

P.E. Curriculum Overview Davyhulme Primary School

Year	Autumn 1	Autumn 1	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<p>Dance: Streamers experiment moving in different ways</p> <p>+ Street Dance on Friday</p>	<p>Dance: BBC Radio experiment moving in different ways</p> <p>+ Street Dance on Friday</p>	<p>Gymnastics: Travelling, balancing and apparatus</p> <p>+ Street Dance on Friday</p>	<p>Gymnastics: Travelling, balancing and apparatus</p> <p>+ Street Dance on Friday</p>	<p>Ball Skills: throwing and catching</p>	<p>Ball skills: Team Games</p>
Year 2	<p>Gymnastics: Skills 1 (moving around and using apparatus)</p> <p>Dance: Kristy</p>	<p>Gymnastics: Skills 2 (movements in a sequence, and developing rolls)</p> <p>Dance: Kristy And topic related to The Great Fire of London</p>	<p>Gymnastics: Stretching, curling and arching</p> <p>Dance: Kristy</p>	<p>Gymnastics: Spinning, twisting and turning</p> <p>Dance: Animals</p>	<p>Athletics: Jumping and throwing</p>	<p>Athletics: Striking and fielding games</p>
Year 3	<p>Gymnastics 1 Basic Skills</p>	<p>Gymnastics 2 Linking Skills Together</p>	<p>Dance- Dance around the world</p>	<p>Health Related Fitness</p>	<p>Games - Rounders / Tennis (Sports coach Fridays)</p>	<p>Games - Rounders / Netball (Sports coach Fridays)</p>
Year 4	<p>Gymnastics: Balances (Swimming)</p>	<p>Gymnastics: Balances (Swimming)</p>	<p>Games: Dodgeball (Swimming)</p>	<p>Games: Dodgeball (Swimming)</p>	<p>Outdoor Games: Rounders & Cricket (Swimming)</p>	<p>Outdoor Games: Rounders & Cricket (Swimming)</p>

Year 5	Gymnastics: Bridges Games: Basketball	Games: Dodgeball Gymnastics - Matching, Mirroring and Contrasting	Dance: The HAKA Games: Hockey Games: Fundamental Skills - Invasion Game Skills 4	Games: Tennis Dance: WW2	Games: Rounders Gymnastics: Synchronisation and Canon	Games: Athletics Dance: Space Race
Year 6	Gymnastics: recap of basic skills	Gymnastics: Counter-balance and counter tension	Dance: Strictly Come Dancing	Games: Football	Games: Netball	Athletics

National Curriculum for P.E.

Swimming & Water Safety

All schools must provide swimming instruction either in Key Stage 1 or Key Stage 2.

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations.

Key Stage One

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns

Key Stage Two

- use running, jumping, throwing and catching in isolation and in combination

- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.