

PE Overview

Knowledge / Key skills	Lead healthy and active lives Team Work	Inspirational – The hook Resilience	Agility, Balance and Co-ordination Courage	Competition, fairness and respect Confidence	Physically Active Leadership	Goal Setting Ambition
Reception	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS PE	Parachute	Dance At the park	Using Apparatus	Games	Movement and Using Space	Athletics
	- Follow instructions - To begin to move with control - To work as a team	- To move in different ways - To change direction whilst travelling - To dance in response to music - To begin to explore body movements to music	- To explore movement actions with control - To travel and move around and across a variety of apparatus	- To begin to throw underarm with accuracy - To begin to catch objects - To begin to move balls with control - To work as part of a team	- To move in safe ways - To travel at different speeds. - To begin to play games that involve travelling and keeping safe - To work with partners - To show control when throwing and catching	- To use varying speeds when running. - To explore different methods of jumping - To explore different methods of throwing.
Year 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Games	Dance Weather and Seasons	Gymnastics I	Ball Games Football	Striking/Fielding Games Rouder's	Athletics
KSI PE	- Begin to apply basic movements in a range of activities - Work individually and with others. Engage in cooperative physical activities. - Engage in competitive physical activities (both against self and against others)	- To change direction during travelling moves. - To link travelling moves that change direction and level. - To link moves together. - To use a variety of moves. - To explore basic body patterns and movements to music.	- To explore movement actions with control and link them together with flow. - To explore gymnastic actions and shapes. - To explore travelling on benches. - To explore movement actions with control, and to link them together with flow. - To choose and use simple compositional	- To master basic sending and receiving techniques. - To develop balance, agility and coordination. - To master basic sending and receiving skills. - To master basic sending and receiving as well as developing balance	- To be confident and keep themselves safe in the space in which an activity/game is being played. - Explore and use skills, actions and ideas individually and in combination to suit the game that is being played. - Show ability to work with a partner in throwing and catching games.	- To use varying speeds when running. - To explore footwork patterns. - To explore arm mobility. - To explore different methods of throwing.

PE Overview

	- Participate in team games. - Understand how to use equipment safely.	- To use a variety of moves that change speed and direction. - To link together dance moves with gestures and changing direction in time to music. - To practise taking off from different positions.	ideas by creating and performing sequences. - To repeat and link combinations of gymnastic actions. - To link combinations of movements and shapes with control.	agility and co-ordination. - To make use of coordination, accuracy and weight transfer. - To develop receiving skills. - To use ball skills in game-based activities.	- Choose and use skills effectively for particular games: -Throw a ball accurately underarm to a target using increasing control. -Show increasing control when rolling an object, using a technique. -Hit a ball with control using an appropriate object. - Explore throwing and catching in different ways	
Year 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Games	Dance Animals	Gymnastics 2	Ball Games Football	Striking/Fielding Games Rouder's	Athletics
KSI PE	- Engage in competitive physical activities (both against self and against others) - Participate in team games - Developing simple tactics for attacking and defending. - Able to reflect on and develop skills to improve. - Understand how to use equipment safely.	- To explore different levels and speeds of movement. - To compose and perform simple dance phrases. - To show contrasts in simple dances with good body shape and position. - To develop a range of dance movements and improve timing. - To work to music, creating movements that show rhythm and control. - To work to music, creating movements	- To remember and repeat simple gymnastic actions with control. - To balance on isolated parts of the body using the floor and hold balance. - To develop a range of gymnastic moves, particularly balancing. - To link together a number of gymnastic actions into a sequence. - To explore ways of travelling around on large apparatus.	- To use foot-eye coordination to control a ball. - To catch a variety of objects. - To vary types of throw. - To kick and move with a ball. - To develop catching and dribbling skills. - To play as part of a team. - To develop receiving skills. - To use ball skills in game-based activities.	- Improve the way they coordinate and control their bodies in various activities. - Remember, repeat and link combinations of skills where necessary. - Develop basic tactics in simple team games and use them appropriately. - Choose use and vary simple tactics. - Catch and control a ball in movement working with a partner or in a small group. - Take part in games where there is an opposition. - Decide where to stand during a team game, to support the game.	- To run with agility and confidence. - To learn the best jumping techniques for distance. - To throw different objects in a variety of ways. - To hurdle an obstacle and maintain effective running style. - To run for distance.

PE Overview

		that show rhythm and control.			• Begin to lead others in a simple team game. • To be able to hit a ball accurately using a piece of equipment.	
Year 3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Invasion Games 1 Netball	Dance Life on the Nile	Gymnastics 1	Invasion Games 2 Football	Striking/Fielding Games Cricket	Athletics 1
LKS2 PE	• Make a series of passes to team mates moving towards a scoring area. • Show some signs of using a chest pass and shoulder pass. • Show a target to indicate where I'd like to pass to. • Know where space is and try to move into it. • Mark another player and defend when needed.	• To explore dance movements and create patterns of movement. • To work with a partner to create dance patterns. • To perform a dance with rhythm and expression. • To use knowledge of dance to create a story in small groups. • To develop precision of movement. • To work co-operatively with a group to create a dance piece. • To perform in front of others with confidence.	• To explore jumping techniques and link them with other gymnastic actions. • To explore jumping techniques and to link them with other gymnastic actions. • To select and adapt gymnastics actions to meet the task. • To work with a partner or a small group to create a sequence that develops jumping skills. • To improve the ability to choose appropriate actions when creating a sequence of gymnastic movements to music.	• Begin to dribble a ball making small touches • Begin to send a football to someone on team. • Keep a ball under control. • Know where space is and try to move into it. • Mark another player and defend when needed.	• Use overarm and underarm throwing, and catching skills. • Begin to strike a bowled ball after a bounce. • Bowl a ball towards a target. • Develop an understanding of tactics and begin to use them in game situations.	• To run in different directions and at different speeds, using a good technique. • To improve throwing technique. • To reinforce jumping techniques. • To understand the relay and passing the baton. • To choose and understand appropriate running techniques. • To compete in a mini competition, recording scores
Year 4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
LKS2 PE	Invasion games 1 Netball	Dance Diwali	Gymnastics 2	Invasion Games 2 Football	Striking/Fielding Games Cricket	Athletics 2

PE Overview

	• Use a chest pass and shoulder pass to support team in scoring. • Make decisions regarding which is the best type of pass to use. • Begin to use a bounce pass, which only bounces once. • Identify space to move into and show a clear target to receive a pass. • Mark another player and begin to attempt interceptions. • Know where positions are allowed on a court.	• To identify and practise the patterns and actions of chosen dance style. • To demonstrate an awareness of the music's rhythm and phrasing when improvising. • To create an individual dance that reflects the chosen dancing style. • To create partnered dances that reflect the dancing style and apply the key components of dance. • To perform dance using a range of movement patterns. • To perform and evaluate own and others' work. • Respond imaginatively to stimuli related to character/music/story • Perform clear & fluent dances that show sensitivity to idea/stimuli • Make up dance within a small group	• Share ideas and give positive criticism/advice to self & others. • Create & perform matching/mirroring sequences explaining how it could be improved. • Perform at least 3 different rolls (shoulder, forward, back) with some control. • Link a roll with travel and balance using floor and apparatus with good body control.	• Dribble with small touches into space. • Send a football to someone on the team, using different parts of foot. • Keep a ball under control when receiving a range of passes from team. • Understand where the space is and can move into it. • Mark another player and begin to attempt interceptions.	• Use overarm and underarm throwing, and catching skills with increasing accuracy. • Strike a bowl and ball after a bounce. • Bowl a ball with some accuracy, and consistency. • Choose and use simple tactics for different situations	• Select and maintain a running pace for different distances. • Practise throwing with power and accuracy. • Throw safely and with understanding. • Demonstrate good running technique in a competitive situation. • Explore different footwork patterns • Understand which technique is most effective when jumping for distance. • Utilise all the skills learned in this unit in a competitive situation.
Year 5	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
UKS2 PE	Invasion games Basketball	Dance Diwali	Gymnastics	Invasion Games Tag Rugby	Striking/Fielding Games Hockey	Athletics

PE Overview

	- Develop a wider range of skills and begin to use these under some pressure. - Select and apply preferred skills with increasing consistency. - Understand the need for tactics and make decisions about when best to use them. - Play cooperatively with a partner. - Demonstrate good footwork to cover a court space in a game situation.	- Adapt and refine actions, dynamics and relationships in a dance. - Perform different styles of dance clearly and fluently. - Recognise and comment on dances, showing an understanding of style. - Suggest ways to improve their own and other people's work.	- Create and perform sequences using apparatus, individually and with a partner. - Use set criteria to make simple judgments about performances and suggest ways they could be improved. - Use canon and synchronisation, and matching and mirroring when performing with a partner and a group and say how it affects the performance. - Use strength and flexibility to improve the quality of a performance.	- Understand there are different skills for different situations and begin to use these. - Move into space to help a team. - Play in a range of positions and know how to contribute when attacking and defending. - Pass, receive and shoot the ball with some control under pressure.	- Refine passing, dribbling and moving to create attacking opportunities. - Explore different passes that can be used to outwit defenders. - Refine shooting. - Develop defending - using marking, blocking and tackling. - Create tactics for defending as a team. - Apply defending tactics, developing transition from defence to attack. - Develop officiating. - Apply skills to game situations.	- To use correct technique to run at speed. - To develop the ability to run for distance. - To throw with accuracy and power. - To identify and apply techniques of relay running. - To explore different footwork patterns. - To understand which technique is most effective when jumping for distance. - Learn how to use skills to improve the distance of a pull throw. - To demonstrate good techniques in a competitive situation.
Year 6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
UKS2 PE	Invasion games Basketball	Dance	Gymnastics	Invasion Games Tag Rugby	Striking/Fielding Games Hockey	Athletics
	- Use a wider range of skills in game situations. - Play cooperatively with a partner / in a team.	Work creatively and imaginatively individually, with a partner and in a group to choreograph motifs and structure simple dances.	- Understand what counter balance and counter tension is and show examples with a partner. - Combine and perform gymnastic	- Pass, receive and shoot the ball with increasing control under pressure. - Select the appropriate action for the situation.	- Consolidate passing, receiving, moving and dribbling to maintain possession. - Consolidate defending and defensive tactics.	- Select and apply the best pace for a running event. - To begin to master the ability to run for distance.

PE Overview

	• Demonstrate good decision making when making shots within a game. • Identify and use a variety of tactics.	• Adapt and refine actions, dynamics and relationships to improve a dance. • Choreograph a dance using props. • Perform dances fluently and with control. • Use appropriate language to evaluate and refine their own and others' work.	actions, shapes and balances with control and fluency. • Create and perform sequences using compositional devices to improve the quality. • Suggest changes and use feedback to improve a sequence.	• Create and use a variety of tactics to help a team. • Create and use space to help a team. • Select and apply different movement skills to lose a defender. • Use marking, and/or interception to improve defending.	• Create, understand and apply attacking tactics in game situations. • Create, understand and apply defending tactics in game situations. • Consolidate attacking and defending in games. • Develop officiating. • Organise formations decide tactics, manage teams and officiate games.	• To begin to master the technique when jumping for distance. • Exchange a baton with success. • Perform jumps for height and distance using good technique. • Show accuracy and good technique when throwing for distance.
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