All Saints C of E Primary School

'Playing our part in God's plan as we journey together to achieve the best for ourselves and others.'

PE Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year R	Gross Motor Skills: Negotiate space and obstacles safely, with consideration for themselves and others Demonstrate strength, balance and coordination when playing Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. Class R cover gymnastics, athletics, ball skills and dance. They focus on creating their own movement and controlling their bodies.					
	Gymnastics – High and Low	Dance – Xmas Production	Gymnastics - Moving	Ball skills – hands Explore pushing and rolling Combine pushing and rolling Explore throwing overarm and underarm Explore rolling, stopping a ball and catching	Dance – The Hungry Caterpillar.	Athletics - Locomotion
Year 1	**Gymnastics** **Body parts** **SHAPES: straight, star, tuck, pike, straddle**	**Dance** **Xmas themed**	**Gymnastics** **Wide, narrow and curled** **SHAPES: straight, star, tuck, pike, straddle**	**Dance – Growing**	**Games for understanding** **Team games** **Playing for life cards**	**Athletics**

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	Introduction to big/small body parts Combining big and small with wide, narrow and curled Transition between wide narrow and curled using big and small body parts Adding (linking) movements together	Responding to rhythm Introduction to motifs Creating motifs Creating movement sequences Relationships and performance	Introduction to wide, narrow and curled Exploring the difference between wide, narrow and curled Transitioning between wide, narrow and curled movements Linking two movements together	Responding to rhythm Introduction to motifs Creating motifs Creating movement sequences Relationships and performance	Understanding the principles of attack/defence Applying attacking/ defending principles into a game Consolidate attacking/ defending	Running Jumping Throwing
	Ball skills Hands	**Ball skills -feet**	**Ball skills – hands 2**	**Running – locomotion**	**Jumping - locomotion**	**Games for understanding – attack v defence**
	Introduce sending with control Introduce aiming with accuracy Introduce power and speed when sending a ball Introduce/develop stopping, combining sending skills Combine sending and receiving skills	Develop moving the ball using the feet Apply dribbling into games Consolidate dribbling Explore kicking (passing) Apply kicking (passing) to score a point	Introduce throwing with accuracy Apply throwing with accuracy in a team Introduce stopping a ball Develop sending (rolling) skills to score a point Consolidate sending and stopping to win a game	Explore running Running for speed: Acceleration Explore running in a team	Develop jumping Explore how jumping affects our bodies	Understanding the principles of attack/defence Applying attacking/ defending principles into a game Consolidate attacking/ defending
Year 2	**Gymnastics – pathways** **ROLLS - log roll, tuck roll** **SHAPES: straight, star, tuck, pike, straddle**	**Dance Water**	**Gymnastics – linking** **ROLLS - log roll, tuck roll** **SHAPES: straight, star, tuck, pike, straddle**	**Dance Explorers**	**Athletics Consolidate jumping**	**Balls Skills – Rackets, bats and balls**

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	Explore/develop zig-zag pathways/on apparatus Explore/develop curved pathways/ on apparatus Creation of pathway sequences Completion of pathways sequences and performance	Responding to stimuli Developing whole group movement Improvisation and physical descriptions Creating contrasting movement sequences Sequences, relationships and performance	Developing linking Linking on apparatus Jump, roll, balance sequences/on apparatus Creation of sequences Completion of sequences and performance	Responding to stimuli Developing our motif with expression and emotion Applying choreography in our motifs Extending our motifs Sequences, relationships and performance	Apply jumping into a game Explore jumping combinations Develop jumping combinations	Develop sending and receiving skills with a ball focussing on force, direction and space Introduce hitting (sending/ striking) a ball into a space: Where and why?
	Ball skills – hands	**Ball skills - feet**	**Ball skills – hand 2**	**Jumping - locomotion**	**Dodging - locomotion**	**Games for understanding – attack v defence**
	Develop passing and receiving Combine passing and receiving, keeping possession Develop passing and receiving to score a point Combine passing and receiving to score a point	Develop dribbling/passing/ receiving, keeping possession Combine dribbling, passing and receiving, keeping possession/to score a point Apply dribbling, passing and receiving as a team to score a point	Develop underarm throwing Apply underarm throwing to win a game Apply underarm throwing to beat an opponent Introduce overarm throwing	Consolidate jumping Apply jumping into a game Explore jumping combinations Develop jumping combinations	Develop dodging technique Working as a team	Attacking/defending as a team Understanding the transition between defence and attack Create and apply attacking/ defensive tactics
Year 3	**Gymnastics – shape and balance** **ROLLS - teddy bear roll, pencil roll** **SHAPES: straight, star, tuck, pike, straddle**	**Dance** **Wild animals**	**Gymnastics – symmetry and asymmetry** **ROLLS - teddy bear roll, pencil roll,** **SHAPES: straight, star, tuck, pike, straddle**	**Dance** **Weather**	**Athletics - running**	**Tennis – net/wall**

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	Create a sequence that has a clear beginning, middle and end Link different actions and balances smoothly Mirror movements with a partner.	Responding to stimuli Developing character dance into a motif Developing sequences with a partner in character that show relationships Extending sequences with a partner in character	Introduction to symmetry and asymmetry Application of learning onto apparatus Sequence formation Sequence completion	Responding to stimuli, extreme weather Developing thematic dance into a motif Extending dance to create sequences with a partner Developing sequences with a partner	Explore running for speed Explore acceleration Introduce /develop relay: Running for speed in a team Throwing: Accuracy vs distance Standing long jump	Introduction tennis, outwitting an opponent Creating space to win a point Consolidate how to win a game introduce rackets Introduce the forehand
	Communication and tactics – team games – outdoor adventure activities	**Football - invasion**	**New Age Curling**	**Cricket – Striking and Fielding**	**Swimming**	**Swimming**
	Creating and applying Simple tactics Developing leadership Developing communication as a team / collaborate effectively as a team Create defending and attacking tactics as a team	Introduce/develop dribbling keeping control Introduce passing and receiving Combine dribbling and passing to create space Develop passing, receiving and dribbling	Adapt movements to incorporate different types of equipment and techniques Develop technique linked to force and distance using a curling stone into a target area	Introduce batting and fielding Striking the ball with intent to score runs (points.) Learn to play mini games focussing on competition between the individual batter and fielders.	Each pupil is required to be able to do the following: Perform safe self-rescue in different water based situations Swim competently, confidently and proficiently over a distance of **at least** 25 metres Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke. (Children are taught by qualified swimming instructors at the local leisure centre for a block of 10 lessons on a weekly basis.)	
Class 4	**Gymnastics – shape and balance** **ROLLS - teddy bear roll, forward roll** **SHAPES: straight, star, tuck, pike, straddle**	**Dance** **Space**	**Gymnastics – bridges** **SHAPES: straight, star, tuck, pike, straddle**	**Dance** **Vikings**	**Athletics – throwing and jumping**	**Handball – invasion**
	Combine skills and balances to make a small group sequence.	Extending sequences with a partner in character Developing sequences with a	Introduction to bridges Application of bridge learning onto apparatus	Responding to stimuli working together Extending sequences with a	Introduce the Javelin Standing triple jump	Refine passing and receiving Develop passing and creating

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	Link together a minimum of 3 partner balances. Each child must include 3 individual balances or skills.	partner in character that show relationships and interlinking dance moves Sequences, relationships, choreography and performance	Develop sequences with bridges Sequence formation Sequence completion	partner in character Exploring two contrasting Relationships and interlinking dance moves		space Develop passing, moving and shooting Combine passing and shooting Introduce defending
	Rounders – striking and fielding	**Tag rugby - invasion**	**Tri Golf**	**Athletics – running**	**Swimming**	**Swimming**
	Develop fielding bowling with a backstop Introduce batting; how Develop batting; where and why Introduce and apply basic fielding tactics	Develop passing, moving and creating space Apply learning to 3v3 mini games Develop defending in game situations Combine passing and moving to create an attack and score	**Develop ball control using a golfclub ; to use a greater range of basic skills with some accuracy** Use a range of strokes effectively for example: **chipping and putting**	Develop running at speed Exploring our stride pattern Exploring running at pace Understand and apply tactics when running for distance	Each pupil is required to be able to do the following: Perform safe self-rescue in different water based situations Swim competently, confidently and proficiently over a distance of **at least** 25 metres Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke. (Children are taught by qualified swimming instructors at the local leisure centre for a block of 10 lessons on a weekly basis.)	
Class 5	**Gymnastics – shape and balance** **ROLLS - group teddy bear roll, forward roll pencil roll SHAPES: straight, star, tuck, pike, straddle**	**Dance The Circus**	**Gymnastics – counter balance and counter tension** **SHAPES: straight, star, tuck, pike, straddle**	**Dance WW2**	**Athletics – running**	**Athletics – throwing and jumping**

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	Create a longer sequence involving changes of level and perform it with fluency Link together a minimum of 4 balances with good timing when working with others Use a wide range of skills and balances	Developing character movements linked to 19th Century prejudices Creating movements to represent different characters and performers in a 19th Century circus Extending our Performance incorporating props and apparatus linked to the variety of performers	Introduction to counter balance Application of counter balance learning onto apparatus Sequence formation Counter Tension Sequence completion	Performing with technical control and rhythm in a group Creating rhythmic patterns using the body Experiencing dance from a different culture Chorographical elements including still imagery	Finishing a race Evaluating our performance Sprinting: My personal best Relay changeovers	Introduce the Shot Put Compare techniques used for shot put, discus and javellin Introduction to hurdles
	Games Colletion (St Swithuns)	**Netball – invasion**	**Jag Tag – invasion (Active 360)**	**Cricket – Striking and Fielding**	**Rounders – striking and fielding**	**Tennis – net/wall**
	Refine passing and moving to create attacking opportunities Explore different passes that can be used to outwit defenders Refine defending as a team Create and apply defending tactics. Develop officiating	Refine passing and receiving Apply passing, footwork and shooting into mini games, introduce officiating Introduce defending Explore the function of other passing styles	Develop defending; block and tacking Recap and refine dribbling and passing to create attacking opportunities Refine attacking skills, passing dribbling and shooting Refine defending skills developing transition from defence to attack	Develop bowling skills and tactics. Apply tactics when fielding to prevent batters scoring runs. Understand how role as batter changes depending on the game situation.	Develop fielding tactics maximising players Understand what happens if the batter misses the ball Refine fielding tactics, what players where? Applying tactics in mini games	Introduce/develop the volley Controlling the game from the serve Doubles, understanding and applying tactics to win a point
Class 6	**Gymnastics – shape and balance** **ROLLS - group teddy bear roll, forward roll with variations** **SHAPES: straight, star, tuck, pike, straddle**	**Dance Greeks**	**Gymnastics – matching and mirroring** **ROLLS - forward roll with variations, cartwheel** **SHAPES: straight, star, tuck, pike, straddle**	**Handball - invasion**	**Dance Egyptians**	**Athletics – throwing and jumping**

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	Design and perform an imaginative sequence with confidence and fluency. Link together a minimum of 5 balances with good timing when working with others. Use a wide range of skills and balances, making full use of the space	Exploring the Greeks using compositional principles Extending sequences with a partner using compositional principles Creating movement using improvisation where movement is reactive	Introduction to matching/mirroring Application of matching/ mirroring learning onto apparatus Sequence development	Consolidate keeping possession, develop officiating Understand and apply defending tactics in game situations Consolidate defensive tactics; understand and apply defensive tactics in game scenarios.	Creating rhythmic patterns using our body Extending our choreography through controlled movements, character emotion and expression Explore the relationships between characters applying character emotion and expression	Throwing competition Jumping competition
	Rounders – striking and fielding	**Netball – Invasion**	**Jag Tag invasion** (Active 360)	**Athletics – running**	**Tennis – net/wall**	**Football - invasion**
	Introduction to full rounders Consolidate fielding tactics Refine our understanding of what happens if the batter misses or hits the ball backwards Batting considerations	Consolidate keeping possession, develop officiating Consolidate defending Create, understand and apply attacking/defending tactics in game situations	Consolidate keeping possession, develop officiating Consolidate defending Create, understand and apply attacking /defending tactics in game situations	Running for speed competition Running for distance competition	Game application, mixed ability doubles, round robin games	Consolidate keeping possession, develop officiating Consolidate defending Organise formations and manage teams Organise formations decide tactics, manage reams and officiate games