

Roxbourne Physical Education Curriculum



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Year Group		HT1	HT2	HT3	HT4	HT5	HT6
	Name of Unit	Introduction to PE Unit 1	Fundamentals Unit 1	Dance	Ball Skills Unit 1	Games Unit 1	Athletics
Nursery	Lesson Content	<ul style="list-style-type: none">>To move safely and sensibly in a space with consideration of others.>To develop moving safely and stopping with control.>To use equipment safely and responsibly.>To use different travelling actions whilst following a path.>To work with others co-operatively and play as a group.>To follow, copy and lead a partner.	<ul style="list-style-type: none">>To develop balancing whilst stationary and on the move.>To develop running and stopping.>To develop changing direction.>To develop jumping and landing.>To develop hopping and landing with control.>To explore different ways to travel.>To work with others co-operatively and play as a group.>To follow, copy and lead a partner.	<ul style="list-style-type: none">>To explore different body parts and how they move.>To explore different body parts and how they move and remember and repeat actions.>To express and communicate ideas through movement exploring directions and levels.>To create movements and adapt and perform simple dance patterns.>To copy and repeat actions showing confidence and imagination.>To move with control and co-ordination, linking, copying and repeating actions.	<ul style="list-style-type: none">>To develop rolling a ball to a target.>To develop stopping a rolling ball.>To develop accuracy when throwing to a target.>To develop bouncing and catching a ball.>To develop dribbling a ball with your feet.>To develop kicking a ball.	<ul style="list-style-type: none">>To work safely and develop running and stopping.>To develop throwing and learn how to keep score.>To play games showing an understanding of the different roles within it.>To follow instructions and move safely when playing tagging games.>To work co-operatively and learn to take turns.>To work with others to play team games.	<ul style="list-style-type: none">>To move at different speeds over varying distances.>To develop balance.>To develop changing direction quickly.>To explore hopping, jumping and leaping for distance.>To develop throwing for distance.>To develop throwing for accuracy.
	Unit	Fundamentals	Fundamentals Unit 2	Gymnastics	Ball Skills Unit 2	Games Unit 2	Athletics
Reception	Lesson Content	<ul style="list-style-type: none">>To move around safely in space.>To follow instructions and stop safely.>To stop safely and develop control when using equipment.>To follow instructions and play safely as a group.>To follow a path and take turns.>To work co-operatively with a partner.	<ul style="list-style-type: none">>To develop balancing.>To develop running and stopping.>To develop changing direction.>To develop jumping.>To develop hopping.>To explore different ways to travel using equipment.	<ul style="list-style-type: none">>To copy and create shapes with your body.>To be able to create shapes whilst on apparatus.>To develop balancing and taking weight on different body parts.>To develop jumping and landing safely.>To develop rocking and rolling.>To copy and create short sequences by linking actions together.	<ul style="list-style-type: none">>To develop rolling and tracking a ball.>To develop accuracy when throwing to a target.>To develop dribbling with hands.>To develop throwing and catching with a partner.>To develop dribbling a ball with your feet.>To develop kicking a ball to a target.	<ul style="list-style-type: none">>To aim when throwing and practise keeping score.>To follow instructions and move safely when play tagging games.>To learn to play against a partner.>To develop co-ordination and play by the rules.>To explore striking a ball and keeping score.>To work co-operatively as a team.	<ul style="list-style-type: none">>To move at different speeds over varying distances.>To develop balance.>To develop changing direction quickly.>To explore hopping, jumping and leaping for distance.>To develop throwing for distance.>To develop throwing for accuracy.
	Lesson Content	<ul style="list-style-type: none">>To explore balance, stability and landing safely.>To explore how the body moves differently when running at different speeds.>To explore changing direction and dodging.>To explore jumping, hopping and skipping actions.>To explore co-ordination and combination jumps.>To explore combination jumping and skipping in an individual role.	<ul style="list-style-type: none">>To develop dribbling a ball with your hands.>To explore accuracy when rolling a ball.>To explore throwing with accuracy towards a target.>To explore catching with two hands.>To explore dribbling a ball with your feet.>To explore tracking a ball that is coming towards me.	<ul style="list-style-type: none">>To use counts of 8 to move in time and make my dance look interesting.>To explore pathways in my dance.>To develop talking, listening and sharing skills.>To use speaking and listening skills to lead a partner.>To plan with a partner and small group to complete challenges.>To use copy, remember and repeat actions that represent the theme.>To copy, repeat, create and perform actions that represent the theme.	<ul style="list-style-type: none">>To defend space using the ready position.>To play against an opponent and keep the score.>To explore hitting with a racket.>To develop racket and ball skills.>To develop sending a ball using a racket.>To develop hitting over a net.	<ul style="list-style-type: none">>To move at different speeds over varying distances.>To develop balance.>To develop changing direction quickly.>To explore hopping, jumping and leaping for distance.>To develop throwing for distance.>To develop throwing for accuracy.	<ul style="list-style-type: none">>To move at different speeds over varying distances.>To develop balance.>To develop changing direction quickly.>To explore hopping, jumping and leaping for distance.>To develop throwing for distance.>To develop throwing for accuracy.
Year 1	Unit	Tagging and Dodging	Target games	Team Building	Sending and receiving	Invasion	Striking and Fielding
	Lesson Content	<ul style="list-style-type: none">>To understand the fundamentals of tagging>To understand the fundamentals of dodging>To demonstrate the ability to dodge, evade and anticipate.>To begin to make decisions about the use of basic tactics.>To demonstrate the ability to replicate core skills in a competitive situation.	<ul style="list-style-type: none">>To develop underarm throwing towards a target.>To develop throwing for accuracy.>To develop underarm and overarm throwing at a target.>To develop throwing for accuracy and distance using underarm and overarm.>To select the correct throw for the target.>To develop throwing for accuracy and distance.	<ul style="list-style-type: none">>To co-operate with a partner to complete challenges.>To explore and develop working as a team.>To develop talking, listening and sharing skills.>To use speaking and listening skills to lead a partner.>To plan with a partner and small group to complete challenges.>To use talking, listening and sharing skills to complete challenges.	<ul style="list-style-type: none">>To roll a ball towards a target.>To track and receive a rolling ball.>To send and receive a ball with your feet.>To develop catching skills.>To develop throwing and catching skills.>To send and receive a ball using a racket.	<ul style="list-style-type: none">>To understand the role of defenders and attackers.>To recognise who to pass to and why.>To move towards goal with the ball.>To support a teammate when playing in attack.>To move into space showing an awareness of defenders.>To stay with a player when defending.	<ul style="list-style-type: none">>To develop underarm throwing and catching.>To develop overarm throwing.>To develop hitting a ball.>To learn how to get a better out.>To play games and understand how to score points.
Year 2	Unit	Fundamentals	Ball skills	Gymnastics	Net and wall games	Athletics	Athletics
	Lesson Content	<ul style="list-style-type: none">>To explore how the body moves when running at different speeds.>To develop changing direction and dodging.>To develop balance, stability and landing safely.>To explore and develop jumping, hopping and skipping actions.>To develop co-ordination and combining jumps>To develop combination jumping and skipping in an individual role.	<ul style="list-style-type: none">>To develop rolling a ball to hit a target.>To stop a rolling ball.>To dribble a ball with your feet.>To develop kicking a ball.>To develop throwing and catching.>To develop dribbling a ball with your hands.	<ul style="list-style-type: none">>To perform gymnastic shapes and link them together.>To perform gymnastics shapes with control and link them together.>To use shapes to create balances.>To use shapes to create balances.>To link travelling actions and balances using apparatus.>To develop travelling actions and balances using apparatus.	<ul style="list-style-type: none">>To use the ready position to defend space on court.>To develop returning a ball with hands.>To play against a partner.>To develop racket skills and use them to return a ball.>To develop returning a ball using a racket.>To play against an opponent using a racket.	<ul style="list-style-type: none">>To develop the springing action.>To develop jumping for distance.>To develop technique when jumping for height.>To develop throwing for distance.>To develop throwing for accuracy.>To select and apply knowledge and technique in an athletics carousel.	<ul style="list-style-type: none">>To develop the springing action.>To develop jumping for distance.>To develop technique when jumping for height.>To develop throwing for distance.>To develop throwing for accuracy.>To select and apply knowledge and technique in an athletics carousel.
Year 3	Unit	Tagging and Dodging	Target games	Team Building	Sending and receiving	Invasion	Striking and Fielding
	Lesson Content	<ul style="list-style-type: none">>To further develop tagging skills>To develop further dodging techniques>To demonstrate the ability to dodge, evade and anticipate.>To make decisions about the use of basic tactics.>To demonstrate the ability to replicate core skills in a competitive situation.	<ul style="list-style-type: none">>To develop underarm throwing towards a target.>To develop throwing for accuracy.>To develop underarm and overarm throwing at a target.>To develop throwing for accuracy and distance using underarm and overarm.>To select the correct throw for the target.>To develop throwing for accuracy and distance.	<ul style="list-style-type: none">>To follow instructions and work with others.>To co-operate and communicate in a small group to solve challenges.>To create a plan with a group to solve the challenges.>To develop communication effectively and creatively solving problems.>To use teamwork skills to work as a group to solve problems.>To work with a group to copy and create a basic map.	<ul style="list-style-type: none">>To roll a ball towards a target.>To track and receive a rolling ball.>To send and receive a ball with your feet.>To develop catching skills.>To develop throwing and catching skills.>To send and receive a ball using a racket.	<ul style="list-style-type: none">>To understand what being in possession means and support a teammate to do this.>To understand that scoring goals is an attacking skill and to explore ways to do this.>To understand that stopping goals is a defending skill and explore ways to do this.>To explore how to gain possession.>To mark an opponent and understand that this is a defending skill.>To apply simple tactics for attacking and defending.	<ul style="list-style-type: none">>To track a rolling ball and collect it.>To develop underarm throwing and catching to field a ball.>To develop overarm throwing to limit a batter's score.>To develop hitting for distance to score more points.>To be able to get a better out.>To understand the rules of the game and use these to play fairly.
Year 4	Unit	Basketball	Hockey	Dance	Tennis	Cricket	Athletics
	Lesson Content	<ul style="list-style-type: none">>To develop the attacking skill of dribbling.>To protect the ball when dribbling against an opponent.>To develop passing and begin to recognise when to use different skills.>To use defending skills to delay an opponent and gain possession.>To develop technique in the attacking skill of shooting.>To apply skills and knowledge to compete in a tournament.	<ul style="list-style-type: none">>To develop sending and receiving the ball with accuracy and control.>To develop the attacking skill of dribbling.>To develop dribbling to beat a defender.>To use defending skills to delay an opponent and gain possession.>To apply attacking skills to move towards goal and find space.>To apply skills and knowledge to compete in a tournament.	<ul style="list-style-type: none">>To create actions in response to a stimulus and move in time with a partner.>To create actions to move in contact with a partner or interact with a partner.>To select and link appropriate actions and dynamics to show our dance idea.>To remember, repeat and create actions that represent an idea.>To share ideas of actions and dynamics to create a dance that shows a location.>To use choreographing ideas to develop our dance.	<ul style="list-style-type: none">>To develop racket and ball control.>To explore returning a ball using a forehand and understand when to use it.>To explore returning the ball using a backhand.>To learn how to score and use simple rules.>To work co-operatively with others to begin to manage a game.	<ul style="list-style-type: none">>To develop overarm and underarm throwing and apply these to a striking and fielding game.>To develop bowling technique and learn the rules of the skill within this game.>To develop batting technique and understand where to hit the ball.>To develop fielding techniques and apply them to game situations.>To play different roles in a game and begin to think tactically about each role.>To apply skills and knowledge to compete in a tournament.	<ul style="list-style-type: none">>To develop the sprinting technique and improve on your personal best.>To develop changing technique in relay events.>To develop jumping technique in a range of approaches and take off positions.>To develop throwing for distance and accuracy.>To develop throwing for distance in a pull throw.>To develop officiating and performing skills.
Year 5	Unit	Football	Fundamentals	Ball skills	Multi sports	OAA	Rounders
	Lesson Content	<ul style="list-style-type: none">>To develop the attacking skill of dribbling.>To develop changing direction and speed when dribbling.>To develop passing and begin to recognise when to use different skills.>To apply attacking skills to move towards a goal.>To use defending skills to delay an opponent and gain possession.>To apply skills and knowledge to compete in a tournament.	<ul style="list-style-type: none">>To develop balancing and understand the importance of this skill.>To develop technique when running at different speeds.>To develop agility using a change of speed and direction.>To develop technique and control when jumping, hopping and landing.>To develop skipping with a rope.>To apply fundamental skills to a variety of challenges.	<ul style="list-style-type: none">>To develop tracking and collecting skills.>To develop confidence and accuracy when tracking a ball.>To develop dribbling skills with hands and feet.>To develop catching skills using one and two hands.>To explore and develop a variety of throwing techniques.>To use tracking and sending skills with feet.	<ul style="list-style-type: none">>To be introduced to a new sport>To understand and perform basic techniques>To apply the rules and skills against opposition	<ul style="list-style-type: none">>To develop co-operation and teamwork skills.>To develop trust and teamwork.>To involve all team members to work towards a shared goal.>To develop trust whilst listening to others and following instructions.>To be able to identify objects, draw and follow a simple map.>To draw a route using directions, orientate a map and navigate around a grid.	<ul style="list-style-type: none">>To develop overarm and underarm throwing and apply these to a striking and fielding game.>To develop bowling and learn the rules of the skill within this game.>To develop batting technique and understand where to hit the ball.>To develop fielding techniques and apply them to game situations.>To play different roles in a game and begin to think tactically about each role.>To apply skills and knowledge to compete in a tournament.
Year 6	Unit	Tag rugby	Hockey	Basketball	Tennis	Cricket	Athletics
	Lesson Content	<ul style="list-style-type: none">>To develop throwing, catching and running with the ball.>To develop an understanding of how to defend using tagging rules.>To begin to use the 'forward pass' and 'offside' rule.>To develop movement skills to dodge a defender.>To track an opposing team's skills you have learnt and play in a tag rugby tournament.	<ul style="list-style-type: none">>To develop sending and receiving the ball with accuracy and control.>To develop the attacking skill of dribbling.>To develop dribbling to beat a defender.>To use defending skills to delay an opponent and gain possession.>To apply attacking skills to move towards goal and find space.>To apply skills and knowledge to compete in a tournament.	<ul style="list-style-type: none">>To develop the attacking skill of dribbling.>To protect the ball when dribbling against an opponent.>To develop passing and begin to recognise when to use different skills.>To use defending skills to delay an opponent and gain possession.>To develop technique in the attacking skill of shooting.>To apply skills and knowledge to compete in a tournament.	<ul style="list-style-type: none">>To develop racket and ball control.>To develop returning the ball using a forehand and understand when to use it.>To develop the backhand and understand when to use it.>To keep a continuous rally going showing increased technique.>To use and apply rules and simple tactics.>To understand and use rules to manage a game.	<ul style="list-style-type: none">>To develop overarm and underarm throwing and apply these to a striking and fielding game.>To develop bowling technique and learn the rules of the skill within this game.>To develop batting technique and understand where to hit the ball.>To develop fielding techniques and apply them to game situations.>To play different roles in a game and begin to think tactically about each role.>To apply skills and knowledge to compete in a tournament.	<ul style="list-style-type: none">>To develop stamina and an understanding of speed and pace in relation to distance.>To develop power and speed in the sprinting technique.>To develop technique when jumping for distance.>To develop power and technique when throwing for distance.>To develop a pull throw for distance and accuracy.>To develop officiating and performing skills.
Year 6	Unit	Netball	Ball skills	Gymnastics	Multi sports	Swimming	Swimming
	Lesson Content	<ul style="list-style-type: none">>To develop passing and moving and play within the footwork rule.>To use a variety of passes to move towards a goal.>To develop movement skills to lose a defender.>To defend an opponent and try to win the ball.>To develop the shooting action.>To apply skills and knowledge to play games using netball rules.	<ul style="list-style-type: none">>To develop tracking and collecting skills.>To develop confidence and accuracy when tracking a ball.>To develop dribbling skills with hands and feet.>To develop catching skills using one and two hands.>To explore and develop a variety of throwing techniques.>To use tracking and sending skills with feet.	<ul style="list-style-type: none">>To develop individual and partner balances.>To develop the straight, barrel, forward and straddle roll.>To link actions that flow using the rolls I have learnt.>To develop strength in inverted movements.>To create a great partner sequence to include the skills I have learnt and apparatus.	<ul style="list-style-type: none">>To be introduced to a new sport>To understand and perform basic techniques>To apply the rules and skills against opposition	<ul style="list-style-type: none">>To develop an understanding of buoyancy and balance in the water.>To develop independent movement and submersion.>To develop gliding and crawl legs.>To develop front crawl breathing.>To develop front crawl, sculling and treading water.>To develop water safety skills and an understanding of personal survival.	<ul style="list-style-type: none">>To develop surface dives, submersion and handstands.>To develop head above water breaststroke technique.>To develop head above water backstroke technique.>To develop basic skills in water safety and floating.>To learn techniques for personal survival.>To develop water safety skills and an understanding of personal survival.
Year 6	Unit	Basketball	Netball	Dance	Tennis	Cricket	Athletics
	Lesson Content	<ul style="list-style-type: none">>To dribble with control under pressure.>To move into and create space to support a teammate.>To choose when to pass and when to dribble.>To use the appropriate defensive technique for the situation.>To develop shooting technique and make decisions about when to pass, dribble or shoot.>To apply principles, rules and tactics to a tournament.	<ul style="list-style-type: none">>To develop passing and moving to maintain possession.>To use a variety of attacking skills to lose a defender.>To move into and create space to support a teammate.>To use defending skills to gain possession.>To develop accuracy in the shooting action under pressure.>To use and apply skills, principles and tactics to a game situation.	<ul style="list-style-type: none">>To create a dance using a random structure and perform the actions showing quality and control.>To understand how changing dynamics changes the appearance of the performance.>To understand and use relationships and space to change how a performance looks.>To copy and repeat movements in the style of rock 'n' roll.>To work with a partner to copy and repeat actions in time with the music.>To work collaboratively with a group to choreograph a dance in the style of Rock 'n' Roll.	<ul style="list-style-type: none">>To return the ball using a forehand groundstroke under pressure.>To return the ball using a backhand groundstroke under pressure.>To use a variety of shots to keep a continuous rally going.>To develop the underarm serve and understand the rules of serving.>To develop the volley and understand when to use it.>To apply rules, skills and principles to play against an opponent.	<ul style="list-style-type: none">>To develop overarm and underarm throwing and apply these to a striking and fielding game.>To develop bowling under pressure whilst abiding by the rules of the game.>To strike a bowled ball with increasing consistency.>To develop fielding techniques and select the appropriate action for the situation.>To understand and apply tactics in a game.>To apply skills and knowledge to compete in a tournament.	<ul style="list-style-type: none">>To understand pace and apply different speeds over varying distances.>To develop fluency and co-ordination when running for speed.>To develop technique in relay changes.>To build momentum and power in the triple jump.>To develop throwing with force for longer distances.>To develop throwing with greater control and technique.
Year 6	Unit	Football	Hockey	Swimming	Swimming	OAA	Rounders
	Lesson Content	<ul style="list-style-type: none">>To maintain possession when dribbling.>To dribble with control under pressure.>To select the appropriate skill, choosing when to pass and when to dribble.>To move into and create space to support a teammate.>To use the appropriate defensive technique for the situation.>To apply rules, skills and principles to play in a tournament.	<ul style="list-style-type: none">>To develop dribbling to beat a defender.>To send and receive the ball with control under pressure.>To select the appropriate skill, choosing when to pass and when to dribble.>To move into and create space to support a teammate.>To use the appropriate defensive technique for the situation.>To apply rules, skills and principles to play in a tournament.	<ul style="list-style-type: none">>To develop gliding, front crawl and backstroke.>To develop counter balance and counter tension.>To develop the dolphin kick.>To learn techniques for personal survival.>To develop water safety skills and an understanding of personal survival.>To identify fastest strokes and personal bests.	<ul style="list-style-type: none">>To be introduced to a new sport>To understand and perform basic techniques>To apply the rules and skills against opposition	<ul style="list-style-type: none">>To develop communication and negotiation skills.>To develop strong communication and negotiation skills to solve challenges.>To develop planning and problem solving skills.>To share ideas and work as a team to solve problems.>To develop navigation skills and map reading.>To use a key to identify objects and locations.	<ul style="list-style-type: none">>To develop throwing and catching under pressure and apply these to a striking and fielding game.>To develop bowling under pressure whilst abiding by the rules of the game.>To strike a bowled ball with increasing consistency.>To develop fielding techniques and select the appropriate action for the situation.>To understand and apply tactics in a game.>To apply skills and knowledge to compete in a tournament.
Year 6	Unit	Tag rugby	Hockey	Basketball	Tennis	Cricket	Athletics
	Lesson Content	<ul style="list-style-type: none">>To select the appropriate skill, choosing when to run and when to pass.>To move into space to support a teammate abiding by the rules.>To use defending skills to gain possession.>To work as a defending unit to prevent attackers from scoring.>To use a variety of attacking skills to beat a defender.>To apply rules, skills and tactics learnt to play in a tag rugby tournament.	<ul style="list-style-type: none">>To develop dribbling to beat a defender.>To send and receive the ball with control under pressure.>To select the appropriate skill, choosing when to pass and when to dribble.>To move into and create space to support a teammate.>To use the appropriate defensive technique for the situation.>To apply rules, skills and principles to play in a tournament.	<ul style="list-style-type: none">>To dribble with control under pressure.>To move into and create space to support a teammate.>To choose when to pass and when to dribble.>To use the appropriate defensive technique for the situation.>To develop shooting technique and make decisions about when to pass, dribble or shoot.>To apply principles, rules and tactics to a tournament.	<ul style="list-style-type: none">>To develop placement of the ball using a forehand.>To return the ball using a backhand groundstroke.>To develop the volley and understand when to use it.>To employ tactics when playing with a partner.>To develop accuracy and consistency using the underarm serve.>To apply rules, skills and principles to play against an opponent.	<ul style="list-style-type: none">>To develop throwing and catching under pressure and apply these to a striking and fielding game.>To develop bowling under pressure whilst abiding by the rules of the game.>To strike a bowled ball with increasing consistency.>To develop fielding techniques and select the appropriate action for the situation.>To understand and apply tactics in a game.>To apply skills and knowledge to compete in a tournament.	<ul style="list-style-type: none">>To develop my own and others sprinting technique for the event.>To develop power, control and technique for the triple jump.>To develop power, control and technique when throwing for distance.>To develop throwing with force and accuracy for longer distances.>To work collaboratively in a team to develop the officiating skills of measuring, timing and recording.