Physical Education

Our PE curriculum enables pupils to develop their skills and knowledge from Reception through to Year 6. Every year, the curriculum builds on previously taught content designed to ensure pupils' fitness, agility, coordination and stamina improve. All pupils, regardless of ability or need, are able to participate, learn and progress, and all pupils will be able to experience inclusive sports along with traditional games. This, along with sporting opportunities and events both in and out of school, will enable all pupils to find their own passion for sport and physical activity.

Our focus will not only be on the physical benefits of exercise but on building resilient, respectful and hardworking pupils. Through our PE curriculum, pupils will develop an understanding of their bodies, the importance of exercise and how to lead a healthy life to support their physical, social, mental and emotional well-being. This is promoted not just through PE lessons but also through active learning during lesson times and during break times.

Meridian Primary School has the Getset4PE Scheme of Work available to support planning and teacher subject knowledge.

Meridian Primary School
Comberton, Cambridge

Meridian Primary School PE Curriculum Overview

							Games																				
							General				Invasion						Net and wall				Striking & fielding						
	Introduction to PE	Fundamentals	Yoga	O.A.A & Team Building	Dance	Gymnastics	Sending & Receiving	Target Games	Ball skills	Invasion Games	Football	Tag rugby	Hockey	Handball	Netball	Basketball	Pickle ball	Tennis	Badminton	Net Wall Games	Rounders	Cricket	Striking/Fielding	Athletics	Fitness	Swimming	Boccia
Reception	x	x			x	x			x															x			
Year 1				x	x	x	x	x	x											x			x	x	x		
Year 2			x	x	x	x	x		x	x													x	x	x		
Year 3				x	x	x			x				x			x	x				x	x		x			x
Year 4			x	x	x	x					x	x			x			x			x	x		x	x		
Year 5				x	x	x							x		x	x		x				x		x		x	
Year 6			x	x	x	x					x	x		x	x				x		x			x	x		

Reception

Knowledge and understanding of health, fitness and the body	
To have fun whilst participating in physical activity To name some ways to keep a healthy diet To know what exercise is To independently take shoes and socks off and put them back on again	**Key concepts:** **Healthy** **Exercise**

Reception						
	Autumn 1	**Autumn 2**	**Spring 1**	**Spring 2**	**Summer 1**	**Summer 2**
Area of PE/Unit from Getset4PE (if available)	Introduction to P.E Unit 2: Everyday Life	Dance Unit 2: Christmas production and Places	Gymnastics Unit 2: Traditional Tales	Fundamentals Unit 2: Places and Spaces	Ball Skills Unit 2	Athletics
Key Learning	To move around safely in space. To follow instructions and stop safely. To follow a path and take turns. To begin to use control with equipment.	To move in different ways, energetically and safely. To move to music with some prompts. To copy an action and perform it on my own. To dance on the spot and when moving. To perform a group dance.	To create shapes on my own and copy those shown by an adult. To balance in different ways and show stillness. To develop jumping and landing safely on the floor and low apparatus. To copy and link simple actions together.	To develop running and stopping, hopping and jumping. To develop changing direction To explore different ways to travel using equipment. To work safely. To begin to identify personal success.	To stop a ball with some control. To drop and catch with two hands. To move a ball with feet. To throw and roll a variety of beanbags and larger balls to space. To negotiate space and obstacles safely, with consideration for themselves and others.	To move energetically To run towards an end goal with focus. To balance a bean bag on my head To throw objects in a straight line. To try again if they do not succeed.
Key Vocabulary	space, stop, safely	copy, perform	balance, jump- straight and star	run, hop, travel	throw, roll, catch	skip, underarm

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Year 1

Knowledge and understanding of health, fitness and the body	
To recognise what the body feels like when it is exercising To follow simple warm up instructions and explain why it is important to warm up	**Key concepts:** **Balance** **Strength** **Warm-up**

	Autumn 1	Autumn 1	Autumn 2	Autumn 2
Area of PE/Unit from Getset4PE (if available)	Ball Skills	Gymnastics	Dance	Sending and Receiving
Key Learning	To dribble a ball with hands and feet with some control. To roll and throw towards a target with some accuracy. To catch a medium sized ball with some success. To attempt to track balls sent to them. To persevere in the challenges I am set.	To develop and combine travelling movements. To develop quality when performing and linking shapes. To develop stability and control when performing balances. To show respect when watching others perform.	To move safely in space. To move to music independently. To copy simple dance moves performed by an adult. To perform a short sequence of movements.	To throw and roll towards a target with some control and coordination. To pass and receive with your feet with some control and coordination. To throw and catch a beanbag and a medium-sized ball. To track balls sent to them with some success. To support and encourage others.
Key Vocabulary	dribble, control, towards	shapes, barrel roll, straight roll	movements	track, pass

	Spring 1	Spring 1	Spring 2	Spring 2
Area of PE/Unit from Getset4PE (if available)	Dance Weather and On Safari	Games Target Games	Gymnastics	Fitness
Key Learning	To copy, repeat, create and perform actions that represent the theme. To travel in different pathways. To listen to each other's ideas. To begin to use counts. To reflect on my dance and make improvements	To develop throwing for accuracy and distance using underarm and overarm. To choose the best throw for the target. To work safely with and around others.	To develop technique and control when performing shape jumps. To roll in different ways and use them in a sequence. To move along the apparatus of different heights with control and to safely dismount. To be confident to share my ideas.	To recognize how exercise makes me feel To recognize changes in my body when I do exercise. To try my best in the challenges which are set
Key Vocabulary	pathway, repeat	target	Apparatus	exercise, feel

	Summer 1	Summer 1	Summer 2	Summer 2
Area of PE/Unit from Getset4PE (if available)	Athletics	Striking and Fielding	Net and Wall Games	OAA & Team Building
Key Learning	To move at different speeds over different distances. To explore hopping, jumping and leaping for distance. To begin to show balance and coordination when changing direction. To develop throwing for accuracy.	To throw (over/under) with some control and coordination. To strike a stationary ball using a racket. To collect a ball with some success. To understand how to score points. To support and encourage others.	To understand why a ready position is useful. To balance a ball on a racket. To develop sending a ball using a racket. To introduce modified games against an opponent and keep the score. To reflect on what I did well and how to show determination to improve.	To explore and develop working as a team. To plan with a partner and small group to complete challenges. To use talking, listening and sharing skills to complete challenges.
Key Vocabulary	leaping, forwards, backwards	overarm	ready position, sending	team, share, plan

Year 2

Knowledge and understanding of health, fitness and the body	
To identify how different physical activities make the body feel To explain why a warm up / cool down is important To stretch and develop flexibility To begin to identify different food groups which support the different needs of our bodies	**Key concepts:** **Cool down** **Flexibility** **Breath / Breathing**

	Autumn 1	Autumn 1	Autumn 2	Autumn 2
Area of PE/Unit from Getset4PE (if available)	Gymnastics	Ball Skills	Dance The Secret Garden & the Circus	Fitness
Key Learning	To perform balances on different body parts with some control and balance. To choose balances and travelling to create a sequence. To copy, remember, repeat and plan linking simple actions with some control and technique. To work respectfully with others.	To throw and catch a ball/bean bag with greater control and coordination. To dribble a ball with hands and feet with some success, stopping it when required. To roll and kick a ball towards a target with greater control and coordination. To keep trying when to learn new skills.	To copy, remember and repeat a series of actions. To use some different levels and pathways. To show a character through actions, dynamics and expression. To use counts with help to stay in time with the music. To use simple words to give feedback.	To develop stamina and change of direction. To develop co-ordination in skipping. To explore exercises to develop strength. To develop agility, balance and co-ordination. To follow the rules and play fairly.
Key Vocabulary	plan, link, sequence	collect, bounce	expression, slowly, quickly	stamina, change of direction

	Spring 1	Spring 1	Spring 2	Spring 2
Area of PE/Unit from Getset4PE (if available)	Gymnastics	Sending and Receiving	Dance The Rainforest & Jack Frost	OAA & Team Building
Key Learning	To develop different shapes, take-offs and landings when jumping. To refine rolling. To select actions to build a sequence To move on and off apparatus with control. To safely share a working space	To roll a ball towards a target with greater accuracy. To move to track a ball and stop it with greater success. To send and receive a ball with your feet and using a racket with greater control and coordination. To throw and catch with greater accuracy	To copy, repeat and create actions in response to a stimulus. To perform actions considering dynamics and showing clear changes in speed. To create and perform with a partner using unison and mirroring. To talk to a partner about their ideas and take turns to listen to each other.	To follow instructions accurately. To work co-operatively with a partner and a small group, taking turns and listening to each other. To try different ideas to solve a task. To follow and create a simple diagram/map. To support and encourage others.
Key Vocabulary	take off, landing	send, receive	unison, mirroring, changes in speed	cooperatively, instructions, solve

	Summer 1	Summer 1	Summer 2	Summer 2
Area of PE/Unit from Getset4PE (if available)	Yoga	Athletics	Striking and Fielding Games	Invasion Games
Key Learning	To copy and repeat a wider variety of yoga poses To understand how flexibility helps the body and how to improve it through yoga. To understand strength in yoga poses. To keep trying if I find a balance tricky.	To develop sprinting. To develop jumping further (long jump, 2 feet to 2 feet). To develop throwing for distance and accuracy (beanbags). To select and apply knowledge and technique in an athletics carousel. To try to beat my personal best.	To move fast and track and collect a ball with greater control. To throw underarm and catch with greater accuracy To hit a ball using a racket. To hit for distance to help score more points. To be honest when keeping the score. To understand the rules and play fairly.	To understand possession and support a teammate. To understand scoring as an attacking skill and explore ways to do it. To understand that stopping goals is a defending skill and explore ways to do this. To explore how to gain possession. To work together to manage small sided games.
Key Vocabulary	holding, pose, flexibility, strength	aim, sprint	hit, batter, fielder	attack, defend, teammate

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Year 3

Knowledge and understanding of health, fitness and the body	
To explain the impact exercise can have on our body To begin to identify that different sports need different preparations To begin to name different muscles within the body	**Key concepts:** **Muscles** **Strength**

	Autumn 1	Autumn 1	Autumn 2	Autumn 2
Area of PE/Unit from Getset4PE (if available)	Gymnastics	O.A.A/Boccia	Dance Machines and a 'Trip to…'	Ball Skills
Key Learning	To complete balances with increasing stability, control and technique. To develop stepping into shape jumps with control. To demonstrate increased flexibility and extension in their actions. To create a sequence with travelling, rolls, jumps and balances (using levels, direction and control).	To follow instructions from a peer and give simple instructions. To work collaboratively with a partner and a small group, listening to and accepting others' ideas. To plan and attempt to apply strategies to solve problems. To orientate and follow a diagram/map. To participate in an inclusive sport. To reflect on when and why challenges are solved successfully and use others' success to help them to improve.	To copy remember and perform a dance phrase. To create actions in response to a stimulus and move in unison with a partner. To move in contact with a partner or interact with a partner. To use counts to keep in time with a partner and group. To show confidence to perform.	To dribble a ball with hands and feet with greater control and coordination. To track, throwing, catch and kick a ball with greater control and coordination. To track a ball that is not sent directly to me. To apply sending and receiving skills in games.
Key Vocabulary	point and patch balances, extend, body tension, levels	support, team work, route, orientate	contact, dynamics	release

	Spring 1	Spring 1	Spring 2	Spring 2
Area of PE/Unit from Getset4PE (if available)	Gymnastics	Hockey	Dance The Hornpipe	Basketball
Key Learning	To choose actions that flow into one another both on and off apparatus. To create a sequence with matching and contrasting actions and shapes. To create a partner sequence using equipment. With a partner, I can begin to analyse and say what I like about a sequence.	To pass and receive with some control To move safely and with control in possession. To develop decision making in attack, deciding when to pass and when to dribble. To understand the role of the defender. To support and encourage others To work with others to self -manage mini games.	To remember, repeat and create actions around a theme. To use different pathways, levels and change of direction. To use formations, canon and unison to make our dance look interesting. To collaborate with my partner, sharing ideas to create a dance.	To develop passing and moving to support my team in attack. To dribble the ball with one hand with some control. To start to use attacking skills to maintain possession. To explore ways to gain possession (tracking and intercepting). To apply skills and knowledge to small sided games
Key Vocabulary	flow, match, contrast, sequence	possession, defender	canon, formation	intercept, attacker

	Summer 1	Summer 1	Summer 2	Summer 2
Area of PE/Unit from Getset4PE (if available)	Athletics	Rounders	Pickle ball	Cricket
Key Learning	To develop sprinting technique. To introduce changeover technique in relay events. To throw for distance and accuracy (chest pass) To throw for distance in a pull throw (tennis ball) To develop jumping techniques in a range of approaches and take off positions. To try to improve my personal best.	To throw and catch underarm with greater accuracy and introduce over arm. To strike a ball with greater control and accuracy. To begin to use tactics in small sided games. To introduce stopping the ball. To recognize, describe and evaluate the effectiveness of a performance.	To control a ball on racket when moving. Hit a ball into a target (with one bounce) To introduce the forehand. To play a modified game using skills. To work co-operatively with others to begin to manage a game.	To learn how to score in a striking and fielding game. Throw and catch underarm with greater accuracy. To develop batting to score points (hit off a tee) To develop fielding skills to limit the batter's score. To apply skills and knowledge to play games using cricket rules.
Key Vocabulary	relay, baton, changeover, personal best	caught out , short barrier, tactics, runs	forehand, return	wicket, back stop

Year 4

Knowledge and understanding of health, fitness and the body	
To recognize different ways to warm up and cool down for different exercise types To recognize where strength is needed and how to develop this To name a range of muscles in the body and begin to identify which they are working on / using during physical activity To have a greater understanding of the link between food and drink and exercise	**Key concepts:** **Food groups** **Balanced diet**

	Autumn 1	Autumn 1	Autumn 2	Autumn 2
Area of PE/Unit from Getset4PE (if available)	Gymnastics	Football	Dance Spy and The Twist	Netball
Key Learning	To develop individual and partner balances. To develop control in performing and landing rotation jumps. To demonstrate increasing strength, control and technique when taking own and others weight. To plan and perform sequences showing control and technique with and without a partner. To observe the work of others and make judgements against given criteria.	To dribble, pass and receive the ball with greater control. To develop changing direction and speed when attacking. To explore different turns- inside hook, outside hook. To learn how to track a defender To play co-operatively together to manage our own games.	To copy and create actions in response to an idea and be able to adapt this using changes of space. To use action and reaction to represent an idea. To use mirror and matching when completing actions with a partner. To use different pathways, levels and change of direction. To learn and perform a partner dance in a different style. To act on feedback given to me to improve my performance.	To refine passing and receiving. To develop dodging, side marking and shooting skills. To apply skills and knowledge to play games using netball rules. To work collaboratively with others.
Key Vocabulary	rotation jumps	accelerate, 2 touch, delay, inside hook, outside hook	action and reaction, adapt,	side marking, pivot, footwork

	Spring 1	Spring 1	Spring 2	Spring 2
Area of PE/Unit from Getset4PE (if available)	Yoga	Fitness	O.A.A	Rugby
Key Learning	To develop flexibility and strength in a flow. To explore connecting breath and movement. To explore poses and begin to connect them.	To understand there are different areas of fitness and that each area challenges my body differently. To take part in activities to develop speed, strength, agility, coordination, balance and stamina.	To accurately follow instructions given by a peer and give clear and usable instructions to a peer. To take part in a blindfold activity to develop trust. To communicate ideas and listen to others before deciding on the best approach.	To move with control in a variety of directions holding the ball in the correct position. To pass the ball backwards/ sideways with control whilst moving. To understand how to defend within the rules.

	To develop confidence and strength through arm balances.	To collect and record my scores and identify areas I need to improve.	To plan and apply strategies to solve problems. Identify key symbols on a map and use a key to help navigate around a grid. To watch, describe and evaluate the effectiveness of their team strategy, giving ideas for improvements	To use speed and space to avoid a passive defender. To use skills and rules in mini games.
Key Vocabulary	breath, relax, stable	agility, coordination, static	key, navigate, strategy, trust, communicate	try, forward/backward/sideways pass

	Summer 1	**Summer 1**	**Summer 2**	**Summer 2**
Area of PE/Unit from Getset4PE (if available)	Athletics	Rounders	Cricket	Tennis
Key Learning	To refine sprinting technique To develop stamina and an understanding of speed and pace in relation to distance. To develop a pull throw for distance and accuracy (turbo javelin). To jump over hurdles and for height (vertical jump.) To develop officiating and performing skills in a Pentathlon. To support and encourage others.	To improve batting technique. To throw and catch with greater accuracy and use these skills in games. To bowl a ball with some accuracy and consistency and learn the rules of this skill in the game. To develop fielding skills and use them in games. To play different roles and use simple tactics in games.	To use overarm and underarm throwing with increasing accuracy and apply these to a striking and fielding game. To bowl a ball with some accuracy and learn the rules of the skill within this game. To develop fielding techniques and apply them to game situations. To play different roles in a game and begin to think tactically about each role. To apply skills and knowledge to compete in games.	To develop racket and ball control To use a forehand with greater control and accuracy. To introduce the backhand. To keep a rally showing increasing technique. To apply the forehand and backhand in game situations. To use rules and apply simple tactics. To persevere when I find something hard.
Key Vocabulary	pace, transfer of weight, launch, power, Pentathlon.	no ball, stumped out	two handed pick up	backhand, rally

Year 5

Knowledge and understanding of health, fitness and the body	
To understand and explain the impact of a good warm up on their performance and sporting ability To understand and explain the risk of not completing a warm up and cool down To explain which muscles they need to stretch and focus on during warm up and cool downs	**Key concepts:** **Injury** **Stamina**

	Autumn 1	Autumn 1	Autumn 2	Autumn 2
Area of PE/Unit from Getset4PE (if available)	Gymnastics	Netball	Dance Dance by Chance and Rock 'n' Roll	O.A.A
Key Learning	To perform symmetrical and asymmetrical balances. Explore different methods of travelling, linking actions in both canon and synchronization. Create a sequence using variations in speed, level, direction and pathways Observe, analyse and evaluate using correct terminology.	To explore attacking skills in different situations. To communicate with my team, move into space and take the ball towards goal. To defend an opponent and know when to try and intercept. To refine shooting skills and begin to score under pressure. To apply skills and knowledge to compete in small sided games.	To create a dance using a random structure and perform the actions showing quality and control. To understand how changing dynamics changes the appearance of the performance. To understand and use relationships and space to change how a performance looks. To work collaboratively with a group to choreograph a dance in the style of Rock 'n' Roll.	To use clear communication when working in a group and taking on different roles. To begin to lead others, providing clear instructions. To plan and apply strategies with others to more complex challenges. To orientate a map confidently using it to navigate around a course. To explain why a particular strategy worked and alter methods to improve.
Key Vocabulary	symmetrical, asymmetrical, synchronization	rebound	choreograph, relationships	communication, strategy

	Spring 1	Spring 1	Spring 2	Spring 2
Area of PE/Unit from Getset4PE (if available)	Gymnastics	Basketball	Dance Ancient Maya/Chinese Dance	Hockey
Key Learning	To perform progressions of inverted movements. To explore matching and mirroring using actions both on the floor and on apparatus. To create and perform more complex sequences of actions with a good level of quality, control and technique with and without a partner.	To select an appropriate pass in a variety of situations. To develop movement skills to lose a defender in different situations. To develop shooting and explore when to pass, dribble or shoot. To use and apply skills, principles and tactics to a game situation.	To choose actions to create a motif in a given character with consideration of dynamics, space and relationships. To use structure to choreograph a dance performance. To provide feedback using key terminology and act on feedback given to me to improve my performance.	To refine attacking skills passing, dribbling and shooting. To use attacking skills to beat a defender. To use defensive techniques to gain possession. To apply rules, skills and tactics to play in a tournament.

	To provide feedback using key terminology			
Key Vocabulary	inverted, transition, extension	double dribble	motif	tackle, close down

	Summer 1	**Summer 1**	**Summer 2**	**Summer 2**
Area of PE/Unit from Getset4PE (if available)	Athletics	Cricket	Swimming	Tennis
Key Learning	To refine relay changeover technique. To jump for distance (triple jump) To develop throwing with force and for longer distances (shot put) To refine javelin technique (foam javelin) To apply knowledge and technique in an athletics carousel (Heptathlon)	To apply throwing and catching skills relevantly to the situation. To bowl with greater accuracy and perform the skill within the rules of the game. To strike a bowled ball with increasing consistency To develop a wider range of fielding skills and begin to use these under some pressure. To understand the need for tactics and identify when to use them.	To swim competently over a distance of 25 metres. To use a range of strokes effectively To perform safe self-rescue techniques in different water based situations.	To introduce/develop the volley. To use a variety of shots to keep a continuous rally going. To develop the underarm serve and understand the rules of serving. To apply rules, skills and principles to play against an opponent
Key Vocabulary	triple jump, shot put, heptathlon	close catch, deep catch, long barrier	breast stroke, front crawl, back stroke, float, tread water	volley, serve, continuous

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Year 6

Knowledge and understanding of health, fitness and the body	
To understand why exercise is good for their physical and mental well being To independently prepare their bodies for physical activity To understand how to cool down effectively after To take an independence over their physical activity contribution	**Key concepts:** **Mental wellbeing** **Emotional wellbeing** **Physical well being**

	Autumn 1	Autumn 1	Autumn 2	Autumn 2
Area of PE/Unit from Getset4PE (if available)	Dance Stamp, Clap and Bhangra	Rugby	Gymnastics	Netball
Key Learning	To perform dances confidently and fluently with accuracy and good timing. To choreograph longer phrases and structure a dance considering actions, space, relationship and dynamics in relation to a theme. To provide feedback using key terminology.	To combine and perform passing, moving and scoring skills more fluently. To understand the offside and forward pass rule. To understand and apply attacking/ defending tactics in game situations. To work as a defending unit to prevent attackers from scoring.	To develop counter balance and counter tension into sequence work with apparatus. To develop jumps and explore the effect of height. To vary the level, direction, speed and pathway of your sequence. To provide feedback using key terminology and act on feedback given to me to improve my performance.	To combine and perform passing, moving and shooting skills more fluently. To use attacking and defending skills appropriately in games. To develop accuracy when scoring under pressure. To use and apply skills, principles and tactics to a game situation.
Key Vocabulary	rhythm	offside, onside, wing	counter balance, counter tension	ball side, footwork, held ball

	Spring 1	Spring 1	Spring 2	Spring 2
Area of PE/Unit from Getset4PE (if available)	Dance Waiting for & 70s Disco	Football	Fitness/Yoga	Handball
Key Learning	To work creatively and imaginatively with a partner and in a small group to choreograph longer phrases and structure a dance considering actions, space, relationship and dynamics in relation to a theme.	To dribble, pass, receive and shoot the ball with increasing control under pressure To use marking, tackling and or interception to improve my defence To use and apply skills, principles and tactics to a game situation.	To develop speed and stamina. To develop strength using my own body weight, co-ordination, agility and balancing with control. To collect and record my scores and identify areas I need to improve.	To use attacking skills to maintain possession under pressure. To select the appropriate skill to create space, move towards goal and away from defenders. To use defending skills to prevent an opponent from scoring. To apply rules, skills and principles to play in game tournament.

	To compare my performances with that of others and use this to evaluate and improve my own performance.	To collaborate with others to self-manage our games.	To develop strength through yoga flows and create my own flow showing quality in control, balance and technique.	
Key Vocabulary	freeze frame, contemporary	close down, draw	calves, quadriceps, abdominals	drive shot, jump shot

	Summer 1	**Summer 1**	**Summer 2**	**Summer 2**
Area of PE/Unit from Getset4PE (if available)	Athletics	Rounders	Badminton	O.A.A
Key Learning	Running for speed competitions. Introduce sling throw- quoits, discus To use a range of equipment and techniques when throwing and perform a range of jumps showing control. To work collaboratively in a team to develop the officiating skills of measuring, timing and recording. To apply knowledge and techniques in an athletics carousel (decathlon.)	To strike a bowled ball with increasing consistency. To apply throwing and catching under pressure. To bowl with greater accuracy under pressure whilst abiding by the rules of the game. To select the appropriate fielding skills for the situation. Understand and apply tactics in a game.	To explore different forehand /backhand shots. To use a variety of shots to keep a continuous rally going. To serve with greater and understand the rules of serving. To apply rules, skills and principles to play against an opponent. To persevere when learning a new skill.	To communicate with others clearly and effectively when under pressure. To develop tactical planning and problem solving. To work as a team and use critical thinking to determine the best approach. To reflect on a strategy and make changes where necessary. To confidently and efficiently, orientate a map and identify key features to navigate around a course.
Key Vocabulary	decathlon ,fling throw	backed up	underarm clear, overarm clear, over head	critical thinking, approach