning a dance		-Creating clear beginning, middle and end -Pair work -Performing a dance
Games	Infant Agility -Correct running technique -Chest push pass -Balance -Jumping technique -Hand-eye coordination	Tennis -Forehand shot -Volley shot -Correct stance and footwork -Rallying -Underarm serve	Football -Basic rules -Dribbling -Short passing -Long passing -Shooting -Game play	Rugby -Dodging and weaving -Catching technique -Throwing technique -Marking -Movement -Game play	Rounders -Two handed and one handed catching -Bowling technique -Striking -Fielding -Game play	Cricket -Fielding and position -Throwing technique -Catching technique -Wicket Keeping -Game play

Year 3

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Gymnastics			<ul style="list-style-type: none"> -Travelling -Shapes in sequence -Jumping -Balancing -Rolling 			
Dance				<ul style="list-style-type: none"> -Movement pattern -Responding to stimuli -Stage direction -Learning a dance 		<ul style="list-style-type: none"> -Formation in dance -Control -Symmetry -Group work -Performing a dance
Games	<p style="text-align: center;">Tennis</p> <ul style="list-style-type: none"> -Forehand shot -Backhand shot -Volleying -Serving -Game play 	<p style="text-align: center;">Hockey</p> <ul style="list-style-type: none"> -Basic rules -Dribbling -Passing -Shooting -Game play 	<p style="text-align: center;">Football</p> <ul style="list-style-type: none"> -Basic rules -Dribbling -Direction -Passing -Shooting -Game play 	<p style="text-align: center;">Netball</p> <ul style="list-style-type: none"> -Footwork -Passing -Attacking skills -Defending skills -Game play 	<p style="text-align: center;">Tri-Golf</p> <ul style="list-style-type: none"> -Golf equipment -Putting -Chipping -Avoiding obstacles -Game play <p style="text-align: center;">Rounders</p> <ul style="list-style-type: none"> -Catching -Throwing over distance -Bowling -Fielding -Game play 	<p style="text-align: center;">Athletics</p> <ul style="list-style-type: none"> -Short distance running technique -Long jump technique -Long distance running -Javelin
Swimming	<ul style="list-style-type: none"> -Front crawl -Breathing technique -Backstroke -Swim speed -Sculling -Self-safety rescue 	<ul style="list-style-type: none"> -Front crawl -Breathing technique -Backstroke -Swim speed -Sculling -Self-safety rescue 				

Year 4

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

Year 5

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

Year 6

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

