



Sandford Hill Primary School Curriculum Overview: P.E.

Thoughtfulness and Respect

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Move in different ways	Move in different ways	Move in different ways. Move like different animals.	Move in different ways. Animal boogie. Move like animals.	Move in different ways. Move like different mini beasts.	Sports Day Outdoor play
Vocabulary	<i>space, shuffle, slide, jump, hop, skip</i>	<i>space, shuffle, slide, jump, hop, skip</i>	<i>space, shuffle, slide, jump, hop, skip, animal</i>	<i>space, shuffle, slide, jump, hop, skip, animal</i>	<i>space, shuffle, slide, jump, hop, skip, mini-beast</i>	<i>sport, play, run, jump, throw, catch, fun</i>
Reception	Move in different ways. (Link to tag rugby)	Move in different ways. (Link to tag rugby)	Move in different ways. Gymnastics / Dance	Move in different ways / Gymnastics with equipment / Experiment – effects of exercise in humans.	Move in different ways / Gymnastics with equipment / Experiment – effects of exercise in humans. Balanceability - balance bikes training	Multi-skills Throwing, catching, bat and ball skills, kicking, team games (link to cricket) Balanceability - balance bikes training
Vocabulary	<i>space, jog, bend, speed, fast, slow, chase, race, direction</i>	<i>Moving in different ways - space, jog, bend, speed, fast, slow, chase, race, direction</i>	<i>Gymnastics – roll, sausage roll, hold, space, travel</i> <i>Moving in different ways - jog, run, jump, hop, skip,</i> <i>Dance - ballroom, waltz, forwards, backwards.</i>	<i>Gymnastics – roll, sausage roll, hold, space, travel</i> <i>Moving in different ways - jog, run, jump, hop, skip,</i> <i>Dance - ballroom, waltz, forwards, backwards.</i>	<i>Gymnastics - balance, equipment, bench, jumps, tuck, stretch</i> <i>Experiment - exercise, heartbeat, humans</i>	<i>Multi-skills – throw, catch, cricket, bat, ball, team</i>



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Year 1	Gymnastics / Dance	Dance / Team Games (including kicking and bouncing) Gymnastics	Swimming / Athletics with skipping (Sports Day preparations)
Vocabulary	<i>Dance – new learning - step, listen, follow, repeat</i> <i>Gymnastics – balance, roll, control, shape, jump, travel</i>	<i>Fifty Key Skills – throw, catch, hit, ball, hands, eyes</i> <i>Gymnastics – balance, roll, control, shape, jump, travel</i>	<i>Athletics – new learning - jump, run, skip, legs, arms, feet</i> <i>Cricket – new learning - bat, ball, strike, bowl, throw, catch</i>
Additional provision -	Scooters	Scooters	Scooters Learn To Ride – cycle training



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Year 2	Gymnastics / Fitzy Key Skills (link to tag rugby)	Dance / Team Games (including kicking and bouncing) Gymnastics	Swimming / Athletics with skipping Sports Day preparations
Vocabulary	<p><i>Gymnastics – same as previous year(s) plus: leap, scissor leap, arch, shape names e.g. pike, stepping</i></p> <p><i>Fitzy and tag rugby Key Skills – new learning - pass, receive, attack, score, try, tag</i></p>	<p><i>Dance – same as previous year(s) plus: movement, beat, music</i></p> <p><i>Team Games - receive, attack, score, goal, kick</i></p> <p><i>Gymnastics – same as previous year(s) plus: leap, scissor leap, arch, shape names e.g. pike, stepping</i></p>	<p><i>Athletics – same as previous year(s) plus: Sprint, long jump, distance</i></p> <p><i>Swimming – stroke, front crawl, back stroke</i></p>
Additional provision	Wake-Up, Shake-Up and Joe Wicks 5-minute workouts, scooters.	Wake-Up, Shake-Up and Joe Wicks 5-minute workouts, scooters.	Wake-Up, Shake-Up and Joe Wicks 5-minute workouts, scooters. Learn To Ride – cycle training



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Year 3	Tag Rugby / Swimming / Dance	Tag Rugby / Swimming / Dance	Football / Swimming / Dance	Football / Athletics / Gymnastics	Cricket / Athletics / Gymnastics	Cricket / Gymnastics
Vocabulary	<p>Tag Rugby - same as previous year(s) plus: space, tag belt, try line, pass backwards</p> <p>Swimming – same as previous year(s) plus: length, width, breast stroke</p> <p>Dance – same as previous year(s) plus: movement, footwork, stepping</p>	<p>Tag Rugby - same as previous year(s) plus: space, tag belt, try line, pass backwards</p> <p>Swimming – same as previous year(s) plus: length, width, breast stroke</p> <p>Dance – same as previous year(s) plus: movement, music, footwork, stepping</p>	<p>Football – pass, tackle, dribble, shoot, score</p> <p>Swimming – same as previous year(s) plus: length, width, breast stroke</p> <p>Dance – same as previous year(s) plus: movement, music, footwork, stepping</p>	<p>Football – pass, tackle, dribble, shoot, score</p> <p>Athletics – same as previous year(s) plus: javelin, technique, relay, baton</p> <p>Gymnastics – same as previous year(s) plus: straddle, pike, tuck, star, straight, teddy bear roll, back support</p>	<p>Cricket same as previous years plus: underarm, overarm, stumps, bails, fielding, batting</p> <p>Athletics – same as previous year(s) plus: lane, relay, baton, speed</p> <p>Gymnastics – same as previous year(s) plus: straddle, pike, tuck, star, straight, teddy bear roll, back support</p>	<p>Cricket same as previous years plus: underarm, overarm, stumps, bails, fielding, batting</p> <p>Gymnastics – same as previous year(s) plus: straddle, pike, tuck, star, straight, teddy bear roll, back support</p>
Additional provision	Scooters / Golden Mile	Scooters and Golden Mile	Scooters and fitness games	Scooters and Golden Mile	Scooters and Golden Mile Bikeability Level 1 – cycle training	Scooters and Golden Mile Bikeability Level 1 – cycle training



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Year 4	Tag Rugby / Dance	Tag Rugby / Dance	Gymnastics / Basketball / Swimming	Gymnastics / Swimming / Cricket (Staffordshire Cricket)	Athletics / Cricket	Athletics / Rounders
Vocabulary	<p>Tag Rugby- same as previous year(s) plus: offside line, defensive line, tactics, dodge</p> <p>Dance – Same as previous year(s) plus: timing, tempo, control</p>	<p>Tag Rugby- same as previous year(s) plus: offside line, defensive line, tactics, dodge</p> <p>Dance – Same as previous year(s) plus: timing, tempo, control</p>	<p>Gymnastics – same as previous year(s) plus: arabesque, rock ‘n’ roll, front support</p> <p>Basketball - catch, pass, hoop, shoot, attack, defend</p> <p>Swimming – same as previous year plus: technique, lifesaving, float</p>	<p>Gymnastics – same as previous year(s) plus: arabesque, rock ‘n’ roll, front support</p> <p>Swimming – same as previous year plus: technique, lifesaving, float</p> <p>Cricket - same as previous years plus: technique, boundary, tactics, runs</p>	<p>Athletics – same as previous year(s) plus: pace, pacing yourself, skip, technique, hurdle</p> <p>Cricket - same as previous years plus: technique, boundary, tactics, runs</p>	<p>Athletics – same as previous year(s) plus: pace, pacing yourself, skip, technique, hurdle</p> <p>Rounders (link to cricket) Same as previous cricket vocabulary plus: base, rounder,</p>
Additional provision	Scooters and Golden Mile	Scooters and Golden Mile	Scooters and fitness games	Scooters and fitness games	Scooters and fitness games Bikeability Level 2 – cycle training	Scooters and fitness games Bikeability Level 2 – cycle training



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Year 5	Tennis / Basketball / Swimming	Tennis / Basketball / Swimming / Dance	Hockey/ Swimming / Dance	Hockey / Gymnastics	Athletics / Gymnastics	Cricket (Staffordshire Cricket) / Gymnastics
Vocabulary	<p>Tennis – racket, ball, net, court, shot, forehand, backhand</p> <p>Basketball – same as previous year(s) plus: tactics, space, dribble, bounce pass, chest pass</p> <p>Swimming – same as previous year plus: endurance, distance, tread-water</p> <p>Dance (linked to Victorians) – same as previous year plus: travel, combination</p>	<p>Tennis – racket, ball, net, court, shot, forehand, backhand</p> <p>Basketball – same as previous year(s) plus: tactics, space, dribble, bounce pass, chest pass</p> <p>Swimming – same as previous year plus: endurance, distance, tread-water</p> <p>Dance (linked to Victorians) – same as previous year plus: travel, combination, co-ordination</p>	<p>Hockey – pass, receive, stick, intercept, block, technique, referee, officiate.</p> <p>Swimming – same as previous year plus: endurance, distance, tread-water</p> <p>Dance (linked to Victorians) – same as previous year plus: travel, combination, co-ordination</p>	<p>Hockey – pass, receive, stick, intercept, block, technique, referee, officiate.</p> <p>Gymnastics – same as previous year plus: egg roll, pencil roll, forwards roll, stork, shoulder needle</p>	<p>Athletics – same as previous year plus: triple jump, track, endurance</p> <p>Gymnastics – same as previous year plus: egg roll, pencil roll, forwards roll, stork, shoulder needle</p>	<p>Cricket - same as previous years plus: position, wicket (keeper), crease</p> <p>Gymnastics – same as previous year plus: egg roll, pencil roll, forwards roll, stork, shoulder needle</p>
Additional provision	Scooters and Golden Mile	Scooters and Golden Mile	Scooters and fitness games	Scooters and fitness games	Scooters and fitness games Bikeability Level 3 – cycle training	Scooters and fitness games Bikeability Level 3 – cycle training



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Year 6	Tag Rugby / Gymnastics	Tag Rugby / Gymnastics	Football / Gymnastics	Athletics/ Dance / Swimming	Athletics/ Cricket / Swimming / Dance	Cricket / Dance / Swimming
Vocabulary	<p><i>Tag Rugby- same as previous year(s) plus: spin pass, intercept, pace, agility</i></p> <p><i>Gymnastics – same as previous year(s) plus: Cat leap, stag leap, side-to-side roll, split leap, full spin with travel</i></p>	<p><i>Tag Rugby- same as previous year(s) plus: spin pass, intercept, pace, agility</i></p> <p><i>Gymnastics – same as previous year(s) plus: Cat leap, stag leap, side-to-side roll, split leap, full spin with travel</i></p>	<p><i>Football – pass, tackle, dribble, shoot, score, referee, official, pace, agility, tactics, space</i></p> <p><i>Gymnastics – same as previous year(s) plus: Cat leap, stag leap, side-to-side roll, split leap, full spin with travel</i></p>	<p><i>Athletics – same as previous year plus: tactic, leap, finishing technique</i></p> <p><i>Dance – same as previous year(s) plus: rhythm, beat, co-ordination</i></p> <p><i>Swimming – same as previous year plus: efficient stroke, dive, depth, carry, retrieve (e.g. brick)</i></p>	<p><i>Athletics – same as previous year plus: tactic, leap, finishing technique</i></p> <p><i>Cricket - same as previous years plus: seam, spin, pitch, length, defensive</i></p> <p><i>Swimming – same as previous year plus: efficient stroke, dive, depth, carry, retrieve (e.g. brick)</i></p> <p><i>Dance – same as previous year(s) plus: combination, choreography, improvising, rhythmic travel, co-ordination</i></p>	<p><i>Cricket - same as previous years plus: seam, spin, pitch, length, defensive</i></p> <p><i>Swimming – same as previous year plus: efficient stroke, dive, depth, carry, retrieve (e.g. brick)</i></p> <p><i>Dance – same as previous year(s) plus: combination, choreography, improvising, rhythmic travel, co-ordination</i></p>
Additional provision	Scooters / Golden Mile	Scooters / Golden Mile	Scooters / dodgeball	Scooters / fitness games	Scooters / fitness games Bikeability Level 3 – cycle training	Scooters / fitness games Bikeability Level 3 – cycle training



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Lessons will consist of a **warm-up, skill practice and application** of the taught skill in a game-based activity.

Warm-up vocabulary:

EYFS – stretch, stop injury, breathing, heart pumping, blood

KS1 – Same as EYFS plus: muscles, legs, arms, shoulders, oxygen

KS2 – Same as EYFS and KS1 plus: injury prevention, working muscles, carbon dioxide/oxygen exchange