



PE Overview 2022-2023

| PE Overview Whole School | Autumn | | Spring | | Summer | |
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| Foundation Stage | <u>Games</u> <ul style="list-style-type: none"> Start taking part in some group activities which they make up themselves or in teams Revise and refine fundamental skills they have already acquired | | <u>Gymnastics: Floor and Apparatus</u> <ul style="list-style-type: none"> Climb up apparatus using alternate feet Confidently and safely use a range of large and small apparatus Develop overall body strength, balance, coordination and agility. Combine different movements with ease and fluency | | <u>Games and Athletics</u> <ul style="list-style-type: none"> 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. | |
| | <u>Balance Bikes throughout the year</u> <ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others Demonstrate strength, balance and coordination Progress towards a more fluent style of moving, with developing control and grace | | | | | |
| KS1 Year 1 and 2 | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| | Games | Dance | Gymnastics | Apparatus | Games | Athletics |

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| <p>PE Specialist</p> | <p>Know how to throw underarm Know how to hit a ball with a bat Know how to move and stop safely Be able to throw and catch with both hands Be able to throw and kick in different ways</p> | <p>Be able to move to music Be able to copy dance moves Be able to perform own dance moves Be able to make up a short dance Be able to move safely in a space Be able to change rhythm, speed, level and direction in my dance. Be able to dance with control and coordination Be able to make a sequence by linking sections together Be able to dance to show a mood of feeling</p> | <p>Be able to make their body curled, tense, stretched and relaxed Be able to control their body when travelling and balancing Be able to copy a sequence and repeat them. Be able to roll, curl, travel and balance in different ways Be able to plan and perform a sequence of movements Be able to improve my sequence based on feedback Know that there is more than one way to create a sequence which follows some 'rules' Know how to work on their own and with a partner</p> | <p>Be able to use hitting, kicking and/or rolling in a game Be able to decide the best space to be in during a game Be able to use a tactic in a game Be able to follow rules</p> | <p>Be able to master basic movements such as running, jumping, throwing and catching in a range of activities Be able to use equipment safely</p> |
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| Class Teacher | Health Related Exercise Know how the body changes during exercise Can master basic movements of jog, sprint, jump, hop, put weight on hands, balance and coordination Develop ability to exercise at different intensities | | Orienteering Show respect, fair play and work well with others Be able to list different points on a compass Understand what a key is on a map Invictus Be able to solve problems To engage in new activities fairly | | Games Know how to throw underarm Know how to hit a ball with a bat Know how to move and stop safely Be able to throw and catch with both hands Be able to throw and kick in different ways Striking and Fielding Children to develop their ability to roll/move the ball with accuracy To analyse own and others' performance | | |
| | KS2 Year 3 | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| | Hockey | Dance | Gymnastics and Apparatus | Athletics | Tennis | Striking and Fielding | |
| PE Specialist | Be able to throw and catch with control Be aware of space and use it to support teammates and to cause problems for the opposition Know and use rules fairly To use the right equipment | Be able to improve feely and translate ideas from a stimulus into movement Be able to share and create phrases with a partner and a small group Know how to repeat, remember and perform phrases | Be able to adapt sequence to suit different types of apparatus and criteria Be able to explain how strength and suppleness affect performance. Be able to compare and contrast gymnastic sequences | Be able to run at fast medium and slow speeds: changing speed and direction Be able to take part in a relay, remembering when to run and what to do | Be able to throw and catch with control Be aware of space and use it to support teammates and to cause problems for the opposition Know and use rules fairly To use equipment correctly safely | Be able to throw and catch with control and confidence Be aware of space and use it to support teammates and to cause problems for the opposition Know and use rules fairly | |

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| | correctly and safely | | | | | To show respect and fair play |
| Class Teacher | Health Related Exercise Know how the body changes during exercise Can master basic movements of jog, sprint, jump, hop, put weight on hands, balance and coordination Develop ability to exercise at different intensities | | Invictus Be able to solve problems To engage in new activities fairly | | Rounders Throw and catch with increasing accuracy Display an understanding of fair play, respect and sportsmanship with others To use equipment safely | |
| KS2 Year 4 | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| | Hockey | Dance | Gymnastics and Apparatus | Athletics | Tennis | Striking and Fielding |
| PE Specialist | Be able to throw and catch with control Be aware of space and use it to support teammates and to cause problems for the opposition Know and use rules fairly To use the right equipment correctly and safely | Be able to take the lead when working with a partner or group. Be able to use dance to communicate an idea | Be able to work in a controlled way Be able to include change of speed and direction Know how include a range of shapes into a sequence Know how to work with a partner to create, repeat and improve a sequence with a least three phrases | Be able to run over a long distance Be able print over a short distance Be able to throw in different ways Be able to hit a target Be able to jump in different ways | Be able to catch with one hand Be able to throw and catch accurately Be able to hit a ball accurately with control Be able to keep possession of the ball Know how to vary tactics and adapt skills depending on what is happening in a game | Be able to throw and catch with control and confidence Be aware of space and use it to support teammates and to cause problems for the opposition Know and use rules fairly To show respect and fair play Be able to compare performances |

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| | | | | | | Take part in outdoor adventurous activity both individually and within a team |
| Class Teacher | Swimming and Water Safety Know how to lead active, healthy lifestyles Swim competently, confidently and proficiently over a distance of at least 25m Use a range of strokes effectively Perform safe self-rescue in different water-based situations | | | | Rounders Throw and catch with increasing accuracy To adapt throwing technique to ensure success with distance, accuracy and control Display an understanding of fair play, respect and sportsmanship with others To use equipment safely | |
| KS2 Year 5 | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| | Hockey | Street Dance | Gymnastics and Apparatus | Athletics | Tennis | Striking and Fielding: Cricket, Rounder's and Scatter Ball |
| PE Specialist | Be able to gain possession by working as a team Be able to pass in different ways Know how to use forehand and backhand with a racket | Be able to compose own dances in a creative way Be able to perform to an accompaniment Be able to dance in a way that shows clarity, fluency, | Know how to make and perform complex extended sequences Be able to combine action, balance and shape Be able to perform consistently to different audiences | Be able to be controlled when taking off and landing Be able to throw with accuracy Be able to combine running and jumping | Be able to gain possession by working as a team Be able to pass in different ways Know how to use forehand and backhand with a racket | Be able to transfer skills when playing competitively and apply basic principles for attacking and defending |

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| | Be able to field Be able to choose a tactic for defending and attacking Be able to use a number of techniques to pass, dribble and shoot | accuracy and consistency | | | To use equipment safely and effectively | Work individually and in a team Compare and analyse performances of themselves and others |
| Class Teacher | Health Related Exercise Know how the body changes during exercise Can master basic movements of jog, sprint, jump, hop, put weight on hands, balance and coordination Develop ability to exercise at different intensities | | Invictus Be able to solve problems To engage in new activities fairly Utilise new skills in game situations | | Parkour Develop knowledge of 'Parkour' Develop ability to maintain balance whilst moving | |
| KS2 Year 6 | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| | Hockey | Street Dance | Gymnastics and Apparatus | Athletics | Tennis | Striking and Fielding: Cricket, Rounder's and Scatter Ball |
| PE Specialist | Be able to play to agreed rules Be able to explain rules to others Know how to umpire | Be able to develop sequences in a specific style Be able to choose own music and style to perform | Be able to combine own work with that of others Be able to sequences to specific timings | Be able to be controlled when taking off and landing Be able to throw with accuracy | Be able to play to agreed rules Be able to explain rules to others Know how to umpire | Be able to transfer skills when playing competitively and apply basic principles for |

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| | <p>Know how to make a team and communicate a plan</p> <p>Know how to lead others in a game situation</p> | | | <p>Be able to combine running and jumping</p> | <p>Know how to make a team and communicate a plan</p> <p>Know how to lead others in a game situation</p> <p>Know how to use forehand and backhand with a racket</p> <p>To use equipment safely and effectively</p> | <p>attacking and defending</p> <p>Work individually and in a team</p> <p>Compare and analyse performances of themselves and others</p> |
| Class Teacher | <p>Health Related Exercise</p> <p>Know how the body changes during exercise</p> <p>Can master basic movements of jog, sprint, jump, hop, put weight on hands, balance and coordination</p> <p>Develop ability to exercise at different intensities</p> <p>Develop knowledge of food and drink effects on the body</p> <p>Perform at an optimum level for throwing, jumping and running</p> | <p>Types of Training</p> <p>Develop understanding of how bodies react to different types of training and exercise</p> <p>Develop children's ability to push themselves physically</p> <p>Understand the importance of a healthy and active lifestyle</p> | | <p>Invictus</p> <p>Children to solve problems</p> <p>Engage in new activities fairly</p> <p>Utilise skills in competitive situations both individually and as a team</p> | | |
| <p>Year 6 Booster Group for Swimming</p> <p>Swim competently, confidently and proficiently over a distance of at least 25m</p> <p>Use a range of strokes effectively</p> <p>Perform safe self-rescue in different water-based situations</p> | | | | | | |