

Our **Hawridge & Cholesbury** curriculum provides opportunities for our children to be;

Fascinated

Rounded

Eager to make a difference

Spiritual

Hold high aspirations



Learning through nature



Active learning



HAWRIDGE & CHOLESBURY CHURCH OF ENGLAND SCHOOL

PE Long Term Overview

Key

Game on Led Lessons

School Led Lessons

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
W	Exploring Activities <ul style="list-style-type: none"> Demonstrate confidence with different movements such as rolling, crawling, jumping, walking, running, hopping skipping and climbing. 	Gymnastics <ul style="list-style-type: none"> Jump and land safely Preform a tall and star shape. 	Dance <ul style="list-style-type: none"> Move at different speeds in time with music. Explain the term sequence and pattern. 	Team Games <ul style="list-style-type: none"> Take part in an activity as part of a team. Can follow a set of rules. 	Sports Day based Athletic Activities <ul style="list-style-type: none"> Run in a lane. Take turns effectively. 	Advanced fundamentals <ul style="list-style-type: none"> Show confidence when skipping, hopping and balancing. Show preference to a dominant hand.
	Multiskills	Multiskills	Gymnastics (multi)	Multiskills-games	Multiskills-games	Athletics Activities
Year 1	Basic Fundamentals <ul style="list-style-type: none"> Listen to and follow instructions Learn how to get dressed 	Gymnastics <ul style="list-style-type: none"> Develop coordination and balance Perform static 	Dance <ul style="list-style-type: none"> Learn and perform dances using simple movement 	Team Games <ul style="list-style-type: none"> Participate in team games, develop simple tactics for 	Sports Day based Athletic Activities <ul style="list-style-type: none"> Participate in a range of activities (e.g. javelin, 	Advanced Fundamentals <ul style="list-style-type: none"> Throw a range of objects (underarm

	<p>independently (e.g. doing up buttons, putting on shoes correctly, turning clothes the right way round)</p> <p>Curriculum Flashback- EYFS- Movements</p>	<p>and dynamic balances</p> <ul style="list-style-type: none"> • Work with a partner to explore counterbalance • Transition from one balance/position to another <p> R – working with a partner or in a team</p> <p>Curriculum Flashback- EYFS- Jumping and landing safely</p>	<p>patterns</p> <ul style="list-style-type: none"> • Explore levels (high, medium and low) and changing speeds • Copy a dance routine or performing actions to a piece of music • Develop balance, agility and co-ordination <p> R – working with a partner or in a small group</p> <p>Curriculum Flashback- EYFS- Moving at different speeds</p>	<p>attacking and defending</p> <ul style="list-style-type: none"> • Follow simple game rules <p> R – working in a team, developing our school value of teamwork</p> <p>Curriculum Flashback- EYFS- following rules</p>	<p>running races, obstacle courses, discus)</p> <ul style="list-style-type: none"> • Learn the skills involved with each sports day event <p> R – persevering and supporting others</p> <p>Curriculum Flashback- EYFS- Running in a lane</p>	<p>and overarm)</p> <ul style="list-style-type: none"> • Catch a range of objects, varying in size and shape (e.g. a small ball, ring, bean bag, large ball) <p>Curriculum Flashback- EYFS- movements</p>
	<p>Multiskills</p> <ul style="list-style-type: none"> • Learn how to throw an object (e.g. ball, bean bag, ring) using an underarm throw and an overarm throw • learning how to catch an object <p> R – working with a partner or in a team</p>	<p>Multi-games</p>		<p>Team Games</p>	<p>Athletics Activities</p>	
Year 2	<p>Basic Fundamentals</p> <ul style="list-style-type: none"> • Moving at different speeds. • Catching different shape objects. 	<p>Gymnastics</p> <ul style="list-style-type: none"> • Perform a 3 point balance. • Perform straddle and pike shape 	<p>Team Games</p> <ul style="list-style-type: none"> • Identify different roles in a game. <p>Play 2 team games that involve a set of basic</p>	<p>Dance</p> <ul style="list-style-type: none"> • Move at a variety of speeds. 	<p>Sports Day based Athletic Activities</p> <ul style="list-style-type: none"> • Learn the skills involved with each sports day 	<p>Basic Invasion Games</p> <ul style="list-style-type: none"> • Explain role within a team • Follow a set of rules.

	<ul style="list-style-type: none"> Follow basic rules of a game. <p>Curriculum Flashback- EYFS- Movements</p> <p>Curriculum Flashback- Year 1- following rules.</p>	<p>Curriculum Flashback- Year 1- Balancing</p>	<p>rules and scoring systems.</p> <p>Curriculum Flashback- Year 2- following basic rules.</p>	<ul style="list-style-type: none">  <i>S – exploring the role of music.</i> <p>Curriculum Flashback- EYFS, Year 1- Moving at different speeds and levels</p>	<p>event</p> <ul style="list-style-type: none"> Learn how to run in a lane. <p> <i>R – persevering and supporting others</i></p> <p>Curriculum Flashback- EYFS- Running in a lane</p> <p>Curriculum Flashback- Year 1 - Throwing</p>	<p> <i>R – working with a partner or in a team</i></p>
	<p>Multiskills</p> <ul style="list-style-type: none"> Throw using underarm and overarm. Identify attacking and defending tactics. 	<p>Multi-games</p>	<p>Team Games</p>	<p>Athletic Skills</p>		
<p>Year 3</p>	<p>Swimming</p> <ul style="list-style-type: none"> Swim 25 metres unaided. Use a range of strokes effectively. Answer a range of safety questions. 	<p>Invasion Game (Basketball)</p> <ul style="list-style-type: none"> Follow a set of rules for basketball. Work together in a team effectively. Identify target/ goal during a game. <p>Curriculum Flashback- Year 2- following basic</p>	<p>Net and Wall</p> <ul style="list-style-type: none"> Understand the basic rules of a net & wall game. Understand and demonstrate the basic ground strokes of a net & wall game. 	<p>Sports Day based Athletic Activities</p> <ul style="list-style-type: none"> Throw using variety techniques including javelin and discus. Participate in relay races without dropping the batton. <p>Curriculum Flashback-</p>	<p>Striking and fielding (Cricket)</p> <ul style="list-style-type: none"> Describe how to bowl in cricket. Demonstrate good technique when batting. 	

		rules		EYFS- Running in a lane	
		Curriculum Flashback- Year 2- throwing and catching		Curriculum Flashback- Year 1 - Throwing	
	Ball Skills <ul style="list-style-type: none"> Develop awareness of the space around myself. Throw and catch different objects will moving. 	Ball Games <ul style="list-style-type: none"> Develop a range of passing the ball. 	Multi-Games <ul style="list-style-type: none"> To effectively start and restart a game. 	Bat and Ball	Athletic Skills
Year 4	Invasion Games (Netball and Tag Rugby) <ul style="list-style-type: none"> Leant the rules for netball Follow a set of rules during a game To develop leadership skills and lead a warm-up To identify how exercise can affect different parts of my body Follow rules accurately. 	Dance <ul style="list-style-type: none"> Perform a dance while combining fluency, accuracy and consistency. Perform a routine according to music. Compare my performance in a dance performance to another group. 	Net and Wall <ul style="list-style-type: none"> Identify the scoring system in a game of tennis. Developing Physical Literacy skills and Physical Fitness Umpire a game of tennis. 	Sports Day based Athletic Activities <ul style="list-style-type: none"> Develop an understanding of how to achieve a personal best. Demonstrate appropriate relay changeover in a race Compete fairly in an athletic event. 	Striking and fielding (Cricket) <ul style="list-style-type: none"> Compete in a striking and fielding team game. Understand a variety of fielding techniques. Demonstrate appropriate decision making in a striking and fielding game.
	Curriculum Flashback- Year 2- following basic rules Curriculum Flashback- Year 2- throwing and catching Curriculum Flashback- Year 3- Working as a team	Curriculum Flashback- EYFS, Year 1- Moving at different speeds and levels	Curriculum Flashback- Year 3- following rules	Curriculum Flashback-	

	 <p><i>Chiltern League</i> H,R- Represent school at sporting events.</p>				<p>EYFS- Running in a lane</p> <p>Curriculum Flashback- Year 1 - Throwing</p> <p>Curriculum Flashback- Year 3- Relay races</p>	<p>Curriculum Flashback- Year 3- bowling</p>	
			<p>Swimming</p> <ul style="list-style-type: none"> Swim 25 metres unaided. Use a range of strokes effectively. Answer a range of safety questions. 				
<p>Ball Skills</p>		<p>Ball Games</p>	<p>SAQ- Cross County</p> <ul style="list-style-type: none"> Follow rules accurately. 	<p>Multi-Games</p>	<p>Bat and Ball</p>	<p>Athletic Skills</p>	
<p>Year 5</p>	<p>Invasion Games (Netball)</p> <ul style="list-style-type: none"> Effectively gain possession during an invasion game. Describe when I may change my performance to prevent my opponent's tactics from working. <p>Curriculum Flashback- Year 2- following basic rules</p> <p>Curriculum Flashback-</p>	<p>Dance</p> <ul style="list-style-type: none"> Perform a dance while combining fluency, accuracy and consistency. Perform a routine according to music. Compare my performance in a dance performance to another group. <p>Curriculum Flashback- EYFS, Year 1- Moving at</p>	<p>Gymnastics</p> <ul style="list-style-type: none"> Explain why strength is important in gymnastics Perform a gymnastics routine while using different speeds, shapes, directions and methods of travel. Compare my performance in a gymnastics performance to 	<p>Net and Wall</p> <ul style="list-style-type: none"> Evaluate my own performance in a tennis match. Participate in a rally. Demonstrate effective serving in tennis. <p>Curriculum Flashback- Year 3- following rules</p> <p>Curriculum Flashback- Year 4- scoring</p>	<p>Sports Day based Athletic Activities</p> <ul style="list-style-type: none"> Understand the different muscles being used during different activities. Evaluate my partners performance in a running event. <p>Curriculum Flashback- EYFS- Running in a lane</p> <p>Curriculum Flashback-</p>	<p>Striking and fielding (Cricket)</p> <ul style="list-style-type: none"> Demonstrate the accurate batting, catching and fielding techniques in a striking and fielding game. <p>Curriculum Flashback- Year 3- bowling</p> <p>Curriculum</p>	

	<p>Year 2- throwing and catching</p> <p>Curriculum Flashback- Year 4- Working as a team</p>	<p>different speeds and levels</p> <p>Curriculum Flashback- Year 4- combining movements</p>	<p>another group.</p> <p>Curriculum Flashback- Year 1, Year 2- Shapes</p>		<p>Year 1 - Throwing</p> <p>Curriculum Flashback- Year 3- Relay races</p>	<p>Flashback- Year 4- fielding</p>
	<p>Invasion Games</p> <ul style="list-style-type: none"> Accurately demonstrate attacking and defensive tactics and discuss when they may best be used. 	<p>Tag Rugby</p> <ul style="list-style-type: none"> Follow rules accurately.  <p><i>Chiltern League</i> H,R- Represent school at sporting events.</p>	<p>SAQ- Cross County</p> <ul style="list-style-type: none"> Follow rules accurately. 	<p>Game Creation</p> <ul style="list-style-type: none"> Explain why physical activity is important. 	<p>Athletics</p>	<p>Striking and Fielding</p> <ul style="list-style-type: none"> Follow rules accurately.  <p><i>Chiltern League</i> H,R- Represent school at sporting events.</p>
Year 6	<p>Outdoor Adventurous Activities</p> <ul style="list-style-type: none"> Use a map in an unknown location. 	<p>Gymnastics</p> <ul style="list-style-type: none"> To develop flexibility, strength, technique, control and balance [for example, through gymnastics] To 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. 	<p>Dance</p> <ul style="list-style-type: none"> Perform in front of the rest of the class, and compare my performance to others. Watch different performances and use criteria to make adjustments to my routine. <p>Curriculum Flashback- EYFS, Year 1- Moving at</p>	<p>Net and Wall</p> <ul style="list-style-type: none"> Change my tactics in a net and wall game to prevent my opponent from being successful. <p>Curriculum Flashback- Year 3- following rules</p> <p>Curriculum Flashback- Year 4- scoring</p> <p>Curriculum Flashback-</p>	<p>Sports Day based Athletic Activities</p> <ul style="list-style-type: none"> Explain the body's reaction to physical activity. Explain to a partner the correct techniques to use in a range of athletic activities, also evaluating performance Successfully complete a changeover in a relay. 	<p>Striking and fielding (Cricket)</p> <ul style="list-style-type: none"> Analyse my own performance of a tactic and demonstrate methods to improve this. Bowl and bat effectively in a striking and fielding game, putting the ball into different areas of the pitch to have a higher

		<ul style="list-style-type: none"> To learn how to evaluate and recognise their own success. <p><i>S – Engaging core, focusing on stability in a calm setting.</i></p> <p>Curriculum Flashback- Year 5- Routines</p>	<p>different speeds and levels</p> <p>Curriculum Flashback- Year 4- combining movements</p> <p>Curriculum Flashback- Year 5- performing</p>	<p>Year 5- serving</p>	<p>Curriculum Flashback- EYFS- Running in a lane</p> <p>Curriculum Flashback- Year 1 - Throwing</p> <p>Curriculum Flashback- Year 3- Relay races</p> <p>Curriculum Flashback- Year 5- effects on your body.</p>	<p>chance of being successful.</p> <p>Curriculum Flashback- Year 3- bowling</p> <p>Curriculum Flashback- Year 4- fielding</p> <p>Curriculum Flashback- Year 3- batting</p>
	<p>Invasion Games (Netball)</p> <ul style="list-style-type: none"> Follow rules accurately.  <p><i>Chiltern League</i> H,R- Represent school at sporting events.</p> <p>Curriculum Flashback- Year 2- following basic rules</p> <p>Curriculum Flashback- Year 2- throwing and catching</p>	<p>Tag Rugby</p> <ul style="list-style-type: none"> Follow rules accurately.  <p><i>Chiltern League</i> H,R- Represent school at sporting events.</p> <p>Curriculum Flashback- Year 2- following basic rules</p> <p>Curriculum Flashback- Year 2- throwing and catching</p>	<p>SAQ- Cross County</p> <ul style="list-style-type: none"> Follow rules accurately. 	<p>Game Creation</p> <ul style="list-style-type: none"> Be a leader in a game situation. Control and catch a ball, then passing to others whilst moving. 	<p>Athletics</p>	<p>Striking and Fielding</p> <ul style="list-style-type: none"> Follow rules accurately.  <p><i>Chiltern League</i> H,R- Represent school at sporting events.</p>

	Curriculum Flashback- Year 3, 4, 5- Working as a team	Curriculum Flashback- Year 3, 4, 5- Working as a team				
	Curriculum Flashback- Year 2- following basic rules	Curriculum Flashback- Year 2- following basic rules				
	Curriculum Flashback- Year 2- throwing and catching	Curriculum Flashback- Year 2- throwing and catching				
	Curriculum Flashback- Year 4,5- attacking and defending	Curriculum Flashback- Year 4,5- attacking and defending				