

Physical Education Curriculum Pathway

Secondary School

Year 6

Autumn 1 Outdoor and Adventurous Activities

Children are given the opportunity to lead groups and utilise negotiation skills.



Tag Rugby

Tag rugby is an invasion game. To move into space to support a teammate abiding by the rules.

Autumn 2 Gymnastics

Children use their knowledge of compositional principles e.g. how to combine and link actions, how to relate to a partner and apparatus, when developing sequences.



Handball

To select the appropriate skill to create space, move towards goal and away from defenders.

Spring 1 Dance/Yoga

Children learn yoga poses and techniques that will help them to connect their mind and body.



Netball

To develop accuracy in the shooting action under pressure.

Spring 2 Fitness

Children will learn different components of fitness including speed, stamina, strength, co-ordination, balance and agility.



Football

To maintain possession when dribbling. To select the appropriate skill, choosing when to pass and when to dribble.

Autumn 2 Handball

Handball is an invasion game. To use a variety of passes to maintain possession under pressure.



Fitness

Children will need to persevere when they get tired or when they find a challenge hard and are encouraged to support others to do the same.

Spring 1 Gymnastics

In gymnastics as a whole, pupils develop performance skills considering the quality and control of their actions.



Outdoor and Adventurous Activities

In this unit, children develop a skill set that is transferrable to OAA (outdoor adventurous activities).

Spring 2 Dance

They will be asked to provide feedback using the correct dance terminology and will be able to use this feedback to improve their work.



Netball/Football

Netball and football are invasion games. To use defending skills to gain possession.

Summer 1 Sports Day Skills

In this unit, children will develop team work and skills needed to take part in Sports Day developing on from the previous year.



Cricket

Children learn strategies and tactics to outwit the opposition. In cricket, pupils achieve this by striking a ball and trying to avoid fielders, so that they can run between wickets to score runs.

Summer 2 Cricket

Cricket is a striking and fielding game. They expand on their knowledge of the different roles of bowler, wicket keeper, fielder and batter.



Athletics

To understand pace and apply different speeds over varying distances.

Year 5

Year 4

Autumn 2 Ball skills

In this unit, children have opportunities to develop a variety of ball skills without the restrictions of specific rules related to well known games.



Invasion Games

To develop passing and begin to recognise when to use different skills.

Spring 1 Gymnastics

Children are taught to demonstrate control in their behaviour to create a safe environment for themselves and others to work in.



Outdoor and Adventurous Activities

Children develop communication skills, taking on the role of a leader and working within a team.

Spring 2 Fitness

Children will be encouraged to work safely and with control.



Tennis

Tennis is a net and wall game. In this unit, children develop their understanding of the principles of net and wall games.

Summer 1 Sports Day Skills

In this unit, children will develop team work and skills needed to take part in Sports Day developing on from the previous year.



Rounders

To develop bowling and learn the rules of the skill within this game.

Autumn 1 Handball

Handball is an invasion game. Pupils develop their understanding of the importance of fair play and honesty.



Tag Rugby

In this unit, children have to think about how they use skills, strategies and tactics to outwit the opposition.

Summer 2 Cricket

Children develop an understanding of the different roles of bowler, wicket keeper, fielder and batter.



Athletics

Children are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing.

Summer 1 Sports Day Skills

In this unit, children will develop team work and skills needed to take part in Sports Day developing on from the previous year.



Rounders

To develop throwing and catching with accuracy and apply these to a striking and fielding game.

Spring 2 Gymnastics

In this unit, children develop balancing, rolling and jumping. They use these skills individually and in combination.



Football

Football is an invasion game. In this unit, children develop their understanding of the attacking and defending principles of invasion games.

Spring 1 Dance

Pupils create dances in relation to an idea.



Fitness

In this unit, children take part in a range of activities that explore and develop different areas of their health and fitness.

Autumn 2 Fundamentals

Children will be asked to observe and recognise improvements for their own and others' skills and identify areas of strength.



Hockey

Hockey is an invasion game. In this unit, children further develop their understanding of the attacking and defending principles of invasion games.

Summer 2 Fitness

Children will develop perseverance and show determination to work for longer periods of time.



Athletics

In all athletic based activities, children will engage in performing skills and measuring performance, competing to improve on their own score and against others.

Summer 1 Sports Day Skills

In this unit, children will develop team work and skills needed to take part in Sports Day developing on from the previous year.



Striking and Fielding Games

In this unit, children develop their understanding of the principles of defending (fielding) and attacking (batting) for striking and fielding games.

Spring 1 Dance

Pupils explore space and how their body can move to express and idea, mood, character or feeling.



Sending and receiving

They will build on their knowledge of sending and receiving by applying their skills in different situations.

Autumn 2 Team Building

Children develop key skills of communication and problem solving.



Target Games

In this unit, children develop their understanding of the principles of defending and attacking for target games.

Year 3

Year 2

Autumn 1 Introduction to PE: unit 1

An introduction to Physical Education and structured movement through the topic of 'fantasy and adventure'. They will spend time learning basic principles of a PE lesson such as finding space, freeing on command, using and sharing equipment.



Autumn 2 Introduction to PE: Unit 2

An introduction to Physical Education and structured movement through the topic of 'everyday life'.



Taking part in activities which will develop fundamental movement skills such as running, jumping and skipping. Children will also play simple games and begin to understand and use rules.

Year R

Summer 2 Circus

Children develop their coordination skills through throwing, catching and juggling.

Fundamentals

In this unit, children will further explore the fundamental skills of balancing, running, changing direction, jumping, hopping and skipping.



Athletics

In this unit, children will develop skills required in athletic activities such as running at different speeds, changing direction, jumping and throwing.

Spring 2 Team Building

In this unit, children develop their teamwork skills.



Invasion Games

Invasion games are games where there are two teams and two goals.

Autumn 1 Dance

Children will copy and repeat actions linking them together to make short dance phrases.

Fundamentals

Children will explore the fundamental skills of balancing, running, changing direction, jumping, hopping and skipping.

Summer 2 Ball Skills: Unit 1

In this unit, children will develop their ball skills through the topic of 'minibeasts'. Children will develop fundamental ball skills such as rolling and receiving a ball.



Spring 2 Gymnastics: Unit 2

In this unit, children will develop basic gymnastic skills through the topic of 'traditional tales'.



They begin to develop an awareness of space and how to use it safely. They perform basic skills on both floor and apparatus.

Spring 1 Gymnastics: Unit 1

In this unit, children will develop their basic gymnastic skills through the topic of 'animals and their habitats'.



Children explore creating shapes, balances, and jumps and begin to develop rocking and rolling.

Summer 1 Sports Day Skills

In this unit, children will develop team work and skills needed to take part in Sports Day.

