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

Year Group	Autumn	Spring	Summer
1	Gymnastics 1&2  - 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.  8.a, 8.b, 8.c, 8.d, 1.b, 3.b, 4.a, 4.b, 2.a, 3.c  Games 1 & 2 — Skills based and tennis  - Participate in team games, developing simple tactics for attacking and defending.  - 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.  1.a, 1.b, 2.a, 2.c 3.a, 3.b 4.a, 4.b,	Gymnastics  - 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.  1.b,  2.a, 2.b,  3.a, 3.b, 3.c  8.a, 8.c, 8.d  Games — Skills based and tennis  - 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 1 & 2 (skills based for 1 and Rounders for 2) and tennis  - Participate in team games, developing simple tactics for attacking and defending.  - 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.  1.b, 2.a, 2.c 3.a, 3.b, 3.c 4.a, 4.b 7.a, 7.b, 7.c

	7.a, 7.b, 7.c	Perform dances using simple movement patterns.  2.a, 2.b, 3.a, 3.b, 3.c, 6.a, 6.c, 6.d,	
2	Gymnastics 1&2  - 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.  1.a, 2.a, 8.a, 8.c, 8.d  Games — Skills based  - 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.b, 3.a, 3.b, 3.a, 3	Perform dances using simple movement patterns.  1.b,  2.a  3.a, 3.b, 3.c  4.b  6.a, 6.b, 6.c, 6.d   Gymnastics  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.  1.a, 1.b,  2.a,  3.a, 3.b, 3.c  8.a, 8.b, 8.c, 8.d  Games — skills based	Games 1&2  - 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, 7.a, 7.b, 7.c  Dance  Perform dances using simple movement patterns.  1.b, 2.a, 3.a, 3.b, 3.c 6.a, 6.b, 6.c, 6.d
	7.a, 7.b, 7.c	- Master basic movements including running, jumping, throwing and catching,	

#### Perform dances using simple movement patterns.

1.b

2.a.

3.a. 3.b. 3.c

4.b.

3

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

**Gymnastics** 

### **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.

1.a, 1.b,

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

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

Games - Netball

combination.

4.a, 4.b,

8.a

#### Dance

- Use running, jumping, throwing and
- Play competitive games modified where appropriate and apply basic principles suitable for attacking and

catching in isolation and in

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.b,

2.a, 2.c,

4.a,

7.a, 7.c

- 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.

1.a, 1.b,

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

3.a, 3.b, 3.c

4.a, 4.b

8.a

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

#### Athletics 1&2

- 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.b,

10.a, 10.b,

#### **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.

1.a. 1.b.

11.a, 11.b, 11.c,

#### 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

#### **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

#### 1.a,

2.a, 2.b, 2.c

3.a, 3.b,

6.a, 6.b,

#### **Games – Tennis**

- <u>Use running, jumping, throwing and</u> 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

#### **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

		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	
4			
	<ul> <li>Games - Netball         <ul> <li>Use running, jumping, throwing and catching in isolation and in combination.</li> <li>Play competitive games modified where appropriate and apply basic principles suitable for attacking and defending.</li> <li>Compare their performances with previous ones and demonstrate an improvement to achieve their personal best.</li> </ul> </li> </ul>	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.  1.a, 1.b, 2.a, 2.b, 2.c, 3.a, 3.b, 3.c,	<ul> <li>Outdoor &amp; Adventure         <ul> <li>Take part in outdoor and adventurous activity challenges both individually and within a team.</li> <li>Compare their performances with previous ones and demonstrate an improvement to achieve their personal best.</li> </ul> </li> <li>1.a, 1.b,         <ul> <li>11.a, 11.b, 11.c,</li> </ul> </li> </ul>
	1.a, 1.b, 2.a, 2.b, 5.b, 7.a, 7.b, 7.c,	4.a, 4.b, 8.a, Games – Football	Athletics  - Use running, jumping, throwing and catching in isolation and in combination.  - Develop flexibility, strength, technique,
	Games - Hockey  - Use running, jumping, throwing and catching in isolation and in combination.	<ul> <li>Use running, jumping, throwing and catching in isolation and in combination.</li> <li>Play competitive games modified where appropriate and apply basic principles</li> </ul>	control and balance.  Compare their performances with previous ones and demonstrate improvement to achieve their personal best

- 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

#### **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,

#### **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.

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,

5.b,

7.a, 7.b, 7.c,

#### **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,

5.b,

7.a, 7.b, 7.c,

1.a, 1.b, 3.a, 4.a, 4.b, 10.a, 10.b, 10.c

	1.a, 1.b,		
	11.a, 11.b, 11.c,		
5			
	Games – Football	Dance	Games – Cricket/rounders
	- Use running, jumping, throwing and	- Perform dances using a range of	- Use running, jumping, throwing and catching
	catching in isolation and in	movement patterns.	in isolation and in combination.
	combination.	- Compare their performances with	- Play competitive games modified where
	- Play competitive games modified	previous ones and demonstrate an	appropriate and apply basic principles
	where appropriate and apply basic	improvement to achieve their personal	suitable for attacking and defending.
	principles suitable for attacking and	<u>best.</u>	- Compare their performances with previous
	<u>defending.</u>	1a, 1b	ones and demonstrate an improvement to
	- Compare their performances with	2a, 2b, 2c	achieve their personal best.
	previous ones and demonstrate an	3a, 3b	
	improvement to achieve their	4a, 4b, 4c, 4d	1a, 1b
	personal best.	6a, 6b	2a, 2b, 2c
	1a, 1b		3a, 3b, 3c
	2a, 2b, 2c	Gymnastics	4a, 4b, 4c, 4d
	3a, 3b	· ·	
	4a, 4b, 4c, 4d	- Develop flexibility, strength, technique,	Athletics
	7a, 7b, 7c	control and balance.	
		- Compare their performances with	- Use running, jumping, throwing and catching
	Comes Hadrey	previous ones and demonstrate	in isolation and in combination.
	Games – Hockey	improvement to achieve their personal	<ul> <li>Develop flexibility, strength, technique,</li> </ul>
	- <u>Use running, jumping, throwing and</u>	<u>best</u>	control and balance.
	catching in isolation and in	<ul> <li>Use running, jumping, throwing and</li> </ul>	- Compare their performances with previous
	combination.	catching in isolation and in combination.	ones and demonstrate improvement to
	- Play competitive games modified	1a, 1b	achieve their personal best
	where appropriate and apply basic	3a, 3b, 3c	1.a, 1.b,
	principles suitable for attacking and	4a, 4b	3.a,
	defending.	8a, 8b, 8c, 8d	4.a, 4.b,
	- Compare their performances with		10.a, 10.b, 10.c
	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

#### **Dance**

- <u>Perform dances using a range of</u> 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

#### **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,

#### **Swimming**

- Swim competently, confidently and proficiently over a distance of at least 25m.
- Use a range of strokes effectively
- <u>Perform safe self rescue in different water-</u> based situations.

9.a, 9.b, 9.c, 9.d

#### **Games- Tennis**

- <u>Use running, jumping, throwing and catching</u> 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

	4a, 4b		
	8a, 8b, 8c, 8d		
6	Dance - Cheerleading - JP  - Develop flexibility, strength, technique, control and balance Compare their performances with previous ones and demonstrate improvement to achieve their personal best	Dance – Line Dancing  - 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	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.
	- Use running, jumping, throwing and catching in isolation and in combination.  1a, 1b 2a, 2b, 2c	2a, 2b, 2c 3a, 3b 4a, 4b, 4c, 4d 6a, 6b	1a, 1b 2a, 2b, 2c 3a, 3b, 3c 4a, 4b, 4c, 4d
	3a, 3b 4a, 4b, 4c, 4d 6a, 6b 8a, 8b  Circuits  - Use running, jumping, throwing and catching in isolation and in	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.	Outdoor & Adventure - PGL  - 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.
	combination.  1a, 1b  2c  3a, 3b  4a, 4b, 4c, 4d  10a, 10b, 10c	- 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 1.a, 1.b, 11.a, 11.b, 11.c
	Swimming	3a, 3b	Games - Basketball

- Swim competently, confidently and proficiently over a distance of at least 25m.
- Use a range of strokes effectively
- <u>Perform safe self rescue in different</u> water-based situations.

9.a, 9.b, 9.c, 9.d

4a, 4b, 4c, 4d

#### **Gymnastics** – JP

- 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

- 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