

PE Overview



		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 6	Unit	Athletics/Dance	Gymnastics/Basketball	Tennis/Hockey	Dodgeball/badminton	Athletics/Tag Rugby	Rounders/Cricket
	Component	<p>Sustain pace over short and long distances.</p> <p>Able to run as part of a relay team.</p> <p>Perform a range of jumps and throws.</p> <p>Can identify key strengths of a performer.</p>	<p>Demonstrate accuracy, consistency, and clarity of movement.</p> <p>Arrange own apparatus to enhance work and vary compositional ideas.</p> <p>Experience flight on and off of high apparatus.</p>	<p>Develop back hand shots.</p> <p>Introduce the lob.</p> <p>Begin to use full tennis scoring systems.</p> <p>Continue developing doubles play and tactics to improve.</p>	<p>Develop a wider range of shots including drop and smash.</p> <p>Begin to use more sophisticated tactics such as net play.</p> <p>Begin to select appropriate tactics during games.</p> <p>Play with fluency with a partner in double scenarios.</p>	<p>Choose and implement a range of strategies and tactics to attack and defend.</p> <p>Combine and perform more complex skills at a speed.</p> <p>Observe, analyse and recognise good individual and team performances.</p>	<p>Apply rounders rules consistently in conditioned games.</p> <p>Play small, sided games using standard rounders pitch.</p> <p>Use a range of attacking and defending in the role of bowler, batter and fielder.</p>

	Vocabulary	Run Jump Throw Accelerate Hurdles Relay Batton Heave Phase Increment Scissor jump	Flight Vault Sequences Combinations Directions Speed Asymmetrical Elements Control Balance Strength	Lob shot Positioning Footwork Dispute Peers Attacking Defending Improvement Coordination	Hit Return Court Forehand Backhand Shuttlecock Smash shot Overhead Rally Drop Shot	Passing Running Backwards Tag Straight Space Teamwork Try-area Defend Attack Retain	Stance Bowling Bat Box Bowler Fielding Innings Rounder Half-rounder Defensive offensive
	Assessment	Measuring distance in a set period of time.	Complete a six-element sequence containing flight, contrasting shapes and balances	To score and defend points with a partner.	To play a game, scoring and defending points with a partner.	5v5 games with both teams trying to score tries.	5v5 games batters vs fielder
Year 5	Unit	Athletics/Dance	Gymnastics/Basketball	Tennis/Hockey	Dodgeball/Badminton	Athletics/Tag Rugby	Rounders/Crick
	Component	Used running, jumping and throwing; investigating in small groups in different ways. Using a variety of equipment.	Create longer and more complex sequences and adapt performances. Take the lead in a group. Develop symmetry. Compare performances and judge strengths and areas for improvement.	Introduce volley shots and overhead shots. Apply new shots into game situations. Score and defend points against others in competitive games.	Explore and use different shots with both backhand and forehand. Demonstrate different badminton skills. Practise some trick shots in isolation.	Combine tag rugby skills such as catching quickly and passing in one movement. Select and implement	Link together a range of skills and use in combination. Collaborate with team to choose, use and adapt rules in games.

		Select a component for improvement.	Explore tennis service rules.		appropriate skills in a game situation. Begin to play effectively when attacking and defending. Increase the power of passes so that the ball can be moved quickly.	Recognise how some aspects of fitness apply to rounders.
Vocabulary	Run Jump Throw Accelerate Speed Javelins Bounce Record Hop-step-Jump	Symmetry Counterbalance Flight Vault Sequences Combinations Directions Speed Asymmetrical Elements Control Balance Strength	Volley shot Overhead shot Lob shot Positioning Footwork Dispute Peers Attacking Defending Improvement Coordination	Forehand Backhand Shuttlecock Smash shot Overhead Rally Drop Shot Hit Return Court	Try-area Defend Attack Retain Passing Running Backwards Tag Straight Space Teamwork	Fitness Innings Rounder Half-rounder Stance Bowling Bat Box Bowler Fielding Defensive offensive

	Assessment	Relay Run	Complete a four element sequence containing actions at different heights and speeds	1 v 1 game against a partner. Scoring and defending points.	Play against an opponent attacking and defending trying to land 2 shots in the defending court within 30 seconds.	5v5 games with teams trying to out try each other in the try zones.	7v7 game batters against fielders and switch roles.
Year 4	Unit	Athletics/Dance	Gymnastics/Basketball	Dodgeball/Badminton	Hockey/Tennis	Athletics/Tag Rugby	Rounders/Cricket
	Component	<p>Investigating ways of performing, running and jumping activities.</p> <p>Use a variety of equipment to measure, time and compare different styles of runs, jumps and throws.</p>	<p>To become increasing competent and confident to perform skills more consistently.</p> <p>Able to perform in time with a partner and group.</p> <p>Use compositional ideas in sequences such as changes in height, speed and direction.</p>	<p>Explore and use different shots with both forehand and backhand.</p> <p>Demonstrate different badminton skills.</p> <p>Practise some trick shots in isolation.</p>	<p>Explore different shots (forehand and backhand).</p> <p>Work to return the serve.</p> <p>Demonstrate different court positions in gameplay.</p>	<p>To consistently perform basic tag rugby kills.</p> <p>Implement rules and develop tactics in competitive situations.</p> <p>To increase speed and build endurance during gameplay.</p>	<p>To develop the range of rounders skills that can apply in a competitive context.</p> <p>Choose and use range of simple tactics in isolation and a game context.</p> <p>Identify different positions in rounders and the roles of those positions.</p>

	Vocabulary	Run Jump Throw Agility Power Speed Track Force Distance Curve Accelerate Foam javelins Bounce Take off	Fluency Contrasting Unison Low Combinations Full turn Half turn Sustained Explosive Power Control Group Direction Speed	Hit Return Forehand Backhand Bounce Points Score Net Tactics Underarm Overarm Bisi Tricks Shuttlecock	Hit Return Backhand Forehand Net Serve Feed Receive Send Switch Court Side line Rally Position	Passing Running Backwards Tag Straight Space Teamwork Try-area Defend Attack Compete Evad Pace Pickup	Batting Fielding Bowling Batsman Bowler Base Backstop Field Innings Strike Cross Rounders Balls shot
	Assessment	Jumping and hoping Jumping as a team Jumping from a wall Jumping for 1 minute.	Create a sequence which contains up to 6 elements on the floor and mats.	Game with a partner – attacker trying to land 2 shuttlecocks in opponents court within 30 seconds.	Play against an opponent attacking and defending trying to land 2 shots in the defending court within 30 seconds.	4 attackers v 2 defenders trying to score tries in a game situation.	3v3 game batting and fielding. Switching roles.
Year 3	Unit	Athletics/Dance	Gymnastics/Handball	Dodgeball/Badminton	Basketball/Tennis	Athletics/Tag rugby	Rounders/ Cricket
	Component	Control movement in response to instructions. Jump for height and distance. Throw with speed and	Modify actions independently using different pathways, directions and shapes. Consolidate and improve movements	Explore and use different shots with both the forehand and backhand.	Perform some basic skills. Throwing, catching and dribbling. Build attacking/offensive	To handle a rugby ball with confidence. Evade attackers using footwork	To be able to adhere to some basic rules of cricket. To develop a range of skills in

	power and apply appropriate force.	and gymnastics actions. Relate strength and flexibility to actions.	Demonstrate different badminton skills. Practise some trick shots in isolation.	play. Implement basic rules of basketball.	and body control. Link skill to perform as a team in attack. Use basic principles of tag rugby and play within simpler rules.	isolation and a competitive context. To use basic skill with more consistency including striking a bowled ball.
Vocabulary	Run, jump, throw, agility, power, speed, track, force, accelerate, hurdles, pace, combine.	Fluency, contrasting, unison, low, combinations, full turn, half turn, sustained, explosive, power, control, similar, different.	Hit, return, court, forehand, backhand, bounce, points, score, net, tactics, underarm, overarm, bisi, shuttlecock, boundary.	Control, bounce, shoot, target, assist, jump ball, attack, defend, shoot, offensive, dribble, space, contact.	Space, pass, accurately, mark, dodge, defend, footwork, possession, change of direction, tactics, teamwork, zones, intercept, sidestep, feint.	Batting, fielding, bowling, bat, wicket, stumps, Ball, crease, boundary, batsman, bowler, wicketkeeper, field, innings.
Assessment	Head-Compete with others and record points. Hand-Link running and jumping activities with fluency.	Using floor and apparatus create and perform a sequence of contrasting actions, eg. Two jumps and three balances. Showing contrasting shapes and demonstrating	Two player game. Player A to get the shuttlecock to land in one of two defended targets during a 30 second rally while player B is defending/returning.	Game; 4v2. Objective is for attackers to score a point by throwing the ball into the scoring zone and hitting target. When defenders knock away or	Play game 4V2. The aim of the game is for attackers to make it from the start line to the safe	3V1 game. The objective of the game is to score points by r Running to 1 of 4 Marked areas on The field before

			extension when balancing and flow when transferring weight.		intercept the ball, play begins again from the start line.	zone without being tagged/have their tag taken.	The fielders return the ball to the base.
Year 2	Unit	Dance/Dance	Gymnastics 2	Send and return	Hit catch run	Run jump throw	Attack Defend Shoot
	Component	<p>Describe and explain how performers can transition and link shapes and balances.</p> <p>Perform basic actions with control and consistency.</p> <p>Challenge themselves to move imaginatively responding to music.</p> <p>Work as a group to create a sequence to music.</p>	<p>Describe and explain how performers can transition and link gymnastics.</p> <p>Perform with control and consistency basic actions at different speeds and on different levels.</p> <p>Challenge themselves to develop strength and flexibility.</p> <p>Create and perform a simple sequence.</p>	<p>To be able to track the path of a ball over a net and move towards it.</p> <p>Begin to hit and return a ball using hands and racquets with some consistency.</p> <p>Play modified net/wall games throwing/catching and sending over a net.</p>	<p>To develop hitting skills with a variety of bats.</p> <p>Practise feeding/bowling skills.</p> <p>Hit and run to score points in games.</p>	<p>Develop power, agility, coordination and balance over a variety of activities.</p> <p>Can throw and handle a variety of objects including quoits, beanbags, balls and hoops.</p> <p>Can negotiate obstacles showing increased</p>	<p>Can send a Ball using feet and can receive a Ball using feet.</p> <p>Refine ways to Control bodies And a range of Equipment.</p> <p>Recall and link Combinations Of skills.</p>

					control of body and limbs.	
Vocabulary	Dance, twist, turn, rhystretch, feet, curl, high, huddle, musicality, galloping, flying, jumping step, music, beat.	Jump, roll, balance, travel, control, speed, link, slow, fast. High, low, shape, sequence, pattern, movement, music, timing, hang, carry, relaxation, extension, body tension, roll turn, spin.	Hit, collect, stop, throw, roll, strike, catch, bowl, feed, pick up, hitter, forehand, backhand, court, serve, bounce, drop, badminton, tennis, racquet.	Hit, catch, runs, wicket, bats, bowl, feed, throw, catch, underarm, field, hitter, bowler, umpire, posts, stumps.	Run, throw, handle, hop, skip, step, forwards, backwards, sideways, throw, high, far, straight, furthest, distance, fast, burpee, obstacle, static, dynamic, collect.	Aim, attack. Compete, Controlling, Defend, fluency Kick, outwit, Rebound, receive
Assessment	Children to work in pairs to create different shapes/movements to represent a huddle. Each pair should aim for 4 movements performed slowly for 4 counts each.	Devise and perform a simple movement pattern using the floor and mats. The pattern should include four different elements including jumps, rolls, spins, balances and shapes. It should also have a definite start and end shape.	To play a game in pairs where the pair score points by throwing a ball over a net and hit with hand/racquet before the ball bounces, Point is awarded if the ball is struck before bouncing.	To play a game with the aim being for the batter to hit a ball and run to touch as many bases as possible, to score points before the fielders return the ball to a base.	Set children up around the playing area in pairs with one hoop between the pair. On the whistle, one child from each pair will go around the room collecting one	Play in groups Of 4/5. The game aim is to kick a ball To the zone Master who is p Playing in one Of four zones.

						item to bring back to their hoop.	
Year 1	Unit	Dance	Gymnastics	Send and return	Hit catch run	Run Jump Throw	Attack Defend Shoot
	Component	Respond to a range of stimuli and types of music. Explore space, direction. Experiment creating actions and performing movements with different body parts.	Use simple gymnastics actions and shapes. Apply basic strength to gymnastic actions. Begin to carry apparatus. Recognise like actions and link them.	Able to send an object with increased confidence using hand or bat. Move towards a moving ball to return. Sending and returning a variety of balls.	Able to hit objects with hand or bat. Track and retrieve a rolling ball. Throw and catch a variety of balls and objects.	Pupils will begin to link running and jumping. To learn and refine a range of running which includes varying pathways and speeds. Develop throwing techniques to send objects over long distances.	To practise basic Movements Including running Jumping, throwing To begin to engage in competitive activities. To experience Opportunities to Improve agility, Balance and coordination.

	Vocabulary	Beat, curl, dance, fast, feet, high, low, music, rhythm, step, stretch, swing, turn, twist, mood, feeling, friendship, start, middle, end.	Balance, body, tension, tensed, relaxed, shape, stretched, curled, carry, control, extension, fast, hang, high, jump, low, safety.	Hit, send, collect, stop, net, throw, roll, strike, catch, bowl, feed, pick up, batter, hitter, forehand, backhand, court.	Batter, bowl, catch, collect, feed, field, hit, hitter, pick up, retrieve, roll, stop, strike, throw.	Backwards, distance, far, fast, forwards, furthest, high, hop, link, medium, power, run, skip, skipping, slow, step, straight, throw.	Attack, catch, compete, defence, over-arm, play against, receive, rolling, send, throw, under-arm
	Assessment	Show children a picture stimulus eg. Jungle. Take children on a jungle adventure. Try to use different body parts and actions expressively throughout the task.	Children to work in pairs and work together to create a movement sequence using either jumps or rolls.	Children to play 1v1. Each child needs a goal line that is the line they will defend. The aim of the game is to score points by sliding a beanbag over your opponent's goal line.	The aim of this game is for a thrower to throw 3 balls/beanbags into space and then jump in and out of a hoop as many times as possible before fielders retrieve the balls/beanbags back to the hoop.	Time how long it takes to move all beanbags from one hoop to another, one at a time. Beanbags must be placed into the second hoop and not thrown.	Children to play a game where the aim is to throw your beanbags into the opposition's hoop whilst the other pair try to toss beanbags into your hoop.
EYFS	Unit	Body Management	Manipulation and Coordination	Gymnastics	Dance	Speed, agility and travel	Cooperate and solve problems
	Component	Explore balance and managing own body including	Send and receive a variety of objects with different body parts.	To develop confidence in fundamental movements.	Recognise that actions can be reproduced in time to music; beat	Travel with some control and coordination.	Organise and match various

	<p>manipulating small objects.</p> <p>Able to stretch, reach, extend in a variety of ways and positions.</p> <p>Able to control body and perform specific movements on command.</p>	<p>Work with others to control objects in space.</p> <p>Coordinate body parts such as hand-eye, foot-eye over a variety of activities in different ways.</p>	<p>To experience jumping, sliding, rolling, moving over, under and on apparatus.</p> <p>To develop coordination and gross motor skills.</p>	<p>patterns and different speeds.</p> <p>Perform a wide variety of dance actions both similar and contrasting.</p> <p>Copy, repeat and perform simple movement patterns.</p>	<p>Change direction at speed.</p> <p>Perform actions demonstrating changes in speed.</p> <p>Stop, start, pause, prepare for and anticipate movement in a variety of situations.</p>	<p>items, images and symbols.</p> <p>Work with a partner to listen, share, question and choose.</p> <p>Collect, distinguish and differentiate colours and create a shape as a team.</p> <p>Travel in a range of ways.</p>
Vocabulary	<p>Climb</p> <p>Step</p> <p>Feet</p> <p>Alternate</p> <p>One foot</p> <p>Balance</p> <p>Reach</p> <p>Stretch</p> <p>Hold</p> <p>Carry</p> <p>Touch</p> <p>Crawl</p> <p>Jump</p>	<p>Agility</p> <p>Alternate</p> <p>Anticipate</p> <p>Reach</p> <p>Roll</p> <p>Slide</p> <p>Quickly</p> <p>Powerfully</p> <p>Stop</p> <p>Stretch</p> <p>Switch</p> <p>Jump</p> <p>Hop</p>	<p>Balance</p> <p>Control</p> <p>High</p> <p>Jump</p> <p>Link</p> <p>Low</p> <p>Movement</p> <p>Sequence</p> <p>Movement</p> <p>Timing</p> <p>Travel</p> <p>Stretch</p> <p>Speed</p>	<p>Dance, twist, turn, rhythm, step, music, beat, stretch, feet, curl, high, low, fast, slow.</p>	<p>Step, feet, alternate, one foot, balance, stand, stop, reach, stretch, hold, carry, touch, crawl, jump, roll, hands, feet, weight, roll, slide, slither, apparatus, freeze.</p>	<p>Cooperate, team, individual, partner, pair, work, choose, try, travel, challenge, shape, shape, count, retrieve, collect, suits, decks, cards, trail, body shape, number.</p>

	Assessment	Developing balance, flexibility, and body management.	Developing speed and agility in travel and movement	Developing basic movements such as jumping, changing direction, moving at speed and balancing.	Developing that actions with others can happen at the same time.	Developing speed and agility in travel and movement.	Developing working collaboratively using speaking and listening skills to complete team tasks.
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