



Moor First - PE Curriculum Overview

Cycle A (Starts on an even year.)		Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
Class Theme	N/R Bee Active led	Dance – copying and repeating movements	Balance – non equipment and when moving	Gymnastics: apparatus rolling, leaping and jumping.	Object manipulation (FMS)	Send and receive: hitting with hands and feet etc.	Athletics: running, jumping, throwing and working in teams.
	N/R class teacher led	Physical Literacy (FMS) Running, stopping and negotiating space	Dance – controlling my body when moving	Gymnastics: floor work rolling, leaping and jumping.	Coordination – working with a partner (Crossing the midline)	Striking/sending with an object.	Games – building relationships.
	YR1/2 Bee Active led	Invasion games : Hockey – Floor Dribbling with equipment	Invasion Games: handball – Underarm and overarm throwing	Gymnastics – balance (points of balance and base of support)	Dance	Striking and fielding Explore throwing and catching in different ways	Athletics – skills development of jumping.
	YR1/2 class teacher led	Invasion Games: Basketball using equipment and negotiating safe space depending on the activity – simple partner activities	Invasion Games: throwing and catching – Exploring skills and actions individually and as part of a team.	Dance	Gym – Shape Exploring the different body shapes in gymnastics	Net and wall– Tennis using a racket Hit a moving ball using Appropriate force and direction	Athletics – sports day practice



Moor First - PE Curriculum Overview

	YR 2/3 Bee Active led	Tag Rugby Exploring and using skills in different sports	Netball- Developing simple tactics and applying to games	Gymnastics – Working with a partner, sharing ideas and creating a simple sequence	Health related exercise- Understanding our body when we exercise. Including circuit training	OAA – team building and working with others to solve a problem	Athletics- improving and developing throwing skills, push and pull throw
	YR 2/3 Class Teacher led	Football (Invasion Games)- Co-ordination and control during all activities including self and equipment.	Team Games - Finding and creating space	Dance	Dodgeball Reacting and responding, dodging	Striking and fielding – Negotiating space to make the team more effective. Focus on fielding	Athletic skills – Including running, jumping and throwing in preparation for sports day
	YR 3/4 Bee Active led	Handball – working alongside teammates to gain and keep possession of the ball	Ultimate Frisbee(Invasion games) – Maintaining possession and developing consistency of skills	Gymnastics – adapt basic sequences to suit different types of apparatus	OAA – working with a team and beginning to understand how to read a simple map/Key	Net and wall – taking part in opposed conditioned games, focus on striking and object in flight	Athletics – consolidate and improve the quality and range of techniques
	Y3/4 Class teacher led	Team Games – adapting and using simple tactics	Multi sports Competitions – Applying skills under pressure in game situations. (Variety of Sports)	Dance	Circuit Training – Comparing performances and showing an understanding of how exercise improves health	Striking and fielding (Rounders and cricket) Trapping and blocking with hands	Athletics – Running for distance (Maintaining a steady pace and running for a longer distance) Sports day Practice



Moor First - PE Curriculum Overview

Cycle B (Starts on an odd year.)		Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
Class Theme	N/R Bee Active led	Playground games - Improving Spatial awareness	Strength - swinging, hanging and climbing	Dance - Listening and moving to music independently	Games - co-operative and group based games	OAA - working independently and as part of a team	Athletic movements - Turning and changing direction
	N/R class teacher led	Body Movement and dance - waving, shaking, stepping, rotating and spinning	Gymnastics(weight off feet) Crawling, sliding and rolling	Physical Literacy - Negotiating space and moving my body	Object manipulation - kicking and striking with other body parts	Games - working with a partner/team in simple games	Athletics - Sports Day Practice





Moor First - PE Curriculum Overview

	YR1/2 Bee Active led	Capture and evasion – Tagging based games	Invasion games – simple attacking and defending (Multisports)	Gymnastics – working with a partner to create a simple sequence (Floorwork)	Dance – Moving in time with the music independently	Net and wall – control a moving ball with an object. (Rolling)	Athletics – combining running and throwing
	YR1/2 class teacher led	Team Games – Working together in a number of games	Team Games – Reacting and Responding	Gymnastics – adapt sequences to suit apparatus	Health Related Exercise – How can I Stay Healthy?	Striking and fielding – Trapping and blocking with the hands	Athletics – Sports day Practice
	YR 2/3 Bee Active led	Ball skills – Kicking, Bouncing, Throwing and catching	Racket Skills – Hitting a ball/object with precision	Gymnastics – create a gymnastics sequence that follows a set criteria	Cricket – Bowling techniques under and overarm for accuracy	Rounders – Striking and Catching a ball	Athletics – Improving and developing throwing (Sling and Heave)
	YR 2/3 Teacher led	Tagging Games – Capture and Evasion, responding and reacting	Team Games and team Building – working together and communicating	Dance	Bat Skills – striking a ball in flight	Striking and Fielding games – (Danish Longball, rounders, Kickball and Cricket)	Athletics – Sports Day practice



Moor First - PE Curriculum Overview

	YR 3/4 Bee Active led	OAA - To work with others to solve problems	Playground Leaders - Collaborating and communicating with each other	Gymnastics - Perform actions shapes and balances consistently and fluently	Net and wall - Volleyball Showing control when playing and striking with hands	Cricket - Improving and perfecting under/over arm bowling technique	Athletics - Improving Sprinting Technique
	Y3/4 Class teacher led	Health Related Exercise - Comparing performances to beat my previous score	Invasion Games - Using strategic tactics to attack and defend	Dance - Putting together a simple routine	Net and wall (Badminton) - Starting a rally, passing the ball back and forth	Rounders - using a variety of Fielding techniques to beat an opposition	Athletics - Sports day Practice