PE curriculum at Christ Church and Holy Trinity

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	• Focus on using Bean-Bags – Balancing, Carrying, Jumping, Aiming and Throwing & catching	• Focus on using a Ball • Focus on using Hoops & Quoits –	• Gymnastics • Game Activities	• Ball skills and Ball Games	• Focus on using Ropes, Bats and Balls	• Sports Day Games
Year 1	• Focus on Ball Skills & Games	• Throwing and Catching Aiming	• Gymnastics • Game Activities	• Bat/Ball Skills and Games & Skipping	• Developing Partner work – Partner games	• Sports Day Games
Year 2	• Throwing & Catching – Inventing games	• Aiming, hitting & Kicking. Making games with Partners	• Dribbling, Kicking & Hitting	• Gymnastics and Skipping • Invasion Games	• Group games & Inventing Rules	• Sports Day Games
Year 3	• Ball Skills- Invasion Focus • Swimming	• Creative Games Making • Swimming	• Gymnastics • Swimming	• Net/Court/Wall Games • Swimming	• Striking/Fielding Games • Swimming	• Sports Day Games • Swimming
Year 4	• Football & Handball	• Tag Rugby & Hockey	• Net/Court/Wall Games	• Invasion games • Circuits	• Striking & Fielding Games • Swimming	• Sports Day games • Swimming
Year 5	• Football & Handball	• Tag Rugby & Hockey	• Net/Court/Wall Games • Swimming	• Invasion Games • Swimming	• Striking & Fielding Games • Circuits	• Sports Day Games • Invasion & Target
Year 6	• Football & Handball • Swimming	• Tag Rugby & Hockey • Swimming	• Net/Court/Wall Games	• Invasion Games	• Striking & Fielding Games • Circuits	• Sports Day Games • Invasion & Target

Links to the NC

Year 1 and Year 2

- **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**

Year 3

- **Use running, jumping, throwing and catching in isolation and in combination.**
- **Play competitive games, modified where appropriate [for example, , 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.**

Year 4

- **Use running, jumping, throwing and catching in isolation and in combination.**
- **Play competitive games, modified where appropriate [for example, 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.**

Year 5

- **Use running, jumping, throwing and catching in isolation and in combination.**
- **Play competitive games, modified where appropriate [for example, 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.**

Year 6

- **Use running, jumping, throwing and catching in isolation and in combination.**
- **Play competitive games, modified where appropriate [for example, 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.**
- **Compare their performances with previous ones and demonstrate improvement to achieve their personal best.**

Swimming NC - these objectives are developed from Year 3 through to Year 6.

- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- Perform safe self-rescue in different water-based situations.
- Complete from Stage 1 up to Stage 5/6.