



The Cornwall Independent School

PE Curriculum Overview

Support

Strive

Succeed

| Year Group | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
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| Reception | <p>Movement skills Exploring Ways of travelling and moving. Using various resources to travel in different ways.</p> <p>Ball skills Developing hand eye coordination. Catching, throwing, kicking, rolling skills with different balls/ objects.</p> | <p>Movement skills Develop different ways of travelling and moving. Practice hopping, jumping, bear crawls and travelling in different directions.</p> <p>Gymnastics Rolling, jumping, balancing and travelling in different ways. Exploring safe ways to land and travel.</p> | <p>Dance Responding to music and exploring different ways of moving to music.</p> <p>Ball skills Passing and moving a ball in different ways. Use various sized balls to develop coordination.</p> | <p>Playground games Simple games to encourage following rules, such as stuck in the mud, duck, duck goose, beat the ball etc.</p> <p>FUNS Fundamental movement skills- use cards to progress in different areas.</p> | <p>Athletics Developing running, jumping and throwing skills.</p> <p>All stars cricket Developing bat/ ball skills.</p> | <p>Sports Day Practice Travelling in a straight line between two markers. Learning to race.</p> <p>Racket skills Bat ball skills, developing coordination and movement towards a ball.</p> |
| Years 1/2 | <p>Swimming Developing water based skills and confidence.</p> <p>Movement skills Travelling in different way and developing control over body. Lots of games requiring movement in and out of space.</p> | <p>Swimming Developing independence and confidence. Performing different floats and moving in various ways.</p> <p>Gymnastics Rolling, jumping, travelling and balancing safely and with control. Performing to others and appraising performances.</p> | <p>Swimming Developing the swimming strokes. Focus on leg action for the different strokes. Focus on breathing.</p> <p>Dance Responding to music, exploring different ways to move. Working independently and in small groups. Appraising performances.</p> | <p>Swimming Improving the main strokes and gaining confidence when swimming on the front and back. Developing a range of water skills.</p> <p>Playground games Simple games to encourage following rules, such as stuck in the mud, duck, duck goose, beat the ball etc.</p> | <p>Athletics Running over different distances, aiming to beat previous scores. Long jump, hurdles and throwing technique.</p> <p>All stars Cricket Striking and fielding skills, working on hand eye coordination and awareness of others.</p> | <p>Sports day Practice combining skills developed throughout the year. Developing own skills and speed. Learning to race others.</p> <p>Racket games Developing hand eye coordination. Practicing skills individually and with a partner.</p> |

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| <p>Years 3/4</p> | <p>Swimming Water based skills, developing confidence through games. Practicing the strokes and streamlining.</p> <p>Netball Learning the rules of play. Developing team work and positive communication. Practicing different passes over different distances.</p> <p>Football Developing attacking and defence skills. Learning to pass with control and dribble into space.</p> | <p>Swimming Learning the four strokes. Lots of drills to practice the components of each stroke.</p> <p>Hockey Learning rules of play and safety rules. Dribbling, passing and playing as a team.</p> <p>Basketball Learning to dribble a ball with control and developing a basic grasp of the rules.</p> | <p>Swimming Swimming over longer distances, developing stamina. Focussing on a stroke a week and trying to develop good technique.</p> <p>Tag Rugby Running and passing a ball. Good movement into space., Supporting the player with the ball. Understanding the rules of play.</p> <p>Gymnastics Jumping, rolling, balancing and moving with control, individually and with others. Performing to others and appraising performances.</p> | <p>Swimming Developing own skills and achieving longer distances. Swimming confidently on front and back.</p> <p>Dance Respond to music individually and in groups. Performing to others and appraising performances. Regular Just Dance between lessons.</p> <p>Ball games Developing attacking and defending skills in various games. Encourage team work and leadership.</p> | <p>Rounders Striking and fielding skills, developing good communication and thinking tactically to score runs.</p> <p>Racket games Developing hand eye coordination. Practicing individually and in paired challenges.</p> <p>Volleyball Learning new skills and rules of play. Developing importance of communication and working as a team.</p> | <p>Sports day Practice Combining skills learnt over the year for various challenges. Trying to improve personal performances.</p> <p>Cricket Striking and fielding skills, working with a partner and fielding effectively.</p> <p>Interhouse games Working as a team, developing skills to help the team.</p> |
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| <p>Years 5/6</p> | <p>Swimming Water skills and developing the strokes. Focussing on effective technique.</p> <p>Netball Learn skills, rules, footwork and tactical skills for playing matches.</p> <p>Football Develop skills and coordination and have a grasp of the basic rules. Play in attack and defence positions. Encourage leadership through team captains.</p> | <p>Athletics Trying to improve own running performance weekly through timed events.</p> <p>Developing throwing and jumping skills.</p> <p>Hockey Learning primary hockey rules for matches. Learn attack, defence and moving into space. Learn safe play and how to use the stick with control.</p> <p>Dance Respond to music, Christmas play routines for performance.</p> | <p>Swimming Developing the four strokes, ensure all can achieve 25m. Learn water skills including dives and turns.</p> <p>Touch Rugby Learning skills and rules for school games event. Focus on quick change of direction and positive forward running. Practice defensive lines.</p> <p>Gymnastics Collaborative challenges to perform using various components of gymnastics. Perform to an audience and appraise the performances of others.</p> | <p>Badminton Learn skills and rules and develop coordination.</p> <p>Develop communication for playing with a partner.</p> <p>Basketball Develop dribbling, passing and movement into space skills.</p> <p>Ball games Learn/ recap and practice games for Cornwall school games events.</p> | <p>Rounders Striking and fielding skills. Developing tactical awareness of best ways to score points.</p> <p>Racket games Developing hand-eye Coordination and spatial awareness on a pitch. Working with a partner and individually.</p> <p>Volleyball Focussing on effective communication and team work. Developing coordination skills. Learning the rules of play and rules for scoring and rotating.</p> | <p>Interhouse games Competitive games such as dodgeball, football and netball. Focussing on the team performance while demonstrating a range of skills learnt over the year.</p> <p>Sports day Practice Individual and relay races. Focussing on an explosive start and running through the finish line.</p> <p>Cricket Striking and fielding skills, paired challenges and strategical play for working as a team.</p> |
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| <p>Year 7/8</p> | <p>Football Developing own skills level. Playing competitively as a team with positive communication. Learning rules and playing by them. Developing attack and defence skills.</p> <p>Athletics Try to improve personal performances by striving to beat personal best times for running events. Develop throwing and jumping skills.</p> <p>Basketball Developing dribbling and passing skills and think about the importance of space. Learn ways to intercept. Develop team skills and effective communication.</p> | <p>Hockey Learning to play safely but effectively. Developing attacking and defensive skills. Learning to pass and move into space and how to do a safe, effective tackle.</p> <p>Swimming Developing the four strokes and try and improve personal performances. Learn water safety skills and improve stamina in the water.</p> <p>Netball Develop an understanding of the game and play according to the rules and positions. Learn the three passes and use these effectively. Developing man marking skills and getting into space strategies.</p> | <p>Touch Rugby Develop passing and moving skills. Practice running to make positive ground towards the try line. Learn the importance of being onside in a game and how to score tries by working as a team.</p> <p>Badminton Develop coordination and timing. Learn rules of play and how to play effectively in a double partnership. Learn how to score a game.</p> <p>Volleyball Learn the different shots/ passes and have a grasp of the rules. Develop communication skills to effectively work as a team. Learn how to serve and how to score the game.</p> | <p>Tennis Improve hand eye coordination through a racket sport. Develop control and accuracy. Learn how to serve and score a game.</p> <p>Swimming Improve technique and speed in the four strokes. Develop water skills such as dives and turns.</p> <p>Cross country/ Fitness Unit Improve personal performances. Set personal challenges and try and improve own level of fitness.</p> | <p>Rounders Learn different strategic play based on the game variation. Develop clear communication skills. Improve striking the ball and fielding through practices.</p> <p>Dodgeball Developing quick change of pace skills, awareness of the game and strategic play. Offer opportunities for pupils to adapt the rules.</p> <p>Sports leader Plan, prepare and deliver sessions to the primary pupils to develop their PE skills. Evaluate own performance as a sports leader and gain confidence in own leadership skills.</p> | <p>Cricket Play paired and team variations. Learn how to field effectively and develop bowling and batting skills.</p> <p>Interhouse games Competitive games such as dodgeball, football and netball. Focussing on the team performance while demonstrating a range of skills learnt over the year.</p> <p>Sports Day Practice Pupils to choose events to compete in and then to practice these events. Focus on various track and field events.</p> |
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| Year 9 | <p>Netball Learning rules of play. Develop skills for working as a team. Encourage playing to each other's strengths.</p> <p>Football Develop attacking and defence skills. Learn importance of passing and moving into space. Work on positive communication in a team.</p> | <p>Basketball Learn rules of play and working out effective strategies. Develop dribbling and passing skills.</p> <p>Hockey Play safely and according to rules of play. Develop control when dribbling, passing and receiving ball.</p> | <p>Gymnastics/Parkour Developing control over body when jumping, moving, rolling, turning and falling. Safe movements taught.</p> <p>Touch Rugby Learn to pass and receive the ball with control. Develop support play, positive running and working as a team. Encourage good team communication.</p> | <p>Tennis Develop racket skills, working individually and in paired matches. Hand eye coordination focus. Learn how to serve and score a game.</p> <p>Sports Leaders Planning and teaching a sport of their choice to the rest of the group. Learn to self-evaluate own leadership skills.</p> | <p>Rounders Develop striking and fielding skills. Playing tactically as a team. Develop strategies for scoring points and limiting opponents score.</p> <p>Athletics Track and field events, striving to improve personal bests in throws, jumps and different running distances.</p> | <p>Cricket Develop striking and fielding skills. Learn to play with a partner effectively, developing good communication and strategic play.</p> <p>Sports leader Planning, setting up and leading activities and/or small sided games to primary pupils. Building on previous skills to improve leadership skills.</p> |
| Year 10/11 | <p>Football Developing attacking and defensive skills. Learning effective communication to improve team work. Learn to control and pass the ball in game situations. Develop tactical awareness.</p> | <p>Touch Rugby Learn to pass and receive ball at pace. Develop support play and understand its importance. Focus on positive running, working as a team and effective communication.</p> | <p>Sports Leader In pairs plan a warm up, skill section, main activity and a cool down of a sport to suit the individuals. Evaluate success of session.</p> | <p>Sports Leader Continue to develop leadership skills, lead a second session and try and improve on areas during the teaching of chosen sport.</p> | <p>Rounders Developing striking and fielding skills. Play tactically as a team to maximise chances of success. Developing strategies to limit others teams opportunities to score runs. .</p> | <p>Athletics Track and field events, working on improving personal bests in throws, jumps and different distances.</p> |