

PE Curriculum Overview

	Terms 1 & 2 Real PE = Personal Cog (T1) and Social Cog (T2)	Terms 3 & 4 Real PE = Cognitive Cog (T3) and Creative Cog (T4)	Terms 5 & 6 Real PE = Physical Cog (T5) and Health & Fitness Cog (T6)
Y6	Real PE: Personal & Social Cogs Get Set 4 PE - Handball (T1) & Dance (T2)	Real PE: Cognitive & Creative Cogs Get Set 4 PE - Basketball (T3) and Gymnastics (T4)	Real PE: Physical & Health and Fitness Cogs Get Set 4 PE - Athletics (T5) and Rounders & Volleyball (T6)
Y5	Real PE: Personal & Social Cogs Get Set 4 PE - Netball (T1) & Gymnastics (T2)	Real PE: Cognitive & Creative Cogs Get Set 4 PE – Hockey (T3) and Dance (T4)	Real PE: Physical & Health and Fitness Cogs Get Set 4 PE - Athletics and Tennis (T5) and Cricket (T6)
Y4	Real PE: Personal & Social Cogs Swimming - Terms 1 & 2	Real PE: Cognitive & Creative Cogs Get Set 4 PE – Tag Rugby (T3) Dance and Gymnastics(T4)	Real PE: Physical & Health and Fitness Cogs Get Set 4 PE - Tennis and OAA (T5) and Athletics (T6)
Y3	Real PE: Personal & Social Cogs Get Set 4 PE - Football (T1) & Gymnastics (T2)	Real PE: Cognitive & Creative Cogs Swimming - Terms 3 & 4	Real PE: Physical & Health and Fitness Cogs Swimming - Terms 5 & 6
Y2	Real PE: Personal & Social Cogs Get Set 4 PE – Fundamentals (T1) & Dance (T2)	Real PE: Cognitive & Creative Cogs Get Set 4 PE – Gymnastics and Sending & receiving (T3) & Target games (T4)	Real PE: Physical & Health and Fitness Cogs Get Set 4 PE – Ball skills (T5) and Striking & fielding Games and Athletics (T6)
Y1	Real PE: Personal & Social Cogs Get Set 4 PE – Fundamentals (T1) & Dance (T2)	Real PE: Cognitive & Creative Cogs Get Set 4 PE – Ball skills & Invasion games (T3) & Gymnastics (T4)	Real PE: Physical & Health and Fitness Cogs Get Set 4 PE – Net and wall games (T5) and Striking & fielding games and Athletics (T6)
YR	Real PE: Personal & Social Cogs Get Set 4 PE – Fundamentals (T1) & Dance (T2)	Real PE: Cognitive & Creative Cogs Get Set 4 PE – Gymnastics (T3) & Games (T4)	Real PE: Physical & Health and Fitness Cogs Get Set 4 PE – Ball skills (T5) and Sports day preparation (T6)

PE Curriculum Overview

Terms 1 & 2

Real PE – personal (T1)

Consistently try to improve: pupils cope well and react positively when things become difficult, pupils can persevere with a task and improve their performance through regular practice.

Real PE – social (T2)

Organise and guide others: pupils cooperate well with others and give helpful feedback, pupils help organise roles and responsibilities and can guide a small group through a task, pupils can involve others and motivate those around them to perform better.

Get Set 4 PE – handball (T1)

Physical - throw, catch, run, dribble, shoot, change direction, change speed

Get Set 4 PE – dance (T2)

Physical - actions, dynamics, space, relationships

Thinking – creativity, observation, provide feedback, comprehension, use feedback to improve, select and apply skills

Terms 3 & 4

Real PE – cognitive (T3)

Make good decisions: pupils can use awareness of space/others to make good decisions.

Real PE – creative (T4)

Adapt/change activities: pupils can change tactics, rules or tasks to make activities more fun or more challenging, pupils can respond imaginatively to different situations, pupils can adapt and adjust their skills, movements or tactics so they are different to others.

Get Set 4 PE – basketball (T3)

Physical - run, jump throw, catch, dribble, shoot,

Thinking – reflection, decision-making, select and apply, use tactics, observe & provide feedback, identify areas of strength & areas for development

Get Set 4 PE – gymnastics (T4)

Physical - straddle roll, forward roll, backward roll, counter balance, counter tension, bridge, shoulder stand, handstand cartwheel, flight

Thinking – observe and provide feedback, comprehension, select and apply actions, evaluate and improve sequences

Terms 5 & 6

Real PE – physical (T5)

Link actions to flow: pupils I can link actions together so that they flow. I can perform a range of skills fluently and accurately.

Real PE – health and fitness (T6)

Monitor activity: pupils can describe the basic fitness components, pupils can record and monitor how hard they are working.

Get Set 4 PE – athletics (T5)

Physical – pace, sprint, jump for distance, push throw, fling throw

Thinking – observing & providing feedback, comprehension

Get Set 4 PE – rounders (T6)

Physical - run, catch, bowl, bat, field

Thinking – select and apply skills, reflection, assess, tactics

Get Set 4 PE – volleyball (T6)

Physical - throw, catch, jump, set, dig, serve, rally

Thinking – using tactics, select and apply skills, identify strengths & areas for development, reflection

Y6

Y5

Real PE – personal (T1)

React positively to change: pupils know where they are with their learning, pupils can persevere with a task and improve their performance through regular practice, pupils can cope well and react positively when things become difficult.

Real PE – social (T2)

Provide helpful feedback: pupils cooperate well with others and give helpful feedback, pupils help organise roles and responsibilities and can guide a small group through a task.

Get Set 4 PE – netball (T1)

Physical - throw, catch, run, dribble, shoot, change direction, change speed, shoot

Thinking – select and apply skills, apply tactics, observation, apply rules

Get Set 4 PE – gymnastics (T2)

Physical - symmetrical and asymmetrical balances, rotation jumps, straight roll, forward roll, straddle roll, backward roll, cartwheel, bridge, shoulder stand

Thinking – observe and provide feedback, creativity, reflection, select and apply actions, evaluate and improve sequences

Real PE – cognitive (T3)

Judge performance: pupils can understand ways (criteria) to judge performance.

Real PE – creative (T4)

Express ideas: pupils can link actions and develop sequences of movements that express their own ideas, pupils can change tactics, rules or tasks to make activities more fun or more challenging.

Get Set 4 PE – hockey (T3)

Physical - run, dribble, pass, receive, tackle, intercept, shoot

Thinking – identify areas of strength & areas for development, select and apply skills, decision making, comprehension, reflection

Get Set 4 PE – dance (T4)

Physical - actions, dynamics, space, relationships

Thinking – creativity, observe & provide feedback, use feedback to improve, comprehension, select and apply skills,

Real PE – physical (T5)

Combining skills in specific contexts: pupils can perform a variety of movements and skills with good body tension, pupils can link actions together so that they flow.

Real PE – health and fitness (T6)

Describe basic fitness components: pupils can describe the basic fitness components, pupils can explain how often and how long we should exercise to be healthy.

Get Set 4 PE – athletics (T5)

Physical – pace, sprint, relay changeovers, jump for distance, push throw, pull throw

Thinking – observing & providing feedback, selecting & applying, comprehension

Get Set 4 PE – tennis (T5)

Physical - forehand groundstroke, backhand groundstroke, forehand volley, backhand volley, underarm serve, rallying

Thinking – observe and provide feedback, reflection, comprehension, select & apply, decision making, use of tactics

Get Set 4 PE – cricket (T6)

Physical - deep & close catching, underarm & overarm throwing, overarm bowling, long and short barrier, batting

Thinking – observation, provide feedback, select and apply skills, tactics, assessing

PE Curriculum Overview

Terms 1 & 2

Real PE – personal (T1)

Accept challenge: pupils know where they are with their learning, pupils have begun to challenge themselves.

Real PE – social (T2)

Support others: pupils show patience and support others, listening carefully to them about their work, pupils are happy to show and tell others about their ideas.

Swimming –

Developing towards being able to

- 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

Terms 3 & 4

Real PE – cognitive (T3)

Identify areas to improve: pupils can explain what they are doing well, pupils have begun to identify areas for improvement.

Real PE – creative (T4)

Recognise and respond: pupils can make up their own rules and versions of activities, pupils can recognise similarities and differences in movements and expression.

Get Set 4 PE – tag rugby (T3)

Physical – throw, catch, run, change direction, change speed

Thinking – decision making, comprehension, select and apply, reflection, identify strengths & areas for development

Get Set 4 PE – dance (T4)

Physical - actions, dynamics, space, relationships

Thinking – observe & provide feedback, select and apply skills, creativity, comprehension

Get Set 4 PE – gymnastics (T4)

Physical - **individual and partner balances**, rotation jumps, straight roll, barrel roll, forward roll, straddle roll, bridge, shoulder stand

Thinking – observe and provide feedback, select and apply actions, creativity, evaluate & improve

Terms 5 & 6

Real PE – physical (T5)

Select and apply: pupils can select and apply a range of skills with good control and consistency, pupils can perform and repeat longer sequences with clear shapes and controlled movement.

Real PE – health and fitness (T6)

Prepare for activity: pupils can describe how and why their body changes during and after exercise, pupils can explain why we need to warm-up and cool down.

Get Set 4 PE – tennis (T5)

Physical – throwing, catching, forehand, backhand, rallying

Thinking – identifying strengths & areas for improvement, reflection, select and apply, comprehension, use tactics

Get Set 4 PE – OAA (T5)

Physical - balance, run at speed, run over distance, coordination

Thinking – problem solving, evaluation, reflection, create, select & apply

Get Set 4 PE – athletics (T6)

Physical - pace, sprint, jump for distance, throw for distance

Thinking – reflection, observing and providing feedback, exploring ideas, comprehension

Y4

Real PE – personal (T1)

Know where I am in my learning: pupils know where they are with their learning, pupils have begun to challenge themselves.

Real PE – social (T2)

Share ideas: pupils show patience and support others, listening carefully to them about their work, pupils are happy to show and tell others about their ideas.

Get Set 4 PE – football (T1)

Physical – run, dribble, pass, receive, track

Thinking – make decisions, comprehension, select and apply skills, tactics

Get Set 4 PE – gymnastics (T2)

Physical - point and patch balances, jumps, straight roll, barrel roll, forward roll

Thinking – observe and provide feedback, creativity, select and apply skills

Real PE – cognitive (T3)

Recognise success: pupils can explain what they are doing well, pupils have begun to identify areas for improvement.

Real PE – creative (T4)

Respond differently: pupils can make up their own rules and versions of activities, pupils can respond differently to a variety of tasks.

Swimming –

Developing towards being able to

- 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

Real PE – physical (T5)

Perform and repeat: pupils can perform and repeat longer sequences with clear shapes and controlled movement, pupils can select and apply a range of skills with good control and consistency.

Real PE – health and fitness (T6)

Know how and why the body changes: pupils can describe how and why their body changes during and after exercise, pupils can explain why we need to warm-up and cool down.

Swimming –

Being able to

- 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

Y3

PE Curriculum Overview

Terms 1 & 2

Real PE – personal (T1)

Keep trying: pupils try several times if at first they don't succeed and ask for help when appropriate.

Real PE – social (T2)

Help and encourage: pupils can help, praise and encourage others in their learning.

Get Set 4 PE – fundamentals (T1)

Physical – run, speed, agility, dodge, balance, jump, hop, skip

Thinking – comprehension, make decisions, creativity, use tactics, recall

Get Set 4 PE – dance (T2)

Physical - actions, dynamics, space, relationships

Thinking –provide feedback, comprehension, reflection, observation, creativity

Terms 3 & 4

Real PE – cognitive (T3)

Understand performance: pupils can explain why someone is working or performing well, with help pupils can recognise similarities and differences in performance.

Real PE – creative (T4)

Link movements: pupils can begin to compare their movements and skills with those of others, pupils can select and link movements together to fit a theme.

Get Set 4 PE – gymnastics (T3)

Physical - shapes, balances, travelling actions, shape jumps, barrel roll, straight roll, forward roll,

Thinking – select and apply actions, creativity

Get Set 4 PE – sending and receiving (T3)

Physical - roll, track, catch, receive with feet, kick, send receive with a racket

Thinking – identifying how to improve, comprehension

Get Set 4 PE – target games (T4)

Physical - roll, overarm thrown, underarm throw, strike, dodge, jump

Thinking – identify areas of strength and areas for development, select and apply, comprehension decision making,

Terms 5 & 6

Real PE – physical (T5)

Sequence movements and skills: pupils can perform a range of skills with some control and consistency, pupils can perform a sequence of movements with some changes in level, direction or speed.

Real PE – health and fitness (T6)

Practise safely: pupils can say how their body feels before, during and after exercise, pupils use equipment appropriately and move and land safely.

Get Set 4 PE – ball skills (T5)

Physical - roll, track, dribble with feet, kick, throw, catch, dribble with hands

Thinking – comprehension, select and apply skills, use tactics

Get Set 4 PE – striking and fielding games (T6)

Physical - underarm throw, overarm throw, catch, track, bowl, bat

Thinking – use tactics, comprehension, select and apply, decision making

Get Set 4 PE – athletics (T6)

Physical - run, jump for distance, jump for height, throw for distance, throw for accuracy

Thinking –comprehension, observe and provide feedback, explore ideas, select and apply skills

Y2

Real PE – personal (T1)

Stay on task: pupils can follow instructions and practise safely, pupils can work on simple tasks by themselves.

Real PE – social (T2)

Understand others: pupils can work sensibly with others, taking turns and sharing.

Get Set 4 PE – fundamentals (T1)

Physical – balance, jump, hop, run, speed, agility, dodge, skip, coordination

Thinking –comprehension, select and apply skills,

Get Set 4 PE – dance (T2)

Physical - actions, dynamics, space, relationships

Thinking –creativity, select and apply actions, copy and repeat actions, provide feedback, recall

Real PE – cognitive (T3)

Observe and describe: pupils can understand and follow simple rules, pupils can name some things they are good at.

Real PE – creative (T4)

Explore and describe: pupils can explore and describe different movements.

Get Set 4 PE – ball skills (T3)

Physical - dribble with hands, roll, throw, catch, dribble with feet, track

Thinking – exploration, make decisions, comprehension, use tactics

Get Set 4 PE – invasion games(T3)

Physical - dribble, throw, catch, kick, receive, run, jump, change direction, change speed

Thinking – comprehension, identifying strengths and areas for development, select and apply

Get Set 4 PE – gymnastics (T4)

Physical - travelling actions, shapes, balances, shape jumps, barrel roll, straight roll, forward roll,

Thinking – comprehension, select and apply actions, creativity

Real PE – physical (T5)

Control movement: pupils can perform a single skill or movement with some control, pupils can perform a small range of skills and link two movements together.

Real PE – health and fitness (T6)

Exercise and the body: pupils are aware of why exercise is important for good health.

Get Set 4 PE – net and wall games (T5)

Physical - throw, catch, hit a ball, track a ball,

Thinking – comprehension, select and apply, reflection, identify areas of strength and areas for development, decision making

Get Set 4 PE – striking and fielding games (T6)

Physical - underarm throw, overarm throw, catch, track, bat

Thinking – comprehension, use tactics, select and apply, decision making

Get Set 4 PE – athletics (T6)

Physical - run, balance, agility, coordination, hop, jump, leap, throw

Thinking – reflection, comprehension, select and apply skills

Y1

PE Curriculum Overview

Terms 1 & 2

Real PE – personal (T1)

Follow instructions: pupils enjoy working on simple tasks with help.

Real PE – social (T2)

Play with others: pupils can play with others and take turns and share with help.

Get Set 4 PE – fundamentals (T1)

Physical – balance, run, jump, hop, change direction

Thinking – decision making, comprehension, select and apply

Get Set 4 PE – dance (T2)

Physical - actions, dynamics, space

Thinking – select and apply actions, creativity, exploration, recall provide feedback

Terms 3 & 4

Real PE – cognitive (T3)

Follow rules: pupils can follow simple instructions.

Real PE – creative (T4)

Observe and copy: pupils can observe and copy others.

Get Set 4 PE – gymnastics (T3)

Physical - shapes, balances, jumps, rocking, rolling, travel

Thinking – comprehension, creativity, select and apply

Get Set 4 PE – games (T4)

Physical - run, balance, change direction, throw, catch

Thinking – comprehension, decision making

Terms 5 & 6

Real PE – physical (T5)

Move in different ways: pupils can move confidently in different ways.

Real PE – health and fitness (T6)

Exercise and good health: pupils are aware of the changes to the way they feel when they exercise.

Get Set 4 PE – ball skills (T5)

Physical - roll, stop a rolling ball, throw, bounce, catch, dribble with feet, kick

Thinking – use tactics, comprehension,

Sports Day Preparation (T6)

Athletics skills and rehearsing and selecting a wide variety of races.



YR