



Bridgelea Primary School Curriculum Overview

Communication

Inclusivity

Nurture

Resilience

Aspiration

	End of Mile Post 1	End of Mile Post 2	End of Mile Post 3
Warm up	<ul style="list-style-type: none"> Recognise and describe how the body feels during and after physical activities. Carry and place equipment safely. Explain how to stay healthy. 	<ul style="list-style-type: none"> Recognise and describe the effects of exercise on the body. Explain why it is important to warm up and cool down. Explain why exercise is good for your health. 	<ul style="list-style-type: none"> Carry out warm-ups and cool-downs safely and effectively. Understand why exercise is good for health, fitness and wellbeing.
Athletics			
Running	<ul style="list-style-type: none"> Run at different speeds, directions and paces. 	<ul style="list-style-type: none"> Begin to combine running with jumping. Understand the importance of adjusting running pace to suit distance. Demonstrate a sprinting technique. Perform a relay, focusing on the baton changeover. 	<ul style="list-style-type: none"> Refine sprinting technique, including reaction time and finish. Run over hurdles. Demonstrate endurance over long distances to maintain a sustained run.
Jumping	<ul style="list-style-type: none"> Perform and compare different types of jumps. Jump for distance. 	<ul style="list-style-type: none"> Learn how to combine a hop, step and jump to perform the standing triple jump. Measure the distance jumped. 	<ul style="list-style-type: none"> Develop the technique for the standing vertical jump. Develop and improve their techniques for jumping for height and length.
Throwing	<ul style="list-style-type: none"> Throw different types of equipment in different ways. Throw with accuracy at targets of different heights. 	<ul style="list-style-type: none"> Perform and push pull throw. Measure the distance of their throws. 	<ul style="list-style-type: none"> Continue to develop techniques to throw for increased distance and support others in improving their personal best. Perform a running throw.
Games			

Striking and hitting	<ul style="list-style-type: none"> Strike and/or hit a ball with control. Learn skills for striking and fielding games. 	<ul style="list-style-type: none"> Use a bat, racquet or stick (hockey) to hit an object with accuracy and control. Accurately serve underarm. Build a rally with a partner. Use at least two different shots in a game situation. 	<ul style="list-style-type: none"> Use different techniques to hit a ball and direct it. Practise techniques for all strokes. Hit a bowled ball over longer distances.
Throwing, passing and catching	<ul style="list-style-type: none"> Roll equipment. Throw different types of equipment in different Ways. Know how to pass (with feet and hands) in different ways individually and with a partner. Use throwing, passing and catching skills in a Game. 	<ul style="list-style-type: none"> Throw and catch with greater control and accuracy. Develop different ways of throwing and catching. Pass (with feet and hands) the ball with increasing speed, accuracy and success in a game situation. 	<ul style="list-style-type: none"> Consolidate different ways of throwing and catching, and know when each is appropriate in a game. Choose and make the best pass (with feet and hands) in a game Situation. Throw and catch accurately and successfully under pressure in a game.
Using space, attacking and defending	<ul style="list-style-type: none"> Use different ways of travelling at different speeds and following different pathways. Change speed and direction whilst running. Begin to use and understand the terms attacking and defending. 	<ul style="list-style-type: none"> Make the best use of space in a game. Use a range of attacking and defending skills and techniques in a game. 	<ul style="list-style-type: none"> Demonstrate a good awareness of space. Apply knowledge of skills for attacking and defending (creating a plan). Work as a team to develop fielding strategies to prevent the opposition from scoring.
Travelling with the ball and possession	<ul style="list-style-type: none"> Travel with a ball in different ways. Bounce, dribble and kick a ball whilst moving. Use skills in a game. 	<ul style="list-style-type: none"> Move with the ball using a range of techniques showing control and fluency. Know how to keep and win back possession of the ball in a team game. 	<ul style="list-style-type: none"> Show confidence in using ball skills in various ways in a game situation, and link these together effectively. Keep and win back possession of the ball effectively and in a variety of ways in a team game.
Rules and compete/perform	<ul style="list-style-type: none"> Understand the importance of rules in games. 	<ul style="list-style-type: none"> Adapt rules to alter games. 	<ul style="list-style-type: none"> Follow and create complicated rules to play a game successfully. Communicate plans to others during a game.
Dance and Gymnastics			
Sequencing	<ul style="list-style-type: none"> Create and perform a movement sequence. Travel in different ways, changing direction and speed. Move around, under, over, and through different objects and equipment. Begin to move with control and care. 	<ul style="list-style-type: none"> Create a sequence of actions that fit a theme. Begin to show flexibility in movement. Link combinations of actions with confidence. 	<ul style="list-style-type: none"> Create their own complex sequences involving the full range of actions and movements. Demonstrate precise and controlled placement of body parts. Confidently use equipment to vault and incorporate this into sequences.
Dance skills	<ul style="list-style-type: none"> Move in time to music. 		

	<ul style="list-style-type: none"> Copy remember and repeat actions. Create a short motif inspired by a stimulus. 	<ul style="list-style-type: none"> Compose a dance that reflects the chosen dance style. Begin to vary dynamics and develop actions and motifs in response to stimuli. Demonstrate rhythm and spatial awareness. Compare and improve work 	<ul style="list-style-type: none"> Perform with confidence, using a range of movement patterns. Move appropriately and with the required style in relation to the stimulus, e.g. using various levels, ways of travelling and motifs. Demonstrate consistent precision when performing dance sequences Modify some elements of a sequence as a result of self and peer evaluation
Rolls	<ul style="list-style-type: none"> Log roll (controlled). Curled side roll (egg roll) (controlled) Rocking for forward roll. 	<ul style="list-style-type: none"> Forward roll from standing. Tucked backward roll. Backward roll to straddle. 	<ul style="list-style-type: none"> Dive forward roll Rolling on and over equipment.
Jumps	<ul style="list-style-type: none"> Straight jump. Tuck jump. Jumping jack. Star jump. Half turn jump. 	<ul style="list-style-type: none"> Pike jump full-turn jump Cat leap Hurdle step onto springboard Squat on vault 	<ul style="list-style-type: none"> Squat through vault Straddle over vault
Balances	<ul style="list-style-type: none"> Standing balances Large body part balances Pike, tuck, star, straight, straddle shapes Front and back support 	<ul style="list-style-type: none"> 1, 2, 3 and 4- point balances Balances on apparatus Balances with and against a partner 	<ul style="list-style-type: none"> Full body weight partner balances Travelling in and out of balances
Compete, perform and evaluate	<ul style="list-style-type: none"> Perform sequences of their own composition. Watch a performance and give points about what they like. Talk about the differences between their work and others. 	<ul style="list-style-type: none"> Perform and create sequences with fluency and expression. Perform skills and techniques with control and accuracy. Watch, describe and evaluate a performance, giving ideas for improvements. 	<ul style="list-style-type: none"> Link actions to create a complex sequence using a full range of movement. Evaluate their own and others' work, suggesting thoughtful and appropriate improvements.
Outdoor adventurous activities			
Trials		<ul style="list-style-type: none"> Orientate themselves around a short trail. Start to recognise features of an orienteering course. 	<ul style="list-style-type: none"> Orientate themselves with accuracy around an orienteering course Design an orienteering course that is clear to follow and offers challenge. Use navigation equipment (maps, compasses).
Communication and problem solving		<ul style="list-style-type: none"> Communicate clearly with other people in a team. Have experience of a range of roles within a team. Communicate with others. 	<ul style="list-style-type: none"> Compete in orienteering activities both as part of a team and independently. Work effectively as part of a team, demonstrating teamwork.