



Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS PE Coach HHH	<b>Fundamental Movement</b> Look, Run, Avoid	<b>Balance</b> Travel, Balance, Climb	<b>Gymnastics</b> Inspire, Create, Perform	<b>Co-ordination Ball skills</b> Think, Aim, Throw	<b>Agility</b> Hands, Feet & Equipment	<b>Multi skills and Athletics</b> Play, Move, Explore
1 Teacher	<b>Invasion (Basketball)</b>	<b>Personal Best</b>	<b>Dance</b>	<b>Multisport</b>	<b>Problem solving</b>	<b>Athletics</b>  <b>Sports day Prep</b>
PE Coach HHH	<b>Basics Fundamental movements and skills</b> Look, Run, Avoid	<b>Athletics</b> Run, Throw, Jump	<b>Gymnastics</b> Inspire, Create, Perform	<b>Invasion skills</b> Play, Move, Explore	<b>Striking &amp; Feilding skills (Cricket)</b> Aim, Strike, Retrieve <b>Sports Day prep</b>	<b>Basketball skills</b> Play, Move, Explore
<p><b>Gymnastics: Pupils should be taught to:</b></p> <ul style="list-style-type: none"> <li>- Balance and move over, under and through apparatus, creating a variety of shapes with the body and distinguishing a well-performed move.</li> <li>- Combine movements, actions and balances, individually or collectively, to create a fluid routine.</li> <li>- Combine and perform gymnastic actions, using the whole body, adapting movements and balances to a routine so they fit into a sequence.</li> </ul>						
2 Teacher	<b>Personal best Challenge</b>	<b>Invasion Games</b>	<b>Dance</b>	<b>Net &amp; Wall games</b>	<b>Multi Skills</b>	<b>Athletics</b>  <b>Sports day Prep</b>
PE Coach HHH	<b>Fundamental movements and skills</b> Look, Run, Avoid	<b>Invasion skills</b> Dual, Win, Lose	<b>Gymnastics</b> Inspire, Create, Perform	<b>OAA (Outdoors)</b> Travel & Discover	<b>Athletics</b> Run, Throw, Jump  <b>Sports Day prep</b>	<b>Net &amp; Wall skills (Tennis)</b> Serve, Set, Slam
3 Teacher	<b>OAA (Outdoors)</b>	<b>Invasion Games (Basketball)</b>	<b>Dance</b>	<b>Invasion Games (Handball)</b>	<b>Multi Skills</b>	<b>Athletics</b> <b>Sports day Prep</b>

Grasmere Primary School PE Curriculum Overview

PE Coach HHH	<b>Bee Netball skills</b> Including everyone	<b>Tag Rugby Skills</b> Evade, Invade, Capture	<b>Gymnastics</b> Inspire, Create, Perform	<b>OAA (Outdoors)</b> Travel & Discover	<b>Athletics</b> Run, Throw, Jump  <b>Sports Day prep</b>	<b>Tennis Skills</b> Serve, Set, Slam
4 Teacher	<b>Invasion Games (Basketball)</b>	<b>OAA (Outdoors)</b>	<b>Dance</b>	<b>Net &amp; Wall Games (Mini Tennis Skills)</b>	<b>Multi Skills</b>	<b>Athletics</b>  <b>Sports day Prep</b>
PE Coach HHH	<b>Bee Netball skills</b> Including everyone	<b>Tag Rugby Skills</b> Evade, Invade, Capture	<b>Gymnastics</b> Inspire, Create, Perform	<b>OAA (Outdoors)</b> Travel & Discover	<b>Athletics</b> Run, Throw, Jump  <b>Sports Day prep</b>	<b>Tennis Skills</b> Serve, Set, Slam
5 Teacher	<b>Personal best Challenge</b>	<b>OAA (Outdoors)</b>	<b>Dance</b>	<b>Invasion Games (Basketball)</b>	<b>Striking &amp; Fielding (Rounders)</b>	<b>Athletics</b>
PE Coach HHH	<b>Bee Netball</b> Including everyone	<b>Tag Rugby</b> Evade, Invade, Capture	<b>Gymnastics</b> Inspire, Create, Perform	<b>Athletics</b> Run, Throw, Jump	<b>Tennis</b> Serve, Set, Slam  <b>Sports Day Prep</b>	<b>Cricket Striking &amp; Fielding</b> Aim, Strike, Retrieve
<p><b>Swimming: Pupils should be taught to:</b></p> <ul style="list-style-type: none"> <li>-swim competently, confidently and proficiently over a distance of at least 25 meters</li> <li>- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</li> <li>-perform safe self-rescue in different water-based situations.</li> </ul>						
6 Teacher	<b>Personal best Challenge</b>	<b>OAA (Outdoors)</b>	<b>Dance</b>	<b>Invasion Games (Basketball)</b>	<b>Striking &amp; Fielding (Rounders)</b>	<b>Athletics</b>  <b>Sports day Prep</b>

## Grasmere Primary School PE Curriculum Overview

PE Coach HHH	<b>Bee Netball</b> Including everyone	<b>Tag Rugby</b> Evade, Invade, Capture	<b>Gymnastics</b> Inspire, Create, Perform	<b>Athletics</b> Run, Throw, Jump	<b>Tennis</b> Serve, Set, Slam <b>Sports Day Prep</b>	<b>Cricket</b> Aim, Strike, Retrieve
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### **Health and fitness**

- Are physically active for sustained periods of time
- Lead healthy, active lives
- Understand and apply the long-term health benefits of physical activity
- Get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle