

# Cross Gates Primary School Physical Education Curriculum

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### **Gymnastics**

Perform some shapes, balances, movements and travelling at different levels. Link balances and jumps together with travelling.

Respond to a stimulus with a certain level of control. Perform some basic body actions and actions using 2 directions. Link 2 or more body actions together to create a short

### **Gymnastics**

### Games, Multi-skills and Athletics

Run and move with some awareness of others and some ability to change direction. Balance over obstacles. Roll/throw/catch a ball or beanbag thrown underarm. Move with a ball - attempt to return the ball back to a partner. Have some awareness of attack and defence. Know how to hold a racket.

### Year Games, Multi-skills and Athletics

Year

## Year

### Outdoor and Adventurous

## Year

Outdoor and Adventurous

### Gumnastics

all of the skills learnt so far

### **Gymnastics**

Perform counterbalances, a headstand and the vault. Perform a routine including all of the skills learnt so far using equipment with good control.

### Games, Multi-skills and Athletics

Perform a sprint start, triple jump and shot putt. Perform coordination and balance drills with good control. Perform an underarm and overarm serve. Begin to perform net shots and smash shots. Perform turning skills with a football. Perform sequence passing and striking and shooting skills with increasing levels of control.

Outdoor and Adventurous

Orientate themselves with

confidence and accuracy

around an orienteering course, using maps and compasses.

### Games, Multi-skills and **Athletics**

### Games, Multi-skills and Athletics

## Year

### Dance

# Year

### Dance

Demonstrate the skills and knowledge required to perform different dynamics and to link more than 2 dance relationships together. Year