

South Bank Primary
Physical Education Curriculum Plan

In all physical activity we are striving to succeed.
Strive – Understand - Cooperate – Challenge - Enjoy - Socialise – Succeed

	Term 1	Term 2	Term 3
KS1	To recognise when their heart rate, temperature and breathing rate have changed and begin to explain why. To begin to cooperate with others and participate in team games. To begin to strive to enjoy the social aspect of PE. To master basic movements – running, jumping throwing and catching.		
Year 1	Dance x2 Special awareness Changing Direction Body movements	Indoor Games x2 Throwing Catching	Gymnastics x2 Special awareness Stillness
Year 2	Indoor Games x2 Throwing and Catching Passing	Dance x2 Simple movement, patterns, repetition	Gymnastics x2 Working with partner Sequencing Coordination
			Gymnastics x2 Move parts of body
			Outdoor Games x2 Target games Throwing Catching
			Athletics x2 Run Jump
LKS2	To explain why their heart rate, temperature and breathing rate have changed during exercise. To cooperate with others, encouraging and evaluating performance suggesting improvements. To begin to understand failure is part of success and to persevere. To strive to enjoy the social aspect of PE. To begin to enjoy the competitive aspect and developing fairness and respect for others. To use running, throwing and catching in isolation and in combination. To develop flexibility and control in gymnastic, dance and athletics.		
Year 3	Invasion Games Tag Rugby Dance	Indoor Athletics Gymnastics	Net Games Dance
Year 4	Net Games Tag Rugby Gymnastics	Invasion Games Football Dance	Indoor Athletics Gymnastics
			Invasion Games Football Gymnastics
			Invasion Games Badminton Dance
			Net Games Tennis Swimming
			Outdoor Athletics Swimming
UKS2	To explain and apply basic safety principles when preparing for exercise. To describe what effects exercise has on their bodies and how it is valuable to their fitness and health. To cooperate with others, encouraging and evaluating performance suggesting improvements. To listen to comments, challenge themselves, modify and refine skills to improve own performance. To understand failure is part of success and to persevere. To apply basic principles to competitive games. To strive to enjoy the social and competitive aspect of PE with a fairness and respect for others		
Year 5	Indoor Athletics Net Games Badminton	Invasion Games Basket Ball Dance	Swimming Gymnastics
Year 6	Indoor Athletics Swimming	Dance Swimming	Invasion Games Netball Gymnastics
			Invasion Games Hockey Swimming
			Invasion Games x2 Kwik Cricket Tag Rugby
			OAA Outdoor Athletics
			Net Games Volley Ball Dance
			Invasion Games x2 Rounders Hockey
			OAA Outdoor Athletics