



Farnborough Grange Nursery and Infant School – Curriculum Overview

PE- Premier

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Gymnastics	Attack, shoot, defend (football)	Dance and Movement	Look, hit, move (Tennis)	Hit, catch, run (Cricket. Rounders)	Attack, shoot, defend (Netball)
Skills	<p>Show good control and coordination when completing small or large movements.</p> <p>Move confidently in a range of ways, safely negotiating space.</p> <p>Demonstrate a basic understanding of what is safe, sensible and acceptable in Gymnastics.</p> <p>Begin to learn basic terms such as travel and balance.</p> <p>To attempt standing on one foot at a time while holding a safe object (wall bars, table, adult etc.)</p> <p>Confidently and safely use a range of large and small apparatus alone.</p> <p>Combine different movements with ease and fluency. Eg)</p> <p>Develop overall body strength , balance, co-ordination and agility.</p>	<p>Move freely using suitable spaces and speed.</p> <p>Demonstrate increasing control when dribbling with a ball.</p> <p>Begin to Kick a ball to a partner with some accuracy.</p> <p>Can kick a ball towards a target.</p> <p>Understand that they have to show good sportsmanship, turn taking and celebrate others' successes.</p>	<p>Show good control and coordination when completing small or large movements.</p> <p>Move confidently in a range of ways, safely negotiating space.</p> <p>Progress towards a more fluent style of moving , with developing control and grace.</p> <p>Develop overall body strength , balance, co-ordination and agility</p>	<p>Know equipment needs to be used safely.</p> <p>Demonstrate good control and coordination in small and large movements.</p> <p>Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</p> <p>Use a racket to roll a ball along the floor.</p> <p>Can throw a ball towards a target.</p> <p>Hit a large ball with a racket when being thrown towards them.</p>	<p>Play and use a range of skills cooperatively, taking turns and working together.</p> <p>Start to practise a range of movements with developing control, balance & coordination.</p> <p>Perform basic fundamentals of movement (ABC's) with developing control and confidence</p> <p>Begin to hit a large ball with a bat.</p> <p>Can attempt to hit a ball with a bat and run to base.</p> <p>Can throw a ball towards a given target.</p>	<p>Move freely using suitable spaces and speed.</p> <p>Know equipment needs to be used safely.</p> <p>Demonstrate increasing control when passing and throwing large balls.</p> <p>Further develop and refine a ball skills including: catching and passing.</p> <p>Demonstrate good control and coordination in small and large movements.</p> <p>Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</p>

Knowledge	Core: To know and understand what balance and travelling means. Hinterland: To gain an understanding of the importance of spacial awareness.	Core: To know and understand the terms dribbling, passing and shooting. Hinterland: To know that football is a team game and the winning team is the one who scores the most goals.	Core: To know how to move in time to music Hinterland: To understand the concept of moving sequences.	Core: To know how to select, prepare and handle appropriate resources. Hinterland: To know that tennis is a racket sport that is played in pairs or singles.	Core: To understand the concept of hitting a ball and running. Hinterland: To know that different equipment is used for different purposes.	Core: To know how to pass and catch a ball using 2 hands. Hinterland: To understand Netball is a team sport and includes attacking and defending
Key vocabulary	Apparatus, balance, travel. Control, space	Kick, goal, score, pass, dribble	Rhythm, beat, movement	Racket, hit, aim	Hit, catch, run, bat	Bounce, chest, pass, attack, defend

Year 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Gymnastics	Invasion games (football)	Dance	Net and wall games (Tennis)	Strike and field games (Cricket. Rounders)	Invasion games (Netball)
Skills	<p>Attempt simple rolls e.g. forward, pencil, teddy-bear with support.</p> <p>Can copy stretching movements for different parts of the body.</p> <p>Can balance using hands, feet or bottom.</p> <p>Begin to know and demonstrate some basic gymnastic shapes – Straight and star.</p> <p>Begin to understand the difference between terms travel, shapes and balance.</p> <p>Can create different shapes when balancing e.g. tall, wide, curled.</p> <p>Can copy short movements to combine simple balances. e.g. balance - travel - balance</p> <p>Explore travelling in different ways e.g. Jumping, skipping, walking, leaping, hopping etc.</p>	<p>Move into space to receive a ball.</p> <p>Pass a ball to a partner using their feet with developing accuracy.</p> <p>Begin to change direction when moving/ jogging.</p> <p>Begin to stop a ball with their feet before passing.</p> <p>Begin to shoot at a goal..</p> <p>Move into space within a game.</p>	<p>Link two or more movements/ actions together.</p> <p>Demonstrate safe spatial awareness when carrying out linked movements/ actions.</p> <p>A very brief understanding of the link between fast tempo noises and an increase in movement speed.</p> <p>The same for slow tempo/ slow movement speed.</p> <p>Show a clear starting and finishing position to a dance.</p>	<p>Throw a ball underarm.</p> <p>Move into a given space to receive a ball using a racket.</p> <p>Throw a ball underarm or overarm to a partner aiming for a target (their racket).</p> <p>Hit a ball with a tennis racket. Begin to change direction when moving/ jogging.</p> <p>Move into a given space within a game.</p> <p>Begin to understand where to stand to make a game more difficult for an opponent.</p> <p>Continue to understand that they have to show good sportsmanship, turn taking and celebrate others' successes.</p>	<p>Throw a ball underarm.</p> <p>Can Move into a given space to receive a ball.</p> <p>Can Pass a ball to a partner using their hands and/or a racket.</p> <p>Hit a ball with a bat or racket.</p> <p>Hit a ball and run to base/ complete runs to stumps.</p> <p>Move into a given space within a game.</p>	<p>Pass a ball to a partner using their hands.</p> <p>To use a bounce pass when passing to a partner.</p> <p>To use a chest pass when passing to a partner.</p> <p>Move into a given space to receive a ball.</p> <p>Begin to change direction when moving/ jogging.</p> <p>Receive a ball from a partner catching using two hands.</p>

		<p>Begin to understand where to stand in a game to make it more difficult for an opponent.</p> <p>Continue to understand that they have to show good sportsmanship, turn taking and celebrate others' successes.</p>			<p>Begin to understand where to stand to make a game more difficult for an opponent.</p> <p>Continue to understand that they have to show good sportsmanship, turn taking and celebrate others' successes.</p>	<p>Move into a given space within a game.</p> <p>To know what attacking and defending means in a game if netball.</p> <p>Begin to understand where to stand to make a game more difficult for an opponent.</p> <p>Continue to understand that they have to show good sportsmanship, turn taking and celebrate others' successes.</p>
Knowledge	<p>Core: To know and understand the terms balance, shapes, travel and sequence.</p> <p>Hinterland: To know the importance of stillness in balancing when creating a sequence.</p>	<p>Core: To know the objective of football is to attack (score goals) and defend the goal.</p> <p>Hinterland: To understand winning cannot always be achieved so a good attitude at all times is vital/ learn how to accept losing.</p>	<p>Core: Understand the concept of sequences and the importance of keeping in time to the music</p> <p>Hinterland: Understand why good behaviour in activities is important for progress</p>	<p>Core: To know how to hit a ball with a racket to make it harder for an opponent when playing tennis.</p> <p>Hinterland: Understand and explain the importance of good health, physical exercise and healthy food</p>	<p>Core: To know how underarm and overarm throws differ when aiming for a target.</p> <p>Hinterland: To understand that every person on a team is important and that working as a team in cricket or rounders is how they win.</p>	<p>Core: To know and understand how different netball passes can be used.</p> <p>Hinterland: To understand the concept of attacking, defending and shooting and know why it is important in a game of Netball.</p>
Key vocabulary	Sequence, balance, movement, travel, shapes	Attack, defend, opponent, space, pass	Tempo, movement, expressing, speed	Net, serve, hit, receive	underarm, overarm, bat, racket, stumps, base	bounce pass, chest pass, attack, defend, shoot, footwork, under pressure

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 2	Gymnastics	Invasion games (football)	Dance	Net and wall games (Tennis)	Strike and field games (Cricket. Rounders)	Invasion games (Netball)

<p>Skills</p>	<p>Safely perform rolls with increasing independence.</p> <p>Understand that we need to stretch key muscles used in gymnastics and suggest ways to do so.</p> <p>Name and attempt to balance on different body parts in both pads (large) and points (small) categories.</p> <p>Can demonstrate basic tuck, straddle, pike, straight and star shapes and use these in a sequence confidently.</p> <p>Can create a short routine to demonstrate their understanding e.g. balance – travel – shape – travel – balance.</p> <p>Can travel in different ways and select travelling movements that will support building a sequence.</p> <p>Demonstrate fundamentals of movement (ABC's) with control and confidence.</p> <p>Make judgements to improve their work</p>	<p>Seek space, call the name of the person in possession of a ball and maintain eye contact with the ball as it approaches.</p> <p>To mark opposing team players to make it harder for them to receive a pass/ball and begin to intercept.</p> <p>Can demonstrate good control when stopping a ball using their feet and dribbling or passing to a team member.</p> <p>Aim to always pass to a person who is in space. (attacking)</p> <p>Can shoot at a goal with increasing accuracy.</p> <p>Can change direction when running at speed.</p> <p>Begin to increase the accuracy of a pass whether it's using their hands or feet when both stationary and on the move.</p> <p>Understand a variety of different equipment and</p>	<p>Show a good understanding of fast and slow tempo/ movement speeds.</p> <p>Demonstrate good spatial awareness when carrying out all movements and actions.</p> <p>Create a brief routine (2- 4 movements), aided by notes or visual/ verbal prompts if needed.</p> <p>Always use a clear starting and finishing position.</p> <p>Verbally evaluate both their own and their peers' performances.</p> <p>Giving positive points and ways to improve</p>	<p>Seek space and maintain eye contact with the ball as it approaches.</p> <p>To hit an approaching ball with a racket.</p> <p>Can demonstrate good control when stopping a ball.</p> <p>Aim to hit a ball into a large space that will challenge an opponent.</p> <p>To hit a ball over a net using a racket.</p> <p>To hit and receive a ball when working with a partner (create a rally).</p> <p>Hit a ball with a racket when stationary and moving.</p> <p>Can change direction when running at speed.</p> <p>Understand a variety of different equipment and recognise what sport/ activity it is used for.</p>	<p>Understand the difference between - over arm, under arm and use these when fielding and bowling.</p> <p>Seek space and maintain eye contact with the ball as it approaches.</p> <p>To hit an approaching ball with a bat.</p> <p>To hit a ball and run to a base.</p> <p>To catch a medium sized ball sponge ball when hit by an opponent.</p> <p>Begin to bowl a ball using an under arm throw.</p> <p>To aim to hit a ball into space.</p> <p>Can change direction when running at speed.</p> <p>Participate individually and as a team.</p> <p>Begin to evaluate their own and others' performances. What went well, what could be improved?</p>	<p>Understand the difference between throws - chest and bounce passes and what each might be used for.</p> <p>Seek space, call the name of the person in possession of a ball and maintain eye contact with the ball as it approaches.</p> <p>Can demonstrate good control when running, catching and stopping. (footwork)</p> <p>To mark opposing team players to make it harder for them to receive a pass/ball and begin to intercept.</p> <p>Can shoot at target with increasing accuracy.</p> <p>Aim to always pass to a person who is in space. (attacking)</p> <p>Can change direction when running at speed.</p> <p>Begin to increase the accuracy of a pass when both stationary and on the move.</p>
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		<p>recognise what sport/ activity it is used for.</p> <p>Move confidently and creatively with control and coordination in large and small movements</p> <p>Participate as a team.</p> <p>Begin to evaluate their own and others' performances. What went well, what could be improved?</p> <p>Continue to understand emotions linked to sport/ games and how to process them.</p> <p>Continue to make links between physical activity and being healthy.</p>		<p>Participate individually and as a team.</p> <p>Begin to evaluate their own and others' performances. What went well, what could be improved?</p> <p>Move confidently and creatively with control and coordination in large and small movements</p> <p>Continue to understand emotions linked to sport/ games and how to process them.</p> <p>Continue to make links between physical activity and being healthy.</p>	<p>Move confidently and creatively with control and coordination in large and small movements</p> <p>Continue to understand emotions linked to sport/ games and how to process them.</p> <p>Continue to make links between physical activity and being healthy.</p>	<p>Understand a variety of different equipment and recognise what sport/ activity it is used for.</p> <p>Participate individually and as a team. Begin to evaluate their own and others' performances. What went well, what could be improved?</p> <p>Move confidently and creatively with control and coordination in large and small movements</p> <p>Continue to understand emotions linked to sport/ games and how to process them.</p> <p>Continue to make links between physical activity and being healthy.</p>
<p>Knowledge</p>	<p>Core: Understand the importance of transitional movement e.g. start and finish positions, moving between balances etc, in the overall effect of a performance</p> <p>Hinterland: To understand the importance of a healthy diet and active lifestyle to support performing to the best of their ability.</p>	<p>Core: Know and understand some simple tactics for attacking and defending.</p> <p>Hinterland: To understand that attacking and defending are vital in invasion games/sports and to value</p>	<p>Core: Know and understand the importance of working together in a small group to create a performance</p> <p>Hinterland:</p>	<p>Core: Know how to manipulate resources and equipment for different purposes</p> <p>Hinterland: To know the terms forehand and</p>	<p>Core: Know and understand the concept of hitting a ball and running when appropriate</p> <p>Hinterland: Know that different equipment is used for different purposes i.e. cricket / rounders bats and know</p>	<p>Core: Know and understand simple attacking and defending principles, applying them in the context of a friendly competition</p> <p>Hinterland: To understand that attacking and defending are vital in invasion games/sports and to value each players contribution to the team.</p>

		each players contribution to the team.	Recognise and describe how their body feels during and after activities	backhand and how they are used in a game of tennis.	which one to choose in a sporting situation	(Link back to football from earlier in the year).
Key vocabulary	Balancing, rolling, One-leg, fixed point, transitions, starting position, ending position, sequence, travelling, shapes	Attacking, defending, scoring, tackling, marking, passing, team contribution, tactics, opponent.	Expressing, evaluating, emotion, fast/slow tempo, linking, performance, routine, paired work, start, finish, position.	Balance, racket and ball, agility, balance, coordination, aim, target, rules.	Fielding, scoring a rounder, stumps, wickets, bat, bases, striking, bowling	intercept, agilitly, balance, coordination, footwork ,aim, bounce pass, chest pass, shoot, attack, defend, opponent pivot, target.