



# St. Lawrence Primary School

## PE Curriculum Overview



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<b>Attack, defend, shoot Unit 1</b>  Practice basic movements including running and jumping  Begin to engage in competitive activities  Experience opportunities to improve ABCs  Skills:  Hit a target  Defend a target  Roll and slide balls and beanbags  Shoot in a game to get points  Work with a partner to score points  Use our attacking and defending skills in a game	<b>Attack, defend, shoot Unit 2</b>  Recognise rules and apply them  Use and apply simple strategies for invasion games  Preparing for and explaining the reasons why we enjoy exercise  Skills:  Find our pulse on our wrists  Move side to side to defend a goal  Bounce a ball with control to ourselves  Aim at different targets  Adapt to a game with changing rules  Play in the best defensive position in a game	<b>Hit, Catch and Run Unit 1</b>  Able to hit object with hand or bat  Track and retrieve a rolling ball  Throw and catch a variety of balls and objects  Skills:  Select a space to throw or roll a ball into  Track and collect a rolling ball  Catch a ball to stop an opponent from scoring  Use our hands to hit a ball  Run between bases to score points  Work as a team to score points	<b>Hit, Catch and Run Unit 2</b>  Develop sending and receiving skills to benefit fielding as a team  Distinguish between the roles of batters and fielders Introduce the concept of simple tactics  Skills: Catch a ball over a short distance  Begin to hit a ball with power  Position ourselves in the path of a ball  Field a ball to a base  Catch a high ball  Stop other teams from scoring points	<b>Run, Jump, Throw - Unit 1</b>  Begin to link running and jumping  Learn and refine a range of running  Develop throwing techniques to throw over longer distances  Skills:  Start and stop moving at speed  Use our arms when running at different speeds  Take off on two feet to jump at distance  Use the correct technique to throw different objects for distance  Show improvement in our throwing  Take part in a competition using running, jumping and throwing	<b>Run, Jump, Throw - Unit 2</b>  Increase stamina and core strength  Work collaboratively on more complex tasks  Work to improve strength, Balance agility and coordination  Skills:  Use agile movements in different activities  Different ways to recognise the start and end of an activity (eg whistle)  Develop stamina when running  Develop core strength when throwing  Stride and jump for height  Choose the best starting position for running quickly

*Our Mission: 'To develop responsible, independent individuals who love learning and have the knowledge and attitudes to be successful in an ever changing world'.*



# St. Lawrence Primary School

## PE Curriculum Overview



Year 1	Gymnastics Unit 1	Dance Unit 1	Dance Unit 2	Circuit Training	Send and Return Unit 1	Send and Return Unit 2
	Develop confidence in fundamental movements	Respond to a range of stimuli and types of music	Build simple movement patterns from given actions	To keep moving during the 1 minute windows	Send an object with increased confidence using hand or bat	Develop sending skills with a variety of balls
	Experience jumping, sliding, rolling, moving over and under apparatus	Explore space, direction, levels and speeds and perform with different body parts	Compose and link actions to make simple movement phrases	To raise heart rate	Move towards a moving ball to return	Track, intercept and stop a variety of objects
	Develop coordination and gross motor skills	Skills:	Skills:	To work consistently across each activity	Sending and returning a variety of balls	Select and apply skills to beat the opposition
	Skills	Show moods and feelings we would experience in the jungle	Perform actions to well known nursery rhymes	Show determination to keep moving even when tired	Skills:	Skills:
	Move safely		March in time to the neat and turn while marching	Skills:	Slide a beanbag to a target	Send the ball over a net to our partner
	Take off and land on two feet	Move as if we were living in the jungle	March in time as a group	Undertake coordination activity	Hit a ball in different ways with out hands	Track and stop a moving object using both hands
	Balance and move balls and beanbags	Create and perform movements which show friendship	Perform actions in canon	Develop strength by performing a range of exercises	Move towards a ball to return it	Why different muscles are important when playing games
	Travel on mats and benches	Perform leading and following movements	Perform a short dance using canon		Work with a partner to stop and return a beanbag	Send balls accurately from different positions (e.g. kneeling or sitting)
	Copy and repeat actions	Perform a short dance with a clear start, middle and end	Perform in rounds in different groups	Accurately score rounds and reps	What a rally is and rallying with a partner	Spot space in the playing area and hit the ball there
	Perform simple shapes and balances	Use repeated actions in our dance		Challenge themselves to match or improve their score	To send a ball into space to make it harder for our opponent	Play a game with a partner
				Calculate the difference in their score to the previous session		

*Our Mission: 'To develop responsible, independent individuals who love learning and have the knowledge and attitudes to be successful in an ever changing world'.*



# St. Lawrence Primary School

## PE Curriculum Overview



Year 2	Hit, Catch, Run (Sports Bugs Autumn term)	Y2 Attack, Defend, Shoot	Gymnastics Y2 Unit 2	Run, Jump, Throw Unit 1	Run, Jump, Throw Y2 Unit 2	Attack, Defend, Shoot
	<p>Develop hitting skills with a variety of bats</p> <p>Practise feeding/bowling skills</p> <p>Hit and run to score points in games</p> <p>(Sports Bugs – Thursdays)</p> <p><b>Skills:</b></p> <p>Develop coordination skills for hitting.</p> <p>Using running skills to score points.</p> <p>Practice bowling for hit catch run games</p> <p>Increasing accuracy in hitting</p> <p>Mastering basic throwing skills in game situations.</p>	<p>Send a ball using feet and receive a ball using feet</p> <p>Refine ways to control bodies and a range of equipment</p> <p>Recall and link combinations of skills (e.g. dribbling and passing)</p> <p><b>Skills:</b></p> <p>To develop kicking skills.</p> <p>Receiving the ball with feet.</p> <p>To begin controlling the ball to apply to games.</p> <p>Introduce bouncing the balls to players in isolated and in-game scenarios.</p>	<p>Further develop confidence in fundamental movements</p> <p>Learn and refine a variety of shapes, jumps, balances and rolls</p> <p>Link simple balance, jump and travel actions</p> <p><b>Skills:</b></p> <p>To be able to perform a simple movement pattern using the floor and apparatus..</p> <p>To understand how our body works to help increase body control.</p> <p>To combine a number of shapes and perform with control.</p> <p>To work collaboratively with a partner and as part of a bigger group.</p>	<p>Throw and handle a variety of objects</p> <p>Develop power, agility, coordination and balance</p> <p>Negotiate obstacles, showing increased control</p> <p><b>Skills:</b></p> <p>Develop coordination skills for collecting.</p> <p>Develop agility and power.</p> <p>Develop core skills to participate in activities.</p> <p>Making choices about appropriate skills in different games.</p> <p>Developing quick feet for games.</p> <p>Practising static and dynamic balances.</p>	<p>Improve running and jumping movements over sustained periods</p> <p>Reflect on activities and make connections to healthy, active lifestyles</p> <p>Jump for distance and height</p> <p><b>Skills:</b></p> <p>Be physically active for a sustained period.</p> <p>Develop strength.</p> <p>Apply powerful throws in competitive activity.</p> <p>Physically active for sustained periods of time.</p> <p>Working cooperatively with others.</p> <p>Engage in competitive activities.</p>	<p>Select and apply a small range of simple tactics</p> <p>Recognise good qualities in self and others</p> <p>Work with others to build basic attacking play</p> <p><b>Skills:</b></p> <p>To develop kicking skills.</p> <p>Receiving the ball with feet.</p> <p>To begin controlling the ball to apply to games.</p> <p>Introduce bouncing the balls to players in isolated and in-game scenarios.</p> <p>Apply simple basketball skills (bouncing the ball) to a game.</p> <p>Be physically active for a sustained period in a competitive situation.</p>

*Our Mission: 'To develop responsible, independent individuals who love learning and have the knowledge and attitudes to be successful in an ever changing world'.*



# St. Lawrence Primary School

## PE Curriculum Overview



	Participate in simple team games in a variety of positions.	Apply simple basketball skills (bouncing the ball) to a game.  Be physically active for a sustained period in a competitive situation. Simple basketball skills (bouncing the ball) to a game.	To be able to use power to jump as far as possible with control.  To be able to use rhythm in a performance.			
Year 2	<b>Gymnastics Y2 Unit 1</b> Describe and explain how performers can transition and link elements  Perform basic actions with control at different speeds and levels  Develop flexibility in a range of shapes and balances  Skills:  To perform a simple movement pattern of at least four elements  To perform jumps with power and control  To be able to link different elements in a	<b>Dance Unit 1</b> Describe and explain how performers can transition from shapes and balances  Challenge themselves to move imaginatively, responding to music  Work as part of a group to create and perform  Skills: To use penguin images to inspire our dance  Show feelings of abandonment through dance  Create movements that show friendship between two characters  Create a solo dance with changes of direction and speed  Match our movements to music	<b>Dance Unit 2</b> Perform using more sophisticated formations as well as an individual  Use the stimuli to copy, repeat and create dance actions and motifs  Skills:  Develop a dance that shows different emotions  Dance with rhythm, following a clockwork pattern  Work on our own to create a short movement phrase  Watch, copy and repeat actions to create a motif  Perform our motif in different formations  Use different movement pathways in our dance	<b>Circuit Training</b>  To keep moving during the 1 minute windows  To raise heart rate  To work consistently across each activity  Show determination to keep moving even when tired  Skills:  Undertake coordination activity  Develop strength by performing a range of exercises  Accurately score rounds and reps	<b>Send and return Unit 1</b>  Be able to track the path of a ball over a net and move towards it  Begin to hit and return a ball with some consistency  Play modified net/wall games, throwing, catching and sending over a net  Skills:  Stay on our toes to move quickly to the ball  Identify which hand is dominant in a game  The basic rules of serving to our partner  To develop agility and use it in a game  Use the correct grip to hit a self fed ball  Use the ready position in a rally	<b>Hit, Catch, Run Y2 Unit 2</b>  Work on a variety of ways to score runs in the different hit, catch run games  Work in teams to field  Begin to play the role of wicket keeper or backstop  Skills:  Time out run around the bases to stay safe  To kick a ball into space using different parts of the foot  Respond to how a ball is being bowled when hitting  About the role of the wicketkeeper  About the role of the backstop and its likeness to the wicketkeeper

*Our Mission: 'To develop responsible, independent individuals who love learning and have the knowledge and attitudes to be successful in an ever changing world'.*



# St. Lawrence Primary School

## PE Curriculum Overview



	<p>simple movement pattern.</p> <p>To perform basic gymnastic actions showing various levels.</p> <p>To be able to travel at different speeds with control.</p> <p>To develop and perform a sequence to achieve the best mark possible from a judge.</p>	<p>Choose a formation for our dance and explain our choices</p>		<p>Challenge themselves to match or improve their score</p> <p>Calculate the difference in their score to the previous session</p>		<p>Bowl under arm in a game with accuracy</p>
Year 3	<p><u>Dance from a Musical (Matilda)</u></p> <p>Practice and put together a performance</p> <p>Perform using facial expressions</p> <p>Perform with a prop</p> <p>Skills:</p> <p>Perform a jazz square and use it in our dance</p> <p>Perform a dance showing two contrasting characters</p> <p>Develop movements using improvisation</p>	<p><u>Badminton</u></p> <p>Explore and use different shots with both the forehand and backhand</p> <p>Demonstrate different badminton skills</p> <p>Practise some trick shots in isolation</p> <p>Skills:</p> <p>Use an underarm forehand shot</p> <p>Hit an overhead clear</p> <p>Hit a backhand shot with control and accuracy</p>	<p><u>OAA</u></p> <p>Work with others to solve problems</p> <p>Describe their work and use different strategies to solve problems</p> <p>Lead others and be lead</p> <p>Differentiate between when a task is competitive and when it is collaborative</p> <p>Skills:</p> <p>Use clear communication</p> <p>Strength and flexibility to complete a task</p>	<p><u>Circuit Training</u></p> <p>To keep moving during the 1 minute windows</p> <p>To raise heart rate</p> <p>To work consistently across each activity</p> <p>Show determination to keep moving even when tired</p> <p>Skills:</p> <p>Undertake coordination activity</p>	<p><u>Cricket</u></p> <p>Apply cricket rules in a variety of styles of games</p> <p>Attempt a small range of recognised shots</p> <p>Use a range of tactics for attacking and defending in the role of bowler, batter and fielder</p> <p>Skills:</p> <p>Create pressure on a batter by using a ring field</p> <p>Track and catch a high ball consistently</p> <p>Perform a short pitch bowl to get a batter to hit a ball in the air</p>	<p><u>Athletics</u></p> <p>Control movement in response to instructions</p> <p>Demonstrate agility and speed</p> <p>Jump for height and distance</p> <p>Throw with speed and power and apply appropriate force</p> <p>Skills:</p> <p>Jumping and hopping sequences</p> <p>Run at different speeds</p> <p>Approach and jump hurdles</p> <p>Throw a javelin using the pull throw technique</p> <p>A variety of skipping techniques</p>

*Our Mission: 'To develop responsible, independent individuals who love learning and have the knowledge and attitudes to be successful in an ever changing world'.*



# St. Lawrence Primary School

## PE Curriculum Overview



	<p>Use props in our dance sequence</p> <p>Use facial expressions to bring life and emotion to our dance</p> <p>Take on the role of director to help others improve their dance</p>	<p>Trick shots and interesting ways of hitting the shuttle</p> <p>Work collaboratively to score points in different scenarios</p> <p>Use forehand and backhand shots in a singles game</p>	<p>Work with others to complete map reading tasks</p> <p>Draw and create a clear route on a map for others to follow</p> <p>Work with others and identify what went well and what we could do to improve</p> <p>Use the outside of the foot to control the ball and dribble</p> <p>Safely take part in trust based activities</p>	<p>Develop strength by performing a range of exercises</p> <p>Accurately score rounds and reps</p> <p>Challenge themselves to match or improve their score</p> <p>Calculate the difference in their score to the previous session</p>	<p>Work in a pair to restrict runs scored when fielding</p> <p>Play an on drive</p> <p>Set an attacking field</p>	<p>Keep score accurately over a range of events</p>
Year 3	<p><u>Football</u></p> <p>Able to show basic control skills</p> <p>Send the ball with some accuracy to maintain possession and build attacking play</p> <p>Implement the basic rules of football</p> <p>Skills:</p> <p>Use the insode of the foot to pass the ball</p> <p>Trap a ball that is moving along the ground with control</p>	<p><u>Handball</u></p> <p>Able to show basic passing and catching skills</p> <p>Learn basic defensive techniques</p> <p>Implement the rules of handball</p> <p>Skills:</p> <p>Use the ready position to catch effectively</p> <p>Perform accurate passes in different situations</p> <p>Move the ball using the three step rule</p>	<p><u>Tag Rugby</u></p> <p>Handle a rugby ball with confidence</p> <p>Evade attackers using footwork and body control</p> <p>Link skills to perform as a team in attack</p> <p>Use basic game principles of tag ruby and play within similar rules</p> <p>Skills</p> <p>Use speed to run past defenders</p> <p>Use a short pass in a game</p>	<p><u>Basketball</u></p> <p>Use strength, agility and coordination when defending</p> <p>Increase power and strength of passes, moving the ball accurately in a variety of situations</p> <p>Select and apply a range of tactics and techniques to play with consistency</p> <p>Skills:</p> <p>Use blocking to stop an opponent from shooting</p> <p>Front pivot (and use this in a game)</p>	<p><u>Tennis</u></p> <p>Identify and describe some rules of tennis</p> <p>Serve to begin game and explore forehand and backhand hitting</p> <p>Skills:</p> <p>Use the ready position to return a ball</p> <p>Hit the ball to different parts of the court using a forehand and backhand hit</p> <p>Perform an underarm serve to start a rally</p> <p>Move towards a ball to return it over a net</p>	<p><u>Rounders</u></p> <p>Develop a range of skills in a competitive context</p> <p>Choose and use a range of simple tactics in isolation and a game context</p> <p>Identify different roles in rounders</p> <p>Skills:</p> <p>Hit the ball in different directions</p> <p>Run between the posts and avoid getting stumped out</p> <p>Intercept the ball using one hand</p> <p>Underarm bowl abiding the rules of bowling</p>

*Our Mission: 'To develop responsible, independent individuals who love learning and have the knowledge and attitudes to be successful in an ever changing world'.*





# St. Lawrence Primary School

## PE Curriculum Overview



	<p>Pass the ball accurately into spaces over short distances</p> <p>Identify and move into space to receive the ball</p> <p>Use the outside of the foot to control the ball and dribble</p> <p>Cushion the ball when receiving</p>	<p>Prevent the ball from being passed by blocking and intercepting</p> <p>Use quick, effective passes to attack as a team</p> <p>Develop accurate passing and move into space in a game</p>	<p>Use agility to evade being tagged</p> <p>Understand and apply the tag protocol in game situations</p> <p>Close down an attacker's space as a defender</p> <p>Perform a backward pass to continue an attack</p>	<p>Use a forward pass and wing play to build an attack as a team</p> <p>Perform a one-handed push pass under pressure</p> <p>Create space using the 'box out' technique to recover rebounds</p> <p>Catch the ball under pressure into the triple threat position</p>	<p>Play cooperatively with a partner to keep the ball moving over the net</p> <p>Perform forehand and backhand hits to score points in a competition (inter school tournament at Caesarean)</p>	<p>Play the role of backstop in a small game</p> <p>Rounders scoring system and using it in a game</p>
Year 4	<p><b><u>Bollywood Dance</u></b></p> <p>Identify and repeat the movement patterns and actions of a chosen dance style.</p> <p>Compose a dance that reflects the chosen dance style.</p> <p>Confidently improvise with a partner or on their own.</p> <p>Compose longer dance sequences in a small group.</p> <p>(MTP needs to be updated to have these learning intentions in</p> <p>Skills:</p> <p>Demonstrate precision and some control in response to stimuli.</p>	<p><b><u>Gymnastics</u></b></p> <p>To perform a using a change of speed and direction.</p> <p>Work collaboratively to perform with a partner and in a small group.</p> <p>To perform actions taking weight on hands.</p> <p>Work collaboratively to perform compositional ideas.</p> <p>To be able to refine and improve performance</p> <p>To perform a group sequence/To judge a group sequence.</p>	<p><b><u>Gymnastics</u></b></p> <p>To create a sequence linking travelling and balancing.</p> <p>To develop a broader range of gymnastic actions.</p> <p>To identify and strengthen the core muscles.</p> <p>To perform basic actions with good body control and tension.</p> <p>Skills:</p> <p>Perform a weighted bunny hop showing control and balance</p> <p>An arabesque balance and over the shoulder roll</p>	<p><b><u>Circuit Training</u></b></p> <p>To keep moving during the 1 minute windows</p> <p>To raise heart rate</p> <p>To work consistently across each activity</p> <p>Show determination to keep moving even when tired</p> <p><b><u>Skills:</u></b></p> <p>Undertake coordination activity</p> <p>Develop strength by performing a range of exercises</p>	<p><b><u>Swimming</u></b></p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>Perform basic survival and rescue skills in pool based situations</p> <p>Keep themselves safe and understand the potential dangers of Jersey's beaches.</p>	<p><b><u>Swimming</u></b></p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>Perform basic survival and rescue skills in pool based situations</p> <p>Keep themselves safe and understand the potential dangers of Jersey's beaches.</p>

*Our Mission: 'To develop responsible, independent individuals who love learning and have the knowledge and attitudes to be successful in an ever changing world'.*



# St. Lawrence Primary School

## PE Curriculum Overview



<p>Begin to vary dynamics and develop actions and motifs in response to stimuli.</p> <p>Demonstrate rhythm and spatial awareness.</p> <p>Change parts of a dance as a result of self-evaluation.</p> <p>Use simple dance vocabulary when comparing and improving work.</p> <p>Perform:</p> <p>Perform and create sequences with fluency and expression.</p> <p>Perform and apply skills and techniques with control and accuracy.</p> <p><b>Evaluate:</b> Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.</p> <p>Modify their use of skills or techniques to achieve a better result.</p>	<p><b>Skills:</b></p> <p>Perform a six element sequence that uses changes in speed and direction</p> <p>Use the STEP principle to create and perform a partner sequence</p> <p>Take weight on our hands, showing control</p> <p>Develop a sequence using compositional ideas (e.g. changing speed)</p> <p>Cooperate as a group to refine a short sequence</p> <p>Compare and judge sequences</p>	<p>Identify and engage core muscles for stability</p> <p>Smoothly transition from a front support to a side support</p> <p>Perform a shoulder stand with control</p> <p>Compare all elements of this unit, showing smooth transitions</p>	<p>Accurately score rounds and reps</p> <p>Challenge themselves to match or improve their score</p> <p>Calculate the difference in their score to the previous session</p>		
--	--	---	--	--	--

*Our Mission: 'To develop responsible, independent individuals who love learning and have the knowledge and attitudes to be successful in an ever changing world'.*





# St. Lawrence Primary School

## PE Curriculum Overview



Year 4	<u>Tag Rugby</u>	<u>Football</u>	<u>Netball</u>	<u>Basketball</u>	<u>Hockey</u>	<u>Athletics</u>
	Use running, throwing and catching in isolation and combination	Introduce some defensive skills	Introduce high five netball positions	Increase confidence and selection of basic skills such as: dribbling, throwing and shooting	Consistently perform basic Hockey skills such as dribbling and push passes	Investigate ways of performing running, jumping and throwing activities
	Develop flexibility and strength and attacking tactics	Dribble in different directions using different parts of their feet	Acquire an apply basic shooting techniques	Develop a range of ball handling skills	Implement the basic rules of Hockey	Use a variety of equipment to measure time and compare different styles of runs, jumps and throws.
	Develop attacking skills Use running, throwing and catching in combination	Passing for distance	Demonstrate and implement some basic rules of high five	Use footwork skills in a game situation and explore basic marking	Develop tactics and apply them in competitive situations	Skills:
	Develop basic throwing and catching techniques	Evaluating skills to aid improvement	Develop Netball skills such as marking and footwork	Skills:	Increase speed and endurance during game play	Challenge ourselves in running, jumping and throwing tasks
	Develop strength in game scenarios	Skills: Run onto the ball to receive it	Introduce the concept of preliminary moves	Apply pressure on an attacker to force a mistake Change direction quickly using a crossover dribble Use man to man marking to stop the ball handler	Perform a push pass with accuracy Perform a straight dribble to maintain possession	Accelerate over short distances
	Develop attacking skills Comparing themselves to others	Explore front and goal side marking techniques	Skills:	Use man to man marking to stop the ball handler	Use reverse stick to control a ball on the far side of your body	Run and jump using one footed take off
	Skills:	Perform a standing tackle	Protect the ball once we have caught it	Perform a bounce pass to outwit an opponent	Use a slap pass to send the ball over longer distances	Use a sling action to throw a discus
	To use accurate passes to create an attack as a team	Dispossess an attacker	Use basic shooting techniques in a game	Perform a jump shot	Turn to keep the ball under control	Run on a curve and exchange a baton in our team
	To pick the ball up from the floor and run with it to start an attack	Dribble showing good control	1:1 marking	Perform passing and moving with a teammate	Move into space	Apply the skills we have developed in a competitive way
	To keep possession of the ball and build an attack	Progress forward	Pivot once we have caught the ball		Develop new skills in competitive situations and look to improve	
		Pass and receive th ball over long distances	Use quick feet			
		Perform passing and moving with a team mate	Use preliminary moves			

*Our Mission: 'To develop responsible, independent individuals who love learning and have the knowledge and attitudes to be successful in an ever changing world'.*



# St. Lawrence Primary School

## PE Curriculum Overview



	<p>To evade being tagged</p> <p>To use changes of speed to create gaps to run in to</p> <p>To create attacking opportunities in competitive games</p>					
Year 5	<p><b>Gymnastics</b></p> <p>Work collaboratively with a partner to perform.</p> <p>Compare performance with previous performances.</p> <p>Develop flexibility, balance, strength and control.</p> <p>Skills:</p> <p>Select ways of improving technique.</p> <p>Show increasing proficiency in symmetrical and asymmetrical balances, shapes and travels.</p> <p>Become confident and competent performing counter balances.</p>	<p><b>Badminton</b></p> <p>Play competitively against others and work together with others.</p> <p>Work hard to challenge self to improve the consistency of shots including newly learnt shots.</p> <p>Implement basic tactics in gameplay including court movement techniques.</p> <p>Skills:</p> <p>Play with and against others for sustained periods of time.</p> <p>Work to improve range of service.</p> <p>Play a modified doubles game cooperatively with a partner.</p>	<p><b>Fencing</b></p> <p>To develop agility</p> <p>To develop balance</p> <p>To develop sequence</p> <p>To develop coordination, reaction time, concentration and cooperation.</p> <p>Skills:</p> <p>On Guard stance</p> <p>Fencing Steps</p> <p>Footwork Legs only</p> <p>The Lunge arms only</p> <p>Full Lunge and recover fast and balanced</p> <p>Lunge and hit, foil bent slightly</p> <p>Signal to recover (tap foil)</p>	<p><b>Circuit Training</b></p> <p>To keep moving during the 1 minute windows</p> <p>To raise heart rate</p> <p>To work consistently across each activity</p> <p>Show determination to keep moving even when tired</p> <p><b>Skills:</b></p> <p>Undertake coordination activity</p> <p>Develop strength by performing a range of exercises</p> <p>Accurately score rounds and reps</p>	<p><b>Dance from a Musical</b></p> <p>(Macavity from Cats – same as spoken poem)</p> <p>Identify and repeat the movement patterns and actions of a chosen dance style.</p> <p>Compose individual, partner and group dances that reflect the chosen dance style.</p> <p>Show a change of pace and timing in their movements.</p> <p>Develop an awareness of their use of space.</p> <p>Skills:</p> <p>Demonstrate imagination and creativity in the movements they devise in response to stimuli.</p> <p>Use transitions to link motifs smoothly together.</p>	<p><b>Gymnastics</b></p> <p>Apply a range of complex actions to make a sequence.</p> <p>Make improvements in own performance from feedback.</p> <p>Demonstrate an understanding of how to improve strength and flexibility in starter activity.</p> <p>Skills:</p> <p>To improve own technique of round off and link to a balance.</p> <p>To apply a range of more complex actions to create a sequence.</p>

*Our Mission: 'To develop responsible, independent individuals who love learning and have the knowledge and attitudes to be successful in an ever changing world'.*



# St. Lawrence Primary School



## PE Curriculum Overview

	Collaborate to develop sequences in small groups.	Play with agility and quick feet.  Implement badminton shots into games.		Challenge themselves to match or improve their score  Calculate the difference in their score to the previous session	<p>Improvise with confidence, still demonstrating fluency across the sequence.</p> <p>Ensure their actions fit the rhythm of the music.</p> <p>Perform:</p> <p>Perform own longer, more complex sequences in time to music.</p> <p>Consistently perform and apply skills and techniques with accuracy and control.</p> <p>Modify parts of a sequence as a result of self and peer evaluation.</p> <p>Use more complex dance vocabulary to compare and improve work.</p> <p>Evaluate:</p> <p>Choose and use criteria to evaluate own and others' performances.</p> <p>Explain why they have used particular skills or techniques, and the effect they have had on their performance.</p>	
--	---	--	--	---	---	--

*Our Mission: 'To develop responsible, independent individuals who love learning and have the knowledge and attitudes to be successful in an ever changing world'.*



# St. Lawrence Primary School

## PE Curriculum Overview



Year 5	<b>Swimming</b>  Swim competently, confidently and proficiently over a distance of at least 25 metres  Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]  Perform basic survival and rescue skills in pool based situations  Keep themselves safe and understand the potential dangers of Jersey's beaches.	<b>Swimming</b>  Swim competently, confidently and proficiently over a distance of at least 25 metres  Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]  Perform basic survival and rescue skills in pool based situations  Keep themselves safe and understand the potential dangers of Jersey's beaches.	<b>Netball</b>  Play in competitive games developing strength and technique.  Able to recognise where improvements could be made in their work.  Select and combine more complex skills in game situations.  Skills:  Attacking and defensive roles.  Finding and using space in gameplay.  Dodging skills.  Pivoting.  Two-handed shooting.  Play in competitive and modified games using netball skills.	<b>Football</b>  Play in competitive games developing strength and technique.  Able to recognise where improvements could be made in their work.  Select and combine more complex skills in game situations  Skills:  Play in attacking and defensive roles.  Finding and using space in gameplay.  Play effectively in a variety of positions And formations on the pitch  Relate a greater number of defence and attack tactics to gameplay  Performing movements at speed	<b>Athletics</b>  Compete against self and others developing simple technique  Master basic movements including running, throwing and jumping  Work collaboratively and individually to improve self and others  Skills:  Master basic movements to run effectively over a longer distance  Apply effective jumping techniques for distance  Master basic technique or push throw	<b>Rounders</b>  Play in competitive games developing power, flexibility and cardiovascular endurance.  Recognise where improvements could be made  Select and combine more skills in game situations  <b>Skills:</b>  Catching, throwing and running used in a competitive game  Playing competitive games using catching in combination  Use defending and attacking tactics in a competitive game  Using running, throwing and catching in combination  Comparing performances to other teams and themselves and showing how to improve their runs scored
	<b>Dance (Barn Dance)</b>  Identify and repeat the movement patterns and	<b>Badminton (or Padel subject to availability of coach)</b>  Play competitively against others and work	<b>Gymnastics</b>  Compare performance with previous performances and demonstrate	<b>Circuit Training</b>  To keep moving during the 1 minute windows	<b>Athletics</b>  Compete developing fluency in skills and techniques	<b>Orienteering and outdoor adventures</b>  Make improvements in own performance from feedback

*Our Mission: 'To develop responsible, independent individuals who love learning and have the knowledge and attitudes to be successful in an ever changing world'.*



# St. Lawrence Primary School

## PE Curriculum Overview



actions of a chosen dance style.	together with others in gameplay.	improvement to achieve personal best	To raise heart rate	individually and as part of a team	<b>Skills:</b>
Compose individual, partner and group dances that reflect the chosen dance style.	Work hard to challenge self to improve consistency of shots including newly learnt shots.	Work collaboratively with a partner and in small groups to perform	To work consistently across each activity	Work in collaboration to apply strategies for maximising speed and distance	Use increasingly sophisticated problem-solving skills
Use dramatic expression in dance movements and motifs.	Implement basic tactics in gameplay and score games using appropriate scoring system.	Selecting equipment to create sequences in small groups	Show determination to keep moving even when tired	Compare and contrast team and individual performances across a range of activities	Working collaboratively to solve problems
Perform with confidence, using a range of movement patterns.	<b>Skills:</b>	<b>Skills:</b>	<b>Skills:</b>	<b>Skills:</b>	Build stamina and endurance
Demonstrate strong and controlled movements throughout a dance sequence.	Drop shots in isolation	Introduce stag leap	Undertake coordination activity	Sprinting and relay	Refining and improving performance
Combine flexibility, techniques and movements to create a fluent sequence.	Build on previously taught badminton skills (smash, serve, forehand, backhand, court dimensions, rules and scoring) and apply these to game situations	Develop flexibility, balance, strength, and control	Develop strength by performing a range of exercises	Developing fluency in skills and techniques to improve the distance of different throws.	Compare performance with previous performances
Move appropriately and with the required style in relation to the stimulus, e.g. using various levels, ways of travelling and motifs.		Developing dismount skills from varying heights	Accurately score rounds and reps	Work collaboratively to develop, compete and teach athletic events.	Achieve their personal best
			Challenge themselves to match or improve their score	Work in collaboration to apply strategies for maximising speed and distance across runs, jumps and throws.	Working together to create solutions
			Calculate the difference in their score to the previous session		Refine and adapt ideas

*Our Mission: 'To develop responsible, independent individuals who love learning and have the knowledge and attitudes to be successful in an ever changing world'.*



# St. Lawrence Primary School

## PE Curriculum Overview



<p>Show a change of pace and timing in their movements.</p> <p>Move rhythmically and accurately in dance sequences.</p> <p>Improvise with confidence, still demonstrating fluency across their sequence.</p> <p>Dance with fluency and control, linking all movements and ensuring that transitions flow.</p> <p>Demonstrate consistent precision when performing dance sequences.</p> <p>Modify some elements of a sequence as a result of self and peer evaluation.</p> <p>Use complex dance vocabulary to compare and improve work.</p> <p>Perform:</p> <p>Link actions to create a complex sequence using</p>					
---	--	--	--	--	--

*Our Mission: 'To develop responsible, independent individuals who love learning and have the knowledge and attitudes to be successful in an ever changing world'.*





# St. Lawrence Primary School

## PE Curriculum Overview



	<p>a full range of movement.</p> <p>Perform the sequence in time to music.</p> <p>Perform and apply a variety of skills and techniques confidently, consistently and with precision.</p> <p>Evaluate:</p> <p>Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements</p>					
Year 6	<b><u>Handball</u></b>	<b><u>Football</u></b>	<b><u>Dance</u></b>	<b><u>Netball</u></b>	<b><u>Tennis (Cricket subject to availability of coach)</u></b>	<b><u>Rounders</u></b>

*Our Mission: 'To develop responsible, independent individuals who love learning and have the knowledge and attitudes to be successful in an ever changing world'.*



# St. Lawrence Primary School

## PE Curriculum Overview



<p>Play in competitive games developing fluency in skills and techniques</p> <p>Work in collaboration to play using different tactics</p> <p>Compare the team's performance against others</p> <p><b><u>Skills:</u></b></p> <p>Score in game situations</p> <p>Attacking/defending</p> <p>Dribbling and space finding</p> <p><b>AT LEVEL 2 RIDERS:</b></p> <p>Cycle safely and responsibly</p> <p>Identify and respond to hazards</p> <p>Start and stop on-road journeys</p> <p>Maintain suitable riding positions</p> <p>Share the road with others and communicate with other road users</p>	<p>Play in competitive games developing fluency in skills and techniques</p> <p>Work in collaboration to play in different formations</p> <p>Compare team performance against other team performances</p> <p><b><u>Skills:</u></b></p> <p>Defensive techniques in partner and game work</p> <p>Attacking/drill/skill</p>	<p><b><u>American live and creative dance</u></b></p> <p>Identify and repeat the movement patterns and actions of a chosen dance style.</p> <p>Compose individual, partner and group dances that reflect the chosen dance style.</p> <p>Use dramatic expression in dance movements and motifs.</p> <p>Perform with confidence, using a range of movement patterns.</p> <p><b>Skills:</b></p> <p>Demonstrate strong and controlled movements throughout a dance sequence.</p> <p>Combine flexibility, techniques and movements to create a fluent sequence.</p> <p>Move appropriately and with the required style in relation to the stimulus, e.g. using various levels,</p>		<p>Play competitively against others and work together with others in gameplay</p> <p>Work hard to challenge self to improve the consistency of shots including newly learnt shots</p> <p>Implement basic tactics in gameplay and score games using an appropriate scoring system</p> <p><b><u>Skills:</u></b></p> <p>Playing with and against others in competitive games</p> <p>Attacking and defending</p> <p>Playing with and against others in competitive games (for sustained periods)</p>	<p>Play in competitive games developing fluency in skills and techniques</p> <p>Work in collaboration to apply defensive and attacking tactics</p> <p>Compare team performance against other team performances</p> <p><b><u>Skills:</u></b></p> <p>Catching, throwing and running used in a competitive game</p> <p>Playing competitive games using catching in combination</p> <p>Use defending and attacking tactics in a competitive game</p> <p>Using running, throwing and catching in combination</p> <p>Comparing performances to other teams and themselves and showing how to improve their runs scored</p>
--	--	--	--	---	--

*Our Mission: 'To develop responsible, independent individuals who love learning and have the knowledge and attitudes to be successful in an ever changing world'.*



# St. Lawrence Primary School

## PE Curriculum Overview



	<p>Comply with signals, signs and road markings</p> <p>Manage risk when cycling</p> <p>Negotiate junctions (pass side roads, turn at T junctions, and crossroads and roundabouts if present).</p>		<p>ways of travelling and motifs.</p> <p>Show a change of pace and timing in their movements.</p> <p>Move rhythmically and accurately in dance sequences.</p> <p>Improvise with confidence, still demonstrating fluency across their sequence.</p> <p>Dance with fluency and control, linking all movements and ensuring that transitions flow.</p> <p>Demonstrate consistent precision when performing dance sequences.</p> <p>Modify some elements of a sequence as a result of self and peer evaluation.</p> <p>Use complex dance vocabulary to compare and improve work.</p> <p>Perform:</p>			
--	---	--	--	--	--	--

*Our Mission: 'To develop responsible, independent individuals who love learning and have the knowledge and attitudes to be successful in an ever changing world'.*



# St. Lawrence Primary School

## PE Curriculum Overview



			<p>Link actions to create a complex sequence using a full range of movement.</p> <p>Perform the sequence in time to music.</p> <p>Perform and apply a variety of skills and techniques confidently, consistently and with precision.</p> <p>Evaluate:</p> <p>Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements</p>			
--	--	--	---	--	--	--

*Our Mission: 'To develop responsible, independent individuals who love learning and have the knowledge and attitudes to be successful in an ever changing world'.*