

## PE curriculum at Our Lady's 2023 - 2024

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Reception</b>	<ul style="list-style-type: none"> <li>Gymnastics body movements</li> </ul>	<ul style="list-style-type: none"> <li>Multi/Ball skills</li> <li><b>PACES – Tuesday PM</b></li> </ul>	<ul style="list-style-type: none"> <li>Dance</li> </ul>	<ul style="list-style-type: none"> <li>Gymnastics including apparatus</li> </ul>	<ul style="list-style-type: none"> <li>Athletics – field events</li> </ul>	<ul style="list-style-type: none"> <li>Athletics – running events</li> <li><b>PACES – Tuesday PM</b></li> </ul>
<b>Year 1</b>	<ul style="list-style-type: none"> <li>Multi skills</li> <li><b>PACES – Tuesday PM</b></li> </ul>	<ul style="list-style-type: none"> <li>Gymnastics body movements</li> </ul>	<ul style="list-style-type: none"> <li>Gymnastics using apparatus</li> </ul>	<ul style="list-style-type: none"> <li>Dance</li> </ul>	<ul style="list-style-type: none"> <li>Athletics</li> <li><b>PACES – Tuesday PM</b></li> </ul>	<ul style="list-style-type: none"> <li><b>Swimming – 10.30 – 11</b> Starting Thursday 6th June 2024 - Last session Thursday 18th July 2024</li> </ul>
<b>Year 2</b>	<ul style="list-style-type: none"> <li>Ball skills</li> </ul>	<ul style="list-style-type: none"> <li>Multi skills</li> </ul>	<ul style="list-style-type: none"> <li>Gymnastics including apparatus</li> </ul>	<ul style="list-style-type: none"> <li>Dance</li> <li><b>PACES – Tuesday PM</b></li> </ul>	<ul style="list-style-type: none"> <li><b>Swimming – 10.30 – 11</b> Starting Thursday 11th April 2024 - Last session Thursday 23rd May</li> </ul>	<ul style="list-style-type: none"> <li>Athletics (3 weeks)</li> <li>Tennis (3 weeks)</li> </ul>
<b>Year 3</b>	<ul style="list-style-type: none"> <li>Multi skills</li> <li><b>PACES – Tuesday PM</b></li> </ul>	<ul style="list-style-type: none"> <li>Ball skills/netball</li> </ul>	<ul style="list-style-type: none"> <li>Gymnastics including apparatus</li> <li><b>PACES – Tuesday PM</b></li> </ul>	<ul style="list-style-type: none"> <li><b>Swimming – 10.30 – 11</b> Starting Tuesday 20th February 2024 - Last session Tuesday 19th March 2024</li> </ul>	<ul style="list-style-type: none"> <li>Rounders</li> </ul>	<ul style="list-style-type: none"> <li>Athletics</li> </ul>
<b>Year 4</b>	<ul style="list-style-type: none"> <li>Small ball skills &amp; teamwork</li> </ul>	<ul style="list-style-type: none"> <li>Invasion Games – Hockey</li> <li><b>PACES – Tuesday PM</b></li> </ul>	<ul style="list-style-type: none"> <li>Invasion Games- Multi sport (football, tag rugby)</li> <li><b>Swimming – 11 – 11.30</b> Starting Tuesday 9th January 2024 - Last session Tuesday 6th February</li> </ul>	<ul style="list-style-type: none"> <li>Dance</li> <li><b>PACES – Tuesday PM</b></li> </ul>	<ul style="list-style-type: none"> <li>Gymnastics including apparatus</li> </ul>	<ul style="list-style-type: none"> <li>Athletics</li> <li>Tennis</li> </ul>
<b>Year 5</b>	<ul style="list-style-type: none"> <li>Invasion Games- Tag rugby</li> </ul>	<ul style="list-style-type: none"> <li><b>Swimming – 10.30 – 11</b> Starting Tuesday 7th November 2023 - Last session Tuesday 19th December 2023</li> </ul>	<ul style="list-style-type: none"> <li>Dance (Moving Targets)</li> </ul>	<ul style="list-style-type: none"> <li>Gymnastics including apparatus</li> <li>Boxing – Thursday 13.15 – 14.00 Feb 22<sup>nd</sup> and 29<sup>th</sup> and March 7<sup>th</sup>, 14<sup>th</sup> and 21<sup>st</sup>.</li> </ul>	<ul style="list-style-type: none"> <li>Kwik cricket</li> </ul>	<ul style="list-style-type: none"> <li>Athletics</li> <li><b>PACES – Tuesday PM</b></li> </ul>
<b>Year 6</b>	<ul style="list-style-type: none"> <li>Invasion Games- Hockey</li> <li><b>Swimming – 10.30 – 11</b> Starting Monday 4th September 2023 - <i>*Last session is on Tuesday 24<sup>th</sup> October 2023</i></li> </ul>	<ul style="list-style-type: none"> <li>Invasion Games- Netball</li> </ul>	<ul style="list-style-type: none"> <li>Gymnastics including apparatus</li> <li><b>PACES – Tuesday PM</b></li> </ul>	<ul style="list-style-type: none"> <li>Dance</li> </ul>	<ul style="list-style-type: none"> <li>Athletics</li> <li><b>PACES – Tuesday PM</b></li> </ul>	<ul style="list-style-type: none"> <li>Rounders</li> <li><b>Swimming - 11.20 – 12</b> 1 week Intensive sessions - Starting Monday 15th July 2024 - Last session Friday 19th July 202</li> </ul>

## Links to the NC

### Year 1 and Year 2

- 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

### Year 3

- 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.

### Year 4

- 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.

### Year 5

- 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.

### Year 6

- 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.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

**Swimming NC - these objectives are developed from Reception through to Year 5.**

- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- Perform safe self-rescue in different water-based situations.