



PE Curriculum Overview



Year A		EYFS	1	2	3	4	5	6
Autumn A	Sporty Superheroes Multi-Skills Gymnastics				Invasion Games Gymnastics		Invasion Games Gymnastics	
Spring A	Space Explorers Invasion Games Dance				Outdoor Adventurous Activities Dance		Outdoor Adventurous Activities Dance	
Summer A	Jungle Adventure Striking and Fielding Net and Wall				Striking and Fielding Net and Wall		Athletics Striking and Fielding Swimming	



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Year B							
	EYFS	1	2	3	4	5	6
Autumn B	Land of Fairytales Invasion Games Gymnastics			Invasion Games Gymnastics		Invasion Games Gymnastics	
Spring B	Time-Travel adventures Athletics Dance			Outdoor Adventurous Activities Dance		Outdoor Adventurous Activities Dance	
Summer B	Beach Trip & Deep Blue Sea Striking and Fielding Net and Wall			Athletics Net and Wall		Athletics Net and Wall Swimming	

Real PE COGS

	EYFS	1	2	3	4	5	6
Personal	STAY ON TASK WITH HELP I enjoy working on simple tasks with help.	STAY ON TASK I can follow instructions, practise safely and work on simple tasks by myself. KEEP TRYING I try several times if at first I don't succeed and I ask for help when appropriate.		TAKE CONTROL I know where I am with my learning and I have begun to challenge myself. CONSISTENTLY TRY TO IMPROVE I cope well and react positively when things become difficult. I can persevere with a task and improve my performance through regular practice.		EMBRACE CHALLENGE I see all new challenges as opportunities to learn and develop. I recognise my strengths and weaknesses and can set myself appropriate targets. TAKE RESPONSIBILITY FOR MY LEARNING I can create my own learning plan and revise that plan when necessary. I can accept critical feedback and make changes.	
Social	PLAY WITH OTHERS WITH HELP I can play with others and take turns and share with help	UNDERSTAND OTHERS I can work sensibly with others, taking turns and sharing. HELP AND ENCOURAGE I can help, praise and encourage others in their learning.		WORK WELL WITH OTHERS I show patience and support others, listening carefully to them about our work. I am happy to show and tell them about my ideas. ORGANISE AND GUIDE OTHERS I cooperate well with others and give helpful feedback. I help organise roles and responsibilities and I can guide a small group through a task.		IMPROVE OTHERS I can give and receive sensitive feedback to improve myself and others. I can negotiate and collaborate appropriately. LEAD OTHERS I can involve others and motivate those around me to perform better.	
Applying Physical	TRAVEL IN DIFFERENT WAYS I can move confidently in different ways.	PERFORM SINGLE SKILLS I can perform a single skill or movement with some control. I can perform a small range of skills and link two movements together. PERFORM SIMPLE SEQUENCES I can perform a range of skills with		PERFORM WITH CONTROL I can perform and repeat longer sequences with clear shapes and controlled movement. I can select and apply a range of skills with good control and consistency. LINK WITH QUALITY I can perform a variety of movements		COMBINE WITH FLUENCY I can use combinations of skills confidently in sport specific contexts. I can perform a range of skills fluently and accurately in practice situations. APPLY WITH CONSISTENCY I can effectively transfer skills and	

Cognitive	<p>some control and consistency. I can perform a sequence of movements with some changes in level, direction or speed.</p>	<p>and skills with good body tension. I can link actions together so that they flow in running, jumping and throwing activities.</p>	<p>movements across a range of activities and sports. I can perform a variety of skills consistently and effectively in challenging or competitive situations</p>	
Creative	<p>FOLLOW INSTRUCTIONS I can follow simple instructions.</p>	<p>OBSERVE AND DESCRIBE I can understand and follow simple rules. I can name some things I am good at. RECOGNISE AND ORDER I can begin to order instructions, movements and skills. With help, I can recognise similarities and differences in performance and explain why someone is working or performing well.</p>	<p>EXPLAIN WHY I can understand the simple tactics of attacking and defending. I can explain what I am doing well and I have begun to identify areas for improvement. DESCRIBE HOW TO IMPROVE I can understand ways (criteria) to judge performance and I can identify specific parts to continue to work upon. I can use my awareness of space and others to make good decisions.</p>	<p>MAKE GOOD DECISIONS I have a clear idea of how to develop my own and others' work. I can recognise and suggest patterns of play which will increase chances of success and I can develop methods to outwit opponents. ANALYSE PERFORMANCE I can review, analyse and evaluate my own and others' strengths and weaknesses and I can read and react to different game situations as they develop.</p>
Creative	<p>OBSERVE AND COPY I can observe and copy others.</p>	<p>EXPLORE AND DESCRIBE I can explore and describe different movements. COMPARE AND DEVELOP I can begin to compare my movements and skills with those of others. I can select and link movements together to fit a theme</p>	<p>RECOGNISE AND RESPOND I can make up my own rules and versions of activities. I can respond differently to a variety of tasks or music and I can recognise similarities and differences in movements and expression. REFINE AND CHANGE I can link actions and develop sequences of movements that express my own ideas. I can change tactics, rules or tasks to make activities more fun or challenging.</p>	<p>EXPRESS, ADAPT AND ADJUST I can respond imaginatively to different situations, adapting and adjusting my skills, movements or tactics so they are different from or in contrast to others. VARIETY AND DISGUISE I can effectively disguise what I am about to do next. I can use variety and creativity to engage an audience.</p>



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Health & Fitness	<p>DESCRIBE SIMPLE CHANGES I am aware of the changes to the way I feel when I exercise.</p>	<p>EXPLAIN BENEFITS OF EXERCISE I am aware of why exercise is important for good health.</p> <p>PRACTISE SAFELY I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely.</p>	<p>EXPLAIN WHY I can describe how and why my body changes during and after exercise. I can explain why we need to warm up and cool down.</p> <p>EXPLAIN HOW TO EXERCISE I can describe the basic fitness components and explain how often and how long I should exercise to be healthy. I can record and monitor how hard I am working.</p>	<p>PREPARE MYSELF FOR ACTIVITY I can self-select and perform appropriate warm up and cool down activities. I can identify possible dangers when planning an activity.</p> <p>PLAN MY OWN FITNESS I can explain how individuals need different types and levels of fitness to be more effective in their activity/role/event. I can plan and follow my own basic fitness programme.</p>
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