



# The Abbey CE VA Primary School Curriculum Overview

## PHYSICAL EDUCATION

### Key Stage 1 and 2



#### Pupils should be taught to:

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lives.

#### KS1

- Master basic movements including running, jumping, throwing and catching, as well as
- Developing balance, agility and co-ordination, 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.

#### KS2

- 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, rounders 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
- 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.

## Physical literacy is our relationship with movement and physical activity throughout life.

2024-25	Autumn 2024		Spring 2025		Summer 2025	
	1	2	1	2	1	2
Reception	Dance	Gymnastics	Dance	Gymnastics	Dance	Gymnastics
		Ball skills		Ball skills	Games	
Year 1	Dance	Gymnastics	Dance	Gymnastics	Dance	Gymnastics
		Ball skills		Net and wall games	Athletics	
Year 2	Dance	Gymnastics	Dance	Gymnastics	Dance	Gymnastics
		Ball skills		Net and wall games	Athletics	
Year 3	Dance	Gymnastics	Swimming	Swimming	Dance	Gymnastics
		Hockey		Netball	Athletics	
Year 4	Swimming	Swimming	Dance	Gymnastics	Dance	Gymnastics
		Hockey		Netball	Athletics	
Year 5	Dance	Gymnastics	Dance	Gymnastics	Swimming	Swimming
		Hockey		Netball	Athletics	
Year 6	Dance	Gymnastics	Dance	Gymnastics	Dance	Gymnastics
		Hockey		Netball	Athletics	

