



Hambrook Primary School  
Physical Education 2020 – 2021  
Curriculum Overview

Our Curriculum Drivers

Curiosity	Environment	Identity & Diversity	Life Skills
Critical thinking Creative thinking Enquiry	Sustainability Locality Community Charity	Religions Equal Opportunities Self-Worth	Independence Problem Solving Resilience Cooperation & Conflict

<b>KS1 National Curriculum</b>	Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.		
	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	Participate in team games, developing simple tactics for attacking and defending	Perform dances using simple movement patterns.

KS1	Reception		Year 1		Year 2	
	Unit 1 Skill/Invasion	Unit 2: Gym/Dan/Mind	Unit 1 Skill/Invasion	Unit 2: Gym/Dan/Mind	Unit 1 Skill/Invasion	Unit 2: Gym/Dan/Mind
Term 1			<b>Locomotion Skill: Running</b>	Bristol Sport Gymnastics	<b>Locomotion Skill: Dodging</b>	Bristol Sport Gymnastics
Term 2		<b>Gymnastics Moving</b>	<b>Ball Skills: Using Hands 1</b>	<b>Gymnastics Body Parts</b>	<b>Ball Skills: Using Hands 1</b>	<b>Gymnastics Pathways</b>
Term 3	Ball Skills: Using Hands 1	Mindfulness	Ball Skills: Using Feet 1	Dance	Bristol Sport Basketball	Dance
Term 4	Ball Skills: Using Feet 1	<b>Gymnastics High/Low/Over/Under</b>	<b>Ball Skills: Using Hands 2</b>	Mindfulness	Ball Skills: Using Feet 1	Mindfulness
Term 5	Athletics	Mindfulness	Athletics	Dance	Athletics	Gymnastics Linking
Term 6	Bristol Sport Tennis/Multi-Skills	Dance	Invasion Games for Understanding	Mindfulness	Invasion Games for Understanding	Mindfulness



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<b>KS2 National Curriculum</b>	Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success		
	Use running, jumping, throwing and catching in isolation and in combination	Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending	Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
	Perform dances using a range of movement patterns	Take part in outdoor and adventurous activity challenges both individually and within a team	Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

KS2	Year 3		Year 4		Year 5		Year 6	
	Unit 1 Skill/Invasion	Unit 2: G/D/M	Unit 1 Skill/Invasion	Unit 2: G/D/M	Unit 1 Skill/Invasion	Unit 2: G/D/M	Unit 1 Skill/Invasion	Unit 2: G/D/M
<b>Term 1</b>	Skill: Running & Jumping <b>Basketball</b>	<b>Gymnastics</b>	Skill: Throwing & Catching <b>Dodgeball</b>	<b>Gymnastics</b>	Skill: Running & Jumping <b>Handball</b>	<b>Dance</b>	Skill: Throwing & Catching <b>Tag Rugby</b>	<b>Dance</b>
<b>Term 2</b>	Bristol Sport <b>Dodgeball</b>	<b>Dance</b>	Skill: Passing & Moving <b>Tag Rugby</b>	<b>Dance</b>	Skill: Tactics & Comms BS: <b>Dodgeball</b>	<b>Gymnastics</b>	Skill: Tactics & Comms <b>Netball</b>	<b>Gymnastics</b>
<b>Term 3</b>	Skill: Throwing & Catching <b>Handball</b>	<b>Gymnastics</b>	Skill: Passing & Dribbling BS: <b>Basketball</b>	<b>Gymnastics</b>	Skill: Attacking & Defending <b>Basketball</b>	<b>Mindfulness</b>	Skill: Beating an Opponent <b>Dodgeball</b>	<b>Mindfulness</b>
<b>Term 4</b>	<b>Athletics</b>	<b>Mindfulness</b>	<b>Athletics</b>	<b>Mindfulness</b>	Skill: Throwing & Catching BS: <b>Netball</b>	<b>Gymnastics</b>	Skill: Throwing & Catching BS: <b>Netball</b>	<b>Gymnastics</b>
<b>Term 5</b>	OAA BS: <b>Orienteering</b>	<b>Dance</b>	OAA BS: <b>Orienteering</b>	<b>Dance</b>	<b>Athletics</b>	<b>Dance</b>	<b>Athletics</b>	<b>Dance</b>
<b>Term 6</b>	Skill: Striking & Fielding <b>Rounders</b>	<b>Mindfulness</b>	Skill: Applying Range of Shots <b>Tennis</b>	<b>Mindfulness</b>	Skill: Tactics & Comms <b>Rounders</b>	<b>Mindfulness</b>	Skill: Beating an Opponent BS: <b>Tennis</b>	<b>Mindfulness</b>