

## Whole School PE Overview

Using Complete PE, we deliver a PE curriculum that meets the needs of all of our pupils. All lessons are active but learning focused and have a clear purpose, building on knowledge and skills from previous sessions and year groups. We aim to develop children's skills and confidence in a variety of sports and physical activity whilst simultaneously developing the whole child. Improving physical, cognitive, social and emotional well-being.

Throughout their time in school children will take part in a variety of different sports and physical activities, these include: Invasion games, striking and fielding games, net/wall games, athletics, dance, gymnastics and outdoor adventurous activities. Children in Year 3 visit a local pool in order to develop their swimming skills. Swimming lessons are continued for children with SEND into later school years who would benefit from this. The skills that the pupils develop throughout the PE curriculum will be built upon year on year due to our progressive approach to learning. For example, children will begin to develop base skills, such as throwing and catching, in Early Years Foundation Stage and Key Stage One, which will then be applied into game situations in a variety of sports as they progress throughout school.

Year	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Nursery	Dance Ourselves		Locomotion: Walking		Ball Skills Hands 1		Dance Nursery Rhymes		Gymnastics: Moving		Ball Skills Feet	
Reception	Dance Ourselves		Locomotion: Jumping		Ball Skills Hands 2		Dance Nursery Rhymes		Gymnastics: High, Low, Over, Under		Games For Understanding	
Year 1	Locomotion: Running	Gymnastics: Wide, Narrow, Curled	Ball Skills Hands 1	Gymnastics: Body Parts	Ball Skills Feet	Dance: Growing	Ball Skills Hands 2	Dance: The Zoo	Locomotion: Jumping	Games For Understanding	Health and Wellbeing	Health and Wellbeing
Year 2	Locomotion: Dodging	Gymnastics: Linking	Ball Skills Hands 1	Gymnastics: Pathways	Ball Skills Feet	Dance: Water	Ball Skills Hands 2	Dance: Explorers	Locomotion: Jumping	Games For Understanding	Health and Wellbeing	Health and Wellbeing
Year 3	Invasion: Netball	Swimming	Swimming	Gymnastics Symmetry & Asymmetry	Swimming	Dance Wild Animals	Invasion: Tag Rugby	Dance: Weather	Net / Wall Tennis	OAA: Problem Solving	Striking & Fielding Rounds	Athletics

<b>Year 4</b>	<b>Invasion:</b> Netball	<b>Gymnastics:</b> Symmetry & Asymmetry	<b>Invasion:</b> Handball	<b>Gymnastics:</b> Bridges	<b>Invasion:</b> Basketball	<b>Dance:</b> Cats	<b>Invasion:</b> Tag Rugby	<b>Dance:</b> Space	<b>Net / Wall</b> Tennis	<b>OAA:</b> Problem Solving	<b>Striking &amp; Fielding</b> Rounders	<b>Athletics</b>
<b>Year 5</b>	<b>Invasion:</b> Netball	<b>Gymnastics:</b> Counter Balance and Counter Tension	<b>Invasion:</b> Football	<b>Health Related</b> Exercise	<b>Invasion:</b> Tag Rugby	<b>Dance:</b> The Circus	<b>Invasion:</b> Hockey	<b>OAA:</b> Communication	<b>Striking &amp; Fielding</b> Rounders	<b>Net / Wall</b> Tennis	<b>Striking &amp; Fielding</b> Cricket	<b>Athletics</b>
<b>Year 6</b>	<b>Invasion:</b> Netball	<b>Health Related</b> Exercise	<b>Invasion:</b> Football	<b>Gymnastics:</b> Matching & Mirroring	<b>Invasion:</b> Basketball	<b>Dance:</b> Carnival	<b>Invasion:</b> Hockey	<b>OAA:</b> Orienteering	<b>Striking &amp; Fielding</b> Rounders	<b>Net / Wall</b> Tennis	<b>Striking &amp; Fielding</b> Cricket	<b>Athletics</b>

- The colours show the progression of key skills and sports between year groups.

	Invasion games
	Athletics
	Gymnastics
	Dance
	Net/Wall games
	Striking and fielding games
	Outdoor Adventurous Activities