

Hayes Primary School PE curriculum overview 25/26 (EYFS/Year 1)

=Outdoor/Fundamental movement skills /Mrs Swift to lead

	Autumn 1 only 2wks	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS Alongside PE sessions, EYFS have free play in the physical area with use of bikes, scooters and a climbing frame.	Fundamental Movements – Focus on throwing and catching	Fundament Movements Focus on Running, jumping and throwing	Fundamental Movements	Fundamental Movements – Focus on skipping	Fundamental Movement – Focus on Running, jumping,	Sports Day practice / Athletics RAW Tennis sessions

= Indoor/Fundamental movement skills/Teacher led

=Outdoor/Application of learnt skills/Mrs Swift to lead

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	 <u>Fundamental skills lessons</u> Unit 1- Personal Cog Coordination: Footwork Unit 1- Personal Cog Static Balance: One Leg Unit 2- Social Cog Jumping and Landing Unit 2- Social Cog Seated Balance Unit 3- Cognitive Cog Dynamic Balance Unit 3- Cognitive Cog Static Balance: Stance	 <u>Dance lessons</u> Unit 1- Personal Cog (6 lessons) Lesson 1- Skill- Shapes Solo Lesson 2- Skill- Artistry musicality Lesson 3- Skill- Partnering shapes Lesson 4- Skill- Circles solo Lesson 5- Skill- Artistry abstraction Lesson 6- Skill- Artistry (Making)	 <u>Gym lessons</u> Unit 1 (6 lessons) Lesson 1- Skill- Shape (Floor work) Lesson 2- Skill- Shape (Low apparatus) Lesson 3- Skill- Shape (Large apparatus) Lesson 4- Skill- Travel (Floor work) Lesson 5- Skill- Travel (Low apparatus) Lesson 6- Skill- Travel (Large apparatus)	 <u>Gym lessons</u> Unit 2 (6 lessons) Lesson 1- Skill- Flight (Floor work) Lesson 2- Skill- Flight (Low apparatus) Lesson 3- Skill- Flight (Large apparatus) Lesson 4- Skill- Rotation (Floor work) Lesson 5- Skill- Rotation (Low apparatus) Lesson 6- Skill- Rotation (Large apparatus)		 <u>Fundamental skills lessons</u> Unit 4- Creative Cog Coordination: Ball skills Unit 4- Creative Cog Counter Balance Unit 5- Physical Cog Coordination: Sending and Receiving Unit 5- Physical Cog Agility: Reaction/Response Unit 6- Health and Fitness Cog Agility: Ball Chasing Unit 6- Health and Fitness Cog Static Balance: Floor work
	Focus on Throwing/ Catching Aiming Games	Ball skills and games/skipping	Focus on Ball skills and games	Developing Partner Work	Chance to shine schools programme (cricket) RAW Tennis sessions	Athletics/Sports Day practice

Hayes Primary School PE curriculum overview 25/26 (Year 2)

= Indoor/Fundamental movement skills/Teacher led







=Outdoor/Application of learnt skills/Mrs Swift to lead

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 2		 <p><u>Fundamental skills lessons</u></p> <p>Unit 1- Personal Cog Coordination: Footwork</p> <p>Unit 1- Personal Cog Static Balance: One Leg</p> <p>Unit 2- Social Cog Jumping and Landing</p> <p>Unit 2- Social Cog Seated Balance</p> <p>Unit 3- Cognitive Cog Dynamic Balance</p> <p>Unit 3- Cognitive Cog Static Balance: Stance</p>	 <p><u>Dance lessons</u></p> <p>Unit 1- Personal Cog (6 lessons)</p> <p>Lesson 1- Skill- Shapes Solo</p> <p>Lesson 2- Skill- Artistry musicality</p> <p>Lesson 3- Skill- Partnering shapes</p> <p>Lesson 4- Skill- Partnering Circles</p> <p>Lesson 5- Skill- Artistry abstraction</p> <p>Lesson 6- Skill- Artistry (Making)</p>	 <p><u>Gym lessons</u></p> <p>Unit 1 (6 lessons)</p> <p>Lesson 1- Skill- Balance (Floor work)</p> <p>Lesson 2- Skill- Balance (Low apparatus)</p> <p>Lesson 3- Skill- Balance (Large apparatus)</p> <p>Lesson 4- Skill- Travel (Floor work)</p> <p>Lesson 5- Skill- Travel (Low apparatus)</p> <p>Lesson 6- Skill- Travel (Large apparatus)</p>	 <p><u>Gym lessons</u></p> <p>Unit 2 (6 lessons)</p> <p>Lesson 1- Skill- Flight (Floor work)</p> <p>Lesson 2- Skill- Flight (Hand apparatus)</p> <p>Lesson 3- Skill- Flight (Hand apparatus)</p> <p>Lesson 4- Skill- Rotation (Floor work)</p> <p>Lesson 5- Skill- Rotation (Low apparatus)</p> <p>Lesson 6- Skill- Rotation (Low apparatus)</p>	 <p><u>Fundamental skills lessons</u></p> <p>Unit 4- Creative Cog Coordination: Ball skills</p> <p>Unit 4- Creative Cog Counter Balance</p> <p>Unit 5- Physical Cog Coordination: Sending and Receiving</p> <p>Unit 5- Physical Cog Agility: Reaction/Response</p> <p>Unit 6- Health and Fitness Cog Agility: Ball Chasing</p> <p>Unit 6- Health and Fitness Cog Static Balance: Floor work</p>
	Throwing and Catching inventing games	Dribbling, Kicking and Hitting	Athletics	Making up games and inventing rules with a partner or groups. RAW Tennis sessions	Chance to shine Schools Programme - Cricket	Athletics/Sports Day practice

Hayes Primary School PE curriculum overview 25/26 (Year 3)

= Indoor/Fundamental movement skills/Teacher led






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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	 <p><u>Fundamental skills lessons</u></p> <p>Unit 1- Personal Cog Coordination: Footwork</p> <p>Unit 1- Personal Cog Static Balance: One Leg</p> <p>Unit 2- Social Cog Jumping and Landing</p> <p>Unit 2- Social Cog Seated Balance</p> <p>Unit 3- Cognitive Cog Dynamic Balance</p> <p>Unit 3- Cognitive Cog Ball skills</p>		 <p><u>Dance lessons</u></p> <p>Unit 1- Personal Cog (6 lessons)</p> <p>Lesson 1- Skill- Shapes Solo</p> <p>Lesson 2- Skill- Circles solo</p> <p>Lesson 3- Skill- Partnering shapes</p> <p>Lesson 4- Skill- Partnering circles</p> <p>Lesson 5- Skill- Artistry abstraction</p> <p>Lesson 6- Skill- Artistry (Making)</p>	 <p><u>Gym lessons</u></p> <p>Unit 1 (6 lessons)</p> <p>Lesson 1- Skill- Travel (Floor work)</p> <p>Lesson 2- Skill- Travel (Hand apparatus)</p> <p>Lesson 3- Skill- Travel (Hand apparatus)</p> <p>Lesson 4- Skill- Rotation (Floor work)</p> <p>Lesson 5- Skill- Rotation (Partner work)</p> <p>Lesson 6- Skill- Rotation (Partner work)</p>	 <p><u>Gym lessons</u></p> <p>Unit 2 (6 lessons)</p> <p>Lesson 1- Skill- Flight (Floor work)</p> <p>Lesson 2- Skill- Flight (Low apparatus)</p> <p>Lesson 3- Skill- Flight (Low apparatus)</p> <p>Lesson 4- Skill- Balance (Floor work)</p> <p>Lesson 5- Skill- Balance (Low apparatus)</p> <p>Lesson 6- Skill- Balance (Large apparatus)</p>	 <p><u>Fundamental skills lessons</u></p> <p>Unit 4- Creative Cog Coordination: Sending and Receiving</p> <p>Unit 4- Creative Cog Counter Balance</p> <p>Unit 5- Physical Cog Agility: Reaction/Response</p> <p>Unit 5- Physical Cog Static Balance: Floor work</p> <p>Unit 6- Health and Fitness Cog Agility: Ball Chasing</p> <p>Unit 6- Health and Fitness Cog Static Balance: Stance</p>
	Ball skills Netball/Rugby (Invasion Focus)	Creative game making skills	Cross Country /Dribbling/hitting/kicking skills Football/Hockey (Invasion Focus) RAW Tennis sessions	Tennis/Volleyball (Net/Court/Wall games)	Cricket (chance to shine)	Athletics/Rounders (striking/fielding games)

Hayes Primary School PE curriculum overview 25/26 (Year 4)

= Indoor/Fundamental movement skills/Teacher led






=Outdoor/Application of learnt skills/Mrs Swift to lead

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 4	 <p><u>Fundamental skills lessons</u></p> <p>Unit 1- Personal Cog Coordination: Footwork</p> <p>Unit 1- Personal Cog Static Balance: One Leg</p> <p>Unit 2- Social Cog Jumping and Landing</p> <p>Unit 2- Social Cog Seated Balance</p> <p>Unit 3- Cognitive Cog Dynamic Balance</p> <p>Unit 3- Cognitive Cog Ball skills</p>	 <p><u>Dance lessons</u></p> <p>Unit 1- Personal Cog (6 lessons)</p> <p>Lesson 1- Skill- Shapes Solo</p> <p>Lesson 2- Skill- Circles solo</p> <p>Lesson 3- Skill- Partnering shapes</p> <p>Lesson 4- Skill- Partnering (Lifts)</p> <p>Lesson 5- Skill- Partnering circles</p> <p>Lesson 6- Skill- Artistry (Making)</p>	 <p><u>Gym lessons</u></p> <p>Unit 1 (6 lessons)</p> <p>Lesson 1- Skill- Balance (Partner work)</p> <p>Lesson 2- Skill- Balance (Partner work)</p> <p>Lesson 3- Skill- Balance (Partner work)</p> <p>Lesson 4- Skill- Rotation (Floor work)</p> <p>Lesson 5- Skill- Rotation (Hand apparatus)</p> <p>Lesson 6- Skill- Rotation (Hand apparatus)</p>		 <p><u>Gym lessons</u></p> <p>Unit 2 (6 lessons)</p> <p>Lesson 1- Skill- Flight (Floor work)</p> <p>Lesson 2- Skill- Flight (Hand apparatus)</p> <p>Lesson 3- Skill- Flight (Hand apparatus)</p> <p>Lesson 4- Skill- Travel (Floor work)</p> <p>Lesson 5- Skill- Travel (Low apparatus)</p> <p>Lesson 6- Skill- Travel (Large apparatus)</p>	 <p><u>Fundamental skills lessons</u></p> <p>Unit 4- Creative Cog Coordination: Sending and Receiving</p> <p>Unit 4- Creative Cog Counter Balance</p> <p>Unit 5- Physical Cog Agility: Reaction/Response</p> <p>Unit 5- Physical Cog Static Balance: Floor work</p> <p>Unit 6- Health and Fitness Cog Agility: Ball Chasing</p> <p>Unit 6- Health and Fitness Cog Static Balance: Stance</p>
	Ball Skills Netball/Rugby (invasion games)	Problem -solving and inventing games (invasion focus)	Cross Country - Dribbling/hitting/kicking skills Hockey/ Football (invasion games)	Tennis/Volleyball.Badminton (net/court/wall games)	Cricket (Chance to shine)	Athletics/Rounders (striking/fielding games)

Hayes Primary School PE curriculum overview 25/26 (Year 5)

= Indoor/Fundamental movement skills/Teacher led







=Outdoor/Application of learnt skills/Mrs Swift to lead

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5	 <p><u>Fundamental skills lessons</u></p> <div style="border: 1px solid green; border-radius: 10px; padding: 5px; display: inline-block; margin-bottom: 10px;">B Net & Wall</div> <p>Unit 1- Personal Cog Reaction/Response</p> <p>Unit 1- Personal Cog Ball skills</p> <div style="border: 1px solid pink; border-radius: 10px; padding: 5px; display: inline-block; margin-bottom: 10px;">A OAA</div> <p>Unit 2- Social Cog Dynamic Balance</p> <p>Unit 2- Social Cog Counter Balance</p> <div style="border: 1px solid yellow; border-radius: 10px; padding: 5px; display: inline-block; margin-bottom: 10px;">A OAA</div> <p>Unit 3- Cognitive Cog Static Balance: Stance</p> <p>Unit 3- Cognitive Cog Coordination: Footwork</p> <p>Cross Country/Netball (Invasion and Target, ball handling games)</p>	 <p><u>Dance lessons</u></p> <p>Unit 1- Personal Cog (6 lessons)</p> <p>Lesson 1- Skill- Shapes Solo</p> <p>Lesson 2- Skill- Circles solo</p> <p>Lesson 3- Skill- Artistry abstraction</p> <p>Lesson 4- Skill- Planning the sequence</p> <p>Lesson 5- Skill- Creating the sequence</p> <p>Lesson 6- Skill- Performance and feedback</p> <p>Cross Country/ Rugby/Basketball (invasion and Target, ball handling games)</p>	 <p>Hockey/Football (Invasion games, implement and kicking)</p>	 <p><u>Gym lessons</u></p> <p>Unit 1 (6 lessons)</p> <p>Lesson 1- Skill- Hand apparatus</p> <p>Lesson 2- Skill- Hand apparatus</p> <p>Lesson 3- Skill- Hand apparatus</p> <p>Lesson 4- Skill- Low apparatus</p> <p>Lesson 5- Skill- Low apparatus</p> <p>Lesson 6- Skill- Low apparatus</p> <p>Tennis/Volleyball/Basketball (Net/court/wall games)</p>	 <p><u>Gym lessons</u></p> <p>Unit 2 (6 lessons)</p> <p>Lesson 1- Skill- Partner work</p> <p>Lesson 2- Skill- Partner work</p> <p>Lesson 3- Skill- Partner work</p> <p>Lesson 4- Skill- Large apparatus</p> <p>Lesson 5- Skill- Large apparatus</p> <p>Lesson 6- Skill- Large apparatus</p> <p>Cricket (Chance to Shine)</p>	 <p><u>Fundamental skills lessons</u></p> <div style="border: 1px solid purple; border-radius: 10px; padding: 5px; display: inline-block; margin-bottom: 10px;">B Net & Wall</div> <p>Unit 4- Creative Cog Static Balance: Floor work</p> <p>Unit 4- Creative Cog Static Balance: Seated Balance</p> <div style="border: 1px solid lightblue; border-radius: 10px; padding: 5px; display: inline-block; margin-bottom: 10px;">A Athletics</div> <p>Unit 5- Physical Cog Jumping and Landing</p> <p>Unit 5- Physical Cog Static Balance: One leg</p> <div style="border: 1px solid blue; border-radius: 10px; padding: 5px; display: inline-block; margin-bottom: 10px;">A Striking & Fielding</div> <p>Unit 6- Health and Fitness Cog Coordination: Sending and Receiving</p> <p>Unit 6- Health and Fitness Cog Agility: Ball Chasing</p> <p>Athletics/Rounders (sports day/striking/fielding games)</p>

Hayes Primary School PE curriculum overview 25/26 (Year 6)

= Indoor/Fundamental movement skills/Teacher led

=Outdoor/Application of learnt skills/Mrs Swift to lead

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 6	 <p><u>Fundamental skills lessons</u></p> <p>B Net & Wall</p> <p>Unit 1- Personal Cog Reaction/Response</p> <p>Unit 1- Personal Cog Ball skills</p> <p>A OAA</p> <p>Unit 2- Social Cog Dynamic Balance</p> <p>Unit 2- Social Cog Counter Balance</p> <p>A Invasion</p> <p>Unit 3- Cognitive Cog Static Balance: Stance</p> <p>Unit 3- Cognitive Cog Coordination: Footwork</p>	 <p><u>Dance lessons</u></p> <p>Unit 1- Personal Cog (6 lessons)</p> <p>Lesson 1- Skill- Artistry musicality</p> <p>Lesson 2- Skill- Partnering (Lifts)</p> <p>Lesson 3- Skill- Artistry (Making)</p> <p>Lesson 4- Skill- Planning the sequence</p> <p>Lesson 5- Skill- Creating the sequence</p> <p>Lesson 6- Skill- Performance and feedback</p>	 <p><u>Gym lessons</u></p> <p>Unit 1 (6 lessons)</p> <p>Lesson 1- Skill- Hand apparatus</p> <p>Lesson 2- Skill- Hand apparatus</p> <p>Lesson 3- Skill- Hand apparatus</p> <p>Lesson 4- Skill- Low apparatus</p> <p>Lesson 5- Skill- Low apparatus</p> <p>Lesson 6- Skill- Low apparatus</p>	 <p><u>Gym lessons</u></p> <p>Unit 2 (6 lessons)</p> <p>Lesson 1- Skill- Partner work</p> <p>Lesson 2- Skill- Partner work</p> <p>Lesson 3- Skill- Partner work</p> <p>Lesson 4- Skill- Large apparatus</p> <p>Lesson 5- Skill- Large apparatus</p> <p>Lesson 6- Skill- Large apparatus</p>	 <p><u>Fundamental skills lessons</u></p> <p>B Net & Wall</p> <p>Unit 4- Creative Cog Static Balance: Floor work</p> <p>Unit 4- Creative Cog Static Balance: Seated Balance</p> <p>A Athletics / Invasion</p> <p>Unit 5- Physical Cog Jumping and Landing</p> <p>Unit 5- Physical Cog Static Balance: One leg</p> <p>A Striking & Fielding</p> <p>Unit 6- Health and Fitness Cog Agility: Ball Chasing</p> <p>Unit 6- Health and Fitness Cog Coordination: Sending and Receiving</p>	
	Cross Country/ Netball (Invasion games/ball handling)	Cross Country/ Rugby/Basketball (Invasion games/ball handling)	Hockey/Football (Invasion games)	Tennis/Volleyball/Basketball (net/court/wall games)	Cricket (Chance to shine)	Athletics/Rounders (Sports Day/striking/fielding games)