St James'
Church of England School

PE Curriculum

Please note that some elements of physical education are closely linked and taught within the science curriculum

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Foundation Lesson 1	Introduction to PE Unit 1	Introduction to PE Unit 2	Gymnastics	Fitness (fundamentals)	Ball skills	Gymnastics
Key Physical Skills	Spatial awareness, moving safely, using equipment safely	Running, jumping, throwing, catching, rolling	Shapes, balances, jumps, rock and roll, barrel roll, straight roll, progressions of a forward roll, travelling	Balancing, running, changing direction, hopping, travelling	Rolling a ball, stopping a ball, throwing at a target, bouncing a ball, dribbling a ball with feet, kicking a ball	Balances, jumps, shapes, rocking, rolling, travelling
Lesson 2	Games	Dance	Ball Skills	Dance	Games	Fitness (fundamentals)
Key Physical Skills	Running, balancing, changing direction, striking a ball, throwing	Co-ordination, moving rhythmically, copying and performing actions, travelling	Rolling a ball, stopping a ball, throwing at a target, bouncing a ball, dribbling a ball with feet, kicking a ball	Travelling, copying and performing actions, balance, co-ordination	Running, balancing, changing direction, striking a ball, throwing	Hopping, galloping, skipping, sliding, jumping, changing direction, balancing, running

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1 Lesson 1	Ball Skills	Fitness (Fundamentals)	Gymnastics	Sending and Receiving	Athletics	Net and Wall
Key Physical Skills	Rolling Kicking Throwing Catching Bouncing Dribbling Tracking	Agility Balance Co-ordination Speed Stamina Skipping Sprinting Jogging Jumping Hopping	Travelling Actions Shapes Balances Jumps Barrel roll Straight roll Forward roll progressions	Rolling Kicking Throwing Catching Tracking	Running at Varying Speeds Agility Balance Running over Obstacles Throwing for Distance	Throwing Catching Hitting a Ball Tracking a ball
Lesson 2	Target Games	Dance	Yoga	Team Building	Invasion Games	Net and Wall
Key Physical Skills	Underarm Throwing Overarm Throwing Aim Hand eye co-ordination	Travel Copying and Performing Actions Using Shape Balance Coordination	Breathing Balance Flexibility Strength	Balancing Travelling Actions	Throwing and Catching Kicking Dribbling with Hands and Feet Dodging Finding Space	Throwing Catching Hitting a Ball Tracking a ball

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 2 Lesson 1	Net and Wall	Fitness (Fundamentals)	Gymnastics	Invasion Games	Striking and Fielding (Team Building)	Athletics
Key Physical Skills	Throwing Catching Hitting a Ball Tracking a ball	Agility Balance Co-ordination Speed Stamina Skipping Jogging Jumping Hopping	Shapes Balances Shape Jumps Travelling movements Take off and landing Barrel Roll Straight roll Forwards roll	Throwing and Catching Kicking Dribbling with Hands and Feet Dodging Finding Space	Throwing Catching Retrieving a Ball Tracking a Ball Striking a Ball Balancing Travelling Actions	Running at Different Speeds Combining running and Jumping Agility and Co-ordination Jumping for distance and height Throwing for distance
Lesson 2	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
Key Physical Skills	Safely enter and exit Move safely with aids: balance walking forwards walking backwards walking sideways	Moving with aids Balance Running Hopping Jumping Speed	Movement using arms and legs Co-ordination Shapes Balance Horizontal floating Regain standing Core strength	Balance Co-ordination Rhythmical breathing Using aids Travel with feet off Ground Kicking	Balance Co-ordination Floatation on front without aids Floatation on back without aids Core Strength Gliding Travel using arms and legs	Travel a distance without aids on front Travel a distance without aids on back Rhythmical breathing Co-ordination Stamina