



Hill West Physical Education Curriculum Overview

Year ONE Outcomes

- Understand that PE helps to keep us physically and mentally healthy
- Can copy and explore basic body actions and movement patterns.
- Able to repeat a simple gymnastics sequence accurately.
- Can demonstrate poses and movements that challenge their flexibility.
- Can show some control and balance when travelling at different speeds (on a balance bike).
- Will show some control and balance when travelling at different speeds and when using equipment.
- Can show some sense of dynamic and expressive qualities when creating or performing a dance.
- Able to explore different ways of passing a ball (rolling, under-arm throw, kick), showing awareness of space and safety.
- Able to throw and roll towards a target with some varying techniques.
- Able to kick towards a stationary target.
- Able to make it difficult for their opponents, during a team game, by using simple tactics, for example by finding a space when receiving a ball.
- Can attempt to run at different speeds showing an awareness of technique, sometimes overcoming obstacles.
- Able to talk about what they have done and say why they have succeeded.

* Balance Ability and Multi-Skills	1. Gymnastics	2. Dance
3. Ball Skills	4. Athletics	5. Striking and Fielding

Year TWO Outcomes

- Understand that PE helps to keep us physically and mentally healthy
- Able to copy, explore and remember basic body actions and movement patterns.
- Able to repeat a gymnastics sequence accurately with increased awareness of extension.
- Can demonstrate poses and movements that challenge their flexibility.
- Can run, stop and change direction with increased control and balance when travelling at different speeds and when using equipment.
- Can show increased sense of dynamic and expressive qualities when creating or performing a dance in character.
- Able to explore different ways of passing a ball (rolling, under-arm throw, kick) and are able to catch an object that is passed using one of the throwing techniques.



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- Can show increased awareness of space and safety.
- Able to throw and roll towards a target using varying techniques with some success.
- Able to show balance when kicking towards a target.
- Able to make it difficult for their opponents, during a team game, by using simple tactics to help score goals or limit others scoring; travel with the ball in games (tag rugby).
- Able to show balance and coordination when running at different speeds and link running and jumping movements with some control and balance, sometimes overcoming obstacles.
- Can talk about what they have done, say why they have succeeded and give one area they could improve.

1. Gymnastics	2. Multi-Skills	3. Ball Skills
4. Dance	5. Athletics	6. Striking and Fielding

Year THREE Outcomes

- Understand that PE helps to keep us physically and mentally healthy
- Able to copy, remember and perform a dance phrase.
- Able to repeat a gymnastics sequence accurately with awareness of extension and flexibility.
- Can demonstrate poses and movements that challenge their flexibility both individually and with a partner.
- Can run, stop and change direction with control and balance when travelling at different speeds, and when using equipment, combination with other skills.
- Can use counts to keep in time with a partner and group, and can show and match a sense of dynamic and expressive qualities when creating or performing a dance in character.
- Able to pass a ball different ways depending on the game they are playing and are able to catch a ball passed to them using one and two hands with some success, when throwing.
- Can demonstrate awareness of space and safety both in individual and group activities.
- Able to change technique to throw a long distance towards a target and use a variety of throwing techniques in game situations.
- Can use simple tactics, individually and within a team, to make it difficult for their opponents, during a team game.
- Can travel at different speeds over varying distances, overcoming obstacles and link running, hopping and jumping actions using different take offs and landing.
- Can talk about what they have done, say why they have succeeded and give three area they could improve/adapt.

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- Can orientate themselves with increasing confidence and accuracy around a short trail on the school site and when following teachers direction during a school trip.
- Participate in adventurous activities that they may not have experienced before.
- Plan a camping expedition and work as a team to set up a camp.

1. Ball Skills and Handball	2. Dance	3. Gymnastics
4. Tennis	5. Athletics	6. * Outdoor and Adventurous Activity and Netball

Year FOUR Outcomes

- Understand that PE helps to keep us physically and mentally healthy
- Can copy, remember and adapt set choreography.
- Can repeat a gymnastics sequence accurately by demonstrate increased flexibility and extension in more challenging actions and balances.
- Can demonstrate challenging poses and movements using body tension (stability, control and technique) to perform both individually and with a partner.
- Can demonstrate how and when to speed up and slow down when running.
- Can use counts when choreographing short phrases and can change dynamics to express changes in character or narrative when performing a routine
- Is able to pass a ball different ways depending on the game they are playing and are able to catch a ball passed to them using one and two hands with some success, when throwing.
- Can demonstrate awareness of space and safety both in individual and group activities.
- Can use a variety of throwing techniques with increasing success in game situations, and can catch a ball passed to them using one and two hands with increasing success.
- Can use simple tactics to help their team score or gain possession.
- Is able to demonstrate how and when to speed up and slow down when running.
- Is able to talk about what they have done, say why they have succeeded and give three area they could improve/adapt.
- Can swim competently, confidently and proficiently over a distance of at least 25 metres.
- Can use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.
- Can coordinate breath in time with basic stokes showing some consistency in timing.

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- Is able to perform safe self-rescue in different water based situations.
- Can orientate themselves with increasing confidence and accuracy around a short trail off the school site.
- Have the confidence and courage to try adventurous activities that they may not have experienced before (Whitemoor lakes).

1. Gymnastics	2. Basketball	3. * Outdoor and Adventurous Activity and Dance
4. * Swimming and Hockey	5. Athletics	6. Cricket

Year FIVE Outcomes

- Can accurately copy and repeat set choreography in different styles of dance showing a good sense of timing.
- Repeat a gymnastics sequence accurately by showing increase control and balance when moving from one balance to another.
- Demonstrate challenging poses and movements using flexibility to improve the quality of the actions they perform as well as the actions they choose to link them.
- Run at the appropriate speed over longer distances or for longer periods of time.
- Use counts accurately when choreographing to perform in time with others and the music, and can confidently perform choosing appropriate dynamics to represent an idea.
- Use a variety of throwing techniques with some control under increasing pressure.
- Demonstrate awareness of space and safety both in individual and group activities.
- Catch and intercept a ball using one and two hands with some success in game situations.
- Understand the need for tactics and can identify when to use them in different situations.
- Run at the appropriate speed over longer distances or for longer periods of time.
- Talk about what they have done, say why they have succeeded and give three area they could improve/adapt.
- 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.
- Coordinate breath in time with basic strokes showing some consistency in timing.
- Perform safe self-rescue in different water based situations.
- Orienteer themselves by beginning to use navigating equipment (maps) with increasing confidence and accuracy.
- Build upon their confidence and courage to participate in adventurous activities that they may not have experienced before (Ab)



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1. Tennis	2. * Outdoor and Adventurous Activity and Dodgeball	3. Gymnastics
4. Dance	5. Athletics	6. Hockey

Year SIX Outcomes

- Able to perform dances confidently and fluently with accuracy and good timing.
- Able to repeat a gymnastics sequence accurately by combining and performing more complex balances with control, technique and fluency.
- Demonstrate challenging poses and movements by confidently transitioning from one action to another showing appropriate control and extension for the complexity of the action.
- Demonstrate a controlled running technique using the appropriate speed over longer distances or for longer periods of time.
- Use counts when choreographing and performing to improve the quality of work, and improvise and combine dynamics demonstrating an awareness of the impact on performance.
- Able to use a variety of throwing techniques including fake passes to outwit an opponent.
- Demonstrate awareness of space and safety both in individual and group activities.
- Catch and intercept a ball using one and two hands with increasing success in game situations.
- Work collaboratively to create tactics within their team and evaluate the effectiveness of these.
- Demonstrate a controlled running technique using the appropriate speed over longer distances or for longer periods of time.
- Talk about what they have done, say why they have succeeded and give three areas they could improve/adapt.
- 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.
- Coordinate breath in time with basic strokes showing some consistency in timing.
- Perform safe self-rescue in different water based situations.
- Orientate themselves, using navigation equipment (maps and compass), with confidence and accuracy around an orienteering course when under pressure.
- Design an orienteering course.

1. Gymnastics	2. Cricket	3. Bikeability and Basketball
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4. Dance

5. Athletics and Outdoor and
Adventurous Activity

6. Rounders