

St Antony's Catholic Primary School  
**Physical Education** Curriculum Overview

**Subject content - Key stage 1**

Pupils should develop fundamental gross and motor skills, become progressively competent and confident, use transferable skills in a range of activities using movements e.g. agility, balance and coordination, individually and with peers. They should be able to engage in competition amongst others and be able to lead themselves and within a team.

Pupils will be taught to:

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities
- Participate in team games, developing simple tactics for attacking and defending
- Perform dances using simple movement patterns and sequencing.

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	Autumn 1	Autumn2	Spring 1	Spring 2	Summer 1	Summer 2
<b>R e c</b>	Gymnastics 1 Stretch Holding	Gymnastics 2 Jumping and Balancing	Dance Sequence movement Stop & Clap	Invasion Games Foxes and rabbits	Mini Olympics Free Running	Creative play Fun Games with Peers
	Games Target Bean Bags	Games Obstacles course Races	Games Musical statutes Animals-Mini beasts	Games Cones and dishes/ Rob the nest	Games Throwing at target Working as part of a team  Cone switch	Games Outdoor Adventure

	Autumn 1	Autumn2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Y e a r 1</b>	Throwing and catching Hot Potato	Gymnastics Balance & Coordination	Dance Animals-Mini beasts	Invasion Games Basketball dribbling with coordination	Athletics Going for Gold	Mini Games Group games and rules, understanding positioning
	Games Target Bean Bags	Games Obstacles course Races	Games Hit the Pin	Games Cones and dishes/ Rob the nest	Games Throwing at target Working as part of a team	Games Outdoor Adventure

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	<b>Autumn 1</b>	<b>Autumn2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Y e a r 2</b>	<b>Throwing and catching</b> Hot Potato	<b>Gymnastics</b> Balance & Coordination	Dance Anaerobics	<b>Invasion Games</b> Basketball dribbling with coordination	<b>Athletics</b> Going for Gold	<b>Mini Games</b> Group games and rules, understanding positioning
	<b>Games</b> Handball (Sending and Receiving)	<b>Games</b> Running, Jumping, Throwing	<b>Games</b> <b>Clap Catch</b>	<b>Games</b> Football (Ball Control & Striking)	<b>Games</b> Cone switch	<b>Athletic Games</b> Running, Jumping, Throwing

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**Subject content – KS2**

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.

They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounder's and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns, sequencing and fading
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best

**Swimming and water safety**

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be taught to:

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 safe self-rescue in different water-based situations.

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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 3</b>	<b>Badminton</b> Sending and Receiving Rallies	<b>Gymnastics</b> Body Control & Flexibility	<b>Dance</b> Leadership and synchronization	<b>Invasion Games</b> Attacking & Defending	<b>Tennis</b> Over the nets games	<b>Mini Games</b> Going for Gold
	<b>Games</b> Hockey Dribbling to invade	<b>Games</b> Football Dribbling and movement & Team work	<b>Games</b> Dance battle/Team routines	<b>Games</b> Handball Passing for possession & Team work	<b>Games</b> Basketball Shooting for hoops	<b>Games</b> Athletics sportshall events

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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Y e a r 4</b>	<b>Badminton</b> Accuracy & Rallies	<b>Gymnastics</b> Using of equipment	<b>Dance</b> Afrobeats stomp	<b>Invasion Games</b> Attacking & Defending	<b>Tennis</b> Returning	<b>Mini Games</b> Olympic Training
	<b>Games</b> Football (Passing, Movement & Teamwork)	<b>Games</b> Hockey Invasion in a team and ball skills	<b>Games</b> Dance battle/Team routines	<b>Games</b> Handball Passing & Moving	<b>Games</b> Basketball Shooting for hoops	<b>Games</b> Athletics sportshall events

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Y e a r 5</b>	<b>Badminton</b> Accuracy & Rallies	<b>Gymnastics</b> Body Control Sequence movement Flexibility	<b>Dance</b> Street Dance	<b>Invasion Games</b> Netball	<b>Cricket/Rounders</b> Exploring, Striking, Fielding	<b>Mini Games</b> Athletics sportshall events
	<b>Games</b> Dodgeball Hand skills	<b>Games</b> Football Shooting for Goal & Team work	<b>Games</b> Dance battle/Team routines	<b>Games</b> Handball Passing & Moving	<b>Games</b> Basketball Shooting for hoops	<b>Games</b> Olympics training

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	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Y e a r 6</b>	<b>Badminton</b> Net Games for Points	<b>Gymnastics</b> Cheerleading	<b>Dance</b> Street Dance Afrobeats	<b>Invasion Games</b> Netball Shooting & Moving	<b>Cricket/Rounders</b> Striking/Fielding Games - Residential visit	<b>Mini Games</b> Sports Hall Athletics
	<b>Games</b> Tag Rugby Ball Handling	<b>Games</b> Dodgeball Hand skills	<b>Games</b> Basketball (Passing & Moving	<b>Games</b> Football Shooting for Goal & Team work	<b>Games</b> Tennis Net Games for Points	<b>Games</b> Handball Passing for possession & Team work



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