

Hampton Vale Primary Academy

Whole Curriculum Overview P.E.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Swimming
Reception	Multi skills	Multi skills	Multi skills	Hockey skills	Racket skills	Athletics	
	Scooter	Gaga ball	Gymnastics	Adapted Games	Adapted Games	Football	
Year 1	Multi skills	Multi skills	Multi skills	Hockey skills	Racket skills	Athletics	
	Scooters	Gaga ball	Gymnastics	Adapted games	Adapted games	Football	
Year 2	Multi skills	Multi skills	Multi skills	Hockey Skills	Racket Skills	Athletics	Autumn 1,2
	Scooters	Gaga ball	Gymnastics	Dodgeball	Cricket	Football	Spring 1
Year 3	Tag Rugby	Basketball	Handball	Hockey	Tennis	Athletics	Spring 2
	OAA	Skating	Gymnastics	Dodgeball	Cricket	Football	Summer 1,2
Year 4	Tag Rugby	Basketball	Handball	Hockey	Tennis	Athletics	
	OAA	Skating	Gymnastics	Dodgeball	Cricket	Football	
Year 5	Tag Rugby	Basketball	Handball	Cricket	Tennis	Athletics	
	OAA	Gymnastics	Hockey	Dodgeball	Skateboards	Football	
Year 6	Tag Rugby	Basketball	Handball	Cricket	Tennis	Athletics	
	OAA	Gymnastics	Hockey	Dodgeball	Skateboards	Football	

P.E Curriculum

Invasion Games	Striking and fielding	Net and Wall games
Basketball	Cricket	Tennis
Handball	Rounders	Table tennis
Dodgeball		Volleyball
Tag Rugby		
Gaga ball		

STRIKE AND FIELD – KS1

YEAR R

Aim & throw object underarm

Catch balloon/bean bag/scarf &
sometimes a bouncing ball

Use hand to strike a bean bag or ball
and move towards a scoring area

Begin to use a bat or racket to hit a
ball

YEAR 1

Show some different ways of hitting,
throwing and striking a ball

Hit a ball or bean bag and move
quickly to score a range of points
(further distance scores more points)

Understand a as a fielder how to get
the ball back to the designated area

Begin to follow some simple rules
(carrying the bat, not over taking
someone)

YEAR 2

Send a ball off a tee using a bat

Play two types of games to score:
running around a series of hula
hoops or forwards and backwards
between hula hoops

Stop moving when the 'bowler' has
the ball

Play as a fielder and pass the ball
back to the bowler to make the
runner stop

Follow rules for a game (carry the
bat, don't overtake, run around the
outside of the hula hoops)

END OF KS EXPECTATIONS

Pupils should be able to strike a ball
off a tee

Throw using underarm or overarm

Field a ball and return to an area
within a skill game

Follow rules of a game

STRIKE AND FIELD – KS2

YEAR 3

Use fielding skills to stop the ball effectively

Throw with some control and accuracy within a small skill or small sided activity

Bat with some control, strike a moving ball

Work in a team when fielding and applying tactics

YEAR 4

Throw and catch under pressure

To develop the range of Cricket skills they can apply in a competitive context

To consolidate existing skills and apply with consistency

To choose and use a range of simple tactics in independently and in a game context

YEAR 5

To link together a range of skills and use in combination when fielding and bowling

To bat with control and accuracy within small games

To collaborate as a team to choose, use and adapt rules in games

YEAR 6

To apply with consistency standard cricket rules in a variety of different styles of games

To attempt a small range of recognised shots in within a skill related activity and in competitive

To use a range of tactics for attacking and defending in role of bowler, batter and fielder

END OF KS EXPECTATIONS

Pupils should be able to bat, bowl and field with confidence both in skill related activities and small games

INVASION GAMES – KS1

YEAR R

Send & receive a ball by rolling from hand & striking with foot

Aim & throw object underarm

Catch and bounce a variety of balls

Move and stop safely in a specific area

Play a passing & target game alone and with a partner

YEAR 1

Throw underarm, bounce & catch a variety of balls by self & with partner

pass/stop a ball using both feet

Invade and evade using different movements such as Run straight and on a curve and sidestep with correct technique

Begin to follow some simple rules

YEAR 2

Perform some dribbling skills with hands, feet and a stick using space

Pass a ball accurately (hands & feet) over longer distances to a teammate

Combine stopping, receiving, sending and passing in multiple forms to other players

Make simple decisions about when /where to move in game to receive a ball

END OF KS EXPECTATIONS

To participate in skill related games and team games

Develop simple tactics within skill related games and small sided games applying attacking and defending

Begin to adapt and apply some technical and tactical knowledge within a variety of invasion based sports and activities such as netball, basketball, hockey, tag-rugby and football.

INVASION GAMES – KS2 NETBALL

YEAR 3

Within a team game make a variety of passes to team mates moving towards the scoring area

Aim to use a variety using a chest pass, bounce pass and shoulder pass

Communicate verbally and non-verbally to indicate where you like to pass to go or receive a pass

Begin to understand and apply creating space for you and your team

Mark another player and defend when needed

YEAR 4

Attempt to intercept the ball in skill related and game related environments

Use a chest pass, bounce pass and shoulder pass to support team in scoring

Make decisions regarding which is the best type of pass to use, opposed and unopposed

Identify space to move into and show a clear target (hands) to receive a pass

YEAR 5

Defend against a player and make some successful interceptions when playing as a team

Use all three passes (chest, shoulder & bounce) applying them to game situations

Understand when to vary speed of pass

Disguise movement in an attempt to lose a defender and receive a pass

Defend a player and make some successful interceptions when playing as a team

YEAR 6

Choose the correct pass within a game situation

Apply a range of passes that can lead to a scoring opportunity

Begin to understand and apply the principle of pivoting and landing

Position body to defend effectively, making successful interceptions

END OF KS EXPECTATIONS

To apply tactical and technical aspects of netball within skill related and small sided games that are modified

Apply team work and principles suitable for attacking and defending in small sided games

INVASION GAMES – KS2

HOCKEY

YEAR 3

Begin to show how to hold a hockey stick and which side to use whilst manipulating the ball (preferable tennis ball)

Begin to use a simple push pass to another team mate

Dribble the ball keeping it close, using the correct side of stick

Begin to approach a player to tackle and intercept under pressure

Apply the push pass to a scoring situation

YEAR 4

Apply change direction of travel by rotating and turning stick to support this

Use a push pass to make a direct pass

Begin to use a slap pass within a skill based activity

Use speed to dribble the ball into space

Apply defensive knowledge from previous experiences adapted with a hockey stick

Attempt to score inside a designated scoring area

YEAR 5

Change direction and use the correct side of stick

Begin to develop the Indian dribble within a skill based activity

Choose between the two passes (push/slap) and explain simply why

Make a direct pass while dribbling

Successfully score while in the scoring area

YEAR 6

Use speed, changing of direction and Indian dribbling to find space or lead to a goal scoring opportunity

Apply a range of passes knowing which one depending on the distance of the pass

Know when to defend and what defence skills could be used

Attempt to score on intercepting the ball

END OF KS EXPECTATIONS

To apply tactical and technical aspects of hockey within skill related and small sided games that are modified

Apply team work and principles suitable for attacking and defending in small sided games

NET AND WALL – KS1

YEAR R

To use hands and rackets to manipulate the ball with some control and experiment how a ball moves

Catch balloon and different types of balls independently and with a partner

Use hand to strike a ball, progressing to a racket

Begin to use a racket and ball with some control, balancing, self rally and dribbling

YEAR 1

Show different ways of manipulating the ball with hands and a racket

To use a variety of different sized balls to play some rally based games

Begin to follow some simple rules to rally using a variety of equipment such as cones, rackets, and balls

YEAR 2

Manipulate a racket and ball with some control developing an understanding of hitting the ball off the racket

Play a variety of games to score

Start to apply basic tactics

To begin to understand the principle of playing an attacking stroke/shot within games such as dodgeball and big ball tennis

Follow rules for a game

END OF KS EXPECTATIONS

Pupils should participate in individual based skills, working in pairs whilst rallying

Developing simple tactics for rallying against a partner

NET AND WALL – KS2

YEAR 3

Apply rallying independently, using a variety of techniques and challenges

Rally with a partner using throwing or tapping the ball with a racket

Stand in a ready position holding racket correctly

Change from a ready position before playing a shot and returning the ball to a partner

YEAR 4

Tap/send the ball back and forth to a partner over a small space

Begin to tap a ball over a net allowing it to bounce, before returning

Move from a ready position into a forehand position

Play a forehand shot by bringing racket from allow to high position to meet the ball for a forehand shot

YEAR 5

Begin to apply a backhand stroke to return a ball

Move towards the ball from 'ready' position choosing either forehand

Set racket back in its ready position after each shot

Begin to develop the correct swing technique when hitting the ball over a net

Underarm serve the ball correctly beginning to purposely aim for space to score

YEAR 6

Turn and run to the ball getting into a forehand or backhand position

Use the correct swing technique and control with smooth swings keeping the path of the racket the same

Underarm serve the ball accurately making opposition have to move to send it back

END OF KS EXPECTATIONS

Pupils should be taught to play competitive games, modified where appropriate, such as tennis and dodgeball, applying basic principles suitable for match play within rallies or purposely aiming for areas or a court

P.E Curriculum

Gymnastics	Multiskills	Athletics
Balancing	Throwing and Catching	
Wall bars	Jumping	
Jumps and turns	Running and stopping	
	Scooters	
	Skating	
	Skateboarding	
	Sports day practice	

Multi Skills – KS1

YEAR R

To master moving in different directions and with different speeds. Walk, Jog and sprinting.

Able to throw at a big target with accuracy.

Understand and play mini games.

Able to work with a partner.

Show control when using a scooter and understand the use of safety equipment.

YEAR 1

Master jumping and landing in different ways.

Begin to show how to throw a projectile under arm, over arm and rolling.

Understand how to run at different speeds

YEAR 2

Start to use basic tactics in a variety of sports

Work collaboratively in a team

Run for longer distances and begin to understand pacing.

END OF KS EXPECTATIONS

Children should be able to master basic skills. Ready to apply in a wide range of sports in Key Stage 2. Begin to understand basic rules and listen to teacher/referee commands.

GYMNASTICS – KS1

YEAR R

Explain the importance of moving with control

Perform the basic actions of balancing, travelling, rolling, jumping and climbing

Understand the difference between stillness and movement

Show awareness of body parts, points and position when making still shapes

Link and repeat basic gymnastic actions

With support, understand how to carry and position equipment safely

YEAR 1

Explain the importance of moving with control & Posture

Perform the basic actions of balancing, travelling, rolling, jumping and climbing

Change speed and direction when travelling

Show awareness of body parts, points and position when making still shapes

Link and repeat basic gymnastic actions

Know how to carry and position equipment safely

YEAR 2

Explain the importance moving with control and awareness of space
Move with some control and awareness of space

Create a sequence using 3 or more linked actions combined with basic and intermediate balances

Show contrasts on use of body and shape (such as small, tall, straight, curved)

Balance on different points of the body, holding a still position

Climb and travel safely on equipment

Jump in a range of different ways, showing control and balance on landing

END OF KS EXPECTATIONS

Children should develop core movement, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and co-ordination, individually and with others

GYMNASTICS – KS2

YEAR 3

Explain the importance of smooth transitions between balances

Display smooth transitions between balances

Demonstrate control and coordination

Devise, repeat and perform a short sequence that shows changes in speed, level and direction

Adapt a sequence to include apparatus

Adapt a sequence to work in a small group

To work in small groups offering peer support

YEAR 4

Plan, perform and repeat gymnastic sequences, linking still shapes with travelling

Link a number of movements into a sequence

Show changes of direction, speed and level during a gymnastic sequence

Travel in a variety of ways, creating power in movements

Align body parts to create successful and stable balances

Make similar and contrasting shapes on the floor and apparatus, working with a partner

YEAR 5

Discuss a range of gymnastics actions

Perform a range of gymnastic actions with consistency, fluency and clarity of movement

Show body tension and extension and good weight transference

When working in small groups, make similar and contrasting shapes on the floor and apparatus (symmetry / asymmetry)

Combine dynamics when making sequences using changes of speed, level and direction

YEAR 6

Create longer, more complex gymnastic sequences that include a good range of well performed gymnastic elements

When working in small groups, carefully link actions and balances together showing good timing

Incorporate a range of different speeds, directions, levels, pathways and body rotations during gymnastic performance

Rehearse, refine and perfect gymnastic skills

To work in small groups offering peer support to allow the sequence to develop and progress

END OF KS EXPECTATIONS

Pupils should be taught to develop flexibility, strength, technique, control and balance through the application of gymnastic based movements and skills

ATHLETICS – KS1

YEAR R

To begin to develop an understanding of Fundamental Movement Skills FMS

To Develop running, jumping and throwing related to athletics

Begin to understand how to change speed, jump for distance and throw for distance

YEAR 1

Use varying speeds when running

Understand the importance of a controlled landing when developing skipping, hopping and two footed landings

To begin to link overarm throwing action with athletics based throwing events

Begin to travel at speed through obstacles (high and low)

YEAR 2

Apply different types of movements linked to running to ensure it is embedded

Jump with control both 1 footed and two footed

Throw different objects in a variety of ways

Complete an obstacle course with control and agility

END OF KS EXPECTATIONS

To demonstrate running, jumping, throwing and catching in isolation and in combination

To move with control, agility and confidence

ATHLETICS – KS2

YEAR 3

Run in different directions and at different speeds, using a good technique

Begin to improve throwing technique and distance of throws

Consolidate jumping Techniques, using multiple footwork patterns

Compete in a mini competition, recording scores

YEAR 4

Maintain a running pace for over longer distances

Apply throwing with power and accuracy

Demonstrate good running technique in a competitive Situation

Apply the correct technique when jumping for distance

YEAR 5

Develop an understanding of how to run for distance

Throw with accuracy and power

Understand baton transition in relay based events

Explore different footwork Patterns to develop technique

Understand which technique is most effective when jumping for distance

Demonstrate good techniques in a competitive situation

YEAR 6

Apply throwing with power and accuracy within a competitive environment

Demonstrate good running technique in a competitive Situation

Understand which technique is most effective when jumping for Distance

Apply skills embedded in sprinting, throwing, running, jumping and relay to a competitive environment

END OF KS EXPECTATIONS

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to competition

Embed running, jumping, throwing and catching in isolation and in combination

Invasion Games

Basketball

Dribbling

Passing

Shooting

Tactics

Handball

Ball Handling

Passing

Shooting

Attack and Defend

Dodgeball

Throwing

Catching

Tactics

Adapted Games

Basketball

YEAR 3

Pass and catch the ball in two different ways in a game situation with some success

Move with the ball in a variety of ways with some control

Find a useful space and get into it to support teammates

Use simple attacking and defending skills in a game

Understand and begin to apply the basic principles of invasion games

Compete against self and others in a controlled manner

YEAR 4

Catch with increasing control and Accuracy

Move with the ball using a range of techniques showing control and fluency

Pass the ball with increasing speed, accuracy and success in a game situation

Make the best use of space to pass and receive the ball

Use a range of attacking and defending

Take part in a range of competitive games and activities

YEAR 5

Consolidate different ways of throwing and catching, and know when each is appropriate in a game

Use ball skills in various ways, and begin to link together

Pass a ball with speed and accuracy using appropriate techniques in a game situation

Keep and win back possession of the ball effectively in a team game

Know when to pass and when to dribble in a game

Take part in competitive games with a strong understanding of tactics and composition

YEAR 6

Throw and catch accurately and successfully under pressure in a game

Show confidence in using ball skills in various ways in a game situation, and link these together effectively

Keep and win back possession of the ball effectively and in a variety of ways in a team game

Apply knowledge of skills for attacking and defending

Work as a team to develop fielding strategies to prevent the opposition from scoring

Take part in competitive games with a strong understanding of tactics and composition

Striking and Fielding

Cricket

Throwing and catching

Bowling

Batting

Tactics

Rounders

Throwing and catching

Bowling

Batting

Tactics

STRIKE AND FIELD – KS1

YEAR R

Aim & throw object underarm

Catch balloon/bean bag/scarf & sometimes a bouncing ball

Use hand to strike a bean bag or ball and move towards a scoring area

Begin to use a bat or racket to hit a ball

YEAR 1

Show some different ways of hitting, throwing and striking a ball

Hit a ball or bean bag and move quickly to score a range of points (further distance scores more points)

Understand a as a fielder how to get the ball back to the designated area

Begin to follow some simple rules (carrying the bat, not over taking someone)

YEAR 2

Send a ball off a tee using a bat

Play two types of games to score: running around a series of hula hoops or forwards and backwards between hula hoops

Stop moving when the 'bowler' has the ball

Play as a fielder and pass the ball back to the bowler to make the runner stop

Follow rules for a game (carry the bat, don't overtake, run around the outside of the hula hoops)

END OF KS EXPECTATIONS

Pupils should be able to strike a ball off a tee

Throw using underarm or overarm

Field a ball and return to an area within a skill game

Follow rules of a game

STRIKE AND FIELD – KS2

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To apply with consistency standard cricket rules in a variety of different styles of games

To attempt a small range of recognised shots in within a skill related activity and in competitive

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END OF KS EXPECTATIONS

Pupils should be able to bat, bowl and field with confidence both in skill related activities and small games

Net and wall Games

Tennis	Forehand	Backhand
	Serving	Advanced shots/Offiating
	Mini tennis Matches	
Table tennis	Forehand	Backhand
	Serving	Offiating
Volleyball	Dig	Set
	Smash	Serve

Multi-skills

Throwing and catching	How to catch	Rolling
	Underarm	Overarm
Jumping	Forehand	Backhand
	Serving	Officiating
Running and Stopping	Dig	Set
	Smash	Serve
Scooters	Starting and stopping	Safety
Adapted games	Striking	invasion