



# Bury and Whitefield

## JEWISH PRIMARY SCHOOL

### PE

## Curriculum Overview

### Our Curriculum Celebrates

Resilience

Creativity

Critical Thinking

Curiosity

Challenge

Culture

Cycle A							
Autumn							
EYFS		KS1		LKS2		UKS2	
Fundamentals		Fundamentals	Invasion Games	Fundamentals	Invasion Games	Fundamentals	Invasion Games
Spring							
EYFS		KS1		LKS2		UKS2	
Small Apparatus Skills	Striking Games/Target Games	Gymnastics	Striking Games/Target Games	Gymnastics	Striking Games/Target Games	Gymnastics	Striking Games/Target Games
Summer							
EYFS		KS1		LKS2		UKS2	
Invasion Games	Athletics	Invasion Games	Athletics	Invasion Games	Athletics	Invasion Games – Netball	Athletics

Cycle B							
Autumn							
EYFS		KS1		LKS2		UKS2	
Fundamentals		Fundamentals	Invasion Games	Fundamentals	Invasion Games – Football	Fundamentals	Invasion Games – Football
Spring							
EYFS		KS1		LKS2		UKS2	
Gymnastics Fundamentals	Dance Fundamentals	Dance	Gymnastics	Dance	Swimming	Dance	Gymnastics
Summer							
EYFS		KS1		LKS2		UKS2	
Invasion Games	Athletics	Invasion Games	Athletics	Invasion Games	Athletics	Invasion Games – Tag Rugby	Athletics

## Cycle A - KS1

<b>Autumn</b>	<b>Spring</b>	<b>Summer</b>
<b>Topic: Fundamentals</b>	<b>Topic: Gymnastics</b>	<b>Topic: Invasion Games</b>
<p>Overview</p>	<p>Overview</p> <p>In this unit, pupils will have the opportunity to learn and enhance their body management skills. They will start by exploring, replicating, and improving their actions, body shapes, and balances on the floor. As they progress, they will transition to using apparatus to further develop their skills. Pupils will focus on incorporating control and varying levels into simple sequences by connecting different movements together. Throughout the unit, they will also learn how to safely lift and lay out apparatus, ensuring their own safety and the proper handling of equipment.</p>	<p>Overview</p> <p>In this unit, pupils will have the opportunity to engage with a range of equipment and actively explore their individual skills through play. Throughout games activities, pupils will develop fundamental movement skills such as running, stopping, jumping, chasing, dodging, and skipping. They will also begin to understand the concept of spatial awareness and strategizing to outsmart opponents. Furthermore, pupils will enhance their observation skills by watching and describing both their own performances and those of others. They will also gain an understanding of game rules and how to effectively organize and manage a game.</p>
<b>Topic: Invasion Games</b>	<b>Topic: Striking Games/ Target Games</b>	<b>Topic: Athletics</b>
<p>Overview</p> <p>In this unit, pupils will actively participate in various activities aimed at fostering their physical skills and abilities. Through play, they will have the opportunity to interact with a diverse range of equipment, enabling them to explore and develop their individual capabilities. Games activities will focus on enhancing fundamental</p>	<p>Overview</p> <p>In this unit, pupils will engage in various activities aimed at developing their individual skills and promoting cooperative play. They will have the opportunity to work with different equipment and focus on core skills relevant to striking and fielding games, such as sending, receiving, batting, bowling, and chasing. Throughout the</p>	<p>Overview</p> <p>In this unit pupils will experience simple modified running, jumping and throwing activities. Pupils will accurately replicate running challenges and competitions that require speed and stamina. In all athletic based activities, pupils will engage in performing skills and measuring outcome as a marker of performance. Pupils will develop the</p>

<p>movement skills, including running, stopping, jumping, chasing, dodging, and skipping. Additionally, pupils will begin to grasp the concept of spatial awareness and strategic thinking, as they learn to outmanoeuvre opponents. Observational skills will be honed through the examination and description of both their own performances and those of their peers. Moreover, pupils will acquire a solid understanding of game rules and gain the ability to effectively organize and manage game sessions.</p>	<p>unit, pupils will also learn to utilize space effectively and strategize to outwit their opponents. They will observe and describe both their own performances and those of others, fostering an attitude of fair play, sportsmanship, and enjoyment while adhering to a set of rules.</p>	<p>ability follow rules safely and handle equipment correctly.</p>
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Over this year, Year 1 and 2 pupils will have the opportunity to compare and evaluate their own performances, as well as those of their peers. They will develop an understanding of what they need to do in order to improve their own performance, while also gaining knowledge and comprehension of the fundamental skills and rules required for various activities. Pupils will learn how to apply these skills effectively and demonstrate the ability to communicate and collaborate with others. Additionally, they will engage in friendly competition with their peers, exhibiting good sporting values, and showcasing enthusiasm and commitment throughout their exploration of different topics.

## Cycle A - LKS2

<b>Autumn</b>	<b>Spring</b>	<b>Summer</b>
<b>Topic: Fundamentals</b>	<b>Topic: Gymnastics</b>	<b>Topic: Invasion Games</b>
<p>Overview</p>	<p>Overview</p> <p>In this unit, pupils will replicate and improve the quality of their actions, body shapes and balances, and their ability to link phrases of movement both on the floor and when using apparatus. Pupils will incorporate control and levels into sequences showing creativity. Student will begin to describe and evaluate the effectiveness and quality of a performance. Pupils will progressively learn how to lay out apparatus safely.</p>	<p>Overview</p> <p>In this unit, pupils will focus on developing game play with some fluency and accuracy, using a range of throwing and catching techniques. In all games activities, pupils will find ways of attacking successfully when using other skills; use a variety of simple tactics for attacking well, keeping possession of the ball as a team, and getting into positions to score. Will begin to watch and describe others' performances, as well as their own, and suggest ways to improve. To keep and run a game using a set of rules.</p>
<b>Topic: Invasion Games</b>	<b>Topic: Striking Games/ Target Games</b>	<b>Topic: Athletics</b>
<p>Overview</p> <p>In this unit, pupils will actively engage in enhancing their game play skills by focusing on fluidity and precision. They will specifically work on refining their throwing and catching techniques across various game activities. Throughout these games, pupils will explore effective strategies for successful attacking, maintaining possession as a team, and positioning themselves for scoring opportunities. Additionally, they will develop their</p>	<p>Overview</p> <p>In this unit, pupils will be introduced to and develop a range of sending, receiving, batting and bowling skills, especially in specific striking and fielding games. Pupils will work on the common skills and principles, including attack and defense. To develop an attitude of fair play, sportsmanship and enjoyment.</p>	<p>Overview</p> <p>In this unit pupils will be introduced to the concept of throwing for distance using a range of objects, jumping for distance and with accuracy. Pupils will accurately replicate running challenges and competitions that require both and stamina. In all athletic activity, pupils will engage in performing skills, measuring and recording their own performance. Pupils will develop the ability follow safety procedures and handle equipment correctly.</p>

observational skills by analysing and providing constructive feedback on both their own and others' performances. Furthermore, pupils will gain experience in managing and running games while adhering to established rules.

Over this year, Year 3 and 4 pupils will actively engage in various activities and develop their physical abilities. They will assess and analyse their own performances, as well as those of others, to compare and evaluate their progress. Pupils will gain an understanding of what they need to do in order to enhance their performance, while also acquiring a solid grasp of the fundamental skills and rules required for each activity. They will learn how to apply these skills effectively and demonstrate their ability to communicate and collaborate with their peers. Moreover, pupils will exhibit good sportsmanship and display enthusiasm and commitment to the topic as they participate in friendly competitions with their classmates.

## Cycle A - UKS2

Autumn	Spring	Summer
<b>Topic: Fundamentals</b>	<b>Topic: Gymnastics</b>	<b>Topic: Invasion Games – Netball</b>
<p>Overview</p>	<p>Overview</p> <p>In this unit, pupils will replicate the basic actions of turning, rolling, jumping, climbing, balancing and travelling on hands and feet and how to adapt, practice and refine on the floor and on apparatus. Pupils will learn to emphasise changes of shape, speed and direction through gymnastic actions as part of a longer series of actions. Pupils should learn how to erect and dismantle apparatus safely.</p>	<p>Overview</p> <p>In this unit, pupils will focus on improving and applying basic skills for netball. In all games activities, pupils will think about how to use tactics and strategies to attack the opposition. They will learn to plan basic principles of invasion and make informed decisions during small sided games. To understand the effect of exercise and develop an attitude of fair play, sportsmanship and enjoyment.</p>
<b>Topic: Invasion Games</b>	<b>Topic: Striking Games/ Target Games</b>	<b>Topic: Athletics</b>
<p>Overview</p> <p>In this unit, pupils will think about the use of strategies to outwit opponents. Pupils will focus on improving the skills of sending, receiving, striking and travelling with a ball in a range of contexts. They will learn to make informed decisions during small sided games and simplified versions of recognised competitive games. To understand the effect of exercise and develop an attitude of fair play and enjoyment.</p>	<p>Overview</p> <p>In this unit pupils will improve the basic skills of sending, receiving, batting and bowling. Pupils will play small-sided and modified competitive striking/fielding games. Pupils will work on the common skills and principles, including attack and defense to play both kwik cricket and rounders. To develop an attitude of fair play, sportsmanship and enjoyment.</p>	<p>Overview</p> <p>In this unit pupils will develop their ability to throw, using a range of objects, over increasing height and distance and with greater accuracy. Pupils will accurately replicate challenges and competitions that require precision, speed and stamina. In all athletic activity, pupils will engage in performing skills, measuring and recording their own performance over a period of time. To be able to follow safety procedures and handle equipment.</p>

Over this year, Year 5 and 6 pupils will engage in various activities aimed at developing their physical abilities and sportsmanship. They will have the opportunity to compare and evaluate their own performances, as well as those of their peers. Through self-reflection, they will identify areas for improvement and develop strategies to enhance their performance. Pupils will also gain a solid understanding of the fundamental skills and rules associated with the activities they participate in. They will learn how to apply these skills effectively and demonstrate good communication and teamwork when working with others. Furthermore, pupils will have the chance to compete with their classmates, showcasing their skills while displaying positive sporting values. Their active involvement, enthusiasm, and commitment to the topic will be encouraged and nurtured throughout the unit.

## Cycle B - KS1

Autumn	Spring	Summer
Topic: Fundamentals	Topic: Dance	Topic: Invasion Games
<p>Overview</p>	<p>Overview</p> <p>In this unit, pupils will explore basic body movements and actions using different parts of their bodies. Pupils will express feelings, moods and ideas in response to different types of music and using a range of stimuli. Students will work with a partner or in small group and evaluate and assess movements to improve overall routines.</p>	<p>Overview</p> <p>In this unit, pupils will experience working with a variety of equipment and to develop individual skills leading to co-operative play. In all games activities, pupils will learn movement skills relevant to games, including running, stopping, jumping, chasing, dodging and skipping. Pupils will begin to make use of space and start to think about outwitting an opponent. Will begin to watch and describe others' performances, as well as their own. To keep and run a game using a set of rules.</p>
Topic: Striking and Fielding	Topic: Gymnastics	Topic: Athletics
<p>Overview</p> <p>In this unit, pupils will experience working with a variety of equipment and to develop individual skills leading to co-operative play. In all games activities, pupils will learn core skills relevant to striking and fielding games, including sending, receiving, batting and bowling &amp; chasing. Pupils will begin to make use of space and start to think about outwitting an opponent. Will begin to watch and describe others' performances, as well as their own. To develop an attitude of fair play, sportsmanship and enjoyment while using a set of rules.</p>	<p>Overview</p> <p>In this unit, pupils will develop and replicate body management skills. Pupils should explore and improve the quality of their actions, body shapes and balances firstly on the floor and across apparatus. Pupils will incorporate control, levels and different speeds into simple sequences. Pupils will begin to appreciate good performances and understanding some reasoning for this. Pupils will progressively learn how to lift and lay out apparatus safely.</p>	<p>Overview</p> <p>In this unit pupils will experience running, jumping and throwing activities. Pupils will accurately replicate running challenges and competitions that require speed and changes in direction. In all athletic based activities, pupils will engage in performing skills and measuring performance. Pupils will develop the ability follow safety procedures and handle equipment correctly.</p>

Over this year, Year 1 and 2 pupils will engage in various physical activities and sports to enhance their skills and understanding. They will compare and evaluate their own performances, as well as those of others, to identify areas for improvement. Pupils will develop a clear understanding of the fundamental skills and rules required for each activity and demonstrate the ability to apply these skills effectively. Additionally, they will showcase their communication skills by effectively interacting with others during team-based activities. Pupils will collaborate with their peers, demonstrating teamwork and cooperation. While participating in competitive situations, they will uphold good sporting values and exhibit sportsmanship. Throughout the year, pupils will show enthusiasm and commitment to the topic, actively engaging in physical activities with a positive attitude.

## Cycle B - LKS2

Autumn	Spring	Summer
Topic: Fundamentals	Topic: Dance	Topic: Invasion Games
<p>Overview</p>	<p>Overview</p> <p>In this unit pupils will create and replicate a series of movements by varying direction, level, speed and tension. Pupils will express feelings, and moods in response to music and to create simple abstract sequence through dance. Students will work with a partner or in small group and evaluate and assess their movements to improve the overall outcome.</p>	<p>Overview</p> <p>In this unit, pupils will find ways of attacking successfully when using other skills; use a variety of simple tactics for attacking well, keeping possession of the ball as a team, and getting into positions to score. Pupils will focus on improving the skills of sending, receiving, striking and travelling with a ball in a range of contexts. They will learn to make informed decisions during small sided games and simplified versions of recognised competitive games. To develop an attitude of fair play and enjoyment.</p>
Topic: Invasion Games - Football	Topic: Swimming	Topic: Athletics
<p>Overview</p> <p>In this unit, pupils will focus on developing basic skills for football and performing them under control. In all games activities, pupils will think about how to use basic strategies to advance on the opposition. They will learn to plan basic principles of attack and make informed decisions during small sided games. To understand the effect of exercise and develop an attitude of fair play, sportsmanship and enjoyment.</p>	<p>Overview</p> <p>In this unit, pupils will focus on developing their swimming skills and water safety. They will work towards becoming competent, confident, and proficient swimmers, able to cover a distance of at least 25 meters. Throughout the unit, they will learn and practice various swimming strokes, including front crawl, backstroke, and breaststroke, with the aim of using them effectively. Additionally, pupils will be taught essential self-rescue techniques to ensure their safety in different water-based situations.</p>	<p>Overview</p> <p>In this unit pupils will further develop their ability to throw/jump for distance, using a range of objects and over increasing heights. Pupils will accurately replicate athletic challenges and competitions that require thought, speed and stamina. In all athletic activity, pupils will engage in performing skills, measuring and recording their own performance. To be able to follow safety procedures and handle specific equipment.</p>

Over this year, Year 3 and 4 pupils will actively engage in various activities and develop their physical abilities. They will assess and analyse their own performances, as well as those of others, to compare and evaluate their progress. Pupils will gain an understanding of what they need to do in order to enhance their performance, while also acquiring a solid grasp of the fundamental skills and rules required for each activity. They will learn how to apply these skills effectively and demonstrate their ability to communicate and collaborate with their peers. Moreover, pupils will exhibit good sportsmanship and display enthusiasm and commitment to the topic as they participate in friendly competitions with their classmates.

## Cycle B - UKS2

Autumn	Spring	Summer
<b>Topic: Fundamentals</b>	<b>Topic: Dance</b>	<b>Topic: Invasion Games – Tag Rugby</b>
<p>Overview</p>	<p>Overview</p> <p>In this unit pupils will create and link a range of dance actions using gestures, formations and contrasts in movement patterns. Pupils will demonstrate creativity and develop functional and skillful control of the body as an instrument of expression and communication. Students will work with a partner or in small group and evaluate and assess movements in order to improve.</p>	<p>Overview</p> <p>In this unit, pupils will focus on introducing and developing basic skills for tag rugby. In all games activities, pupils will think about how to use core skills and apply basic tactics in order to attack the opposition. Individuals will learn to make informed decisions during small sided games and plan attacking ideas. To understand the effect of exercise and its importance. To develop an attitude of fair play and enjoyment through games activities.</p>
<b>Topic: Invasion Games – Football</b>	<b>Topic: Gymnastics</b>	<b>Topic: Athletics</b>
<p>Overview</p> <p>In this unit, pupils will focus on developing the basic skills for football and applying them under control. In all games activities, pupils will think about how to use tactics and strategies to outwit the opposition. They will learn to plan basic principles of attack and make informed decisions during small sided games. To understand the effect of exercise and develop an attitude of fair play, sportsmanship and enjoyment.</p>	<p>Overview</p> <p>In this unit, pupils will demonstrate and consolidate the basic actions of travelling, jumping and landing, transferring of weight, balancing, rolling and turning both on the floor and when using apparatus. Pupils will incorporate control, levels and aesthetics into sequences showing creativity. Student will evaluate and assess movements to improve sequences. Pupils should learn how to erect and dismantle apparatus safely.</p>	<p>Overview</p> <p>In this unit pupils will accurately replicate and use running, jumping and throwing skills both singly and in combination. Pupils will take part in and design challenges and competitions that require precision, speed and stamina. In all athletic activity, pupils will engage in performing and improving their skills, measuring and comparing times &amp; distances. To develop a deeper knowledge of type of fitness needed for each event category.</p>

Over this year, Year 5 and 6 pupils will engage in various activities aimed at developing their physical abilities and sportsmanship. They will have the opportunity to compare and evaluate their own performances, as well as those of their peers. Through self-reflection, they will identify areas for improvement and develop strategies to enhance their performance. Pupils will also gain a solid understanding of the fundamental skills and rules associated with the activities they participate in. They will learn how to apply these skills effectively and demonstrate good communication and teamwork when working with others. Furthermore, pupils will have the chance to compete with their classmates, showcasing their skills while displaying positive sporting values. Their active involvement, enthusiasm, and commitment to the topic will be encouraged and nurtured throughout the unit.