

P.E Overview with NC 2014 Objectives in bold and underlined with NC 2000 cross references (Italics) attached.

Year Group	Autumn	Spring	Summer
1	<p>Gymnastics 1&2</p> <ul style="list-style-type: none"> - <u>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</u> <p><i>8.a, 8.b, 8.c, 8.d, 1.b, 3.b, 4.a, 4.b, 2.a, 3.c</i></p> <p>Games</p> <ul style="list-style-type: none"> - <u>Participate in team games, developing simple tactics for attacking and defending.</u> - <u>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</u> <p><i>1.a, 1.b, 2.a, 2.c 3.a, 3.b 4.a, 4.b, 7.a, 7.b, 7.c</i></p>	<p>Dance 1&2</p> <ul style="list-style-type: none"> - <u>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</u> - <u>Perform dances using simple movement patterns.</u> <p><i>1.b, 2.a, 3.a, 3.b, 3.c, 6.a, 6.b, 6.c, 6.d</i></p> <p>Gymnastics</p> <ul style="list-style-type: none"> - <u>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</u> <p><i>1.b, 2.a, 2.b, 3.a, 3.b, 3.c 8.a, 8.c, 8.d</i></p>	<p>Games 1&2 (Rounders for 2)</p> <ul style="list-style-type: none"> - <u>Participate in team games, developing simple tactics for attacking and defending.</u> - <u>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</u> <p><i>1.b, 2.a, 2.c 3.a, 3.b, 3.c 4.a, 4.b 7.a, 7.b, 7.c</i></p> <p>Gym</p> <ul style="list-style-type: none"> - <u>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</u> <p><i>3.a, 3.b, 3.c 4.b, 8.b, 8.c, 8.d,</i></p>

Games

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
- Participate in team games, developing simple tactics for attacking and defending.

1.a, 1.b,

2.a, 2.c

3.a, 3.b

4.a, 4.b,

7.a, 7.b, 7.c

Games

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
- Participate in team games, developing simple tactics for attacking and defending.

1.a, 1.b,

2.a, 2.c

3.a, 3.b

4.a, 4.b,

7.a, 7.b, 7.c

Dance

- Perform dances using simple movement patterns.

2.a, 2.b,

3.a, 3.b, 3.c,

6.a, 6.c, 6.d,

<p>2</p>	<p>Gymnastics 1&2</p> <ul style="list-style-type: none"> - <u>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</u> <p>1.a, 2.a, 8.a, 8.c, 8.d</p> <p>Games</p> <ul style="list-style-type: none"> - <u>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</u> - <u>Participate in team games, developing simple tactics for attacking and defending.</u> <p>1.a, 1.b, 2.a, 2.b, 7.a, 7.b, 7.c</p> <p>Dance</p> <p><u>Perform dances using simple movement patterns.</u></p> <p>1.b 2.a, 3.a, 3.b, 3.c 4.b, 6.a, 6.b, 6.c, 6.d,</p>	<p>Dance 1&2</p> <p><u>Perform dances using simple movement patterns.</u></p> <p>1.b, 2.a 3.a, 3.b, 3.c 4.b 6.a, 6.b, 6.c, 6.d</p> <p>Gymnastics</p> <ul style="list-style-type: none"> - <u>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</u> <p>1.a, 1.b, 2.a, 3.a, 3.b, 3.c 8.a, 8.b, 8.c, 8.d</p> <p>Games</p> <ul style="list-style-type: none"> - <u>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</u> - <u>Participate in team games, developing simple tactics for attacking and defending.</u> <p>1.b, 2.a, 2.c, 4.a, 7.a, 7.c</p>	<p>Games 1&2</p> <ul style="list-style-type: none"> - <u>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</u> - <u>Participate in team games, developing simple tactics for attacking and defending.</u> <p>1.a, 1.b, 7.a, 7.b, 7.c</p> <p>Dance</p> <p><u>Perform dances using simple movement patterns.</u></p> <p>1.b, 2.a, 3.a, 3.b, 3.c 6.a, 6.b, 6.c, 6.d</p> <p>Gymnastics</p> <ul style="list-style-type: none"> - <u>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</u> <p>3.a, 3.b, 3.c, 4.b, 8.b, 8.c, 8.d</p>
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<p>3</p>	<p>Gymnastics</p> <ul style="list-style-type: none"> - <u>Develop flexibility, strength, technique, control and balance.</u> - <u>Compare their performances with previous ones and demonstrate improvement to achieve their personal best</u> - <u>Use running, jumping, throwing and catching in isolation and in combination.</u> <p>1.a, 1.b, 2.a, 2.b, 2.c, 3.a, 3.b, 3.c, 4.a, 4.b, 8.a</p> <p>Games – Netball</p> <ul style="list-style-type: none"> - <u>Use running, jumping, throwing and catching in isolation and in combination.</u> - <u>Play competitive games modified where appropriate and apply basic principles suitable for attacking and defending.</u> - <u>Compare their performances with previous ones and demonstrate an improvement to achieve their personal best.</u> <p>1.a, 1.b, 2.a, 2.b, 2.c, 3.a, 3.b 5.b, 7.a, 7.b</p>	<p>Gymnastics</p> <ul style="list-style-type: none"> - <u>Develop flexibility, strength, technique, control and balance.</u> - <u>Compare their performances with previous ones and demonstrate improvement to achieve their personal best</u> - <u>Use running, jumping, throwing and catching in isolation and in combination.</u> <p>1.a, 1.b, 2.a, 2.b, 2.c, 3.a, 3.b, 3.c 4.a, 4.b 8.a</p> <p>Dance</p> <ul style="list-style-type: none"> - <u>Perform dances using a range of movement patterns.</u> - <u>Compare their performances with previous ones and demonstrate an improvement to achieve their personal best.</u> <p>1.a, 2.a, 2.b, 2.c 3.a, 3.b, 6.a, 6.b,</p>	<p>Athletics 1&2</p> <ul style="list-style-type: none"> - <u>Use running, jumping, throwing and catching in isolation and in combination.</u> - <u>Develop flexibility, strength, technique, control and balance.</u> - <u>Compare their performances with previous ones and demonstrate improvement to achieve their personal best</u> <p>1.a, 1.b, 3.a, 4.b, 10.a, 10.b,</p> <p>Outdoor & Adventure</p> <ul style="list-style-type: none"> - <u>Take part in outdoor and adventurous activity challenges both individually and within a team.</u> - <u>Compare their performances with previous ones and demonstrate an improvement to achieve their personal best.</u> <p>1.a, 1.b, 11.a, 11.b, 11.c,</p>
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Dance

- Perform dances using a range of movement patterns.
- Compare their performances with previous ones and demonstrate an improvement to achieve their personal best.

1.a,

2.a, 2.b, 2.c,

3.a, 3.b,

6.a

Games – Tennis

- Use running, jumping, throwing and catching in isolation and in combination.
- Play competitive games modified where appropriate and apply basic principles suitable for attacking and defending.
- Compare their performances with previous ones and demonstrate an improvement to achieve their personal best.

1.a, 1.b,

2.a, 2.b, 2.c,

3.a, 3.b,

5.b, 5.c

7.a, 7.c,

8.a, 8.b

Games – Basketball

- Use running, jumping, throwing and catching in isolation and in combination.
- Play competitive games modified where appropriate and apply basic principles suitable for attacking and defending.
- Compare their performances with previous ones and demonstrate an improvement to achieve their personal best.

1.a, 1.b,

2.a, 2.b, 2.c,

3.a, 3.b,

4.a, 4.b, 4.c

5.b, 7.b, 7.c, 8.a, 8.b

Rounders

- Use running, jumping, throwing and catching in isolation and in combination.
- Play competitive games modified where appropriate and apply basic principles suitable for attacking and defending.
- Compare their performances with previous ones and demonstrate an improvement to achieve their personal best.

1.a, 1.b,

3.a, 3.b,

4.a, 4.b, 4.c, 4.d

7.a, 7.b, 7.c

<p>4</p>	<p>Swimming</p> <ul style="list-style-type: none"> - <u>Swim competently, confidently and proficiently over a distance of at least 25m.</u> - <u>Use a range of strokes effectively</u> - <u>Perform safe self rescue in different water-based situations.</u> <p><i>9.a, 9.b, 9.c, 9.d</i></p> <p>Games</p> <ul style="list-style-type: none"> - <u>Use running, jumping, throwing and catching in isolation and in combination.</u> - <u>Play competitive games modified where appropriate and apply basic principles suitable for attacking and defending.</u> - <u>Compare their performances with previous ones and demonstrate an improvement to achieve their personal best.</u> <p><i>1.a, 1.b, 2.a, 2.b, 5.b, 7.a, 7.b, 7.c,</i></p>	<p>Swimming</p> <ul style="list-style-type: none"> - <u>Swim competently, confidently and proficiently over a distance of at least 25m.</u> - <u>Use a range of strokes effectively</u> - <u>Perform safe self rescue in different water-based situations.</u> <p><i>9.a, 9.b, 9.c, 9.d</i></p> <p>Gymnastics</p> <ul style="list-style-type: none"> - <u>Develop flexibility, strength, technique, control and balance.</u> - <u>Compare their performances with previous ones and demonstrate improvement to achieve their personal best</u> - <u>Use running, jumping, throwing and catching in isolation and in combination.</u> <p><i>1.a, 1.b, 2.a, 2.b, 2.c, 3.a, 3.b, 3.c, 4.a, 4.b, 8.a,</i></p>	<p>Swimming</p> <ul style="list-style-type: none"> - <u>Swim competently, confidently and proficiently over a distance of at least 25m.</u> - <u>Use a range of strokes effectively</u> - <u>Perform safe self rescue in different water-based situations.</u> <p><i>9.a, 9.b, 9.c, 9.d</i></p> <p>Outdoor & Adventure</p> <ul style="list-style-type: none"> - <u>Take part in outdoor and adventurous activity challenges both individually and within a team.</u> - <u>Compare their performances with previous ones and demonstrate an improvement to achieve their personal best.</u> <p><i>1.a, 1.b, 11.a, 11.b, 11.c,</i></p>
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Dance

- Perform dances using a range of movement patterns.
- Compare their performances with previous ones and demonstrate an improvement to achieve their personal best.

1.a, 1.b,

2.a, 2.b, 2.c,

4.a, 4.b,

6.a, 6.b,

Games

- Use running, jumping, throwing and catching in isolation and in combination.
- Play competitive games modified where appropriate and apply basic principles suitable for attacking and defending.
- Compare their performances with previous ones and demonstrate an improvement to achieve their personal best.

1.a, 1.b,

2.a, 2.b, 2.c,

3.a, 3.b,

5.b,

7.a, 7.b, 7.c

8.a

Athletics

- Use running, jumping, throwing and catching in isolation and in combination.
- Develop flexibility, strength, technique, control and balance.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best

1.a, 1.b,

3.a,

4.a, 4.b,

10.a, 10.b, 10.c

Rounders

- Use running, jumping, throwing and catching in isolation and in combination.
- Play competitive games modified where appropriate and apply basic principles suitable for attacking and defending.
- Compare their performances with previous ones and demonstrate an improvement to achieve their personal best.

1.a, 1.b,

3.a, 3.b,

4.a, 4.b, 4.c, 4.d

7.a, 7.b, 7.c

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Games – Football

- Use running, jumping, throwing and catching in isolation and in combination.
- Play competitive games modified where appropriate and apply basic principles suitable for attacking and defending.
- Compare their performances with previous ones and demonstrate an improvement to achieve their personal best.

1a, 1b

2a, 2b, 2c

3a, 3b

4a, 4b, 4c, 4d

7a, 7b, 7c

Games – Hockey

- Use running, jumping, throwing and catching in isolation and in combination.
- Play competitive games modified where appropriate and apply basic principles suitable for attacking and defending.
- Compare their performances with previous ones and demonstrate an improvement to achieve their personal best.

1a, 1b

Dance

- Perform dances using a range of movement patterns.
- Compare their performances with previous ones and demonstrate an improvement to achieve their personal best.

1a, 1b

2a, 2b, 2c

3a, 3b

4a, 4b, 4c, 4d

6a, 6b

Gymnastics

- Develop flexibility, strength, technique, control and balance.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best
- Use running, jumping, throwing and catching in isolation and in combination.

1a, 1b

3a, 3b, 3c

4a, 4b

8a, 8b, 8c, 8d

Games - Cricket

- Use running, jumping, throwing and catching in isolation and in combination.
- Play competitive games modified where appropriate and apply basic principles suitable for attacking and defending.
- Compare their performances with previous ones and demonstrate an improvement to achieve their personal best.

1a, 1b

2a, 2b, 2c

3a, 3b, 3c

4a, 4b, 4c, 4d

Athletics

- Use running, jumping, throwing and catching in isolation and in combination.
- Develop flexibility, strength, technique, control and balance.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best

1.a, 1.b,

3.a,

4.a, 4.b,

10.a, 10.b, 10.c

	<p>2a, 2b, 2c 3a, 3b 4a, 4b, 4c, 4d 7a, 7b, 7c</p> <p>Dance</p> <ul style="list-style-type: none"> - <u>Perform dances using a range of movement patterns.</u> - <u>Compare their performances with previous ones and demonstrate an improvement to achieve their personal best.</u> <p>1a, 1b 2a, 2b, 2c 3a, 3b 4a, 4b, 4c, 4d 6a, 6b</p> <p>Gymnastics</p> <ul style="list-style-type: none"> - <u>Develop flexibility, strength, technique, control and balance.</u> - <u>Compare their performances with previous ones and demonstrate an improvement to achieve their personal best</u> - <u>Use running, jumping, throwing and catching in isolation and in combination.</u> <p>1a, 1b 3a, 3b, 3c 4a, 4b 8a, 8b, 8c, 8d</p>	<p>Gymnastics</p> <ul style="list-style-type: none"> - <u>Develop flexibility, strength, technique, control and balance.</u> - <u>Compare their performances with previous ones and demonstrate an improvement to achieve their personal best</u> - <u>Use running, jumping, throwing and catching in isolation and in combination.</u> <p>1a, 1b 3a, 3b, 3c 4a, 4b 8a, 8b, 8c, 8d</p> <p>Outdoor & Adventure</p> <ul style="list-style-type: none"> - <u>Take part in outdoor and adventurous activity challenges both individually and within a team.</u> - <u>Compare their performances with previous ones and demonstrate an improvement to achieve their personal best.</u> <p>3a, 3b 4a, 4b, 4c, 4d 1.a, 1.b, 11.a, 11.b, 11.c,</p>	<p>Games- Tennis</p> <ul style="list-style-type: none"> - <u>Use running, jumping, throwing and catching in isolation and in combination.</u> - <u>Play competitive games modified where appropriate and apply basic principles suitable for attacking and defending.</u> - <u>Compare their performances with previous ones and demonstrate an improvement to achieve their personal best.</u> <p>1a, 1b 2a, 2b, 2c 3a, 3b 4a, 4b, 4c, 4d</p>
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Games – Basketball

- Use running, jumping, throwing and catching in isolation and in combination.
- Play competitive games modified where appropriate and apply basic principles suitable for attacking and defending.
- Compare their performances with previous ones and demonstrate an improvement to achieve their personal best.

1b

2a, 2b, 2c

3a, 3b

4a, 4b, 4c, 4d

7a, 7b, 7c, 7d

Dance - Cheerleading

- Develop flexibility, strength, technique, control and balance.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best
- Use running, jumping, throwing and catching in isolation and in combination.

1a, 1b

2a, 2b, 2c

3a, 3b

Dance - Line

- Perform dances using a range of movement patterns.
- Compare their performances with previous ones and demonstrate an improvement to achieve their personal best.

1a, 1b

2a, 2b, 2c

3a, 3b

4a, 4b, 4c, 4d

6a, 6b

Games – Tennis

- Use running, jumping, throwing and catching in isolation and in combination.
- Play competitive games modified where appropriate and apply basic principles suitable for attacking and defending.
- Compare their performances with previous ones and demonstrate an improvement to achieve their personal best.

1a, 1b

2a, 2b, 2c

3a, 3b

4a, 4b, 4c, 4d

Games – Cricket

- Use running, jumping, throwing and catching in isolation and in combination.
- Play competitive games modified where appropriate and apply basic principles suitable for attacking and defending.
- Compare their performances with previous ones and demonstrate an improvement to achieve their personal best.

1a, 1b

2a, 2b, 2c

3a, 3b, 3c

4a, 4b, 4c, 4d

Outdoor & Adventure

- Take part in outdoor and adventurous activity challenges both individually and within a team.
- Compare their performances with previous ones and demonstrate an improvement to achieve their personal best.

3a, 3b

4a, 4b, 4c, 4d

1.a, 1.b,

11.a, 11.b, 11.c

	<p>4a, 4b, 4c, 4d 6a, 6b 8a, 8b Circuits</p> <ul style="list-style-type: none"> - <u>Use running, jumping, throwing and catching in isolation and in combination.</u> <p>1a, 1b 2c 3a, 3b 4a, 4b, 4c, 4d 10a, 10b, 10c</p> <p>Gymnastics</p> <ul style="list-style-type: none"> - <u>Develop flexibility, strength, technique, control and balance.</u> - <u>Compare their performances with previous ones and demonstrate improvement to achieve their personal best</u> - <u>Use running, jumping, throwing and catching in isolation and in combination.</u> <p>1a, 1b 3a, 3b, 3c 4a, 4b 8a, 8b, 8c, 8d</p>	<p>Gymnastics</p> <ul style="list-style-type: none"> - <u>Develop flexibility, strength, technique, control and balance.</u> - <u>Compare their performances with previous ones and demonstrate improvement to achieve their personal best</u> - <u>Use running, jumping, throwing and catching in isolation and in combination.</u> <p>1a, 1b 3a, 3b, 3c 4a, 4b 8a, 8b, 8c, 8d</p>	<p>Swimming</p> <ul style="list-style-type: none"> - <u>Swim competently, confidently and proficiently over a distance of at least 25m.</u> - <u>Use a range of strokes effectively</u> - <u>Perform safe self rescue in different water-based situations.</u> <p><i>9.a, 9.b, 9.c, 9.d</i></p> <p>Rounders</p> <ul style="list-style-type: none"> - <u>Use running, jumping, throwing and catching in isolation and in combination.</u> - <u>Play competitive games modified where appropriate and apply basic principles suitable for attacking and defending.</u> - <u>Compare their performances with previous ones and demonstrate an improvement to achieve their personal best.</u> <p><i>1.a, 1.b, 3.a, 3.b, 4.a, 4.b, 4.c, 4.d 7.a, 7.b, 7.c</i></p>
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