

P.E Curriculum 2023-24

Year group	Games	Gymnastics	Dance
Reception Revise and refine movement skills - rolling, walking, jumping, running, hopping, skipping, climbing.	Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.	Confidently and safely use a range of large and small apparatus. Develop body strength coordination, balance and agility.	Develop body strength coordination, balance and agility.
1	<u>T1 - Invasion Games</u> - Football Bounce and catch <u>T2 - Fitness and Athletics</u> HRE and athletic skills <u>T3 - Striking and Fielding</u> Bean bag rounders Cricket skills	Through travels, balances and stretches develop balance, agility and coordination.	Know and perform basic dance actions with some understanding of mood and feeling.
2	<u>T1 - Invasion Games</u> - Football Bounce and catch <u>T2 - Fitness and Athletics</u> HRE and athletic skills <u>T3 - Striking and Fielding</u> Bean bag rounders Cricket skills	Travel at different levels and on different pathways turning, spinning, twisting and linking movement together fluently.	Choose appropriate movements in order to create short phrases

3	<u>T1 - Invasion Games</u> Football Zoneball/ Dodgeball <u>T2 - Fitness and Athletics</u> HRE and athletic skills <u>T3 - Striking and Fielding</u> Kwik Cricket Rounders	Balance symmetrically and asymmetrically. Travel in different pathways and with change of direction	Perform basic dance actions with greater control, fluency and coordination.
4	<u>T1 - Invasion Games</u> Football Zoneball/ Dodgeball <u>T2 - Fitness and Athletics</u> HRE and athletic skills <u>T3 - Striking and Fielding</u> Kwik Cricket Rounders	Travel and balance with different body parts taking the weight. Join travel, jump, roll and balance.	Be able to use simple compositional devices, unison, canon, repetition and variation.
5	<u>T1 - Invasion Games</u> Football Basketball/ Netball <u>T2 - Fitness and Athletics</u> HRE and athletic skills <u>T3 - Striking and Fielding</u> Cricket Rounders	Join movements together smoothly. Jump, land and move into a roll. Turn and spin on different body parts.	Be able to add different actions, change and vary the use of space and dynamics.

6	<p><u>T1 - Invasion Games</u> Football Basketball/ Netball</p> <p><u>T2 - Fitness and Athletics</u> HRE and athletic skills</p> <p><u>T3 - Striking and Fielding</u> Cricket Rounders</p>	Explore counter balance and counter tension. Create a sequence using different directions, levels and speed.	Perform straight steps and patterns in relation to action, space, dynamics and relationships and maintain the tempo and rhythm.
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