



ROKESLY JUNIOR SCHOOL

Working hard, aiming high, learning together

Rokesly PE Curriculum Overview

KS1	Autumn Term	Spring Term	Summer Term
Year 1	Games: Balancing beanbags & beanbag skills Gym: Travelling & Partner Work Games: Quoits skills, ball skills	Games: Ball Skills Dance: colour and mood. Games: Ball Skills Gym: Body shapes. Making a sequence	Games: Athletic Skills, Throwing Dance: Animals Games: Running, Jumping and Free Choice Gym
Year 2	Gym: Floor work /Travelling Games Gym/ Dance	Gym Games Dance	Games: Dance: At The Seaside Gym Athletics
KS2	Autumn Term	Spring Term	Summer Term
Year 3	<u>Autumn 1</u> Fundamentals Develop balancing and understand the importance of this skill Demonstrate good technique when running at different speeds Develop agility using a change of speed and direction	<u>Spring 1</u> Dance Use straight pathways and clear changes in direction Use canon and unison Remember, repeat and create actions around a theme Understand and use formations	<u>Summer 1</u> Athletics Develop the sprinting technique Develop changeover technique in relay events Develop jumping technique in a range of approaches and take off positions Develop throwing for distance and accuracy

	<p>Develop technique and control when jumping, hopping and landing</p> <p>Develop skipping with a rope</p> <p>Apply fundamental skills to a variety of challenges</p> <p>Dance Create actions in response to a stimulus and move in unison with a partner</p> <p>Create actions to move in contact with a partner</p> <p>Select and link appropriate actions and dynamics to show ideas</p> <p>Remember, repeat and create actions to represent ideas</p> <p>Share ideas of actions and dynamics Use choreographing ideas to develop a dance</p> <p><u>Autumn 2</u></p> <p>Gymnastics Create interesting point and patch balances</p> <p>Develop stepping into shape jumps with control</p>	<p>Structure a dance to represent a theme</p> <p>Football Develop the attacking skill of dribbling</p> <p>Develop changing direction and speed when dribbling</p> <p>Develop passing and being to recognise when to use different skills</p> <p>Control the ball with different parts of the bod</p> <p>Use defending skills to delay an opponent and gain possession</p> <p>Apply the rules and tactics learnt</p> <p><u>Spring 2</u></p> <p>Netball Develop passing and moving in play within the footwork rule</p> <p>Develop passing and moving towards a goal</p> <p>Develop movement skills to lose a defender</p>	<p>Develop throwing for distance in a pull throw</p> <p>Develop officiating and performing skills</p> <p>Improve on personal bests</p> <p>Cricket Develop overarm throwing and catching</p> <p>Develop underarm bowling</p> <p>Learn how to grip the bat</p> <p>Develop batting technique</p> <p>Field a ball using a two-handed pick up and short barrier</p> <p>Develop overarm bowling technique</p> <p>Apply rules and skills learnt to a game situation</p> <p><u>Summer 2</u></p> <p>OAA Develop co-operation and teamwork skills</p> <p>Develop trust and teamwork</p>
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	<p>Develop the straight, barrel and forward rolls</p> <p>Transition smoothly into and out of balances</p> <p>Create a sequence with match and contrasting actions and shapes</p> <p>Create a partner sequence incorporating equipment</p> <p>Ball skills Develop tracking and collecting skills</p> <p>Develop confidence and accuracy when tracking a ball</p> <p>Develop dribbling skills</p> <p>Develop catching skills using one and two hands</p> <p>Explore and develop a variety of throwing techniques</p> <p>Use tracking and sending skills with feet</p>	<p>Defend an opponent to win the ball</p> <p>Develop the shooting action Develop playing using netball rules</p> <p>Tennis Develop racket and ball control</p> <p>Develop returning the ball using a forehand groundstroke</p> <p>Rally using a forehand</p> <p>Develop the two-handed backhand</p> <p>Develop playing against an opponent</p> <p>Learn how to score</p> <p>Work collaboratively with a partner</p>	<p>Involve all team members to work towards a shared goal</p> <p>Develop trust whilst listening to others and following instructions</p> <p>Identify objects, draw and follow a simple map</p> <p>Draw a route using directions, orientate a map and navigate around a grid</p> <p>Dodgeball Develop throwing at a moving target</p> <p>Use jumps, dodges and ducks to avoid being hit</p> <p>Develop catching a ball at different heights</p> <p>Learn how to block using a ball</p> <p>Understand the rules of dodgeball and apply them to a game situation</p>
Year 4	<p><u>Autumn 1</u></p> <p>Dance Copy and create actions in response to an idea</p>	<p><u>Spring 1</u></p> <p>Dance Understand how dynamics, space and relationships are used in dance</p>	<p><u>Summer 1</u></p> <p>Swimming Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke</p>

	<p>Choose actions which relate to a theme</p> <p>Develop a dance using matching and mirroring</p> <p>Learn and create dance moves in the theme of carnival</p> <p>Develop a dance using formations, canon and unison</p> <p>Develop a dance phrase and perform as a class</p> <p>Tennis Develop hitting the ball using a forehand</p> <p>Develop returning the ball using a forehand</p> <p>Develop the backhand and understand when to use it</p> <p>Work co-operatively to keep a continuous rally going</p> <p>Use simple tactics to outwit an opponent</p> <p>Demonstrate honesty and fair play when competing against others</p>	<p>Use actions, dynamics, space and relationships in a dance</p> <p>Order and structure phrases to create a dance</p> <p>Copy and repeat a 1960s style dance with energy and rhythm</p> <p>Learn and perform a partner dance in a 1960s style</p> <p>Develop own 1960s inspired dance using changes in relationships</p> <p>Tag rugby Develop throwing, catching and running with the ball</p> <p>Develop and understanding of tagging rules</p> <p>Begin to use the forward pass and off side rule</p> <p>Dodge a defender and move into space when running towards the goal</p> <p>Develop defending skills and use them in a game situation</p> <p>Apply rules and skills learnt in game situation</p>	<p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Perform safe self-rescue in different water-based situations</p> <p>Athletics Develop stamina and an understanding of speed and pace</p> <p>Develop power and speed in the sprinting technique</p> <p>Develop technique when jumping for distance</p> <p>Develop power and technique when throwing for distance</p> <p>Develop a pull throw for distance and accuracy</p> <p>Develop officiating and performing skills</p> <p>Improve on personal bests</p>
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	<u>Autumn 2</u>	<u>Spring 2</u>	<u>Summer 2</u>
	<p>Gymnastics Develop individual and partner balances</p> <p>Develop control in performing and landing rotation jumps</p> <p>Develop the straight, barrel, forward and straddle rolls</p> <p>Develop strength in inverted movements</p> <p>Create a partner sequence using apparatus</p> <p>Basketball Develop the attacking skill of dribbling</p> <p>Protecting the ball when dribbling against an opponent</p> <p>Develop passing and begin to recognise when to use different skills</p> <p>Use defending skills to delay opponents and gain possession</p> <p>Develop technique in the attacking skill of shooting</p>	<p>Swimming Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Perform safe self-rescue in different water-based situations</p> <p>OAA Develop teamwork and co-operation skills</p> <p>Orientate a map and navigate around a grid</p> <p>Develop observational skills</p> <p>Develop trust whilst listening to others and follow instructions</p> <p>Identify, draw and follow a simple map</p> <p>Orientate and navigate around a map and draw a route using directions</p>	<p>Rounders Play different roles in a game and think tactically about each role</p> <p>Develop the bowling action and learn the rules of bowling</p> <p>Run around the outside of the bases and make decisions about when to stop and when to run</p> <p>Field a ball using a two-handed pick up and a short barrier</p> <p>Develop batting technique and understanding of where to hit the ball</p> <p>Apply skills and rules learnt in a game of rounders</p> <p>Hockey Develop sending with a push pass</p> <p>Develop receiving the ball</p> <p>Developing dribbling using the reverse stick</p> <p>Develop moving into space after passing</p> <p>Use an open stick tackle to gain possession</p>

	Apply skills and knowledge to compete in game play		Apply defending and attacking principles and skills in a game
Year 5	<p><u>Autumn 1</u></p> <p>Swimming Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Perform safe self-rescue in different water-based situations</p> <p>Dance Create a dance using a random structure and perform showing quality and control</p> <p>Understand how changing dynamics change the appearance of a performance</p> <p>Understand and use relationships and space to change how a performance looks</p> <p>Copy and repeat movements in the style of rock 'n' roll</p> <p>Copy and repeat actions in time with music</p>	<p><u>Spring 1</u></p> <p>Swimming Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Perform safe self-rescue in different water-based situations</p> <p>Netball Develop passing and moving to maintain possession</p> <p>Create and use space to support teammates</p> <p>Change direction and speed to lose a defender</p> <p>Use defending skills to gain possession</p> <p>Develop the shooting action</p> <p>Use and apply skills, principles and tactics to a game situation</p>	<p><u>Summer 1</u></p> <p>Athletics Apply different speeds over varying distances</p> <p>Develop fluency and co-ordination when running for speed</p> <p>Develop technique in relay changeovers</p> <p>Build momentum and power in the triple jump</p> <p>Develop throwing with force for longer distances</p> <p>Develop throwing with greater control and technique</p> <p>Tennis Develop returning the ball using a forehand groundstroke</p> <p>Develop returning the ball using a backhand groundstroke</p> <p>Work cooperatively with a partner to keep a continuous rally</p>

	<p>Work collaboratively to choreograph a dance in the style of rock 'n' roll</p> <p><u>Autumn 2</u></p> <p>Swimming Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Perform safe self-rescue in different water-based situations</p> <p>Gymnastics To perform symmetrical and asymmetrical balances</p> <p>Develop the straight, forward, straddle and backward roll</p> <p>Explore different methods of travelling, linking actions in both canon and synchronisation</p> <p>Perform progressions of inverted movements</p> <p>Explore matching and mirroring using actions on the floor and on apparatus</p>	<p><u>Spring 2</u></p> <p>Dance Develop set choreography inspired by a Mayan god</p> <p>Choose actions to create a motif with dynamics, space and relationships Use structure to choreograph a dance performance</p> <p>Use matching, canon and unison in the style of a lion dance</p> <p>Use space and relationships to create a dragon dance</p> <p>Select and combine tools to choreograph and perform a Chinese dance</p> <p>OAA Develop communication and negotiation skills</p> <p>Develop planning and problem-solving skills</p> <p>Share ideas and work as a team to solve problems</p> <p>Develop navigation skills and map reading Create a follow a key and route on a map</p>	<p>Develop the underarm serve and understand the rules of serving</p> <p>Develop the volley and understand when to use it</p> <p>Use a variety of strokes to outwit opponents</p> <p><u>Summer 2</u></p> <p>Cricket Develop throwing accuracy and catching skills</p> <p>Develop placement of a ball into space</p> <p>Develop consistency of catching</p> <p>Develop overarm bowling technique and accuracy</p> <p>Develop a variety of fielding techniques</p> <p>Apply learnt skills in a game situation</p> <p>Football Develop dribbling to maintain possession</p> <p>Choose when to pass and when to dribble</p> <p>Move into a space to support a teammate</p>
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	Create a partner sequence using apparatus		Develop defending skills to gain possession Apply rules, skills and principles in game situations
Year 6	<p><u>Autumn 1</u></p> <p>Tennis Develop the forehand groundstroke</p> <p>Return the ball using a backhand groundstroke</p> <p>Develop the volley and understand when to use it</p> <p>Develop the accuracy of the underarm serve</p> <p>Learn to use the official scoring system</p> <p>Work co-operatively with a partner Employ tactics to outwit an opponent</p> <p>Dance Copy and repeat a dance phrase showing confidence in movements</p> <p>Work with others to explore and develop the dance idea</p> <p>Use changes in dynamics in response to a stimulus</p>	<p><u>Spring 1</u></p> <p>Hockey Develop dribbling to beat a defender</p> <p>Choose when to pass and when to dribble</p> <p>Develop receiving the ball with control</p> <p>Move into space to support a teammate</p> <p>Develop tackling to gain possession of the ball</p> <p>Apply rules, skills and principles in game situations</p> <p>Dance Develop a dance phrase using actions, dynamics, space and relationships</p> <p>Copy and create actions with consideration to stimulus</p> <p>Use choreographic devices to improve the aesthetics of a performance</p> <p>Copy and repeat a phase of movements in the 1970s disco style</p>	<p><u>Summer 1</u></p> <p>Athletics Identify a suitable pace for events</p> <p>Develop their own and others sprinting technique</p> <p>Develop power, control and technique for the triple jump</p> <p>Develop power, control and technique when throwing for distance</p> <p>Develop throwing with force and accuracy for longer distances</p> <p>Work collaboratively to develop officiating skills of measuring, timing and recording</p> <p>Dodgeball Apply rules honestly and fairly in game situations</p> <p>Develop throwing at a moving target</p> <p>Use timing, balance and agility to avoid being hit</p>

	<p>Demonstrate a sense of rhythm and energy when performing bhangra style motifs</p> <p>Perform a bhangra dance showing an awareness of timings, formation and direction</p> <p>Select, order, structure and perform movements showing various group formations</p> <p><u>Autumn 2</u></p> <p>Gymnastics Develop the straddle, forward and backward roll</p> <p>Develop counter balance and counter tension</p> <p>Perform inverted movements with control</p> <p>Perform the progressions of a headstand and a cartwheel</p> <p>Use flight from hands to travel over apparatus</p> <p>Create a group sequence using formations and apparatus</p> <p>Basketball</p>	<p>Choreograph a freeze frame montage in the 1970s style</p> <p>Use feedback to develop and refine a 1970s dance performance</p> <p><u>Spring 2</u></p> <p>Tag rugby Understand when to run and when to pass</p> <p>Use the forward pass and offside rules</p> <p>Introduce the tagging rule and apply to game situations</p> <p>Developing dodging skills to lose a defender</p> <p>Develop drawing defence and moving towards goal</p> <p>Apply rules, skills and tactics to game situations</p> <p>OAA Build communication and trust whilst showing an awareness of safety</p> <p>Work as a team to solve problems</p>	<p>Develop catching under pressure</p> <p>Select and apply tactics in a game</p> <p>Develop officiating skills</p> <p><u>Summer 2</u></p> <p>Rounders Develop the bowling action and understand the role of the bowler</p> <p>Develop batting technique</p> <p>Make decision about where and when to send the ball to stump a batter out</p> <p>Develop a variety of fielding techniques and when to use them in a game</p> <p>Develop long and short barriers in fielding and understand when to use them</p> <p>Apply rules and skills in game situations</p> <p>Swimming Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke</p>
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	<p>Develop protective dribbling against an opponent</p> <p>Move into an create space to support a teammate</p> <p>Choose when to pass and when to dribble</p> <p>Track an opponent and use defensive techniques to win the ball</p> <p>Develop technique to increase accuracy when scoring</p> <p>Apply principles, rules and tactics to game situations</p>	<p>Develop tactical planning and problem solving</p> <p>Work as a team use critical thinking to determine the best approach</p> <p>Develop navigational skills and map reading</p> <p>Use a key to identify objects and locations</p>	<p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Perform safe self-rescue in different water-based situations</p>
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