


Cherry Orchard Primary School PE Curriculum Year overview

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	<p><b>SKILLS</b> One leg balance Exploring movement <b>GAMES</b> Off for a ride Popping pirates Athletics - running games (relay races etc)</p>	<p><b>SKILLS</b> <i>Static balance – seated</i> <i>Dynamic balance to agility</i> <b>GAMES</b> <i>Exchange objects</i> <i>Develop combinations</i> <i>Handball</i></p>	<p><b>SKILLS</b> Static balance – one leg standing Co-ordination – floor movement patterns <b>GAMES</b> Matching pairs Race walking Balloon balance Football</p>	<p><b>SKILLS</b> Co-ordination – floor movement patterns Static balance – one leg standing <b>GAMES</b> Matching pairs Footwork assault course Through the gates Football</p>	<p><b>SKILLS</b> Ball skills – co-ordination Agility – reaction/response <b>GAMES</b> Throw Tennis Benchball Tag rugby</p>	<p><b>SKILLS</b> Ball skills – co-ordination Agility – reaction/response <b>GAMES</b> Throw Tennis Benchball Tag rugby</p>
Autumn 2	<p><b>SKILLS</b> Exploring movement Dynamic balance to agility Exploring movement (seated) <b>GAMES</b> I jumped aboard a rocket ship (song) Home planet Exchange objects 5 cheeky monkeys – song Catching games/handball</p>	<p><b>SKILLS</b> Static balance – seated Dynamic balance to agility <b>GAMES</b> Exchange objects Develop combinations Handball</p>	<p><b>SKILLS</b> Static balance – seated Dynamic balance to agility <b>GAMES</b> Develop combinations Dice frenzy Exchange objects Touch Rugby</p>	<p><b>SKILLS</b> Dynamic balance to agility Static balance - seated <b>GAMES</b> Develop combinations Stepping stones relay Perform sequences Dice frenzy Touch rugby</p>	<p><b>SKILLS</b> Static balance – seated Static balance – floor work <b>GAMES</b> Seated volleyball Scorpion handball Football</p>	<p><b>SKILLS</b> Static balance – seated Static balance – floor work <b>GAMES</b> Seated volleyball Scorpion handball Football</p>

Spring 1	<p><b>SKILLS</b> Exploring movement – co-ordination Exploring movement – arms and legs <b>GAMES</b> Thembi walks the tightrope (Static balance – small base) Mirror, mirror on the wall (pairs) Tilly the train’s big day Football</p>	<p><b>SKILLS</b> Static balance – small base Static balance <b>GAMES</b> Race walking Balance transfer Balance games/races using benches</p>	<p><b>SKILLS</b> Co-ordination – ball skills Dynamic balance <b>GAMES</b> Limb race To bank or not to bank? Getting around us Basketball</p>	<p><b>SKILLS</b> Co-ordination – ball skills Dynamic balance <b>GAMES</b> Limb race Go backwards Mirror/match/contrast To bank or not to bank?  Basketball</p>	<p><b>SKILLS</b> Dynamic balance Counter –balance in pairs <b>GAMES</b> River crossing Kabadi Rounders</p>	<p><b>SKILLS</b> Dynamic balance Counter –balance in pairs <b>GAMES</b> River crossing Kabadi Basketball</p>
Spring 2	<p><b>SKILLS</b> Counter balance in pairs Exploring movements ( seated) Co-ordination – ball skills <b>GAMES</b> Add a move Hold on tight Wendy’s water ski Never ending relay race</p>	<p><b>SKILLS</b> Counter balance in pairs Co-ordination – ball skills <b>GAMES</b> Rollerball Getting around us Football</p>	<p><b>SKILLS</b> Counter balance in pairs Co-ordination with equipment <b>GAMES</b> Roller ball Juggle challenge Team juggling Rounders, cricket</p>	<p><b>SKILLS</b> Counter-balance in pairs Co-ordination with equipment <b>GAMES</b> Roller ball Beat the Buzzer Juggling  Rounders, cricket</p>	<p><b>SKILLS</b> Dynamic balance to agility Static balance <b>GAMES</b> Jump-ball Jump, roll, balance Dodgeball Basketball</p>	<p><b>SKILLS</b> Dynamic balance to agility Static balance <b>GAMES</b> Jump-ball Jump, roll, balance Dodgeball Rounders</p>

Summer 1	<p><b>SKILLS</b> Agility – reaction/response Exploring movements – running, listening, ball skills <b>GAMES</b> Dice dance Ringo to the rescue Big top time Rounders</p>	<p><b>SKILLS</b> Agility – reaction/response Co-ordination with equipment <b>GAMES</b> Quick off the mark Beat the buzzer Juggle challenge Athletics – running and throwing</p>	<p><b>SKILLS</b> Counter balance in pairs Co-ordination with equipment <b>GAMES</b> Roller ball Juggle challenge Team juggling Rounders, cricket</p>	<p><b>SKILLS</b> Agility – reaction/response Static balance – floor work <b>GAMES</b> Front curling Quick off the mark Balloon champs Athletics – running and throwing</p>	<p><b>SKILLS</b> Static balance – small base Co-ordination – floor movement patterns <b>GAMES</b> Bean bag raid Throw squash Kwik cricket Athletics – throwing and running</p>	<p><b>SKILLS</b> Static balance – small base Co-ordination – floor movement patterns <b>GAMES</b> Bean bag raid Throw squash Kwik cricket</p>
Summer 2	<p><b>SKILLS</b> Agility – reaction/response Exploring movements – running, listening, ball skills <b>GAMES</b> Dice dance Ringo to the rescue Big top time <i>Athletics – running and throwing</i></p>	<p><b>SKILLS</b> Static balance – floor work Agility – ball chasing <b>GAMES</b> Front curling Tunnels Rounders Athletics – running and throwing</p>	<p><b>SKILLS</b> Static balance – small base Agility – ball chasing <b>GAMES</b> Balance transfer Tunnels Rock, paper, scissors Netball, tennis</p>	<p><b>SKILLS</b> Static balance small base Agility – ball chasing <b>GAMES</b> Balance transfer Tunnels Netball, tennis</p>	<p><b>SKILLS</b> Co-ordination with equipment Agility – ball chasing <b>GAMES</b> Rainbow baseball Throlf Tennis, netball</p>	<p><b>SKILLS</b> Co-ordination with equipment Agility – ball chasing <b>GAMES</b> Rainbow baseball Tennis, netball</p>