CRST Primary Curriculum

Physical Education Long - Term Sequence			
Substantive Concepts and Disciplinary Knowledge: • **Fundamental Movement Skills.** • **Agility, Balance, Co-ordination.** • **Tactical awareness, Competitive application, Leadership.**			
	Autumn	**Spring**	**Summer**
Nursery	**Locomotion** Balancing, travelling and jumping **Dance** Copy and explore; make simple theme-related movements, shapes and actions	**Yoga** Developing different poses; say how they feel after exercise **Gymnastics** Parts high and parts low; balance, jump, roll and travel, including on apparatus	**Target games** Throwing and rolling **Athletics** Running, jumping and throwing
Reception	**Dance** Copy and explore; make simple theme-related movements, shapes and actions **Yoga** Developing different poses; say how they feel after exercise	**Object control** Rolling, bouncing, catching, throwing and striking **Gymnastics** Balancing and creating sequences, including on apparatus	**Athletics** Running, jumping and throwing **Striking and fielding** Throwing, rolling and striking; using simple tactics in a game.
Year 1	**Fundamentals** Throwing, catching, balancing, jumping with accuracy. **Gymnastics** Travelling, linking and performing shapes and balances including on apparatus **Ball Skills** Striking, rolling, throwing and catching a ball. **Dance** Create dance using themed music.	**Sending and Receiving/Invasion** Striking, rolling and kicking **Yoga** Different poses using flexibility and balance. **Target Games** Throwing for accuracy and distance **Dance** Create theme related movements	**Net and Wall** Ball skills **Athletics** Jumping and throwing for distance and accuracy. **Striking and fielding** Throwing, catching and striking a ball **Target games** Bouncing, throwing and catching
Year 2	**Fundamentals** Travelling kicking, throwing and catching **Gymnastics (including apparatus)** Pathways: straight, zigzag and curling. **Ball skills**	**Yoga** Strength, flexibility and flow in a range of movements. **Target Games** Aiming, throwing and hitting skills with balance, agility and coordination.	**Athletics** Sprinting, jumping and throwing skills for distance and accuracy **Striking and fielding** Tactics and rules of fielding.

	Striking, throwing and catching with accuracy. **Dance** Create dance using expressions and character.	**Team Building** Co-operation, communication and teamwork **Gymnastics** Spinning, turning and twisting.	**Sending and Receiving/Invasion** Understand simple tactics for attacking and defending. **Fundamentals** Fitness – understand the importance of daily exercise; develop fitness stamina
Year 3	**Net and Wall** **Tennis skills** Forehand, backhand, rallies **Gymnastics 1** Linking movements together **Ball Skills - Football** Y3/4 Tracking, dribbling, catching techniques. **Yoga** Breath, flexibility and strength.	**Dance** Creating partner dance sequences. **Gymnastics 2** Receiving body weight **OAA** Instructions, map, route. **Invasion Games** **Tag Rugby** Throwing, catching, basic rules.	**Track and field** **Athletics** Sprint, relay and jump techniques. **Striking and Fielding** Rounders - Bowling, batting, fielding. **Swimming** Developing confidence in water Performing basic self rescue.
Year 4	**Swimming** Developing all 4 strokes; swimming 25m **Invasion Games** **Football** Possession and space Apply in game. **Gymnastics** Arches and bridges	**Invasion Games** Hockey Dribbling, attacking and defending. **Dance** Choreograph group themed dances. **Yoga** Creating Yoga flow sequences **Invasion Games** **Tag Rugby** Defending and attacking in game	**Track and Field** **Athletics** Power, distance throws/jumps. Striking & Fielding. **Cricket** Apply techniques to game. **OAA** Orientation and navigation. **Invasion Games** **Netball** Passing, moving, shooting skills.