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	**Dance** - **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,* *7.a, 7.b, 7.c*	**Dance 1&2** **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** - **Master basic movements including running, jumping, throwing and catching,**	**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*	

	Dance **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,*	**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*	
3	**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,* *4.a, 4.b,* *8.a* **Games – Netball** - **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**	**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* *4.a, 4.b* *8.a* **Dance** - **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
- **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**

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	**Games - Netball** - **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,* **Games - Hockey** - **Use running, jumping, throwing and catching in isolation and in combination.**	**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,* *4.a, 4.b,* *8.a,* **Games – Football** - **Use running, jumping, throwing and catching in isolation and in combination.** - **Play competitive games modified where appropriate and apply basic principles**	**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,* **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**

	- 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** - **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**	**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/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.** 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*

improvement to achieve their personal best.
1a, 1b
2a, 2b, 2c
3a, 3b
4a, 4b, 4c, 4d
7a, 7b, 7c

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

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**
- **Perform safe self rescue in different water-based situations.**
9.a, 9.b, 9.c, 9.d

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

	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** - **Use running, jumping, throwing and catching in isolation and in combination.** 1a, 1b 2a, 2b, 2c 3a, 3b 4a, 4b, 4c, 4d 6a, 6b 8a, 8b **Circuits** - **Use running, jumping, throwing and catching in isolation and in combination.** 1a, 1b 2c 3a, 3b 4a, 4b, 4c, 4d 10a, 10b, 10c **Swimming**	**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 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	**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 - 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.** 3a, 3b 4a, 4b,4c, 4d *1.a, 1.b,* *11.a, 11.b, 11.c* **Games - Basketball**

	- **Swim competently, confidently and proficiently over a distance of at least 25m.** - **Use a range of strokes effectively** - **Perform safe self rescue in different 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