



St. Luke's CE Primary School - WHOLE SCHOOL CURRICULUM

'Physical Education Overview'

	AUTUMN	SPRING	SUMMER
--	--------	--------	--------

E Y F S	FMS - Walking 1 Jumping 1	Invasion Game Skills - Hands 1 Feet 1	Gymnastics - Moving High, Low, Under and Over	Dance - Dinosaurs Follow simple movements	Striking and fielding Game Skills - Rackets, bats, balls and balloons	Invasion Game Skills - Games for understanding
----------------------------	--------------------------------------	--	--	--	--	---

EYFS

Aims: Enjoyment, begin to develop FMS and following simple instructions to perform simple movements.

Y e a r 1	FMS - Running 1 and Jumping 1	Invasion Game Skills - Hands 2	Gymnastics - Body Parts Wide, Narrow & Curled	Dance - Heroes Explore movements and perform them	Striking and Fielding Skills - Rackets, Bats and Balls	Invasion Game Skills - Games for Understanding
----------------------------------	--	---	--	--	---	---

Y e a r 2	FMS - Dodging	OAA - Team Building	Gymnastics - Linking and Pathways	Dance - Explorers remember and perform a simple sequence with a partner	Striking and Fielding Skills - Rackets, Bats and Balls	Swimming - Building water confidence
----------------------------------	----------------------	--------------------------------	--	--	---	---

KS1

Aims: Enjoyment, develop and show competence with FMS, follow rules, play a variety of games for fun

Y e a r 3	Invasion Game Skills - Game Sense finding space and teamwork	Handball - passing, receiving and moving	Gymnastics - Symmetry & Asymmetry	Swimming - water safety and learning strokes	Swimming - water safety and learning strokes	Dodgeball - throwing with aim and dodging
		OAA - Problem Solving	Athletics - explore techniques for running, jumping and throwing	Dance - Egyptians creatively express movement with a small group		Cricket - batting and fielding

Y e a r 4	Swimming - developing technique and able to swim 25m	Swimming - developing technique and able to swim 25m	Swimming - developing technique and able to swim 25m	Tennis - ball and bat familiarisation (strike, serve and volley)	Athletics - develop techniques for running, throwing and jumping	Flag Football - defending, throwing, snap and runs
		Dance - Romans introduce canon and formation		Gymnastics - Bridges	OAA - Communication and Tactics	Rounders - bowling, batting and fielding

Lower Ks2

Aims: Enjoyment, develop teamwork, be creative, evaluate my own and other's performance and play in low-pressured game situations.

Y e a r 5	Invasion Game Skills - Game Sense Problem Solving, tactics and communication	Tag Rugby - passing backwards and strategy/tactics	Dance - Greeks Think about formation, dynamics, canon, unison, direction and level	Gymnastics - Counter Balance & Counter Tension	Athletics - improve techniques for jumping and throwing. Practice passing a baton.	Ultimate Frisbee - throwing accurately and catching
		Orienteering - finding markers on the map in a variety of ways	Hockey - defending, attacking and strategy	Basketball - defending and attacking as a team	Cricket - develop bowling, batting, fielding and tactical awareness	Dodgeball - strategy and teamwork

Y e a r 6	Invasion Game Skills - Game Sense Tactics and strategy Transitioning from attack to defence	Netball - positions and interceptions	Gymnastics - Matching and Mirroring	Ultimate Frisbee - Self-refereeing and able to play by the spirit of the game	Athletics - throw with accuracy and power. Perform correct technique for different jumps.	Tennis - small, simple rallies. Introduction of a variety of shots
		Dance - World War II - add in mirror image. Use of technology to evaluate and improve work	Flag Football - throwing, receiving and routes/strategy	Orienteering - Leadership and use of a compass	Rounders - develop strategy and tactics	Football - defending, attacking and strategy/tactics

Upper Ks2

Aims: Enjoyment, develop and use tactics, problem solve, evaluate and improve my own and other's performance and play games under pressure.

Aim of our entire PE offer: Children at St Luke's to leave primary school understanding the importance of physical activity, PE and sport to lead healthy, active lives.

Key: Physical Education: Invasion Games Gymnastics Dance Net & Wall Games OAA
Striking and fielding Athletics Swimming FMS