



Monkston's PE Mastery Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	PE and Me <ul style="list-style-type: none"> • My first PE session • Safe in my space • Stop and start • Space travellers • Jump to it • Follow the leader 	Move It <ul style="list-style-type: none"> • Pirate power • Locomotion in the ocean • Animal antics • Circus • Superhero strength • Funfair 	Dance, Dance, Dance <ul style="list-style-type: none"> • Zoo shuffle • Ocean groove • Pirate parade • Space jig • Monster moves • Carnival 	Ball Skills: Roll it, Catch it, Kick it <ul style="list-style-type: none"> • Rolling and stopping • Throwing • Catching • Kick it • Bat and ball • Ball skills festival 	<i>TBC</i>	Fun and Games <ul style="list-style-type: none"> • My space, your space • Listen like a leader • Better together • Helping hands and happy hearts • Team spirit titans • Festival of fun
Year 1 Indoor	Balance, Shape and Rotation <ul style="list-style-type: none"> • Finding space • Body shapes • Rolling shapes • Points and patches • Shapes on apparatus • Performance 	Travelling and Jumping <ul style="list-style-type: none"> • Animal actions • Travelling tracks • Spins and paths • Character sequences • Synchronised sequences • Jumping beans • Jumping and turning 	Health and Fitness <ul style="list-style-type: none"> • Fitness is fun • My body and exercise • My mind and exercise • Strength and stability 	Teamwork <ul style="list-style-type: none"> • Goal getters • Express yourself • Team listening • Turn takers • Cheer challenge 	Dance Fundamentals <ul style="list-style-type: none"> • Jump into dance • Twists and turns • Swing it • Pathway explorers • Range adventures • All together now 	<i>TBC</i>
Year 1 Outdoor	Ball Skills: Hands <ul style="list-style-type: none"> • Object handling • Just keep rolling • Underarm throws • Stop the ball • Catch masters 		Ball Skills: Kicking <ul style="list-style-type: none"> • Controlling a ball with feet • Dribble magic • Side-footed passing 	Attacking and Defending <ul style="list-style-type: none"> • Rules rock • Space navigators • Dodge and dash • Mirror marking 	Striking and Hitting <ul style="list-style-type: none"> • Grip and balance • Bat balance • Strike masters 	Running and Jumping <ul style="list-style-type: none"> • Speedy spiders • Panther pathways



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	<ul style="list-style-type: none"> • Partner catch • Bounce and catch • Overarm throws • Ball skills circuit 			<ul style="list-style-type: none"> • Pass and move • Block the ball • Score points galore • Time is ticking 	<ul style="list-style-type: none"> • Strike it right 	<ul style="list-style-type: none"> • Hopping hyenas • Jumping jaguars • Bounding bears • Cheeky cheetahs
Year 2 Indoor	Balance, Shape and Rotation <ul style="list-style-type: none"> • Strong shapes • Rolling sideways • Rocking and rolling forwards • Balancing bodies • Balancing bodies on apparatus • Performance 	Travelling and Jumping <ul style="list-style-type: none"> • Takeoff and landing • Jumps in action • Jumps and turns • Jumping higher and beyond • Jumping with confidence • Performance 	Health and Fitness <ul style="list-style-type: none"> • Turn up the heat • Moving my mood • Buddy for life • Fitness for life • Agility, balance and coordination • Exploring a range of levels 	Teamwork <ul style="list-style-type: none"> • Team communication • Goal setters • Equal play • Solution seekers • Team spirit 	Dance Fundamentals <ul style="list-style-type: none"> • Gestures • Suspended dynamics • Dance directions • Canon creations • Canon chaos • Showcase 	Dance Style <i>TBC</i>
Year 2 Outdoor	Ball Skills: Hands <ul style="list-style-type: none"> • Tracking a target • Moving target throw • Catching technique • Stop and roll • Throw and catch • Overarm throwing • Throw or roll • Stationary bounce 		Ball Skills: Kicking <ul style="list-style-type: none"> • Ball control • Dribble with control • Pass and control • Silky skills 	Attacking and Defending <ul style="list-style-type: none"> • Attacking and defending roles • Dodging and sidestepping • Marking • Passing, moving and receiving • Marking a space 	Striking and Hitting <ul style="list-style-type: none"> • Controlled striking with hands and rackets • Hand-eye coordination • Accurate striking 	Running and Jumping <ul style="list-style-type: none"> • Changing direction at • Pacing • Different jumps • Controlling height and distance • Skipping



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	<ul style="list-style-type: none"> Dribbling and picking up 			<ul style="list-style-type: none"> Teamwork 	<ul style="list-style-type: none"> Striking with power 	<ul style="list-style-type: none"> Changing type of movement
Year 3 Indoor	Travelling and Jumping <ul style="list-style-type: none"> Travelling forwards Chasses Running form Squat Landing 	Balance, Shape and Rotation <ul style="list-style-type: none"> Spinning supports Transferring weight and rotating Matching and contrasting balances Rolling forwards and backwards Balancing upside down 	Health and Fitness <ul style="list-style-type: none"> Benefits of exercise Staying motivated Stamina and endurance Warm-ups and cool-downs Agility, balance and coordination Leadership 		Dance Fundamentals <ul style="list-style-type: none"> Rise, pause and fall Collapsed movements Spatial relationship Pulse and rhythm Composing sequences Performing with imagination 	Dance Style <i>TBC</i>
Year 3 Outdoor	Fundamental Movement Skills <ul style="list-style-type: none"> Evading and dodging Balance and coordination Patterns and pathways Agility, balance and coordination with apparatus Chest and bounce passing Passing and controlling footballs Using a 'V' grip Holding and dribbling with hockey sticks Basketball dribbling Pivoting Finding and using space 		Attacking and Defending <ul style="list-style-type: none"> Principles of attacking and defending Moving into space Zone defence Feinting Shadowing One-two passing 	Teamwork and Communication <ul style="list-style-type: none"> Verbal and non-verbal Collaboration Collective decision-making Including everyone Problem solving Persevering 	Run, Jump, Throw <ul style="list-style-type: none"> Pacing Sprinting Jumping for height and distance Hurdling Exploring throwing actions 	Intro to Striking and Fielding <ul style="list-style-type: none"> Pick it up Overarm action



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Year 4 Indoor	Travelling and Jumping <ul style="list-style-type: none"> • Cat leaps • Using a ball in gymnastics • Hurdle step and jumping distances • Mounting • Collaboration and teamwork 	Balance, Shape and Rotation <ul style="list-style-type: none"> • Push to bridge • Tucked handstand • Cartwheels • Balances and counterbalances • Ribbon skills 	Health and Fitness <ul style="list-style-type: none"> • Muscles • Trusting your team • Water • Mindfulness 	Intro to Net and Wall Sports <ul style="list-style-type: none"> • Agility, balance and coordination • Racket control 	Dance Fundamentals <ul style="list-style-type: none"> • Body isolations • Sustained dynamic • Props • Composing with props • Working with musical accents • STorytelling 	<i>One fewer unit due to OAA Residential</i>
Year 4 Outdoor	Fundamental Movement Skills <ul style="list-style-type: none"> • Dodging, evading and outwitting • Changing direction at speed • Dynamic balance • Coordination confidence • Hoop skipping • Tennis racket grip and forehand stroke 		Attacking and Defending <ul style="list-style-type: none"> • Space and people • Moving into space • Zone defence • Feinting • Shadowing • One-two passing 	Ultimate <ul style="list-style-type: none"> • Backhand throw • Forehand throw • Catching techniques • Pivoting and possession • Self-refereeing and sportspersonship 	Run, Jump, Throw <ul style="list-style-type: none"> • Improving stamina over long distances • Standing sprint start and reaction time • Teamwork relays and baton exchange • Combination jumps 	Celebration of Sport <ul style="list-style-type: none"> • Learning new skills • Inclusion in sport • Perseverance, growth mindset and personal best • Teamwork
Year 5 Indoor	Swimming		Travelling and Jumping <ul style="list-style-type: none"> • Scissor kicks • Pike jump and stag jumps • Cat leap half turn 	Health and Fitness <ul style="list-style-type: none"> • Recording heart rates • Nutritious food • Functional movement 	Dance Fundamentals <ul style="list-style-type: none"> • Abstract interpretation • Vibratory movement 	Dance Style <i>TBC</i>



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		<ul style="list-style-type: none"> • Cat spring on floor • Squat through vault 	<ul style="list-style-type: none"> • Focus • Positive effects of exercise 	<ul style="list-style-type: none"> • Positive and negative space • Using stimuli • Giving and receiving feedback 		
Year 5 Outdoor	Swimming	<p style="text-align: center;">Fundamental Movement Skills</p> <ul style="list-style-type: none"> • Agility skill and sleep • Balance • Coordination and underarm tennis serve • Reactions and holding and catching a rugby ball • Passing backwards and sideways • Passing and receiving • Dribbling • Shooting • One-touch passing, linking skills • Pressing and shooting • Performing and adapting 	<p style="text-align: center;">Attacking and Defending</p> <ul style="list-style-type: none"> • Attacking and defending principles • Applying pressure • Getting into a shooting position • Block and poke tackles • Keeping possession • Adapting tactics 	<p style="text-align: center;">Athletics</p> <ul style="list-style-type: none"> • Pacing • Sprinting and spring start • Standing vertical jump and standing long jump • Hurdling and stride rhythm • Pull throw technique 	<p style="text-align: center;">Intro to Striking and Fielding: Cricket</p> <ul style="list-style-type: none"> • Overarm bowling • Back foot defensive stroke • Cut and pull shots • Fielding positions • 	
Year 6 Indoor	<p style="text-align: center;">Travelling and Jumping</p> <ul style="list-style-type: none"> • Half turns and split jumps • Split leap • Creating routines • Straddles including over vault 	<p style="text-align: center;">Balance, Shape and Rotation</p> <ul style="list-style-type: none"> • Paired 3- and 4-point balances • Pike forward roll • Group balances and formation • Ribbon skills and techniques 	<p style="text-align: center;">Health and Fitness</p> <ul style="list-style-type: none"> • Aerobic exercise • HIIT • Chair yoga • Components of fitness • Fitness festival 	<p style="text-align: center;">Intro to Net and Wall Sports</p> <ul style="list-style-type: none"> • Split step • Racket control • Apply skills to sports including tennis and pickleball 	<p style="text-align: center;">Dance Fundamentals</p> <ul style="list-style-type: none"> • Purpose, audience and context • Percussive movement • Energy • Framing and focus 	<p style="text-align: center;">Dance Style</p> <p style="text-align: center;"><i>TBC</i></p>



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					<ul style="list-style-type: none"> • Time elements • Using briefs to inform compositions 	
Year 6 Outdoor	<p style="text-align: center;">Fundamental Movement Skills</p> <ul style="list-style-type: none"> • Agility and dodging • Dynamic balance and coordination • Agility, balance and coordination with equipment • Passing and dribbling • Footwork and passing on the move • Intercepting • Throwing and blocking • Push pass and Indian dribbling • Inventing and sharing a new game 	<p style="text-align: center;">Attacking and Defending</p> <ul style="list-style-type: none"> • Principles for success • Pressure play • Set to score • Win back possession • Patient possession • Dodgeball designers 	<p>Select a sport</p> <p style="text-align: center;"><i>TBC</i></p>	<p style="text-align: center;">Athletics</p> <ul style="list-style-type: none"> • Endurance running technique • Sprinting and crouching sprint start • Relay changeover • Standing vertical jump, standing long jump and standing triple jump • Discus, javelin and hammer throwing techniques 	<p style="text-align: center;">Celebration of Sport</p> <ul style="list-style-type: none"> • Trying new sports e.g. clock golf, Kabaddi • Inclusive sports • Hybrid sports • Designing a new hybrid sport 	