

Curriculum Outline 2023-24: PE

[This document summarises the content to be delivered over the course of the year. There will be some rotation of topics due to resourcing implications]

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
All Years	Fitness and Well Being As pupils progress throughout the years an increasing level of physical rigour and pupil self responsibility is placed on the students within PE lessons, in order to maximise levels of general fitness and well being as they move through the school					
Year 5	Basic Skills/Indoor Athletics Hand to eye Catching and Throwing Speed and Agility Invasion Sport (Football) Attacking and Defending Passing and moving Control and finding space Swimming Water safety Learning different strokes Able to Swim 25 metres		Dance Control and Fluency Precision and Timing Performing in canon and unison Invasion Sport (Tag rugby) Attacking and Defending Passing and moving Finding space Swimming Water safety Learning different strokes Able to Swim 25 metres		Pro Striking and Field Bowling/Th Str	Adventurous Activities communication Team Work coblem solving ding (Cricket + Rounders) criving and Catching criking the ball Fielding Athletics Speed Agility Stamina
LITERACY	Oracy skills - Communicati Partner talk		Oracy skills - Communi Partner Progression	talk	Pro	ommunicating on the pitch Partner talk ogression Grids r (speaking and listening)
NUMERACY:	Scoring and Timing Measuring distance		Scoring and Measuring o		Measur	ing and Estimating
SMSC/Creativity/ Careers Focus	Fairness and Safe Equality within Team Spirit	sport	Fairness and Equality witl Team Creativity thr	hin sport Spirit		ness and Safe Play uality within sport Team Spirit

Year 6	Basic Skills/Indoor Athletics Hand to eye Catching and Throwing Speed and Agility Invasion Sports (Hockey/Football) Attacking and Defending Passing and moving Shooting Badminton Serving and Returning Rallying Dance Performance and Sequencing Revisit unison and cannon Create more complex motifs	Gymnastics Movement and Control Sequences using balances Jumps and rolls progressing to apparatus. Invasion Sport (Basketball) Attacking and Defending Passing and moving Dribbling and Shooting Volleyball Throwing to Target Movement Volleying Circuits Stamina Agility and Strength Paired work	Outdoor and Adventurous Activities Communication Team Work Problem solving Striking and Fielding (Cricket + Rounders) Bowling/Throwing and Catching Accurate striking Fielding and Retrieval Athletics Speed and Agility Accuracy
LITERACY	Oracy skills paired talks/team talks Literacy games/relays	Oracy skills paired talks/team talks Partner talk Progression Grids Literacy games/relays	Oracy skills paired talks/team talks Partner talk Progression Grids Being a leader (speaking and listening) Literacy games/relays
NUMERACY:	Scoring and Timing Angles and Estimates Possession Percentages Numeracy games/relays	Scoring and Timing Angles and Estimates Numeracy games/relays	Angles of attack/defence Measuring and Estimating Numeracy games/relays
SMSC/Creativity/ Careers Focus	Team Spirit Peer Evaluation Conflict resolution	Team Spirit Peer Evaluation Conflict resolution Creativity through dance	Team Spirit Peer Evaluation Conflict resolution



Year 7	Indoor Athletics Hand to eye Catching and Throwing Speed and Agility Invasion Sports (Rugby/Netball) Attacking and Defending Long Passing and Control Team play Badminton Movement around the Court Serving and Beturning	Gymnastics Control and Fluency Precision and Timing Take off and landing Vaulting Take off - jumps/roundoffs/headspring Invasion Sport (Basketball) Zone Defending Passing and moving Speed and Accuracy Volleyball	Outdoor and Adventurous Activities Communication Team Work Problem solving Striking and Fielding (Cricket + Rounders) Accurate Bowling/Throwing and Catching Striking the ball Fielding and Retrieval
	Serving and Returning Fore/Back hand Dance Performance and Sequencing Relate to fitness complex sequencing Planned choreography Introduce freeze frames and levels Formations	Setting Footwork Underarm Serve Circuits Stamina Agility and Strength Paired Evaluation	Athletics Speed and Agility Explosion and Stamina
Extended Literacy opportunities:	Oracy skills positives and what we can do better self/paired evaluation	Oracy skills positives and what we can do better self/paired evaluation Partner talk Progression Grids	Oracy skills positives and what we can do better self/paired evaluation Partner talk Progression Grids Being a leader (speaking and listening)
NUMERACY:	Scoring and Timing Angles and Estimates Possession Percentages	Scoring and Timing Angles and Estimates Possession Percentages	Angles of attack/defence Measuring and Estimating Marginal gains (%)
SMSC/Creativity/ Careers Focus	Team Play Group Reflection and Evaluation Conflict avoidance Health and Safety	Team Play Group Reflection and Evaluation Conflict avoidance Creativity Through dance	Team Play Group Reflection and Evaluation Conflict avoidance Health and Safety

Year 8	Basic Skills/Indoor Athletics Hand to eye Catching and Throwing Speed and Agility Invasion Sports (Rugby/Netball) Attacking and Defending Passing and moving Finding Space and Team play Badminton Movement around the Court Fore/Back Hand Lob and drop Dance Levels Flight/lifts Partner lifting Group Lifts Complex choreography Leading groups	Gymnastics Control and Fluency Precision and Timing Performance and Sequencing Creating complex singular and group balances Pathways to go into and out of sequences Invasion Sport (Basketball) Attacking the Zone Speed and precision Jockeying and Pressing Volleyball Setting and digging Footwork round the court Accurate Underarm Serve Circuits Stamina and Technique Agility and Strength Paired Evaluation	Outdoor and Adventurous Activities Communication Team Work Problem solving Striking and Fielding (Cricket + Rounders) Accurate Bowling/Throwing and Catching Accurate Striking of the ball Fielding and Retrieval Athletics Speed and Agility Explosion and Stamina Accuracy
Extended Literacy opportunities:	Oracy skills - Team evaluation and putting new plans forward for improvement	Oracy skills - Team evaluation and putting new plans forward for improvement Partner talk Progression Grids	Oracy skills - Team evaluation and putting new plans forward for improvement Partner talk Progression Grids Being a leader (speaking and listening)
NUMERACY:	Scoring and Timing Angles and Estimates Possession Percentages Unit Conversion	Scoring and Timing Angles and Estimates Possession Percentages Unit Conversion	Angles of attack/defence Measuring and Estimating Marginal gains (%)
SMSC/Creativity/ Careers Focus	Plan Do Review Health and Safety Equality	Plan Do Review Health and Safety Equality Creativity through dance	Plan Do Review Health and Safety Equality

