

Queen Victoria Curriculum 2022 - 20223

Classes	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
NUSERY	INTRO TO PE UNIT 1 Moving Safely, running, jumping, throwing, catching, following a path Sharing, Leadership Perseverance, Confidence Decision making, selecting and applying actions	FUNDAMENTALS UNIT 1 Balancing, running, jumping, changing direction, hopping, travelling working safely, responsibility, helping others honesty, challenging myself, determination decision making, selecting and applying actions, using tactics	GYM UNIT 1 Shapes, balances, jumps, rocking, rolling, travelling Taking turns, co-operation, communication Confidence, determination Selecting and applying skills creating sequences	DANCE UNIT 1 Travelling, copying and performing actions, co-ordination Respect, co-operating with others Working independently confidence Counting, observing and providing feedback selecting and applying actions	BALL SKILLS UNIT 1 Rolling a ball, stopping a rolling ball, throwing at a target, bouncing a ball, dribbling a ball with feet kicking a ball Co-operation, supporting others Honesty, perseverance Using tactics, decision making	GAMES UNIT 1 Running, balancing, changing direction, striking a ball, throwing Communication, co-operation, taking turns, supporting and encouraging others Honesty and fair play, managing emotions Using tactics, decision making
REC	INTRO TO PE UNIT 2 Moving Safely, running, jumping, throwing, catching, rolling Sharing and taking turns, encouraging and supporting others responsibility Perseverance, Confidence, honesty and fair play Decision making, understanding and using rules	FUNDAMENTALS UNIT 2 Hopping, galloping, skipping, sliding, jumping, changing direction, balancing, running Working safely, responsibility, working with others Managing emotions, challenging myself Selecting and applying actions	GYM UNIT 2 Shapes, balances, jumps, rock and roll, barrel roll, straight roll Progressions of a forward roll, travelling Leadership, taking turns, helping others Determination Selecting and applying skills creating sequences	DANCE UNIT 2 Travelling, copying and performing actions, balance co-ordination Respect co-operating with others Working independently confidence Counting, observing and providing feedback, selecting and applying actions	BALL SKILLS UNIT 2 Rolling a ball, tracking a ball, throwing at a target, bouncing a ball, dribbling a ball with feet, kicking a ball Co-operation, sharing and taking turns Determination Using tactics, decision making	GAMES UNIT 2 Running, changing direction, striking a ball Communication, co-operation, taking turns, respect, supporting and encouraging others Honesty, managing emotions, perseverance Using tactics
IA	FUNDAMENTALS Balancing, sprinting, jogging, dodging, jumping, hopping, skipping Taking turns, supporting and encouraging others, working safely, communication Challenging myself, perseverance, honesty Selecting and applying, identifying strengths,	DANCE Travel, copying and performing actions, using shape, balance, coordination. Co-operation, communication, coming to decisions with a partner, respect. Confidence, acceptance. Counting, observing and providing feedback, selecting and applying actions.	SENDING & RECEIVING Rolling, kicking, throwing, catching, tracking Taking turns, supporting and encouraging others, respect, communication Challenging myself, perseverance, honesty, being happy to succeed Transferring skills	TARGET GAMES Underarm throwing, overarm throwing, aim, hand eye co-ordination Communication, supporting and encouraging others, leadership Perseverance, honesty, fair play Using tactics, selecting and applying skills, decision making	STRIKING & FIELDING Throwing, catching, retrieving a ball, tracking a ball, striking a ball. Communication, supporting and encouraging others, consideration of others. Perseverance, honesty and fair play. Using tactics, selecting and applying skills, decision making.	YOGA & FITNESS Breathing, relaxation, balance, flexibility, strength Working safely, sharing ideas, leadership Calmness, patience, understanding, independence Selecting actions, comprehension, focus, providing feedback

	Listening and following instructions					
IH	FUNDAMENTALS	YOGA & FITNESS	DANCE	SENDING & RECEIVING	TARGET GAMES	STRIKING & FIELDING
IM	FUNDAMENTALS	STRIKING & FIELDING	YOGA & FITNESS	DANCE	SENDING & RECEIVING	TARGET GAMES
2A	TEAM BUILDING Balancing, travelling actions. Communication, sharing ideas Inclusion, encouraging and supporting others. Confidence, trust, honesty	GYMNASTICS Shapes, balances, shape jumps, travelling movements, barrel roll, straight roll, forwards roll. Sharing, working safely. Confidence, independence. Observing and providing feedback, selecting and applying actions.	BALL SKILLS Rolling, kicking, throwing, catching, bouncing, dribbling Co-operation, communication, leadership, supporting others Honesty, perseverance, challenging myself Using tactics, exploring actions	INVASION Throwing, catching, kicking, dribbling with hands and feet, dodging, finding space. Communication, respect, cooperation, kindness. Empathy, integrity, independence, determination, perseverance. Creativity, reflection, decision making, comprehension.	NET & WALL Throwing, catching, hitting a ball, tracking a ball. Respect, communication. Honesty and fair play, determination. Decision making, using simple tactics, recalling information, comprehension.	ATHLETICS Running at different speeds, jumping for distance, throwing for distance Working safely, collaborating with others Working independently, determination Observing and providing feedback, exploring ideas
2H	TEAM BUILDING	INVASION	GYMNASTICS	BALL SKILLS	ATHLETICS	NET & WALL
2M	TEAM BUILDING	NET & WALL	INVASION	GYMNASTICS	BALL SKILLS	ATHLETICS
3A	FUNDAMENTALS Y3/4 Balancing, running, hopping, jumping, dodging, skipping Supporting and encouraging others, respect, communication, taking turns Challenging myself, perseverance, honesty Selecting and applying skills, observing others and providing feedback, identifying strengths and areas for development	GYMNASTICS Individual point and patch balances, straight roll, barrel roll, forward roll, straight jump, tuck jump, star jump, rhythmic gymnastics. Collaboration, communication, respect. Confidence. Observing and providing feedback, selecting and applying actions, evaluating and improving	BALL SKILLS Y3/4 Tracking a ball, throwing, catching, dribbling Supporting others, co-operation, communication, managing games Perseverance, honesty, respect challenging self Decision making, developing tactics, creativity	TENNIS Forehand, backhand, throwing, catching, ready position Collaboration, respect, supporting others Honesty, perseverance Decision making, understanding rules, using tactics	CRICKET Underarm and overarm throwing, catching, over and underarm bowling, and batting. Collaboration and communication, respect. Perseverance, honesty. Observing and providing feedback, applying strategies	ATHLETICS Sprinting, jumping for distance, push and pull throwing for distance Working collaboratively, working safely Perseverance, determination Observing and providing feedback

3H	FUNDAMENTALS Y3/4	ATHLETICS	GYMNASTICS OR DANCE	BALL SKILLS Y3/4	TENNIS	CRICKET
3M	FUNDAMENTALS Y3/4	BALL SKILLS Y3/4	CRICKET	GYMNASTICS OR DANCE	ATHLETICS	TENNIS
4A	<p>FITNESS</p> <p>Strength, speed, power, agility, coordination, balance, stamina</p> <p>Supporting others, working safely</p> <p>Perseverance, determination</p> <p>Identifying areas of strength and areas for development</p>	<p>DODGEBALL</p> <p>Throwing, catching, dodging, blocking</p> <p>Communication, collaboration, respect</p> <p>Honesty, perseverance</p> <p>Decision making, selecting and applying skills</p>	<p>DANCE</p> <p>Performing a variety of dance actions, using canon, unison, formation, dynamics, character, structure, space, balance, control, technique.</p> <p>Collaboration, consideration, inclusion, respect</p> <p>Empathy, confidence</p> <p>Observing and providing feedback, selecting and applying actions</p>	TAG RUGBY	<p>OAA</p> <p>Balance, running</p> <p>Communication, teamwork, trust, inclusion, listening</p> <p>Confidence</p> <p>Planning, map reading, decision making, problem solving</p>	<p>GOLF</p> <p>Balancing, coordination, accuracy, striking, throwing</p> <p>Taking turns, supporting and encouraging others, respect, communication</p> <p>Challenging myself, perseverance, honesty, determination</p> <p>Selecting and applying skills, identifying strengths, identifying weaknesses, creativity</p>
4H	GOLF	FITNESS	DODGEBALL	DANCE	TAG RUGBY	OAA
4M	OAA	GOLF	FITNESS	DODGEBALL	DANCE	TAG RUGBY
5A	<p>ROUNDERS</p> <p>Throwing & catching, bowling, tracking, fielding & retrieving a ball, batting</p> <p>Organising & self-managing a game, respect, supporting & encouraging others, communicating ideas & reflecting with others</p> <p>Honesty & fair play, confident to take risks, managing emotion</p> <p>Decision making, using tactics, identifying how to improve, selecting skills</p>	<p>BASKETBALL</p> <p>Physical: throwing and catching, dribbling, intercepting, shooting</p> <p>Communication, collaboration</p> <p>Perseverance, honesty and fair play</p> <p>Planning strategies and using tactics, observing and providing feedback</p>	<p>HOCKEY</p> <p>Dribbling, passing, receiving, tackling, creating and using space, shooting</p> <p>Communication, collaboration</p> <p>Perseverance, honesty and fair play</p> <p>Planning strategies and using tactics, observing and providing feedback, selecting and applying skills</p>	<p>YOGA/SWIM YOGA</p> <p>Balance, strength, flexibility, coordination</p> <p>Leadership, sharing ideas, working safely</p> <p>Confidence, working independently</p> <p>Creating, selecting and applying actions, observing and providing feedback</p>	<p>SWIMMING</p> <p>Submersion, floating, gliding, front crawl, backstroke, breaststroke, rotation, sculling, treading water, handstands, surface dives, H.E.L.P and huddle position</p> <p>Communication, supporting and encouraging others, keeping myself and others safe</p> <p>Confidence</p> <p>Comprehension, planning tactics</p>	<p>TENNIS</p> <p>forehand groundstroke, backhand groundstroke, forehand volley, backhand volley, underarm serve</p> <p>Collaboration, communication, respect</p> <p>Honesty</p> <p>Decision making, selecting and applying tactics</p>
5H	SWIMMING	SWIM/YOGA	BASKETBALL	TENNIS	HOCKEY	ROUNDERS

5M	BASKETBALL	YOGA/SWIM	SWIMMING	HOCKEY	TENNIS	ROUNDERS
6A	GYMNASTICS straddle roll, forward roll, backward roll, counterbalance, counter tension, bridge, shoulder stand, handstand, cartwheel, headstand, vault Responsibility, collaboration, communication, respect Confidence Observing and providing feedback, selecting and applying actions, evaluating and improving sequence	HANDBALL Ball control, throwing and catching, moving with the ball, dribbling, shooting Working safely, communication, respect Honesty and fair play perseverance Planning strategies, observing and providing feedback	OAA Stamina, running Communication, teamwork, trust, inclusion, listening Confidence Planning, map reading, decision making, problem solving	YOGA Balance, strength, flexibility, coordination Leadership, sharing ideas, working safely Confidence, working independently Creating, selecting and applying actions, observing and providing feedback	ROUNDERS Throwing & catching, bowling, tracking, fielding & retrieving a ball, batting Organising & self-managing a game, respect, supporting & encouraging others, communicating ideas & reflecting with others Honesty & fair play, confident to take risks, managing emotion Decision making, using tactics, identifying how to improve, selecting skills	FITNESS Strength, speed, power, agility, coordination, balance, stamina Supporting and encouraging others, working collaboratively Perseverance, determination Analysing scores
6H	FITNESS	GYMNASTIC	HANDBALL	YOGA	OAA	ROUNDERS
6M	ROUNDERS	FITNESS	GYMNASTICS	YOGA	HANDBALL	OAA

Key: Physical components

Social

Emotional

Thinking