

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 1 & 2 – Skills based and tennis</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,</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 – Skills based and tennis</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><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>Games 1 & 2 (skills based for 1 and Rounders for 2) and tennis</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>

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

	<p>Dance <u>Perform dances using simple movement patterns.</u> 1.b 2.a, 3.a, 3.b, 3.c 4.b, 6.a, 6.b, 6.c, 6.d,</p>	<p><u>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> 1.b, 2.a, 2.c, 4.a, 7.a, 7.c</p>	
<p>3</p>	<p>Gymnastics - <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> 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 - <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</u></p>	<p>Gymnastics - <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> 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 - <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>	<p>Athletics 1&2 - <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> 1.a, 1.b, 3.a, 4.b, 10.a, 10.b,</p> <p>Outdoor & Adventure - <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> 1.a, 1.b, 11.a, 11.b, 11.c,</p>

	<p><u>defending.</u></p> <ul style="list-style-type: none"> - <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>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><u>1.a,</u> <u>2.a, 2.b, 2.c,</u> 3.a, 3.b, 6.a</p>	<p>1.a, 2.a, 2.b, 2.c 3.a, 3.b, 6.a, 6.b,</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>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</p> <p>Games – Basketball</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</u> 	<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>1.a, 1.b, 3.a, 3.b, 4.a, 4.b, 4.c, 4.d 7.a, 7.b, 7.c</p>
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		<p><u>previous ones and demonstrate an improvement to achieve their personal best.</u></p> <p>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</p>	
4	<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, 5.b, 7.a, 7.b, 7.c,</p> <p>Games - Hockey</p> <ul style="list-style-type: none"> - <u>Use running, jumping, throwing and catching in isolation and in combination.</u> 	<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 – Football</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</u> 	<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> <p>Athletics</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>

	<ul style="list-style-type: none"> - <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, 7.c</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, 1.b, 2.a, 2.b, 2.c, 4.a, 4.b, 6.a, 6.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><u>suitable for attacking and defending.</u></p> <ul style="list-style-type: none"> - <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, 5.b, 7.a, 7.b, 7.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>1.a, 1.b, 2.a, 2.b, 5.b, 7.a, 7.b, 7.c,</p>	<p>1.a, 1.b, 3.a, 4.a, 4.b, 10.a, 10.b, 10.c</p>
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	1.a, 1.b, 11.a, 11.b, 11.c,		
5	<p>Games – Football</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 7a, 7b, 7c</p> <p>Games – Hockey</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</u> 	<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 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>Games – Cricket/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>1a, 1b 2a, 2b, 2c 3a, 3b, 3c 4a, 4b, 4c, 4d</p> <p>Athletics</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.a, 4.b, 10.a, 10.b, 10.c</p>

	<p><u>improvement to achieve their personal best.</u></p> <p>1a, 1b 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 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</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>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>9.a, 9.b, 9.c, 9.d</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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	4a, 4b 8a, 8b, 8c, 8d		
6	<p>Dance - Cheerleading - JP</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 2a, 2b, 2c 3a, 3b 4a, 4b, 4c, 4d 6a, 6b 8a, 8b</p> <p>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>Swimming</p>	<p>Dance – Line Dancing</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>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</p>	<p>Games – Cricket</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, 3c 4a, 4b, 4c, 4d</p> <p>Outdoor & Adventure - PGL</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 - Basketball</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>4a, 4b, 4c, 4d</p> <p>Gymnastics – JP</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>	<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>1b 2a, 2b, 2c 3a, 3b 4a, 4b, 4c, 4d 7a, 7b, 7c, 7d</p>
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