

John Shelton Primary School Physical Education Overview 2024/25

| Year Group | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
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| R | Introduction to PE: Unit 1 Introduction to PE: Unit 2 | Fundamentals: Unit 1 Gymnastics: Unit 1 | Dance: Unit 1 Gymnastics: Unit 2 | Dance: Unit 2 Ball skills: Unit 1 | Games: Unit 1 Ball skills: Unit 2 | Games: Unit 2 Athletics (Sports Day) |
| 1 | Fundamentals Team Building | Fitness Yoga | Gymnastics Dance | Sending and Receiving Ball skills | Net and Wall Games Invasion Games | Athletics Striking and Fielding Games |
| 2 | Fundamentals Team Building | Fitness Yoga | Gymnastics Dance | Sending and Receiving Ball skills | Net and Wall Games Invasion Games | Athletics Striking and Fielding Games |
| 3 | Fundamentals Y3/4 Basketball | Hockey Yoga | Tennis Swimming | Football Swimming | OAA Swimming | Athletics Cricket |
| 4 | Netball Hockey | Yoga Swimming | Gymnastics Dance | Tag Rugby Football | OAA Tennis | Athletics Rounders |
| 5 | Basketball Hockey Sports hall athletics | Fitness Yoga | Gymnastics Dance | Tag Rugby Football | OAA Tennis | Athletics Cricket |
| 6 | Swimming Sports hall athletics | Fitness Yoga | Gymnastics Dance | Tag Rugby Football | OAA Tennis | Swimming Rounders |

National curriculum in England: Physical Education programmes of study

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| <p>KS1</p> | <p>Statutory Pupils should be taught to:</p> <ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, 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. |
| <p>KS2</p> | <p>Statutory Pupils should be taught to:</p> <ul style="list-style-type: none"> • 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. |
| <p>Swimming and water safety</p> | <p>Statutory In particular, pupils should be taught to:</p> <ul style="list-style-type: none"> • 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. |