

PE Curriculum Overview 2020 - 2021

The following curriculum overview may be subject to change. At Monksdown Primary School The children are constantly evolving our curriculum in response to the needs of learners and national strategies. For the most up-to-date information of what your child is learning please visit our website and Twitter feeds which are regularly updated throughout the year.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<p><u>Fitness</u></p> <p>Children will perform various activities taking account of why our hearts beat faster the more we move. Activities will focus on coordination and developing strength. Children will learn to work quickly and effectively demonstrating determination challenging themselves to match or improve their score. Children will be encouraged to live a healthy active lifestyle and understand the importance of rest between exercise.</p>		<p><u>Send and Return</u></p> <p>Children will be able to send a variety of balls with increased confidence using hand or bat. They will also be able to move towards a moving ball to return.</p> <p><u>Run Jump and Throw</u></p> <p>Children will begin to link running and jumping along with learning and refining a range of running at different speeds along a variety of pathways. The children will also develop a range of throwing techniques to send objects over a long distance.</p>	<p><u>Gymnastics</u></p> <p>Children will identify and use simple gymnastics actions and shapes. Children will learn to apply basic strength to a range of gymnastics actions. They will also begin to carry basic apparatus such as mats and benches.</p> <p><u>Dance</u></p> <p>Children will respond to a range of stimuli and types of music. Children will be encouraged to explore a variety of spaces, directions, levels and speeds. Children will experiment creating actions and performing movements with different body parts.</p>	<p><u>Attack Defend Shoot</u></p> <p>Children will practise basic movements including running, jumping, throwing and catching as well as experiencing opportunities to improve agility, balance and coordination. Children will begin to engage in competitive activities.</p> <p><u>Hit Catch Run</u></p> <p>Children will learn to hit objects with a bat and track and retrieve a rolling ball. Children will also learn how to throw and catch a variety of balls and objects.</p>	<p><u>Send and Return</u></p> <p>Children will develop sending skills with a variety of balls as well as tracking, intercepting and stopping a variety of objects such as balls and beanbags. Children will then select and apply these skills to beat opposing teams.</p> <p><u>Run Jump and Throw</u></p> <p>Children will increase stamina and core strength needed to undertake athletic activities. Children will take part in a broad range of opportunities to extend strength, balance, agility and coordination. Children will also learn how to cooperate with one another in order to carry out complex physical activities.</p>
Year 2	<p><u>Fitness</u></p> <p>Children will perform various activities taking account of why our hearts beat faster the more we move. Activities will focus on coordination and developing strength. Children will learn to work quickly and effectively demonstrating determination challenging themselves to match or improve their score. Children will be encouraged to live a healthy active lifestyle and understand the importance of rest between exercise.</p>		<p><u>Send and Return</u></p> <p>Children will be able to track the path of a ball over a net and move towards it. Children will begin to hit and return a ball using a variety of hand and racquet with some consistency. As well as this, children will play modified net/wall games throwing, catching and sending over a net.</p> <p><u>Run Jump Throw</u></p> <p>Children will develop power, agility, coordination and balance as well as negotiating obstacles showing increased control of body and limbs. They will throw and handle a variety of objects including quoits, beanbags, balls and hoops.</p>	<p><u>Dance</u></p> <p>Children will create and perform a simple sequence that is judged using simple gymnastic scoring. They will perform with control and constancy basic actions at different speeds and on different levels. Children will be encouraged to challenge themselves to develop strength and flexibility. As well as this, children will be encouraged to describe and explain how performers can transition and link gymnastic elements in their performances.</p>	<p><u>Attack Defend Shoot</u></p> <p>Children learn how to send and receive a ball using their feet. Children will develop dribbling and passing skills and apply a small range of simple tactics. They will also work with others to build basic attacking play.</p> <p><u>Hit Catch Run</u></p> <p>Children will develop hitting skills with a variety of bats. They will practice feeding and bowling skills. Children will also learn how to hit and run effectively to score points in games.</p>	<p><u>Send and Return</u></p> <p>Children will learn to think competitively choosing specific tactics appropriate to the situation. They will then understand how to make it difficult for their opponent to score. Children will transfer their skills from net/wall games to volley ball style games improving their agility and coordination in the game.</p> <p><u>Run Jump and Throw</u></p> <p>Children will improve their running and jumping movements working for sustained periods of time. As well as this, children will experience and improve on jumping for distance and height. Children will be encouraged to reflect on activities and make connections between living a healthy active lifestyle.</p>
Year 3	<p><u>Dance</u></p> <p>Children will put together different sections of dance progressing to a full performance. Children will build stylistic qualities of Barn Dance through repetition and applying movement to their bodies. As well as this, children will build on basic creative choreography skills in travelling, dynamics and partner work in the specific style of Barn Dance.</p>		<p><u>Netball</u></p> <p>Children will be able to perform basic netball skills such as passing and catching using recognised throws. They will learn to use space efficiently to build attacking play and will</p>	<p><u>Gymnastics</u></p> <p>Children will learn to modify their actions independently using different pathways, directions and shapes. They will also consolidate and improve the quality of movements and gymnastics techniques.</p>	<p><u>Tennis</u></p> <p>Children will learn the basic rules of tennis. They will learn how to serve to begin a game and to explore forehand hitting.</p>	<p><u>Athletics</u></p> <p>Children will learn to control their movements and actions in response to specific instructions demonstrating agility and speed. They will improve on jumping for height and distance with</p>

			understand the basic rules of netball.	Children will have an understanding of how important strength and flexibility are for the actions and movements they are performing.		control and balance. As well as children will learn to throw with speed and power using appropriate force.
Year 4	<p>Fitness</p> <p>Children to complete a variety of circuits and training sessions to help develop a healthy lifestyle. Children will develop an understanding of what a healthy lifestyle involves along with providing the children a series of exercises which could be replicated at home. The children will develop an understanding of strength through various routines and gain insight about their own body by how it responds to intense physical exercise. Children will compare their performances with previous ones and demonstrate improvement to achieve their personal best through AMRAP and EMOM. Children will recognise and evaluate their own success and areas to develop. Children will participate in cool downs that promote relaxation, mindfulness and reflection as a way to improve mental health. Children to develop flexibility, strength, technique, control and balance throughout the unit.</p>		<p>Football</p> <p>Children will build on existing control skills including sending and receiving the ball. Defensive skills be introduced along with dribbling the ball in different directions with different parts of their feet. The children will learn passing for distance along with evaluating their own skills for development. Children will play in competitive games to develop stamina and endurance while they practice and use running, sprinting and dynamic balance in games. They will work collaboratively to use basic tactics for attacking and defending.</p>	<p>Gymnastics</p> <p>Children will develop flexibility, strength, technique, control and balance through sustained periods of activity. Practice runs, jumps, leaps and locomotion in more complex sequences. Children will work collaboratively to perform with a partner and be able to self-reflect on development areas.</p>	<p>Cricket and Rounders</p> <p>Children will build on prior knowledge of throwing and catching whilst developing the skill of striking a bowled ball. Children will work collaboratively to use basic tactics for striking and fielding while building on stamina and endurance skills through the use of dynamic sprinting and running in a competitive game situation. The children will continue to develop a range of strategies to justify good places to stand when fielding., Choose and use batting or throwing skills to make the game hard for opponents.</p>	<p>Athletics</p> <p>Children to master the basic movements including running, jumping and throwing in isolation and combination whilst competing against others and self. Children will work collaboratively to investigate the many ways of running, jumping and throwing in athletics. Children to use a variety of equipment to measure and time the effectiveness of their own and others running, jumping and throwing technique.</p>
Year 5	<p>Fitness</p> <p>Children to complete a variety of circuits and training sessions to help develop a healthy lifestyle. Children will develop an understanding of what a healthy lifestyle involves along with providing the children a series of exercises which could be replicated at home. The children will develop an understanding of strength through various routines and gain insight about their own body by how it responds to intense physical exercise. Children will compare their performances with previous ones and demonstrate improvement to achieve their personal best through AMRAP and EMOM. Children will recognise and evaluate their own success and areas to develop. Children will participate in cool downs that promote relaxation, mindfulness and reflection as a way to improve mental health. Children to develop flexibility, strength, technique, control and balance throughout the unit.</p>	<p>Dance</p> <p>Children will perform a traditional dance from the UK or beyond. Children to explore, improvise and combine movements, create structure in sections of dance using a range of movement patterns, understand why dance is good for fitness, Comment on their own work and the work of others.</p>	<p>Hockey</p> <p>Children will play in competitive games, developing strength and technique and then recognise where improvements could be made. During the games the children will apply the skills learnt confidently and attempt more complex skills during the game situation to keep possession and travel towards an opponent's goal. They will use basic hockey skills such as dribbling and push pass and determine when to pass or dribble, so they keep possession and make progress towards the goal and create a shooting position. Children will aim to play effectively in different positions including defence. They will then increase the power and strength of passes along with moving the ball over long distances.</p>	<p>Swimming</p> <p>Consolidate and develop the quality of their skills learned in year 4 e.g. front crawl, back crawl, breaststroke, floating, and survival skills, Swim competently, confidently and proficiently over a distance of at least 25 metres, Choose and use a variety of strokes and skills, according to the task and the challenge e.g. swimming without aids, distance and time challenges, perform self-rescue in different water-based situations, Describe and evaluate the quality of swimming and recognise what needs improving.</p>	<p>Rounders</p> <p>Children to play in competitive games while developing power, flexibility and cardiovascular endurance. Children to be able to recognise improvements needed in their own game while selecting and combining more complex skills in game situations. Children to link and combine a range of skills while collaborating with a team to choose, use and adapt rules in a game. Develop the range of striking and fielding skills and apply in a competitive game of rounders.</p>	<p>Athletics</p> <p>Children to master the 3 main aspects of athletics – running, jumping and throwing, Children will sustain pace over shorter and longer distances such as running 100m and constant running for two minutes. Children will aim to run as part of a relay team at maximum speed. To perform a range of jumps and throws demonstrating increasing power and accuracy. They will compete against self and others using effective and simple strategies while also working independently and collaboratively to improve self and peer performance.</p>

<p>Year 6</p>	<p><u>Fitness</u></p> <p>Children to complete a variety of circuits and training sessions to help develop a healthy lifestyle. Children will develop an understanding of what a healthy lifestyle involves along with providing the children a series of exercises which could be replicated at home. The children will develop an understanding of strength through various routines and gain insight about their own body by how it responds to intense physical exercise. Children will compare their performances with previous ones and demonstrate improvement to achieve their personal best through AMRAP and EMOM. Children will recognise and evaluate their own success and areas to develop. Children will participate in cool downs that promote relaxation, mindfulness and reflection as a way to improve mental health. Children to develop flexibility, strength, technique, control and balance throughout the unit.</p>	<p><u>Dance</u></p> <p>Children will create and perform a collaborative or individual dance piece. To explore and improvise ideas for dances in different styles, working on their own, with a partner and in a group.</p> <p><u>Evolution of dance</u></p> <p>Children will create and perform dance pieces from a range of dance crazes. Children to explore, improvise and combine movements, create structure in sections of dance using a range of movement patterns, understand why dance is good for fitness, Comment on their own work and the work of others</p>	<p><u>Netball</u></p> <p>Children to play in competitive games to develop fluency in skills and techniques that involve precision and accuracy when sending and receiving using netball specific skills such as pivoting, bounce pass, chest pass and dodging. The children will perform skills with accuracy, confidence and control while combining and performing skills with control, adapting them to meet the needs of the situation and play shots on both sides of the body including above their heads. Children to showing tactical awareness of attacking and defending and some knowledge of rules and scoring. They will respond consistently in the games they play, choosing and using skills which meet the needs of the situation and learn how to evaluate and recognise their own success.</p>	<p><u>Gymnastics</u></p> <p>Children will lead a group warm-up showing an understanding of the need for strength and flexibility. During performance the children will demonstrate accuracy, consistency and clarity of movement. They will work independently and in groups to devise and perform a sequence whilst arranging apparatus and vary compositional ideas to enhance their work. Children will explore flight both on and off the apparatus whilst using planned variations and contrasts in actions and speed in their sequences.</p>	<p><u>Tennis</u></p> <p>Children will show precision and accuracy when sending and receiving while developing backhanded shots and being introduced to the lob. Children will begin to use the full tennis scoring system while playing competitively yet still performing skills with accuracy, confidence and control. Children to then combine and perform skills with control and learn to adapt them to meet the needs of the game situation. Children learn how to evaluate and recognise their own success while working hard to challenge self to improve the consistency of shots including newly learnt shots.</p>	<p><u>Athletics</u></p> <p>Children will apply strength and flexibility to their running, jumping and throwing techniques. Children to become confident and expert in a range of techniques and recognise their success. Children will collaboratively and demonstrate improvement and share success with others. Children will learn to accurately and confidently judge across a variety of activities. Apply strategies for working at their maximum speed and distance. Children will aim to perform a range of jumps and throws demonstrating increasing power and accuracy.</p>
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