


PE Curriculum Overview

 CRADLEY CE PRIMARY SCHOOL	Class 1	Class 2	Class 3	Class 4	Class 5
Autumn Term a	<p>Dance (<i>perform dances using simple movement patterns</i>)</p> <p>Multi-skills (<i>throwing & catching</i>)</p> <p>Real PE – personal (1) and social (2) (F)</p>	<p>Gymnastics (<i>balance, agility & co-ordination</i>)</p> <p>Dance (<i>Simple movement patterns</i>)</p> <p>Multi-skills (<i>throwing & catching</i>)</p> <p>Real PE – personal (1) and social (2) (Year 1/2)</p>	<p>Adventurous activity (JCA) (<i>outdoor activity to challenge self & work as part of a team</i>)</p> <p>Hockey (<i>running, technique, control, attacking & defending and competition with others</i>)</p> <p>Forest School (<i>outdoor activity to challenge self & work as part of a team</i>)</p> <p>Real PE – personal (1) and social (2) (Year 3/4)</p>	<p>Adventurous activity (JCA) (<i>outdoor activity to challenge self & work as part of a team</i>)</p> <p>Fitness training (<i>flexibility, strength, control & balance. Beating personal best & comparing performances.</i>)</p> <p>Year 5:</p> <p>Swimming (<i>safe self-rescue, swim with competence, confidence & proficiency over 25m. range of strokes.</i>)</p> <p>Year 4:</p> <p>Forest School (<i>outdoor activity to challenge self & work as part of a team</i>)</p> <p>Hockey (<i>running, technique, control, attacking & defending and competition with others</i>)</p> <p>Real PE – personal (1) and social (2) (Year 5)</p>	<p>Hockey (<i>running, technique, control, attacking & defending and competition with others</i>)</p> <p>Swimming (<i>safe self-rescue, swim with competence, confidence & proficiency over 25m. range of strokes.</i>)</p> <p>Real PE – personal (1) and social (2) (Year 5/6)</p>

Spring Term a	<p>Gymnastics (balance, agility & co-ordination) River Dance (perform dances using simple movements) Multi-skills (throwing & catching) Real PE – cognitive (3) and creative (4) (F)</p>	<p>Dance (Simple movement patterns) Multi-skills (throwing & catching) Real PE – cognitive (3) and creative (4) (Year 1/2)</p>	<p>Fitness Skills (flexibility, strength, control & balance. Beating personal best & comparing performances.) Swimming (safe self-rescue, swim with competence, confidence & proficiency over 25m. range of strokes.) Real PE –cognitive (3) and creative (4) (Year 3/4)</p>	<p>Year 5: Dance (flexibility, strength, technique, control & balance. Range of moving patterns. Compare performances. Communication & collaborate with others. Link actions & sequences. Evaluate & recognise own & others successes) Basketball (Communication, collaboration & competition with others. Running, jumping, throwing & catching. Technique & control. Principles for attacking and defending). Year 4: Swimming (safe self-rescue, swim with competence, confidence & proficiency over 25m. range of strokes.) Real PE –cognitive (3) and creative (4) (Year 5)</p>	<p>Lacrosse (running, technique, control, attacking & defending and competition with others) Rugby (Communication, collaboration & competition with others. Running, throwing & catching. Technique & control. Principles for attacking and defending) Young Leaders (communicate & collaborate with others. Develop understanding of how to improve physical activities & evaluate own & other's successes. Compare performances.)</p>
Summer Term a	<p>Multi-skills (throwing & catching) Games (attacking and defending tactics, competition with others) Athletics (running & jumping, beating</p>	<p>Games (attacking and defending tactics, competition with others) Athletics (running & jumping, beating personal bests & competing with</p>	<p>Rugby (Communication, collaboration & competition with others. Running, throwing & catching. Technique & control. Principles for attacking and defending) Athletics (link actions &</p>	<p>Adventurous activity (Bell-boating) (outdoor activity to challenge self & work as part of a team) Athletics (link actions & sequences of movement. Communicate, collaborate & compete with others.</p>	<p>Choreography – Putting on a Show (flexibility, strength, technique, control & balance. Range of moving patterns. Compare performances. Communication & collaborate with others. Link actions & sequences. Evaluate</p>

	<p><i>personal bests & competing with others)</i></p> <p>Real PE – physical (5) and health and fitness (6)(F)</p>	<p><i>others)</i></p> <p>Real PE – physical (5) and health and fitness (6) (Year 1/2)</p>	<p><i>sequences of movement. Communicate, collaborate & compete with others. Running, jumping & throwing. Develop flexibility, strength, technique, control & balance. Compare own performances, challenge self & beat personal bests.)</i></p> <p>Real PE – physical (5) and health and fitness (6)(Year 3/4)</p>	<p><i>Running, jumping & throwing. Develop flexibility, strength, technique, control & balance. Compare own performances, challenge self & beat personal bests.)</i></p> <p>Rounders (<i>Running, throwing & catching. Communicate, compete & collaborate with others. Challenge self & as part of a team. Develop strength, technique & control. Compare performances & beat personal bests.)</i></p> <p>Real PE – physical (5) and health and fitness (6) (Year 5)</p>	<p><i>& recognise own & others successes)</i></p> <p>Real PE –cognitive (3) and health and fitness (4) (Year 5/6)</p>
Autumn Term b	<p><i>Sea dance (simple movement patterns)</i></p> <p>Multi-skills (<i>throwing & catching</i>)</p> <p>Real PE – personal (1) and social (2) (F)</p>	<p>Gymnastics (<i>balance, agility & co-ordination</i>)</p> <p>Dance (<i>simple movement patterns</i>)</p> <p>Multi-skills (<i>throwing & catching</i>)</p> <p>Real PE – personal (1) and creative (4) (Year 1/2)</p>	<p>Basketball (<i>Communication, collaboration & competition with others. Running, jumping, throwing & catching. Technique & control. Principles for attacking and defending</i>).</p> <p>Forest School (<i>outdoor activity to challenge self & work as part of a team</i>)</p> <p>Real PE – personal (1) and social (2) (Year 3/4)</p>	<p>Fitness training (<i>flexibility, strength, control & balance. Beating personal best & comparing performances.</i>)</p> <p>Year 5:</p> <p>Swimming (<i>safe self-rescue, swim with competence, confidence & proficiency over 25m. range of strokes.</i>)</p> <p>Year 4:</p> <p>Forest School (<i>outdoor activity to challenge self & work as part of a team</i>)</p> <p>Basketball (<i>Communication, collaboration & competition with others.</i></p>	

				<p><i>Running, jumping, throwing & catching. Technique & control. Principles for attacking and defending).</i></p> <p>Real PE – personal (1) and social (2) (Year 5/6)</p>	
Spring Term b	<p>Gymnastics <i>(balance, agility & co-ordination)</i></p> <p>Multi-skills <i>(throwing & catching)</i></p> <p>Real PE – cognitive (3) and creative (4) (F)</p>	<p>Dance <i>(simple movement patterns)</i></p> <p>Multi-skills <i>(throwing & catching)</i></p> <p>Real PE – social (2) and cognitive (3) (Year 1/2)</p>	<p>Fitness Skills <i>(flexibility, strength, control & balance. Beating personal best & comparing performances.)</i></p> <p>Swimming <i>(safe self-rescue, swim with competence, confidence & proficiency over 25m. range of strokes.)</i></p> <p>Football <i>(Communication, collaboration & competition with others. Running, jumping, & throwing. Technique & control. Principles for attacking and defending).</i></p>	<p>Year 5:</p> <p>Dance <i>(flexibility, strength, technique, control & balance. Range of moving patterns. Compare performances. Communication & collaborate with others. Link actions & sequences. Evaluate & recongnise own & others successes)</i></p> <p>Basketball <i>(Communication, collaboration & competition with others. Running, jumping, throwing & catching. Technique & control. Principles for attacking and defending).</i></p> <p>Year 4:</p> <p>Swimming <i>(safe self-rescue, swim with competence, confidence & proficiency over 25m. range of strokes.)</i></p> <p>Real PE –cognitive (3) and creative (4) (Year 5/6)</p>	

<p>Summer Term b</p>	<p>Multi-skills (<i>throwing & catching</i>) Games (<i>Attacking & defending skills, competition with others</i>) Athletics (<i>running & jumping, beating personal bests, competing with others</i>)</p> <p>Real PE – physical (5) and health and fitness (6)(F)</p>	<p>Games (<i>Attacking & defending skills, competition with others</i>) Athletics (<i>running & jumping, beating personal bests, competing with others</i>)</p> <p>Real PE – physical (5) and health and fitness (6) (Year 1/2)</p>	<p>Gymnastics (<i>flexibility, strength, technique, control & balance. Range of moving patterns. Compare performances. Communication & collaborate with others. Link actions & sequences. Evaluate & recognise own & others successes</i>) Cricket (<i>Running, throwing & catching. Communicate, compete & collaborate with others. Challenge self & as part of a team. Develop strength, technique & control. Compare performances & beat personal bests.</i>)</p> <p>Real PE –creative (4) physical (5) (Year 3/4)</p>	<p>Adventurous activity (Bell-boating) (<i>outdoor activity to challenge self & work as part of a team</i>) Tennis (<i>Running, throwing & catching. Communicate, compete & collaborate with others. Challenge self & as part of a team. Develop flexibility strength, technique & control. Compare performances & beat personal bests.</i>) Gymnastics (<i>flexibility, strength, technique, control & balance. Range of moving patterns. Compare performances. Communication & collaborate with others. Link actions & sequences. Evaluate & recognise own & others successes</i>)</p> <p>Real PE – physical (5) and health and fitness (6) (Year 5/6)</p>	
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