

# PE Subject Overview

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
<b>Year 6</b>	<p>6.3 Gym Sequences: Gymnastics</p> <ul style="list-style-type: none"> <li>Demonstrate flexibility, strength, balance, power and mental focus</li> <li>Perform a gymnastic sequence of balances and moves in canon with a partner or group.</li> </ul> <p>6.3 Step to the beat:</p> <ul style="list-style-type: none"> <li>Perform aerobic activity to music</li> <li>Develop a sequence of step based activities to music</li> </ul>	<p>6.2 Dynamic Dance: Street Dance</p> <ul style="list-style-type: none"> <li>Learn street dance moves and devise poses</li> <li>Work collaboratively to sequence routines</li> </ul> <p>6.2 Mighty Movers: Boxercise</p> <ul style="list-style-type: none"> <li>Compose an aerobic warm up</li> <li>Link skills into a boxercise routine</li> </ul>	<p>6.5 Nimble Nets: Badminton</p> <ul style="list-style-type: none"> <li>Learn the skills associated with badminton, including the various shots employed</li> <li>Perform rallies, working together to keep the shuttlecock going</li> </ul> <p>6.5 Cool Core: Pilates</p> <ul style="list-style-type: none"> <li>Link core strength activities together with fluency</li> <li>Learn how to evaluate others' and own creations</li> </ul>	<p>6.1 Invaders: Tag rugby</p> <ul style="list-style-type: none"> <li>Understand the rules of tag rugby and play a competitive game</li> <li>Develop the skills of tag rugby including spatial awareness, passing and dodging</li> </ul> <p>6.1 Boot Camp: circuit training</p> <ul style="list-style-type: none"> <li>Learn new circuit moves and perform them with good technique and balance</li> <li>Demonstrate the correct technique for exercises</li> </ul>	<p>6.4 Striking and Fielding: Tennis and rounders</p> <ul style="list-style-type: none"> <li>Demonstrate good agility and balance in order to throw, field and bat accurately</li> <li>Play games of cricket and rounders with tactics and a sporting manner</li> </ul> <p>6.4 Gym Fit Circuits: gymnastics</p> <ul style="list-style-type: none"> <li>Develop a circuit based on a skills and various sports</li> </ul>	<p>6.6 Young Olympians: Track and field</p> <ul style="list-style-type: none"> <li>Throw with power and accuracy</li> <li>Demonstrate good running technique for sprint and long distance</li> </ul> <p>6.6 Fitness Frenzy:</p> <ul style="list-style-type: none"> <li>Develop agility and co-ordination</li> <li>Master movements as well as develop balance, agility and co-ordination</li> </ul>

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Year 5	<p>5.3 Gym Sequences: Gymnastics</p> <ul style="list-style-type: none"> <li>Perform new gymnastic moves with control and accuracy, incorporating symmetrical and asymmetrical shapes</li> <li>Perform and evaluate own and others' sequences</li> </ul>	<p>5.1 Invaders: Netball</p> <ul style="list-style-type: none"> <li>Develop the skills needed to play Netball, including the footwork rule and the passing techniques.</li> <li>Develop an understanding of tactics and game play associated with netball</li> </ul>	<p>5.2 Dynamic Dance : Bollywood</p> <ul style="list-style-type: none"> <li>Identify and practise the patterns and actions of the Bollywood dance style</li> <li>Perform and evaluate own and others' Bollywood inspired dance routine</li> </ul>	<p>5.5 Nimble Nets : Tennis</p> <ul style="list-style-type: none"> <li>Correct techniques for backhand, forehand and volley</li> <li>Choose the correct shot to play in a game when trying to beat an opponent</li> </ul>	<p>5.4 Striking and Fielding: Batting</p> <ul style="list-style-type: none"> <li>Develop batting and fielding skills in Cricket and rounders</li> <li>Score and play a game in a sporting manner</li> </ul>	<p>5.6 Young Olympians: Athletics track and field</p> <ul style="list-style-type: none"> <li>Sustain running at a continuous pace</li> <li>Relay techniques</li> <li>Standing long jump</li> <li>Develop throwing techniques for distance throws</li> </ul>
	<p>5.3 Step to the beat:</p> <ul style="list-style-type: none"> <li>Perform a sequence of steps in time with the music.</li> </ul>	<p>5.1 Boot Camp: Circuit training</p> <ul style="list-style-type: none"> <li>Complete circuit based activities to develop good techniques in agility and co-ordination</li> </ul>	<p>5.2 Mighty Movers: Boxercise</p> <ul style="list-style-type: none"> <li>Perform boxercise moves in time with the music</li> <li>Perform a fitness circuit routine incorporating skills from Year 4</li> </ul>	<p>5.5 Cool Core (Pilates)</p> <ul style="list-style-type: none"> <li>Perform moves with accuracy to make a sequence.</li> <li>Perform a routine with fluency and control</li> </ul>	<p>5.4 Gymfit Circuits:</p> <ul style="list-style-type: none"> <li>Perform a fitness circuit that aims to improve strength and stamina</li> <li>Improve performance through refining and developing techniques</li> </ul>	<p>5.6 Fitness Frenzy: Boxercise/gymnastics</p> <ul style="list-style-type: none"> <li>Develop agility and co-ordination</li> <li>Perform complex patterns of movement</li> </ul>

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<p><b>Year 4</b></p>	<p>4.5 Nimble Nets : Tennis</p> <ul style="list-style-type: none"> <li>• Improve hand eye co-ordination by sending and receiving a ball with hand and racket</li> <li>• Play a variety of tennis shots demonstrating correct technique</li> </ul> <p>4.5 Cool Core (Pilates)</p> <ul style="list-style-type: none"> <li>• Improve balance and co-ordination</li> <li>• Develop core moves using balance techniques</li> </ul>	<p>4.1 Invaders</p> <ul style="list-style-type: none"> <li>• Know how to dribble a ball, change direction and maintain control</li> <li>• Play as a team using tactical knowledge</li> </ul> <p>4.1 Boot Camp: Circuit training</p> <ul style="list-style-type: none"> <li>• Use a range of exercises to develop agility and co-ordination</li> <li>• Practise and record performance to improve score</li> </ul>	<p>4.3 Gym Sequences</p> <ul style="list-style-type: none"> <li>• Use and refine flexibility, strength, balance, power and mental focus</li> <li>• Make up long sequences and perform them with fluency and clarity of movement</li> </ul> <p>4.3 Step to the beat</p> <ul style="list-style-type: none"> <li>• Develop stamina and muscle tone.</li> <li>• Perform step moves in time to music with co-ordination</li> </ul>	<p>4.2 Dynamic Dance</p> <ul style="list-style-type: none"> <li>• Identify and practise the patterns and actions of line dancing</li> <li>• Perform a line dance using a range of movement patterns</li> </ul> <p>4.2 Mighty Movers: Boxercise</p> <ul style="list-style-type: none"> <li>• Learn footwork movements showing co-ordination</li> <li>• Build an aerobic exercise routine and perform with precision</li> </ul>	<p>4.4 Striking and Fielding: Cricket skills</p> <ul style="list-style-type: none"> <li>• Know how to play a Kwik Cricket game</li> <li>• Play in a competitive situation and to demonstrate sporting behaviour</li> </ul> <p>4.4 Gymfit Circuits:</p> <ul style="list-style-type: none"> <li>• Use sport specific circuits to improve agility and precision</li> <li>• Practise netball/basketball/rugby/football based skills</li> </ul>	<p>4.6 Young Olympians: Track and Field events</p> <ul style="list-style-type: none"> <li>• Develop running skills-sprint and longer distance</li> <li>• Develop throwing skills</li> <li>• Participate in competitive practise</li> </ul> <p>4.6 Fitness Frenzy: Various sports</p> <ul style="list-style-type: none"> <li>• Develop skipping techniques</li> <li>• Participate in boxercise</li> <li>• Develop balance, agility and co-ordination</li> </ul>
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# PE Subject Overview

## Year 3

### 3.6 Active Athletics: Track and Field.

- Run at different speeds whilst changing direction demonstrating the correct technique.
- Compete in a sporting way, showing understanding of the rules.

### 3.2 African dance: Dance

- Count beats and change direction whilst dancing.
- Tell a story using gestures and step patterns with fluency and dance to a beat whilst keeping in time.

### 3.5 Throwing and Catching: Rounders

- Use correct techniques for accurate overarm and underarm throwing.
- Be able to use batting and catching skills within a sporting game.

### 3.5 Cool Core: Strength.

- Learn techniques which are similar to Pilates.
- Perform a circuit with accuracy.

### 3.3 Skip to the Beat: Skipping

- Explore various ways of skipping, practice previously learnt techniques.
- Perform rope and non-rope skipping techniques to songs or rhymes.

### 3.3 Groovy Gymnastics: Gymnastics.

- Be able to jump with a stable and safe landing whilst trying different jumps.
- To be able to co-ordinate within a group whilst sing different stimuli to create a sequence.

### 3.4. Brilliant Ball Skills: Football & other ball games.

- Dribble a ball with greater control and to be able to throw or roll a ball at a target with accuracy.
- Understand rules of the game with tactics learnt.

### 3.4 Gymfit Circuits: Gymnastics/Fitness

- Master basic movement and perform using simple movement patterns.
- Perform using their developed agility, balance and co-ordination.

### 3.2 Mighty Movers: Running

- Demonstrate good use of arms when running at different speeds.
- Use the correct running technique when completing a circuit.
- Be able to peer assess and self-assess running technique and suggest ways to improve.

### 3.6 Fitness frenz: Fitness Circuits

- Demonstrate the correct technique whilst developing agility and patterns of movement.
- Master basic movements, as well as develop balance, agility and co-ordination.

### 3.1 Multi-skills: Multiple sports.

- Change the centre of balance to different parts of the body.
- Use hand-eye co-ordination to balance, carry and
- Travel with an object effectively.

### 3.1 Boot Camp: Fitness

- Experience some changes during exercise which can include an increase of heart rate whilst developing agility and co-ordination.
- Demonstrate the correct techniques for activities when performing patterns of movement.

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<p><b>Year 2</b></p>	<p>2.2 Mighty Movers : Running.</p> <ul style="list-style-type: none"> <li>• Complete running activities with balance and co-ordination.</li> <li>• Complete a running circuit with good technique.</li> </ul> <p>2.2 Ugly Bug Ball: Dance</p> <ul style="list-style-type: none"> <li>• Show contrasting movements with strength and clarity.</li> <li>• Perform a complete dance with clarity and flow, showing changes in levels and speed.</li> </ul>	<p>2.1 Multi-skills: Multiple Sports</p> <ul style="list-style-type: none"> <li>• Learn about a stable base and losing balance.</li> <li>• Be able to play fairly whilst understanding the rules of a game when twisting, turning, changing speed and strength.</li> </ul> <p>2.1 Boot Camp: Multiple sport focus.</p> <ul style="list-style-type: none"> <li>• Experience changes whilst exercising, which may include an increase in heart rate.</li> <li>• Demonstrate the correct technique when developing agility and co-ordination when performing simple patterns of movement.</li> </ul>	<p>2.3 Skip to the Beat: Skipping</p> <ul style="list-style-type: none"> <li>• Consolidate skipping techniques whilst raising heart rate to improve fitness.</li> <li>• Demonstrate good skipping technique and be able to perform and assess others' performances.</li> </ul> <p>2.3 Groovy Gymnastic: Gymnastics.</p> <ul style="list-style-type: none"> <li>• Learn and perform balances and movements and to then combine them into a routine.</li> <li>• Mirror and match a partner when performing whilst sharing equipment.</li> </ul>	<p>2.4 Brilliant Ball Skills: Multiple Sports.</p> <ul style="list-style-type: none"> <li>• Move a ball using hands and feet.</li> <li>• Participate in mini sport games whilst understanding rules when demonstrating good techniques and sporting behaviours.</li> </ul> <p>2.4 Gymfit Circuit: Circuits.</p> <ul style="list-style-type: none"> <li>• Master basic movements whilst developing balance, agility and co-ordination.</li> <li>• Perform using simple movement patterns.</li> </ul>	<p>2.6 Active Athletics: Track and Field Events.</p> <ul style="list-style-type: none"> <li>• Run with a change of speed whilst changing direction maintain balance.</li> <li>• Use skills learnt whilst completing an obstacle course.</li> </ul> <p>2.6 Fitness Frenzy: General fitness.</p> <ul style="list-style-type: none"> <li>• Demonstrate correct techniques when performing simple patterns of movements.</li> <li>• Perform using simple movement patterns demonstrating their developed skills.</li> </ul>	<p>2.5 Throwing and Catching: Fielding Games.</p> <ul style="list-style-type: none"> <li>• Practise catching and underarm throwing skills with accuracy.</li> <li>• To know and to use tactics and skills in order to win a game.</li> </ul> <p>2.5 Cool Core: Strength</p> <ul style="list-style-type: none"> <li>• Maintain a good bridge using core strength.</li> <li>• Demonstrate hand-eye co-ordination. Use hoop skills to aid core strength and balance.</li> </ul>
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YEAR 1	Multi-Skills	1.2 Mighty Movers: Running	1.4 Skip to the Beat: Skipping.	1.5 Brilliant Ball Skills:	1.6 Throwing and Catching: Field Games.	1.7 Active Athletics: Athletics (Field & Track)
	1.1 Boot Camp: Circuits.	1.3 Story Time: Dance	1.3 Groovy Gymnastics: Gymnastics.	1.4 Gymfit Circuits: Gymnastics	1.5 Cool Core: Strength	1.6 Fitness Frenzy: Fitness

- Perform balances using a number of different parts of the body.
- Use agility, balance and co-ordination when performing activities.

- 1.1 Boot Camp: Circuits.
- Experience some of the changes that occur during exercise and develop agility and co-ordination.
  - Demonstrate the correct technique for activities and to continue to develop agility and coordination when performing simple patterns of movement.

- 1.2 Mighty Movers: Running
- Understand that running can be done in many ways.
  - Understand the importance of using arms when running which will improve speed during relay activities.

- 1.3 Story Time: Dance
- Learn actions to a rap as well as practising travelling movements with a change of directions.
  - Perform a dance in time to music and with fluency.

- 1.4 Skip to the Beat: Skipping.
- Learn to hop, jump and travel using these movements.
  - Perform a skipping circuit with knowledge and understanding.

- 1.3 Groovy Gymnastics: Gymnastics.
- Travel in different direction at different speeds and levels, whilst linking moves together.
  - Use a variety of small equipment to perform a travelling sequence using skills learned.

- 1.5 Brilliant Ball Skills:
- Develop anticipation and reaction when working with beanbags and balls, whilst catching and throwing.
  - Play a game, following rules and demonstrating fair play whilst using our throwing/catching skills.

- 1.4 Gymfit Circuits: Gymnastics
- Develop balance, agility and co-ordination whilst performing movement patterns.
  - Master basic movements as well as developing balance, agility and co-ordination whilst performing movement patterns.

- 1.6 Throwing and Catching: Field Games.
- Control a ball using hands with the correct technique. Continue practising underarm throws.
  - Develop tactics and skills to use in order to win a game, either throwing, catching or striking a ball.

- 1.5 Cool Core: Strength
- Learn how to control breathing and to support our own bodyweight.
  - Understand the importance of good posture and balance when using our core muscles.

- 1.7 Active Athletics: Athletics (Field & Track)
- Know how to travel in different ways, whilst changing speed.
  - Be able to decide which jump is best to cover the most distance.

- 1.6 Fitness Frenzy: Fitness
- Develop agility and co-ordination with the correct technique.
  - Use the correct techniques in a performance which includes basic movements, balance, agility and co-ordination.

# PE Subject Overview

EYFS

Movement for Learning sessions – gross motor development  
Happy Hands carousel sessions (dough disco and challenges)– fine motor development  
Happy Hands classroom station – fine motor development  
Creative classroom workshop – handling and controlling scissors, pencils, paintbrushes and manipulating and joining resources  
Using simple tools effectively – cooking, gardening  
Handwriting sessions – pencil grip, pencil control and letter formation  
Handwriting home activities  
PE sessions – moving in different ways, throwing, catching, games, negotiating space  
Self-help skills and independence - changing for PE, toileting, eating  
Health and self-care - developing healthy attitudes – exercise, hygiene, sleep, eating, mindfulness, safety  
Planned continuous provision opportunities across setting

1 games session a week – negotiating space, throwing, catching, kicking, pushing, running  
1 movement/dance session a week – balancing, skipping, crawling, moving in time with music