



Whole School PE Curriculum

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
D I A M O N D S	ABC'S & Fundamental movement skills <u>Skills:</u> Basic mini games focusing on Ability, Balance and Coordination. Introduction to Physical Education lessons	Sending and Receiving <u>Skills:</u> (Throwing and Catching with different objects and equipment)	Travelling and Balances <u>Skills:</u> (1,2 and 3-point balances, also working on paired and group balances)	Rolling and shapes <u>Skills:</u> (Egg, Log, Forward and Teddy bear Rolls)	Cricket <u>Skills:</u> (Grips, how to hold the bat and ball. Catching and throwing techniques within Cricket)	Athletics <u>Skills:</u> (Understanding each event, start to expand on 1 throwing event, 1 jumping event and a sprint).
S A P P H I R E S	ABC'S & Fundamental movement skills <u>Skills:</u> Sending & Receiving (Throwing and Catching with different objects and equipment) Progressing to link with specific sports	Basic Invasion Games (Hockey and Basketball) <u>Skills:</u> (Grips, technique to holding the stick and basic dribbling and ball control)	Travelling and Balances <u>Skills:</u> (1,2 and 3-point balances, also working on paired and group balances)	Rolling and shapes <u>Skills:</u> (Egg, Log, Forward, Teddy bear and Backwards Rolls)	Cricket <u>Skills:</u> (Grips and bowling, batting technique. Basic rules within the game)	Athletics <u>Skills:</u> (Develop the knowledge on all jumps, throws and sprints. Working on each technique and why they are different)

P E A R L S	<p>Invasion Games (Lacrosse, Football and Rugby)</p> <p><u>Skills:</u> Basic rules regarding the games, focusing on technique (Grips, passing and control within all three sports)</p>	<p>Invasion Games (Hockey, Netball and Basketball)</p> <p><u>Skills:</u> Basic rules regarding the games, focusing on technique (Grips, passing and control within all three sports)</p>	<p>Gymnastics (Rolling, Jumps, Balances and Shapes)</p> <p><u>Skills:</u> Working on different rolls etc that can be used in the routines next half term</p>	<p>Gymnastics routines</p> <p><u>Skills:</u> Putting what has been learn in the previous half term to practice and linking all movements, rolls and balances into a routine. Learning what a routine is and looks like.</p>	<p>Cricket</p> <p><u>Skills:</u> (Bowling technique and batting technique. Working on bowling length and line and shot selection)</p>	<p>Athletics</p> <p><u>Skills:</u> (Pupil self-development, working in pairs to improve technique etc, ensuring pupils are confident with all events in athletics. Ready for Sports day)</p>
E M E R A L D S	<p>Invasion Games (Lacrosse, Football and Rugby)</p> <p><u>Skills:</u> Basic rules regarding the games, focusing on technique (Grips, passing and control within all three sports). They would also be taught the principles of play (tactics).</p>	<p>Invasion Games (Hockey, Netball and Basketball)</p> <p><u>Skills:</u> Basic rules regarding the games, focusing on technique (Grips, passing and control within all three sports). They would also be taught the principles of play (tactics).</p>	<p>Gymnastics (Rolling, Jumps, Balances and Shapes)</p> <p><u>Skills:</u> Working on different rolls etc that can be used in the routines next half term</p>	<p>Gymnastics routines</p> <p><u>Skills:</u> Putting what has been learn in the previous half term to practice and linking all movements, rolls and balances into a routine. Learning what a routine is and looks like.</p>	<p>Cricket</p> <p><u>Skills:</u> (Bowling technique and batting technique. Working on bowling length and line and shot selection)</p>	<p>Athletics</p> <p><u>Skills:</u> (Pupil self-development, working in pairs to improve technique etc, ensuring pupils are confident with all events in athletics. Ready for Sports day)</p>