



King's Hill Primary School

PE Curriculum Overview 2024 - 2026

Physical activity is a very important part of our school day here at King's Hill. Our PE curriculum provides many opportunities for our pupils to be active every single day. In order to attract pupils to being physically active, we offer an array of different activities and sports to appeal to everyone. Not only does exercise improve overall health and fitness it helps to improve pupils' mental health and cognitive development as well, by doing physical exercise, pupils are likely to concentrate and maintain focus in lessons. The provision for engaging in physical, outdoor activities supports pupils with building confidence, inspiring positivity and improving social skills. We use 'Striver' to support the teaching of PE skills across KS1 and KS2. The approach has allowed our pupils to focus on specific skills with the aim of practising and refining as much as possible. In turn, these experiences have progressively built into extending the range of competitive games and team activities that the pupils engage in.

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Year 1	Orienteering Throwing/ catching - Developing hand-eye coordination to roll, bounce, catch and throw a ball accurately.	Dance - Developing balance, creating shapes with the body and organising a short sequence of movements to create a routine.	Gymnastics - Using our bodies to create different shapes, balance and move to create a sequence.	Bat and Ball Skills - Developing our hand eye co-ordination, control of the ball and hitting the ball with accuracy.	Tennis - Applying our ball skills to small attacking and defending games working together as a team.	Athletics - Participating in a range of athletic sports such as running, jumping and throwing.
Year 2	Orienteering & Gymnastics Children will use their bodies to create different shapes, balance and move to create a sequence.	Tennis Children will develop their hand eye co-ordination, control of the ball and hitting the ball with accuracy.	Dance Children will balance, creating shapes with the body and organising a short sequence of movements to create a routine	Hockey Children will apply their ball skills to small attacking and defending games working together as a team.	Invasion Games Children will move with a ball during a game; using space when passing & receiving a kicked ball; throwing, catching, attacking and defending during a game.	Athletics Children will Participate in a range of athletic sports such as running, jumping and throwing.

Orienteering						
An orienteering lesson will take place at the start of each half term.						
Year 3	Dance Cheerleading – children learn stances and create their own dance to a beat of 8.	Gymnastics Children learn the gymnastics shapes, putting them into a sequence.	Football Children develop the skills required to control a ball, building up to a game of football.	Yoga Children will explore power poses, poses with a partner and self-massage techniques.	Netball Children develop the skills required to play netball, building up to playing netball.	Athletics Children participate in a variety of athletics activities in preparation for sports day.
Year 4	Orienteering Learning how to map read while engaging in a physical activity	Tennis To focus on the ready position, including forehand and backhand shot, interpreting the flight of a ball	Gymnastics This unit focuses on various stands, balances, forward rolls and performing sequences, on, off and over apparatus	Basketball To focus on the skills of dribbling, passing, pivoting and applying these to game situations	Rounder's This unit focuses on throwing and catching a ball, batting, bowling and striking skills.	Athletics Record and measure performance in running, throwing and jumping
Year 5	Orienteering Learning how to map read while engaging in a physical activity	Tag Rugby A non-contact invasion game with rapid switching between attacking and defence	Gymnastics Focus on forward/backward rolls and routines.	Dance Learning the Haka movements, leading to a dance based on the Ka Mate Haka.	Football Focus on the skills of controlling, dribbling, turning, passing and receiving the ball.	Athletics Develop running for speed, jumping for distance, throwing and hurdling skills.
Year 6	Orienteering Learning how to map read while engaging in a physical activity	Dance Movement and dance phrases and choreographed routines based on the theme of Street Art.	Handball To learn the basics of handball including shooting defending, blocking, goalkeeping. To play a full size game.	Gymnastics Pupils will explore balances, rolls on/off apparatus and incorporate stands into unison performances.	Athletics Pupils will run with greater fluency & speed including hurdling, sustain pace over longer distances, complete a variety of athletic races & jumping events.	Rounders Pupils will focus on throwing, catching and striking a ball consistently as well as fielding. Pupils will demonstrate the key rule in rounders and compete successfully as a team.