



Ravensdale Junior School Curriculum Overview for Physical Education

	Year 3	Subject: PE	
Coverage	<p>Indoor Topic</p> <ul style="list-style-type: none"> Physical Literacy- Assessment and screening of the 19 movement skills-programme developed from it based on the five exercises. Dance 1-Animals in the Jungle-creating characters and narrative through movement and gesture, linking movements into small sequences, communicate ideas effectively, using clear and fluent movements, gain inspiration from literacy characters and visual stimuli, expressive movements, working individually, with a partner and in small groups. 	<p>Indoor Topic</p> <ul style="list-style-type: none"> Gymnastics 1- Working safely and rules for getting out and storing equipment. Rolling and shapes- Exploring and creating, linking 2 or more actions with increasing control. Using floor work and benches to adapt and apply sequences. Gymnastics 2- Pathways and linking shapes, travelling with a change of front or direction, improving strength and suppleness, changes in speed and levels. Using larger apparatus to apply sequences. 	<p>Indoor Topic</p> <ul style="list-style-type: none"> Dance 2-Shape -links with mathematics, refining movements and sequences, more fluidity, expressing emotions. Athletics - explore running, jumping and throwing activities, experiment with different ways of travelling, using and improving throwing techniques, exploring different jumping, increasing their awareness of speed and distance.
	<p>Outdoor Topic</p> <ul style="list-style-type: none"> Orienteering - Working safely, follow a trail of familiar places (classroom, school field, playground), using plans and diagrams, simple problem solving activities and team building Invasion Games 1-(Multiskills Netball) explore how to choose and apply skills, use simple tactics, apply rules and conventions for different activities and small games 	<p>Outdoor Topic</p> <ul style="list-style-type: none"> Invasion Games 2-(Multiskills-Hockey) explore how to choose and apply skills, use simple tactics, apply rules and conventions for different activities and small games Net/ Wall Games - Use rolling and hitting skills, strike ball with increasing control and accuracy, decide on best positions for sending and receiving a ball, elect and use appropriate shots in situations. Understand placement of shots as tactic. Playing games smoothly without dispute, introducing rules. 	<p>Outdoor Topic</p> <ul style="list-style-type: none"> Striking and fielding - Create their own games Fielding a low ball with hands. Striking a ball off a low tee with palm of hand and racket. Striking from self-feed with palm of hand. Overarm throw. Net/ Wall Games - Strike ball with control and accuracy. Select and use appropriate shots in situations. Understand placement of shots as tactic. Playing games smoothly without dispute.
Progression	<p>Skills</p> <ul style="list-style-type: none"> Pupils explore simple skills. They copy, remember, repeat and explore simple actions with control and coordination. They vary skills, actions and ideas and link these in ways that suit the activities. They begin to show some understanding of simple tactics and basic compositional ideas. They talk about differences between their own and others' performance and suggest improvements. They understand how to exercise safely, and describe how their bodies feel during different activities. <p>Games - Children begin to learn to outwit opponents and score. Develop skills in finding and using space. Use basic court set-up but a variety of equipment. Learn to hit or strike a ball into spaces. When fielding, learn to work as a team. Develop skills for net/wall games. Learn to direct the ball into the target area and away from opponents.</p>		

	Year 4	Subject: PE	
Coverage	<p>Indoor Topic</p> <ul style="list-style-type: none"> Dance 1-Waves use a variety of different movements to link together to create different freeze frames/tableau based on Tsunamis. Working independently, with partners and small groups. . Choosing appropriate movements and actions to represent moods. Dance 2-Rock and Roll- Perform basic dance steps with increasing control and coordination. Working as whole class and in smaller groups. Linking actions to create sequences in unison and canon. Remember and repeat sequences 	<p>Indoor Topic</p> <ul style="list-style-type: none"> Gymnastics - Balances, shapes and stretches, controlling shapes, planning, performing and repeating sequences, symmetry and asymmetry, mirroring and matching. Gymnastics-Planning sequences of movements. Show contrasts such as small/tall, curved/straight, wide and narrow. 	<p>Topic (Each class does this for one term)</p> <ul style="list-style-type: none"> Swimming-Swimming between 25-50 meters, using arms and legs to move across the pool. Using floats, swim with a controlled leg kick. Describe actions of different strokes. Swimming- Improving techniques for recognisable strokes -Front crawl, back stroke and breast stroke. Work with and without floatation aids to improve stroke technique. Work on regulating breathing techniques. Demonstrate and practice water safety principles
	<p>Outdoor Topic</p> <ul style="list-style-type: none"> Invasion Games-1 Follow rules for a game, Choose appropriate tactics. Repeat and explore skills. Move with careful control and coordination. Invasion Games -2 Use correct terminology- opponent and team mate when playing games. Decide on best positions for small and larger game situations. Develop and apply tactics for playing different games. 	<p>Outdoor Topic</p> <ul style="list-style-type: none"> Net-wall Games-Throwing and catching with increasing control and accuracy, Striking and Fielding, throw and strike a ball with increasing accuracy, choose appropriate tactics to cause problems for opponent, field with control. 	<p>Outdoor Topic</p> <ul style="list-style-type: none"> Athletics - Concentrate on developing good basic running, jumping and throwing techniques. Set different challenges for distance and time. Combine skills learnt. Outdoor and Adventurous Activities simple map of the playground or school fields to complete a course with 8 to 12 controls. Check 3 or 4 controls and then return to base before finding the next ones. Use physical challenge and problem-solving activities to carry out this task with a partner.
Progression	<p>Skills</p> <p>Gymnastics and Dance-Know and use an increased range of skills both on the floor and on apparatus showing greater co-ordination, control and accuracy. Select appropriate skills and movements to plan, create and evaluate sequences. Adapt sequences to suit different types of apparatus and their partner's ability. Recognise and describe how well a sequence has been formed using appropriate terminology. Recognise how performances could be improved.Give reasons why warming-up before an activity is important and why physical activity is good for health.</p> <p>Games, Athletics and OOA-Explore how to choose and apply skills and actions. Vary the way they perform skills by using simple tactics. Apply rules and conventions for different activities.</p> <p>Swimming:</p> <ol style="list-style-type: none"> pace themselves in floating and swimming challenges related to speed, distance and personal survival swim unaided for a sustained period of time over a distance of at least 25m use recognised arm and leg actions, lying on their front and back use a range of recognised strokes and personal survival skills [for example, front crawl, back crawl, breaststroke, sculling, floating and surface diving]. <p>Pupils select and use skills, actions and ideas appropriately, applying them with coordination and control. They show that they understand tactics and composition by starting to vary how they respond. They can see how their work is similar to and different from others' work, and use this understanding to improve their own performance. They give reasons why warming up before an activity is important, and why physical activity is good for their health.</p>		

	Year 5	Subject: PE	
Coverage	<p>Indoor Topic</p> <ul style="list-style-type: none"> Dance-Space-Use emotions to create moods and contrasts. Improvise with ideas and movements. Evaluate and improve performances. Gymnastics-1 Move with consistent control and coordination. Combine actions, shapes and balances in gymnastic performances. 	<p>Indoor Topic</p> <ul style="list-style-type: none"> Traditional Dance- Be creative and imaginative in composition of dances. Perform with expression. Gymnastics - Make complex sequences that include changes in direction and levels. Prepare and perform in front of an audience. 	<p>Indoor/Outdoor Topic</p> <ul style="list-style-type: none"> OOA Use maps and diagrams to orientate themselves. Adapt actions to changing situations. Plan careful and safe responses to challenges and problems. Athletic Activities- Choose the best pace for running. Use controlled techniques in taking off and landing when jumping. Develop accuracy for throwing over a distance. Combine running and jumping.
	<p>Outdoor Topic</p> <ul style="list-style-type: none"> Net/wall Games-1 Tennis-Learn ready position. Learn how to send ball. Use a racket with correct technique. Perform forehand shot. Perform backhand shot. Know where to stand when receiving the ball. Know and understand the volley shot. Learn simple scoring rules. Understand when to attack. Invasion Games-1-Netball Learn different types of passes used in netball. Explore areas of the court. Understand footwork rule. Know and understand roles of hi five netball. Understand importance of dodging. Apply attacking skills to keep possession. Apply range of tactics when defending. 	<p>Outdoor Topic</p> <ul style="list-style-type: none"> Invasion Games-2 Football-Know how to dribble using different parts of the foot. Understand importance of space. Pass with increasing accuracy. Use correct technique to shoot. Develop simple defending principles. Apply a range of strategies in a game. Learn how to close down space when defending. Net/wall Games-2-Tennis Assess each other's work. Know when to attack. Use arrange of tactics when playing against another team. Play in a tournament. Work effectively in a team. Umpire and score games. 	<p>Outdoor Topic</p> <ul style="list-style-type: none"> Striking and Fielding- 1 Cricket-Apply rules and conventions of games. Explore range of throwing techniques. Striking drop fed ball. Apply differentiated bowling during play. Increasing accuracy of throwing techniques. Using various ways of fielding the ball. Striking and Fielding-2 Rounders Develop throwing and catching skills. Hit a ball using equipment. Learning areas of rounder pitch. Hit a ball in different directions. Learn ways of stopping the ball. Learn simple rounders rules.
Progression	<p>Skills</p> <p>Pupils link skills, techniques and ideas and apply them accurately and appropriately. Their performance shows precision, control and fluency, and that they understand tactics and composition. They compare and comment on skills, techniques and ideas used in their own and others' work, and use this understanding to improve their performance. They explain and apply basic safety principles in preparing for exercise. They describe what effects exercise has on their bodies, and how it is valuable to their fitness and health.</p> <p>Games: Develop skills and understanding of the games. Play different roles within the team. Develop skills when playing games using rackets. Learn specific skills for games such as short tennis.</p>		

	Year 6	Subject: PE		
Coverage	Indoor Topic	Indoor Topic	Indoor Topic	Indoor Topic
	Outdoor Topic	Outdoor Topic	Outdoor Topic	Outdoor Topic
Progression	<p>Skills Pupils select and combine their skills, techniques and ideas and apply them accurately and appropriately, consistently showing precision, control and fluency. When performing, they draw on what they know about strategy, tactics and composition. They analyse and comment on skills and techniques and how these are applied in their own and others' work. They modify and refine skills and techniques to improve their performance. They explain how the body reacts during different types of exercise, and warm up and cool down in ways that suit the activity. They explain why regular, safe exercise is good for their fitness and health.</p> <p>Games - Focus on basic principles of attack or defence. Plan strategies for games. Improve skills in different games areas (invasion, net/wall, strike/field). Introducing scoring systems of competition events. Leadership roles.</p>			