

	Countess GythaPE Curriculum Overview					
Rationale	<ul style="list-style-type: none">For all children to gain the fundamental movement skills, knowledge and understanding to be physically literate & to lead healthy, active lives.For all children to have fun & have opportunities to engage in a broad variety of physical activities so that they have both the confidence & skills to try new sports, join clubs and be active outside of school for their leisure and to help with their mental health & wellbeing.					
Approach	<ul style="list-style-type: none">To offer our children an inspirational curriculum in which they can learn the fundamental movement skills from reception through to year 6. This is to enable children to be able to take part in a variety of sports in Primary school and beyond.To have the physical, tactical, and social skills to be able to play a variety of sports by learning through playing modified games, gradually building in complexity for transition to secondary school & beyond.					
Merlin						
Theme	Yoga	Team Games	Dance	Athletics	Swimming	Multi-Skills
Content	Delivered by Tatty Bumpkin	Team building games such as volcanoes and valleys	Wake and Shake, Rolling, stretching, holding shape, jumping,	Running, jumping, throwing	Water awareness	Travelling, balance, speed, ball control, throwing
Vocab	Butterfly pose, mountain pose, chair, tree, elephant, cobra, child’s, downward dog	balance, underarm throw, rolling, accuracy run, skip, jump, hop	Guided dancing, Jump, pike, tuck, stretch, warm up	two foot jumping, high five, speed control, relay races	Frog, duck, ducklings,	Underarm, overarm, balance, jump, coordination
Pendragon						
Theme	Yoga	Team Games	Multi-Skills	Gymnastics	Swimming	Athletics
Content	Delivered by Tatty Bumpkin	Team building games such as volcanoes and valleys	Balance, Agility, Coordination	Rolling, stretching, holding shape, jumping, tension	Water awareness	Running, jumping, throwing
Vocab	Butterfly pose, mountain pose, chair, tree, elephant, cobra, child’s, downward dog	balance, underarm throw, rolling, accuracy run, skip, jump, hop	Skills of travel, send, chase, receive, avoid, control; awareness of space and individual action	Jump, pike, tuck, stretch, warm up	Frog, duck, ducklings,	two foot jumping, high five, speed control, relay races
King Arthur						
Theme	Gymnastics and Yoga	Multi-Skills	Swimming	Dance	Athletics	Striking and Fielding
Content	Develop flexibility, strength and technique	Attacking and Defending / playing competitive games	Use a range of strokes (front crawl, backstroke, breaststroke)	Strength and Flexibility/ range of movement patterns	Running and Jumping, Agility, coordination	Striking and fielding activities rounders
Vocab	Butterfly pose, mountain pose, chair, tree, elephant, cobra, child’s, downward dog	balance, underarm throw, rolling, accuracy run, skip, jump, hop	Backstroke, front crawl, diving	Jump, pike, tuck, stretch, warm up	Jump, pike, tuck, stretch, warm up	under/over arm throw, batting, catching hands,
Excalibur						
Theme	Gymnastics	Swimming	Yoga	Dance	Striking and fielding skills	Invasion Games
Content	Jumping, landing, rolling, linking, sequencing	Front crawl, back stroke, breast stroke, butterfly,	Delivered by Tatty Bumpkin	Range of movement patterns	Striking skills, throwing and catching, Rounders	Attacking and defending, decision making – netball, bench ball, dodgeball
Vocab	Jump, pike, tuck, stretch, warm up	Backstroke, front crawl, diving	Butterfly pose, mountain pose, chair, tree, elephant, cobra, child’s, downward dog		Ready position, wicket keeper, bowler, batter, back stop, infield, outfield, base	Possession, attackers, defenders, marking, direction, dodging, anticipating.
Lancelot						
Theme	Swimming	Invasion	Gymnastics/Dance	Athletics	Striking and Fielding	Net & Wall
Content	Front crawl, back stroke, breast stroke, butterfly,	Fundamental movement skills: movement, sending and receiving attacking and defending and decision making	Jumping, landing, rolling, linking, Range of movement patterns	Running, Jumping, throwing	Striking and fielding activities, cricket and rounders	Sending and receiving in using different techniques, send to partner or to space, cooperative and competitive games / rallies
Vocab	Backstroke, front crawl, diving	Possession, attackers, defenders, marking, covering, supporting, team, play, team positions, direction, dodging, anticipating.	Pike, straddle, star, rock and roll, twist, turn, high-low	Achieving personal best, sprint, long jump, triple jump, stopwatch, technique, measure, evaluate, compare	Ready position, wicket keeper, bowler, batter, back stop, infield, outfield, base	Send, receive, ready, position, positioning, send to space, track, object, move to, select technique