

Cledford Primary School – PE Curriculum Yearly Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	<p>Dance</p> <p>Use my body. Create simple theme related shapes, movements and actions. Travel safely and creatively in a space. Show different levels when I travel. Work with a partner. Remember and perform a basic sequence when led by a teacher.</p>	<p>Gymnastics</p> <p>Jump in a variety of ways. Construct a simple jumping sequence with a partner. Jump showing good technique throughout take-off and landing. Control and star jump and pencil jump. Jump through turns with control. Jump as part of a sequence of other movements. Jump and show a tucked body shape in the air. Change leg positions while in the air.</p>	<p>Fundamental movement skills</p> <p>Run skilfully. Negotiate space successfully. Pick up, carry and put down with care. Use tools to help manipulate objects. Show increasing control over an object. Control my emotions when playing games. Balance on one leg. Move through an obstacle course safely. Thread objects. Play games fairly.</p>	<p>Object manipulation</p> <p>Find a good space. Show increasing control over an object when pushing it around different parts of my body. Play games and take turns. Move a ball with control in different directions. Roll a ball. Stop a ball when it is rolled to me. Catch an object. Throw underarm accurately. Bounce and catch a ball.</p>	<p>Athletics</p> <p>Share space and run with head up. Jump one foot to two feet and two feet to two feet. Coordinate a run with a jump. Throw accurately. Run efficiently and within a lane. Jump for height. Throw a variety of pieces of equipment well and for distance.</p>	<p>Games - striking and fielding</p> <p>Use both hands whilst fielding. Stop a ball with two hands. Hit a ball to the leg side. Bowl a ball underarm at a target. Strike a ball off a tee. Pick a ball up with one hand and throw it underarm. Chase and retrieve a ball.</p>
			After school club: Gymnastics			
Year 1	<p>Games - fundamental skills</p> <p>Throwing & catching. Balance & coordination. Attacking & defending.</p>	<p>Dance</p> <p>Move safely in a space. Move to music. Copy dance moves. Make up a short dance and perform the moves.</p>	<p>Gymnastics</p> <p>Make the body curled, tense, stretched and relaxed. Control the body when travelling and balancing. Copy sequences and repeat them. Roll, curl, travel and balance in different ways.</p>	<p>Games - developing skills</p> <p>Throw underarm. Hit a ball with a bat. Move and stop safely. Throw and catch with both hands. Throw and kick in different ways.</p>	<p>Athletics</p> <p>Explore running at different speeds. Explore throwing for distance and accuracy. Explore hopping, jumping and leaping. Develop balance when jumping and landing.</p>	<p>Games - striking and fielding</p> <p>Throw underarm. Hit a ball with a bat. Move and stop safely. Throw and catch with both hands. Throw and kick in different ways.</p>
		After school club: Curling	After school club: Multi-skills	After school club: Gymnastics		
Year 2	<p>Games - fundamental skills</p> <p>Making choices. Ball skills and space. Taking turns & fair play</p>	<p>Dance</p> <p>Change rhythm, speed, level and direction in my dance. Dance with control and coordination. Make a sequence by linking sections together. Use dance to show a mood or feeling.</p>	<p>Gymnastics</p> <p>Plan and perform a sequence of movements. Improve a sequence based on feedback. Work alone and with a partner. Think of more than one way to create a sequence, which follows some rules.</p>	<p>Games - developing skills</p> <p>Use hitting, kicking and/or rolling in a game. Decide the best space to be in during a game. Use one tactic in a game. Follow rules.</p>	<p>Athletics</p> <p>Develop the sprinting action and develop rhythm when jumping over obstacles. Develop over arm throwing for distance. Explore safely jumping for distance and for height.</p>	<p>Games - striking and fielding</p> <p>Use hitting, kicking and/or rolling in a game. Decide the best space to be in during a game. Follow rules.</p>
		After school club: Curling	After school club: Multi-skills	After school club: Gymnastics		

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Year 3	Gymnastics/dance Adapt sequences to suit different types of apparatus and criteria. Explain how strength and suppleness affect performance. Compare and contrast gymnastic sequences.	Dance Improvise freely and translate ideas from a stimulus into movement. Share and create phrases with a partner and small group. Repeat, remember and perform phrases.	Swimming	Swimming (Remaining weeks: Outdoor and adventurous) Follow a map in a familiar context. Use clues to follow a route. Follow a route safely.	Athletics Run at fast, medium and slow speeds; changing speed and direction. Take part in a relay, remembering when to run and what to do.	Games - striking and fielding Throw and catch with control. Be aware of space and use it to support team-mates and to cause problems for the opposition. Know and use rules fairly. Rounders
	Developing competence: Football	Developing competence: Football		(Remaining weeks: Developing competence: Netball)	Developing competence: Racket sports	Developing competence: Athletics
	After school club: Dodgeball (SCG)		After school club: Netball (SCG)		After school club: Athletics (SCG)	After school club: Athletics (SCG)
		Competition: Football 21/10/24 Year 3/4		Competition: Netball 13/3/25 Year 3/4		Competition: Town Sports 18/6/25 KS2
Year 4	Invasion games Catch with one hand. Throw and catch accurately. Hit a ball accurately with control. Keep possession of the ball. Vary tactics and adapt skills depending on what is happening in a game.	Dance Take the lead when working with a partner or group. Use dance to communicate an idea.	Gymnastics Work in a controlled way. Include change of speed and direction. Include a range of shapes. Work with a partner to create, repeat and improve a sequence with at least three phases.	Outdoor and adventurous Follow a map in a (more demanding) familiar context. Follow a route within a time limit.	Athletics Run over a long distance. Sprint over a short distance. Throw in different ways. Hit a target. Jump in different ways.	Games - striking and fielding Cricket
	Developing competence: Football (football comp y4/5 at MHS)	Developing competence: Football	Developing competence: Netball	Developing competence: Netball	Developing competence: Racket sports	Developing competence: Athletics
	After school club: Dodgeball (SCG)		After school club: Netball (SCG)		After school club: Athletics (SCG)	After school club: Athletics (SCG)
		Competition: Football 21/10/24 Year 3/4		Competition: Netball 13/3/25 Year 3/4		Competition: Town Sports 18/6/25 KS2
Year 5	Games Gain possession by working a team. Pass in different ways and field. Use forehand and backhand with a racket. Choose a tactic for defending and attacking. Use a number of techniques to pass, dribble and shoot.	Dance Compose their own dances in a creative way. Perform to an accompaniment. Show a dance that has clarity, fluency, accuracy and consistency.	Gymnastics Make complex extended sequences. Combine action, balance and shape. Perform consistently to different audiences.	Outdoor and adventurous Use clues and a compass to navigate a route. Change their route to overcome a problem. Use new information to change their route.	Athletics Be controlled when taking off and landing. Throw with accuracy. Combine running and jumping.	Games - Striking and fielding Rounders
	Developing competence: Racket sports (6 weeks) Dodgeball (2 weeks)	Developing competence: Dodgeball Racket sports (2weeks)	Developing competence: Hockey	Developing competence: Netball	Developing competence: Football	Developing competence: Cricket
	After school club: Archery and fencing (SCG)			After school club: Football (SCG)	After school club: Athletics (SCG) After school club: Tag rugby (SCG)	After school club: Athletics (SCG) After school club: Cricket (SCG)

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		Competition: Dodgeball 5/12/24 Year 5/6	Competition: Dodgeball 5/12/24 Year 5/6	Competition: Netball 27/3/25 Y5/6	Competition: Football 8/5/25 Y5/6 Competition: Tag rugby 22/5/25 Y5/6	Competition: Town Sports 18/6/25 KS2 Competition: St Mary's Cup (Cricket) 29/6/25 Y5/6
Year 6	Dance Develop sequences in a specific style. Choose own music and style.	Games Play to agreed rules. Explain rules. Be able to umpire. Make a team and communicate plan. Lead others in a game situation.	Gymnastics Combine own work with that of others. Link sequences to specific timings.	Outdoor and adventurous Plan a route and a series of clues for someone else. Plan with others taking account of safety and danger.	Athletics Demonstrate stamina.	Games - Striking and fielding Cricket
	Developing competence: Racket sports (6 weeks) Dodgeball (2 weeks)	Developing competence: Dodgeball Racket sports (2weeks)	Developing competence: Hockey	Developing competence: Netball	Developing competence: Football	Developing competence: Rounders
	After school club: Archery and fencing (SCG)			After school club: Football (SCG)	After school club: Athletics (SCG) After school club: Tag rugby (SCG)	After school club: Athletics (SCG) After school club: Cricket (SCG)
		Competition: Dodgeball 5/12/24 Year 5/6	Competition: Indoor hockey 6/2/25 Y5/6	Competition: Netball 27/3/25 Y5/6	Competition: Football 8/5/25 Y5/6 Competition: Tag rugby 22/5/25 Y5/6	Competition: Town Sports 18/6/25 KS2 Competition: St Mary's Cup (Cricket) 29/6/25 Y5/6 Competition: Rounders 3/7/25 Y5/6