

## PE Curriculum Plan

By the end of studying Physical Education at Beechwood Primary School, children will be able to answer questions such as:

- How can you live a **healthy and active lifestyle**?
- How can you **develop your competence** in an aspect of the PE curriculum?
- How can you **improve your performance** in an aspect of the PE curriculum?
- How can you develop **creativity** in an aspect of the PE curriculum?
- Can you explain a time that you have needed to show **persistence** in an aspect of the PE curriculum?
- What is **team spirit**?
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Our PE units are planned using our chosen scheme of work: PE Planning

### Units and End Points

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	<u>Movement Development</u>  To move and balance in different ways To move, on, over and under equipment To play imagination games To move into space To take part in races and tag games	<u>Dance</u>  To move in different ways: To copy actions from a teacher To move to the music To copy actions from a partner : To create your own actions and movements	<u>Fitness</u>  To move in different ways To copy actions from a teacher To move to the music To copy actions from a partner To create your own actions and movements	<u>Ball Skills</u>  To explore a ball To move the ball around the body To travel with the ball To play with others To throw a ball	<u>Throwing and Catching</u>  To explore a ball To move the ball around the body To travel with the ball To play with others To throw a ball	<u>Fun and Games</u>  To move in lots of different ways To move into space To play games with others To use equipment in games To keep score
Year 1	<u>Dodgeball</u>  To move in different ways. To roll a ball To move the ball in different ways. To receive a ball successfully.	<u>Dance</u>  To move changing direction and speed To move with control To work individually and with others	<u>Fitness</u>  To move at speed, safely To change directions whilst moving at speed To jump two feet to two feet To jump one foot to the other	<u>Tennis</u>  Move into space. To control your body when moving. To control the tennis ball with hands. To track different size balls. To copy actions	<u>Cricket</u>  To move in different ways. To catch and stop a ball. To strike a ball To recognise space To follow simple rules of the game.	<u>Rounders</u>  To move in different ways. To catch and stop a ball. To strike a ball To recognise space To follow simple rules of the game.

	To throw the ball overarm and underarm. To play games using skills learnt	To move to music showing expressive qualities of dance To create linked movement phrases To participate in a performance	To balance on apparatus and on the floor To play games in teams against others	To hit a ball with hand	To try and find ways to win games.	To try and find ways to win games.
	<u>Netball</u> To copy actions To roll a ball. To throw and catch a ball. To bounce a ball To move with a ball To defend by blocking a target.	<u>Gymnastics</u> To move in different ways. To be able to perform 5 key shapes To perform one shape after another To link movements. To move on different body parts To participate in a performance.	<u>Golf</u> To move without a ball. To move with a ball. To control a ball. To hold/grip a golf club. To control a ball with a racket/golf club. To move a ball towards a target.	<u>Hockey</u> To move fluently. To use equipment safely and correctly. To control a ball with hands. To hold a hockey stick correctly. To stop a ball using a hockey stick. o play games.	<u>Athletics</u> Move into space To throw underarm To land safely when jumping To run and jump on the balls of your feet To throw towards a target To play games using throwing accuracy	<u>Orienteering</u> To move in different ways. To work with other children in class. To begin to problem solve. To follow rules. To take turns To understand basic features on a map.
Year 2	<u>Dodgeball</u> To move in different ways, changing speed and direction To increase accuracy when throwing using underarm and underarm technique. To move quickly To send a ball at different speed To catch a ball To compete in game	<u>Dance</u> To move in different ways. To move to music showing expressive qualities of dance. To repeat short dance phrases with greater control. To be creative and compose short dances. To describe a performance accurately To perform with control and coordination	<u>Fitness</u> To move and weave with coordination. To move for periods of time without tiring. To move on and across apparatus with control To move at speed with control. To perform star jumps and high knees with control To compete against others.	<u>Tennis</u> Change direction when moving. To control your body and equipment. To catch a ball a tennis ball. To run and jump on the balls of your feet. To hit a ball with hands and racket. To compete against yourself and others.	<u>Cricket</u> To move confidently To use an underarm throwing technique. To choose simple tactics in game To move into space. To strike a ball into space. To compete with others.	<u>Rounders</u> To move confidently To use an underarm throwing technique. To choose simple tactics in game To move into space. To strike a ball into space. To compete with others.
	<u>Netball</u> To copy actions and ideas. To control a ball whilst moving.	<u>Gymnastics</u> To remember and perform 5 key shapes. To move smoothly with control.	<u>Golf</u> To move at different speeds. To push and roll a ball.	<u>Hockey</u> To move into space showing awareness of others. To move with control.	<u>Athletics</u> To run with control. To control your body and equipment when throwing.	<u>Orienteering</u> To move in different ways. To work well with others and independently. To use a simple map.

	To throw and catch a ball with control. To throw a ball at different speeds :To play in games against others. To try find ways to win games.	To perform basic gymnastic actions such as balancing and jumping. To link movements and shapes. To use different pieces of equipment and apparatus. To form simple sequences	To participate in rolling games To use a putter to push a ball. To begin to show the correct putting technique. To accurately send a ball.	To pass/receive a ball with control. To dribble a ball using a hockey stick. To move towards a goal to defend it. To compete against others trying to score.	To run with the correct arm technique To run and jump on the balls of your feet. show a correct pull throw technique To compete against yourself.	To understand competition. To solve problems on your own and with others. To participate in an orienteering event.
Year 3	<u>Dodgeball</u>  To throw the ball underarm. To develop striking skills.: To move in different ways – at speed. To catch a ball at different heights To use tactics to win games. To participate in dodgeball games.	<u>Dance</u> To show fluency when moving. To link movement patterns together. Collaborate with others. Perform at the same time as a partner. Perform as various characters when moving to music Communicate feelings through dance.	<u>Fitness</u>  To combine movements. To move with control when tired. To hold own body weight in shapes such as front support and crab To perform fast feet with coordination. To perform a number of sit ups. To show control during different movements	<u>Tennis</u>  Can watch, track, and catch a tennis ball successfully. To move changing direction and speed To balance a tennis ball on a racket. To hit the tennis ball with some control To perform a forehand serve using the correct grip. To hit a ball into space (at different speeds and heights) to try beat an opponent.	<u>Cricket</u>  Throw a ball with increasing accuracy and distance. Catch a ball with increasing consistency. Successfully hit a ball from a tee Hit a ball with correct technique. Choose fielding skills to make it difficult for an opponent. Work well as part of a team.	<u>Rounders</u>  Throw a ball with increasing accuracy and distance. Catch a ball with increasing consistency. Successfully hit a ball from a tee Hit a ball with correct technique. Choose fielding skills to make it difficult for an opponent. Work well as part of a team.
	<u>Netball</u>  To pass/ send a ball with increasing accuracy To move in front of passing lines to intercept the ball. To demonstrate a correct chess pass technique. To keep good control of the ball. To move off the ball when attacking. Play in small sided games, employing simple tactics.	<u>Gymnastics</u>  To perform 9 key shapes. To travel using different body parts at different speeds. To create and experiment with sequences. To create sequences of shapes, balances, rolls and travel. To share ideas in a group. To recognise own successes.	<u>Golf</u>  To successfully hit the target using a putt shot. To play putting games. To begin to chip the ball over obstacles. To play games with others. To compete in target games against others. To hit the ball with control	<u>Hockey</u>  To hold a hockey stick correctly and safely To use a push pass. To make a standing tackle. To keep control of the ball when moving To demonstrate the Indian dribble. To play hockey games against others	<u>Athletics</u>  To throw a variety of different objects To jump with control. To run with the correct arm technique. To run in races. To compete against others. To follow the rules.	<u>Orienteering</u>  To communicate effectively with others To move confidently with control. To make a map. To understand the different points on a map. To compete against others. To complete a picture orienteering event

Year 4	<u>Dodgeball</u>  To move the ball quickly To develop side shot throw. To move in different ways – at speed. To use body positioning and control to help when catching. To discuss and apply tactics needed in dodgeball games. To participate in dodgeball games using skills learnt.	<u>Dance</u>  To move using a range of patterns. To link movement patterns together showing consistency. Work on your own, with a partner and in a group. Create, practise, and perform more complex dances. To experiment with speed, tension and continuity. To perform actions with clarity of movement.	<u>Fitness</u>  To work well with others. To work hard for long periods of time. To perform a lunge safely. To move at speed with coordination. To skip using a skipping rope. To perform a number of crunches with purpose	<u>Tennis</u>  Can watch, track, and catch a tennis ball successfully. To move effectively to get in a good position. To perform a basic forehand action with increasing accuracy. To perform a basic backhand shot with increasing accuracy. To hit a tennis ball into space (at different speeds and heights) to try beat an opponent To keep a rally going using a range of shots	<u>Cricket</u>  Run, jump and catch in combination. Catch a ball with good control. To understand the rules of cricket. Hit a ball towards a target. Use space when fielding to make it difficult for opponents. Participate in modified competitive games, showing good teamwork.	<u>Rounders</u>  Run, jump and catch in combination. Catch a ball with good control. To understand the rules of cricket. Hit a ball towards a target. Use space when fielding to make it difficult for opponents. Participate in modified competitive games, showing good teamwork.
	<u>Netball</u>  To pass/ send a ball with increasing accuracy and appropriate pace. To choose the right pass for the situation To demonstrate a correct bounce pass To find and use space well to keep possession To know simple tactics to help achieve success Play in small sided games, employing simple tactics.	<u>Gymnastics</u>  To travel with purpose with others. To perform weight bearing balances. To perform elements with control and rhythm. To create longer sequences of movements, shapes, balances, and rolls. To work with others mirroring and cannoning. To jump from height.	<u>Golf</u>  To successfully hit the target using a putt shot. To play putting and chipping games. To apply the chipping technique in games. To play games with others. To compete in chipping games against others. To apply correct techniques when competing.	<u>Hockey</u>  To collaborate with others in team games. To use a push pass accurately. To get in a low position when dribbling and/or passing To dribble a ball whilst changing direction To use a slap pass. To employ simple tactics in games	<u>Athletics</u>  To throw an object using both a pushing and pulling technique. To combine different types of jumping. To run for distance. To run in races of varied distances To take part in athletic events To perform competitively with others	<u>Orienteering</u>  To work cooperatively as part of a team To make a map with symbols. Participate in team games solving problems with others To understand the compass points. To use thumbing and folding techniques take part in an orienteering event.
Year 5	<u>Dodgeball</u>  To throw a ball at a moving target To increase the pace of a side shot To play catching games.	<u>Dance</u>  To be inspired by music and different stimuli. To move showing expressive qualities.	<u>Fitness</u>  To perform squats with correct technique. To sustain physical movements for periods of time	<u>Tennis</u>  To demonstrate a good ready position and fast paced movements. To vary shot selection – speed, height, direction.	<u>Cricket</u>  To throw and bowl in different ways. To play a drive shot successfully.	<u>Rounders</u>  To throw and bowl in different ways. To play a drive shot successfully.

	<p>To move quickly with control.</p> <p>To participate in games fairly.</p> <p>To use peer evaluation to discuss strategies and tactics and apply these to your own game</p>	<p>To dance using a range of movement patterns</p> <p>To create and structure sections of dance.</p> <p>To work as part of a team.</p> <p>To perform to an audience.</p>	<p>To perform a press up.</p> <p>To hold a plank position still.</p> <p>To skip using a rope for increased periods.</p> <p>work to improve performance.</p>	<p>To play shots on the forehand and backhand side of the body</p> <p>To use a variety of different shots, and serves, hitting with increasing consistency</p> <p>To employ some tactics in games.</p> <p>To participate in a successful rally.</p>	<p>To play a block shot when appropriate.</p> <p>To stop a ball when fielding</p> <p>To choose effective positions when fielding.</p> <p>To participate in team games against others.</p>	<p>To play a block shot when appropriate.</p> <p>To stop a ball when fielding</p> <p>To choose effective positions when fielding.</p> <p>To participate in team games against others.</p>
	<p><u>Netball</u></p> <p>To pass the ball in a variety of different ways with confidence and control.</p> <p>To find ways to help attack.</p> <p>To mark an opponent.</p> <p>To keep possession of the ball when faced with opponents.</p> <p>To work together as a team, showing good awareness of others.</p> <p>To use tactics in game situations.</p>	<p><u>Gymnastics</u></p> <p>To travel with confidence choosing different pathways.</p> <p>To travel fluently on the floor and on/off apparatus.</p> <p>To perform a safety roll</p> <p>To perform more complex balances.</p> <p>To link more complex movements, such as jump to roll.</p> <p>To create and perform a routine on apparatus.</p>	<p><u>Golf</u></p> <p>To increase consistency when putting.</p> <p>To practise the drive technique.</p> <p>To putt and chip with accuracy.</p> <p>To increase accuracy when chipping for height</p> <p>apply chipping techniques into games.</p> <p>To apply the correct techniques when competing.</p>	<p><u>Hockey</u></p> <p>To confidently pass accurately.</p> <p>To choose when to dribble, when to pass and when to shoot.</p> <p>To defend in a team.</p> <p>To compete in small sided games.</p> <p>To mark a player to stop them getting the ball</p> <p>To decide on ways to defend in games.</p>	<p><u>Athletics</u></p> <p>To combine running and jumping: To combine running and throwing</p> <p>To compete in short distance races</p> <p>To compete in long distance running.</p> <p>To practise to combine different types of jump.</p> <p>throw in different ways with accuracy and control.</p>	<p><u>Orienteering</u></p> <p>To problem solve in teams.</p> <p>To work within your team, communicating, trusting, and valuing each other.</p> <p>To understand scaling</p> <p>To understand the legend.</p> <p>To develop map building skills.</p> <p>To complete a single control event.</p>
Year 6	<p><u>Dodgeball</u></p> <p>To throw a ball with accuracy and pace.</p> <p>To use the most appropriate throwing technique for the situation.</p> <p>To catch a ball at different heights and speed.</p> <p>To dodge a ball by jumping, galloping and jockeying.</p> <p>To participate in competitive games.</p>	<p><u>Dance</u></p> <p>To move in a way that reflects the music.</p> <p>To show ideas through dance.</p> <p>To combine movements fluently.</p> <p>To apply basic compositional principles when creating dances.</p> <p>To share ideas in groups to create a routine.</p> <p>To perform with rhythm and confidence.</p>	<p><u>Fitness</u></p> <p>To perform squat jumps with good technique.</p> <p>To perform lunge jumps with good technique</p> <p>To compete against others.</p> <p>To compete against yourself to improve</p> <p>To perform plank walks with control.</p> <p>To perform physical tasks for longer periods.</p>	<p><u>Tennis</u></p> <p>To know and describe the correct grip and stance when holding a racket</p> <p>To adopt a good ready position &amp; move with purpose.</p> <p>To play shots overhead and on the forehand and backhand side of the body.</p> <p>To hit the ball accurately and with control whilst moving at a quick pace. •</p>	<p><u>Cricket</u></p> <p>To retrieve, catch, intercept, and stop a ball when fielding.</p> <p>To play shots that allow the ball to be hit to different areas of the field into spaces.</p> <p>To bowl overarm.</p> <p>To use skills and tactics to outwit opponents when fielding.</p>	<p><u>Rounders</u></p> <p>To retrieve, catch, intercept, and stop a ball when fielding.</p> <p>To play shots that allow the ball to be hit to different areas of the field into spaces.</p> <p>To bowl overarm.</p> <p>To use skills and tactics to outwit opponents when fielding.</p>

	discuss and apply tactics in games.			To employ tactics in games. : To participate in games following the rules and scoring correctly	To use skills and tactics to outwit opponents when batting. To participate in competitive games.	To use skills and tactics to outwit opponents when batting. To participate in competitive games.
	<u>Netball</u>  To pass the ball in a variety of different ways with confidence and control To move with purpose when attacking. To choose when to mark a player and when to cover space. To apply basic principles for attacking. To apply basic principles for defending. Apply basic principles for attacking and defending in game situations.	<u>Gymnastics</u>  To show flexibility and technique when performing gymnastic elements. To show different combinations and pathways when travelling. To use space creatively when travelling To perform high quality jumps, rolls and group balances. To show rhythm and creativity when working with others To explain why a performance is good and how it can be improved.	<u>Golf</u>  To successfully hit the target when putting and chipping. To develop the drive technique To develop the techniques of the different shots on more difficult courses To compete against others applying skills learnt. To discuss, watch and evaluate the professional game. To apply the correct techniques when competing	<u>Hockey</u>  To pass the ball to keep possession in game situations To dribble the ball whilst under pressure. To apply defending principles in games. To compete in games. To apply attacking principles in games. To understand positions and roles of individuals in team games.	<u>Athletics</u>  To use a run up when jumping. To use the correct combination of jumps to complete the triple jump To run with control and purpose over varied distances To throw an object by overarm, underarm, pulling, pushing and slinging. To use a run up when throwing. To practise to improve throwing distance.	<u>Orienteering</u>  To show confidence in group activities. To plan effectively. To understand a complex map. To scale a map effectively. To choose successful approaches to tasks. To complete an adapted control event.