



P.E Overview

Autumn

Spring

Summer

EYFS

FS2

Fabulous Me **Time for Change**

Gross motor skills

I can revise and refine the fundamental movement skills they have already acquired: - *rolling - crawling - walking - jumping - running - hopping - skipping - climbing*

I can begin to develop overall body-strength, balance, co-ordination and agility. (Use above actions, within obstacle courses, *balance, obstacle, spatial, prepositions* ,set own physical challenge)

I can begin to use my core muscle strength to achieve a good posture when sitting at a table or sitting on the floor (*straight, upright, flat*)

I can begin to combine different movements with ease and fluency (See above obstacle course,change movements / directions quickly)

I can begin to confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group (Understand rules and reasons)

I can further develop and refine a range of ball skills including: *throwing, catching, kicking*,use different sizes / types of balls – in pairs)

I can develop the skills I need to manage the school day successful, e.g. lining up and queuing ,mealtimes personal hygiene

Fine motor skills

I can begin to consolidate tripod grip

I can continue to develop small motor skills so that I can use a range of tools competently, safely and confidently. (Suggested tools: pencils for drawing and writing, paintbrushes, scissors, knives, forks and spoons)

Wonderful Water & Super Heroes & Villains

Gross motor skills

I can continue to refine the fundamental movement skills I have already acquired: - *rolling - crawling - walking - jumping - running - hopping - skipping - climbing*

I can begin to progress towards a more fluent style of moving, with developing control and grace (conclude movements with balance, stillness and control)

I can develop overall body-strength, balance, co-ordination and agility (*Twist, turn, stretch* , complete different obstacle courses, involving a range of movements – *high / low / under / through / above*)

I can use my core muscle strength to achieve a good posture when sitting at a table or sitting on the floor

I can combine different movements with ease and fluency e.g. change direction / speed when travelling, follow a sequence of movements,begin to develop own sequence of movements

I can confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group e.g. throwing and catching ball / quoit / bean bag skills

I can further develop and refine a range of ball skills including: *passing, batting and aiming*

Fine Motor Skills

I can develop small motor skills so that they can use a range of tools competently, safely and confidently. (Suggested tools: pencils for drawing and writing, paintbrushes, scissors, knives, forks and spoons)

I am beginning to develop the foundations of handwriting style which is fast, accurate and efficient, consolidating Effective pencil grip and correct letter formation (see Writing)

Gracious Growing

Awesome Animals

Gross motor skills

I can negotiate space and obstacles safely, with consideration for themselves and others

I can demonstrate strength, balance and coordination when playing

I can move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

Fine Motor Skills

I can hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases

I can use a range of small tools, including scissors, paint brushes and cutlery

I can begin to show accuracy and care when drawing.

<p>Year 1</p>	<p><u>Gymnastics: Floor</u> Make their body tense, relaxed, curled and stretched Control the body when travelling Control the body when balancing Copy sequences and repeat them Roll in different ways Travel in different ways Balance in different ways Stretch in different ways Curl in different ways</p> <p><u>Ball Skills</u> Roll a piece of equipment Throw underarm Move and stop safely Catch with both hands Throw in different ways</p> <p><u>Dance</u> Explore and perform basic body actions Use different parts of the body Show some sense of dynamic, expressive and rhythmic qualities Choose appropriate movements for different dance ideas Remember and repeat short dance phrases and simple dances Move with control Vary the way space is used Describe basic body actions and simple expressive and dynamic qualities of movement</p> <p><u>Team Games</u> Throw and catch a ball Move in to a space effectively Change direction and speed Apply skills to play different games</p>	<p><u>Dance</u> Explore and perform basic body actions Use different parts of the body Show some sense of dynamic, expressive and rhythmic qualities Choose appropriate movements for different dance ideas Remember and repeat short dance phrases and simple dances Move with control Vary the way space is used Describe how the lungs and heart work when dancing Describe basic body actions and simple expressive and dynamic qualities of movement</p> <p><u>Target Games</u> Throw a beanbag into a target Throw a ball into a target Send objects through a target using my feet Throw through a target</p> <p><u>Gymnastics: Apparatus</u> Make their body tense, relaxed, curled and stretched Control the body when travelling Control the body when balancing Copy sequences and repeat them Roll in different ways Travel in different ways Balance in different ways Climb safely Stretch in different ways Curl in different ways</p>	<p><u>Athletics</u> Master basic movements such as running, jumping, throwing, catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities Run at different speeds, jump with accuracy and use a small range of techniques to throw objects</p> <p><u>Invasion Games</u> Kick in different ways Throw underarm Hit a ball with a bat Move and stop safely Catch with both hands Throw in different ways Develop simple tactics for attacking and defending</p> <p><u>Tri Golf</u> Choose and use skills correctly for a particular game Use skills in different ways in different games and try to win by changing the way to use skills</p> <p><u>Bat and Ball Skills</u> Throw underarm Hit a ball with a bat Move and stop safely Catch with both hands Throw in different ways</p>
	<p><u>Acquiring, Developing, Evaluating and Improving skills throughout all units</u> Copy actions Repeat actions and skills Move with control and care Talk about what they have done Describe what other people did Describe how their body feels before, during and after an activity</p>		

<p>Year 2</p>	<p><u>Gymnastics: Floor</u> Plan and show a sequence of movements Use contrast in sequences Control movement Think of more than one way to create a sequence which follows a set of 'rules' Work on their own and with a partner to create a sequence</p> <p><u>Multi skills</u> Use hitting, kicking and/or rolling in a game Stay in a 'zone' during a game Decide where the best place to be is during a game Use one tactic in a game Follow rules</p> <p><u>Dance</u> Perform body actions with control and co-ordination Choose movements with different dynamic qualities to make a dance phrase that expresses an idea, mood or feeling Link actions Remember and repeat dance phrases Perform short dances, showing an understanding of expressive qualities Describe the mood, feelings and expressive qualities of dance</p> <p><u>Indoor Athletics</u> Master basic movements such as running, jumping, throwing, catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities Change speed and direction, link running and jumping and throw accurately</p>	<p><u>Dance</u> Perform body actions with control and co-ordination Choose movements with different dynamic qualities to make a dance phrase that expresses an idea, mood or feeling Link actions Remember and repeat dance phrases Perform short dances, showing an understanding of expressive qualities Describe the mood, feelings and expressive qualities of dance Describe how dancing affects their body Know why it is important to be active Suggest ways they could improve their work</p> <p><u>Gymnastics: Apparatus</u> Plan and show a sequence of movements Use contrast in sequences Control movement Think of more than one way to create a sequence which follows a set of 'rules' Work on their own and with a partner to create a sequence Climb safely</p> <p><u>Ball Skills</u> Use hitting, kicking and/or rolling in a game Stay in a 'zone' during a game Decide where the best place to be is during a game Use one tactic in a game Follow rules</p> <p><u>Invasion Games</u> Use hitting, kicking and/or rolling in a game Stay in a 'zone' during a game Decide where the best place to be is during a game Use one tactic in a game Follow rules</p>	<p><u>Athletics</u> Master basic movements such as running, jumping, throwing, catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities Change speed and direction, link running and jumping and throw accurately</p> <p><u>Tri Golf</u> Choose and use skills effectively for a particular game Use skills in different ways in different games and try to win by changing the way to use skills in response to an opponents' actions</p> <p><u>Ultimate Frisbee</u> Stay in a 'zone' during a game Decide where the best place to be is during a game Use one tactic in a game Follow rules</p> <p><u>Bat and Ball Skills</u> Use hitting, kicking and/or rolling in a game Stay in a 'zone' during a game Decide where the best place to be is during a game Use one tactic in a game Follow rules</p>
	<p><u>Acquiring, Developing, Evaluating and Improving skills throughout all units</u> Copy and remember actions Repeat and explore actions with control and coordination Talk about what is different between what they did and what someone else did Say how they could improve Show how to exercise safely Describe how their body feels during different activities Explain what their body needs to keep healthy Know why it is important to be active</p>		

<p>Year 3</p>	<p><u>Hockey</u> Show awareness of space and use it to support team-mates and cause problems for the opposition Know and use rules fairly to keep games going Keep possession with some success when using equipment that is not used for throwing and catching skills</p> <p><u>Tag Rugby</u> Throw and catch with control when under limited pressure Show awareness of space and use it to support team-mates and cause problems for the opposition Know and use rules fairly to keep games going Keep possession with some success</p> <p><u>Badminton</u> Keep and use rules they are given Use forehand and backhand with a racquet Hit the ball into space Begin to develop tactics to win</p> <p><u>Gymnastics</u> Use a greater number of own ideas for movement in response to a task Adapt sequences to suit different types of apparatus and their partner's ability Explain how strength and suppleness affect performances Compare and contrast gymnastic sequences, commenting on similarities and differences</p>	<p><u>Dance</u> Improvise freely, translating ideas from a stimulus into movement Create dance phrases that communicate ideas Share and create phrases with a partner and in small groups Repeat, remember and perform these phrases in a dance Use dynamic, rhythmic and expressive qualities clearly and with control Understand the importance of warming-up and cooling-down Recognise and talk about the movements used and the expressive qualities of dance Suggest improvements to their own and other people's dances</p> <p><u>Swimming</u> Swim 25 metres in water unaided showing co-ordination with arms and legs and using some different strokes Begin to use their arms and legs in the correct manner for their chosen stroke Begin to understand how to perform safe self-rescue in different water-based situations</p> <p><u>Basketball</u> Travel with control whilst bouncing a ball Use a range of skills to help keep possession and control of the ball Perform the basic skills needed for the game with control and consistency</p>	<p><u>Athletics</u> Run at fast, medium and slow speeds, changing speed and direction Link running and jumping activities with some fluency, control and consistency Make up and repeat a short sequence of linked jumps? Take part in a relay activity, remembering when to run and what to do Throw a variety of objects, changing action for accuracy and distance</p> <p><u>Rounders and Cricket</u> Choose good places to stand when fielding and give reasons for their choice Choose and use batting and throwing skills to make the game hard for their opponents</p> <p><u>Football</u> Kick a ball accurately and with control Keep possession of the ball Move to find a space when not in possession during a game Vary tactics and adapt skills according to what is happening</p>
	<p><u>Acquiring, Developing, Evaluating and Improving skills throughout all units</u> Select and use the most appropriate skills, actions or ideas Move and use actions with co-ordination and control Explain how their work is similar and different from that of others With help, recognise how performances could be improved Explain why it is important to warm-up and cool-down Identify some muscle groups used in gymnastic activities</p>		

<p>Year 4</p>	<p><u>Hockey</u> Move to find a space when not in possession during a game Vary tactics and adapt skills according to what is happening</p> <p><u>Tag Rugby</u> Catch with one hand Throw and catch accurately Throw a ball accurately and with control Keep possession of the ball Move to find a space when not in possession during a game Vary tactics and adapt skills according to what is happening</p> <p><u>Badminton</u> Keep and use rules they are given Use forehand and backhand with a racquet Begin to make things difficult for their opponent by directing the ball to space Begin to show tactical awareness and knowledge</p> <p><u>Gymnastics</u> Work in a controlled way Include change of speed and direction Include a range of shapes Follow a set of 'rules' to produce a sequence Work with a partner to create, repeat and improve a sequence with at least three phases</p>	<p><u>Swimming</u> Swim 25 metres in water unaided showing co-ordination with arms and legs and using some different strokes Begin to use their arms and legs in the correct manner for their chosen stroke Begin to understand how to perform safe self-rescue in different water-based situations</p> <p><u>Dance</u> Respond imaginatively to a range of stimuli related to character and narrative Use simple motifs and movement patterns to structure dance phrases on their own, with a partner and in a group Refine, repeat and remember dance phrases and dances Perform dances clearly and fluently Show sensitivity to the dance idea and the accompaniment Show a clear understanding of how to warm-up and cool-down safely Describe, interpret and evaluate dance, using appropriate language</p> <p><u>Indoor Athletics</u> Run over a long distance Sprint over a short distance Throw in different ways Hit a target Jump in different ways</p> <p><u>Tennis</u> Keep and use rules they are given Use forehand and backhand with a racquet Begin to make things difficult for their opponent by directing the ball to space Begin to show tactical awareness and knowledge</p>	<p><u>Athletics</u> Run over a long distance Sprint over a short distance Throw in different ways Hit a target Jump in different ways</p> <p><u>Rounders and Cricket</u> Travel with a ball showing increasing control Know and use a range of skills that allow them to keep hold of the ball, before passing to a member of their team Perform an advancing range of skills with accuracy and control, repeatedly in a range of situations Choose the best skills to use when playing different sides within a game</p> <p><u>Football</u> Kick a ball accurately and with control Keep possession of the ball Move to find a space when not in possession during a game Vary tactics and adapt skills according to what is happening</p>
	<p><u>Acquiring, Developing, Evaluating and Improving skills throughout all units</u> Select and use the most appropriate skills, actions or ideas Move and use actions with co-ordination and control Make up their own small-sided game Explain how their work is similar and different from that of others Use comparison to improve their work Explain why warming up is important Explain why keeping fit is good for their health</p>		

<p>Year 5</p>	<p><u>Tag Rugby</u> Gain possession by working as a team Pass in different ways Choose the best tactics for attacking and defending Use a number of techniques to pass, dribble and score</p> <p><u>Hockey</u> Gain possession by working as a team Pass in different ways Choose the best tactics for attacking and defending Use a number of techniques to pass, dribble and score Explain complicated rules Make a team plan and communicate it to others Lead others in a game situation</p> <p><u>Swimming</u> Swim over 25 metres in water unaided showing co-ordination with arms and legs and using different strokes including front crawl, backstroke and breaststroke Confidently use arms and legs in the correct manner for a chosen stroke and explain why they have chosen a particular stroke Understand and explain how to perform safe self-rescue in different water-based situations</p> <p><u>Gymnastics</u> Make complex or extended sequences Combine action, balance and shape Perform consistently to different audiences Use accurate, clear and consistent movements in a safe and controlled manner</p>	<p><u>Dance</u> Plan and perform dances confidently Compose motifs and plan dances creatively and collaboratively in groups Adapt and refine the way they use weight, space and rhythm in their dances to express themselves Perform different styles of dance clearly and fluently Organise their own warm-up and cool-down exercises Show an understanding of safe exercising Recognise and comment on dances, showing an understanding of style Suggest ways to improve their own and other people's work</p> <p><u>Basketball</u> Travel with a ball showing change of speed and direction using either foot or hand Use a range of techniques when passing, e.g. high, low, bounced, fast, slow Keep a game going using a range of different ways of throwing and catching</p> <p><u>Indoor Athletics</u> Use control when taking off and landing in a jump Throw with accuracy Combine running and jumping Follow specific rules</p> <p><u>Tennis</u> Use forehand and backhand with a racquet Play shots on both sides of the body and above their heads in practices and when the opportunity arises in a game Hit the ball with purpose, varying the speed, height and direction Show tactical awareness and knowledge</p>	<p><u>Athletics</u> Use control when taking off and landing in a jump Throw with accuracy Combine running and jumping Follow specific rules</p> <p><u>Rounders and Cricket</u> Use a range of techniques when passing, e.g. high, low, bounced, fast, slow Keep a game going using a range of different ways of throwing Strike a ball with intent and throw it more accurately when bowling and/or fielding</p> <p><u>Football</u> Gain possession by working as a team Pass in different ways Choose the best tactics for attacking and defending Use a number of techniques to pass, dribble and score</p>
	<p><u>Acquiring, Developing, Evaluating and Improving skills throughout all units</u> Link skills, techniques and ideas and apply them accurately and appropriately Show good control in their movements Compare and comment on skills, techniques and ideas that they and others have used Use their observations to improve their work Explain some important safety principles when preparing for exercise Explain what effect exercise has on their body Explain why exercise is important</p>		

<p>Year 6</p>	<p><u>Swimming</u> Swim over 25 metres in water unaided showing co-ordination with arms and legs and using different strokes including front crawl, backstroke and breaststroke and describe how to use arms and legs together Confidently use their arms and legs in the correct manner for their chosen stroke and to explain and describe why they have chosen a particular stroke Understand and explain how to perform safe self-rescue and peer rescue in different water-based situations</p> <p><u>Badminton</u> Use forehand and backhand with a racquet Play shots on both sides of the body and above their heads in practices and when the opportunity arises in a game Hit the ball with purpose, varying the speed, height and direction Show tactical awareness and knowledge</p> <p><u>Hockey</u> Gain possession by working as a team Pass in different ways Choose the best tactics for attacking and defending Use a number of techniques to pass, dribble and score Explain complicated rules Make a team plan and communicate it to others Lead others in a game situation</p> <p><u>Gymnastics</u> Combine their own work with that of others Link their sequences to specific timing</p>	<p><u>Dance</u> Work creatively and imaginatively on their own, with a partner to compose motifs and structure simple dances Perform to an accompaniment expressively and sensitively Perform dances fluently and with control Warm-up and cool-down independently Understand how dance helps to keep them healthy Use appropriate criteria to evaluate and refine their own and others' work Talk about dance with understanding, using appropriate language and terminology</p> <p><u>Basketball</u> Dribble effectively around obstacles Throw with precision and accuracy when sending and receiving Perform skills with accuracy, confidence and control, adapting to meet the needs of the situation</p> <p><u>Indoor Athletics</u> Demonstrate stamina Use skills in different situations</p> <p><u>Tennis</u> Use forehand and backhand with a racquet Play shots on both sides of the body and above their heads in practices and when the opportunity arises in a game Hit the ball with purpose, varying the speed, height and direction Show tactical awareness and knowledge</p>	<p><u>Athletics</u> Demonstrate stamina Use skills in different situations</p> <p><u>Rounders and Cricket</u> Play shots on both sides of the body when the opportunity arises in a game Use different ways of bowling Hit the ball with purpose, varying the speed, height and direction</p> <p><u>Football</u> Gain possession by working as a team Pass in different ways Choose the best tactics for attacking and defending Use a number of techniques to pass, dribble and score Explain complicated rules Make a team plan and communicate it to others Lead others in a game situation</p>
	<p><u>Acquiring, Developing, Evaluating and Improving skills throughout all units</u> Apply their skills, techniques and ideas consistently Show precision, control and fluency Analyse and explain why they have used specific skills or techniques Modify use of skills or techniques to improve their work Create their own success criteria for evaluating Explain how the body reacts to different kinds of exercise Choose appropriate warm ups and cool down Explain why we need regular and safe exercise</p>		