

PE Long Term Overview

<u>Year</u>	<u>Games or PE</u>	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
<u>Year R</u>		<p>Parachute Games</p> <ul style="list-style-type: none"> <li>To develop balancing, riding and ball skills</li> <li>To skip, hop and stand on one leg</li> </ul>	<p>Gym – Travel</p> <ul style="list-style-type: none"> <li>I can use large-muscle movements to wave flags and streamers, paint and make marks.</li> <li>I can start taking part in some group activities which they make up for themselves, or in teams.</li> <li>I can revise and refine the fundamental movement skills: rolling, crawling, walking, jumping, running, hopping, skipping, climbing</li> </ul>	<p>Sending and Receiving (Passing and catching)</p> <ul style="list-style-type: none"> <li>I can use and remember sequences and patterns of movements which are related to music and rhythm.</li> <li>I can develop small motor skills so that they can use a range of tools competently, safely and confidently.</li> <li>I can refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.</li> <li>I can develop confidence, competence, precision and</li> </ul>	<p>Partner Work</p> <ul style="list-style-type: none"> <li>I will progress towards a more fluent style of moving, with developing control and grace.</li> <li>I can develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.</li> <li>I can combine different movements with ease and fluency.</li> </ul>	<p>Athletics (Sports day prep)</p> <ul style="list-style-type: none"> <li>I can collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks.</li> <li>I can develop the foundations of a handwriting style which is fast, accurate and efficient.</li> <li>I can confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.</li> <li>I can develop overall body-strength, balance, co-ordination and agility.</li> </ul>	<p>Dance (Pirate)</p> <ul style="list-style-type: none"> <li>I can negotiate space and obstacles safely, with consideration for themselves and others.</li> <li>I can demonstrate strength, balance and coordination when playing.</li> <li>I can move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</li> </ul>



				accuracy when engaging in activities that involve a ball.			
<b><u>Year 1</u></b>	<b><u>Games</u></b>	Intro to different equipment	Moving Ball skills	Dribbling skills	Sending and Receiving (throwing and catching)	Athletics (Sports day prep)	Bat and ball games
	<b><u>PE</u></b>	Sit Ball Skills	Gym- control	Dance (Under The Sea)	Athletics	Gym – control	Dance (Great fire of London)
<b><u>Year 2</u></b>	<b><u>Games</u></b>	Sending and Receiving (kicking and stopping)	Pass and move	Dribbling skills	Sending and Receiving (throwing and catching)	Bat and ball skills	Athletics (Sports day prep)
	<b><u>PE</u></b>	Gym – Speed and direction	Adapted games	Gym – speed and direction	Dance (Explorers)	Athletics	Dance (The Scented Garden)
<b><u>Year 3</u></b>	<b><u>Games</u></b>	Invasion Games (Basketball)	Invasion Games (Football)	Invasion Games (Netball)	Invasion Games (Hockey)	Striking & Fielding (Cricket)	Striking & Fielding (Rounders)
	<b><u>PE</u></b>	OAA	Gym - Height	Dance (The Pyramids)	Gym - Height	Dance (Roman)	Athletics
<b><u>Year 4</u></b>	<b><u>Games</u></b>	Invasion Games (Hockey)	Invasion Games (Rugby)	Invasion Games (Handball)	Invasion Games (Basketball)	Striking & Fielding (Cricket)	Net/Wall (Tennis)

	<b><u>PE</u></b>	Dance (Robots)	Gym – mirroring and matching	Dance (Viking)	Gym - mirroring and matching	OAA	Athletics
<b><u>Year 5</u></b>	<b><u>Games</u></b>	Invasion Games (Basketball)	Invasion Games (Football)	Invasion Games (Netball)	Invasion Games (Hockey)	Striking & Fielding (Rounders)	Net/Wall (Tennis)
	<b><u>PE</u></b>	Dance (Around the World)	Gym – equipment and music	Swimming or Net/Wall (Volleyball)	Swimming or Dance (Battle of Troy)	Gym – equipment and music	Athletics
<b><u>Year 6</u></b>	<b><u>Games</u></b>	Invasion Games (Hockey)	Invasion Games (Rugby)	Invasion Games (Handball)	Invasion Games (Basketball)	Net/Wall (Tennis)	Striking & Fielding (Rounders)
	<b><u>PE</u></b>	OAA	Gym – Rhythmic	Dance- (Tribal)	Net/Wall (Volleyball)	Athletics	Dance- (Evolution)