



# Mayfield Primary School Curriculum Documents



PHYSICAL EDUC. OVERVIEW	Autumn	Spring	Summer
EYFS	<p><b>FUNDAMENTAL SKILLS:</b> Run, Hop, Skip, Throw, Jump, Catch, Kick</p> <p><b>GYMNASTICS:</b> Squat with readiness, sit to stand technique.</p> <p><b>GAMES: Striking &amp; Fielding</b> – large ball with increasing control.</p>	<p><b>FUNDAMENTAL SKILLS:</b> Run, Hop, Skip, Throw, Jump, Catch, Kick</p> <p><b>GYMNASTICS:</b> Jumping off an object and landing appropriately, under and over balancing.</p> <p><b>GAMES: Invasion Games</b> – negotiate space, run skillfully, change direction to avoid obstacles.</p>	<p><b>FUNDAMENTAL SKILLS:</b> Run, Hop, Skip, Throw, Jump, Catch, Kick</p> <p><b>DANCE:</b> Moving freely in a range of ways and experimenting.</p> <p><b>GAMES: Athletics</b> – varying pace depending upon distance.</p>
Year One	<p><b>FUNDAMENTAL SKILLS:</b> Standing Jump, Running, Skipping, Throwing, Catching, Rolling &amp; Bouncing A Ball</p> <p><b>DANCE: Move to the Beat</b> – incorporate a jump, understand gesture.</p>	<p><b>FUNDAMENTAL SKILLS:</b> Standing Jump, Running, Skipping, Throwing, Catching, Rolling &amp; Bouncing A Ball</p> <p><b>GAMES: Invasion Games – Basketball &amp; Football</b> chest pass, dribble with good hand/foot control, demonstrate spatial awareness.</p> <p><b>GAMES: Cricket</b> – ready positions, catching a ball, roll a ball to a target and throw underarm accurately.</p>	<p><b>FUNDAMENTAL SKILLS:</b> Standing Jump, Running, Skipping, Throwing, Catching, Rolling &amp; Bouncing A Ball</p> <p><b>GYMNASTICS:</b> Using apparatus safely to execute jumps and balances.</p> <p><b>GAMES: Athletics</b> – choosing and adapting speed depending upon difference. Improve technique for jumps for height and distance.</p>
Year Two	<p><b>FUNDAMENTAL SKILLS:</b> Standing Jump, Running, Skipping, Throwing &amp; Catching for Accuracy, Rolling &amp; Bouncing A Ball</p> <p><b>DANCE: Once Upon A Giant</b> – variety of travelling movements &amp; actions.</p> <p><b>GAMES: Cricket</b> – Striking a ball with an appropriate implement. Pick up a ball one-handed &amp; return it.</p>	<p><b>FUNDAMENTAL SKILLS:</b> Standing Jump, Running, Skipping, Throwing &amp; Catching for Accuracy, Rolling &amp; Bouncing A Ball</p> <p><b>GYMNASTICS:</b> Individual/partner rolling, jumping and sequencing.</p> <p><b>GAMES: Invasion Games – Football</b> developing a pass with accuracy, moving into space.</p>	<p><b>FUNDAMENTAL SKILLS:</b> Standing Jump, Running, Skipping, Throwing &amp; Catching for Accuracy, Rolling &amp; Bouncing A Ball</p> <p><b>GAMES: Tennis</b> – striking &amp; fielding. Send and receive a ball with a degree of accuracy. Develop grip and stance.</p> <p><b>GAMES: Athletics</b> - co-ordinate a run with a jump, transfer a baton in a relay race.</p>
Year Three	<p><b>GYMNASTICS:</b> A variety of floor balances &amp; movements.</p> <p><b>GAMES: Netball</b> – developing chest and bounce pass in a 3v1 game.</p> <p><b>FUNDAMENTAL SKILLS INTERVENTION:</b> Mastering fundamental skills from Year 2 Assessments.</p>	<p><b>DANCE: Extreme Earth</b> – improvise and combine movements to perform with expression using apparatus.</p> <p><b>GAMES: Cricket</b> underarm bowling, overarm throwing, striking a ball from a static position.</p>	<p><b>GAMES – Athletics</b> sprinting, throwing techniques and running for stamina.</p> <p><b>GAMES – Tennis</b> footwork, racket skills – hitting with accuracy.</p>
Year Four	<p><b>GYMNASTICS:</b> Straight Jump, Full Turns, Cat Leap, Straddle Rolls, Perform Movements that are matched and mirrored.</p> <p><b>FUNDAMENTAL SKILLS APPLICATION - INDOOR ATHLETICS:</b> Standing Long Jump, Standing Triple Jump, Chest Push</p>	<p><b>DANCE: Carnival</b> – movements to represent and compose a dance sequence with a partner</p> <p><b>GAMES: Hockey</b> – developing attacking skills in a 4v2.</p>	<p><b>GAMES: Cricket</b> – throwing overarm, striking a ball with accuracy.</p> <p><b>GAMES: OAA</b> – Team building including problem solving and basic map reading.</p> <p><b>GAMES: Athletics</b> – track &amp; field, throwing for distance, using appropriate pace over distance.</p>
Year Five	<p><b>GAMES: Cricket</b> – bowling overarm, striking a ball with cricket bat.</p> <p><b>GAMES: Basketball</b> – travelling with a ball, bounce pass, chest pass, shoulder pass.</p> <p><b>DANCE: Robin Hood</b> – tempo movements with a partnered step sequence.</p>	<p><b>GYMNASTICS:</b> Movement – forward and backward rolls, cartwheel round offs, vaulting.</p> <p><b>GAMES: TAG Rugby</b> - 5v3, 5v4 invasion games.</p>	<p><b>GAMES: OAA</b> – common map symbols. Follow a simple course from A to B.</p> <p><b>GAMES: Rounders</b> – catching a small ball, bowling underarm for accuracy, striking with an appropriate implement. Basic rules.</p>
Year Six	<p><b>GAMES: Hockey</b> – attacking and defending skills in 4v4/5v5 games.</p> <p><b>GAMES: Netball</b> – applying appropriate footwork, contact and distance marking in 4v4/5v5 games.</p>	<p><b>GYMNASTICS:</b> Counter balances and counter tension. Mirrored movements.</p> <p><b>SWIMMING</b> (Termly programme for each class with additional intervention time during Summer Term.)</p> <p><b>DANCE: Expressive Arts Movement Programme</b></p>	<p><b>GAMES: Rounders</b> – learn and apply full rules and tactics.</p> <p><b>GAMES: OAA</b> – implement use of map reading to orienteer around a course.</p> <p><b>GAMES: Athletics</b> – track &amp; field, throwing for distance, running technique for speed.</p> <p><b>SWIMMING</b> (Termly programme for each class with additional intervention time during Summer Term.)</p>