

PE Yearly Overview 2022 - 2023

Timescale	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Awareness of space Exploration of large-scale movements. Fundamental Movement Skills	Dance, move confidently to music- Fireworks Fundamental Movement Skills	Control of body and balance. Exploration of large apparatus EYFS Gymstars - developing fundamentals/physical activity Hopping, jumping, throwing	Developing skills using small apparatus, throwing, catching How to keep healthy Fundamental Movement Skills	Dance- movement linked to texts/stories//animals i.e Lion King Fundamental Movement Skills	Team games including small apparatus Fundamental Movement Skills
Year 1	Fundamental Movement Skills Master basic movement including running, jumping and apply these skills in athletics Gymnastics Master basic movements, as well as developing balance, agility and co-ordination	Dance Perform dances using simple movement patterns Fundamental Movement Skills Master basic movement including running, jumping and apply these skills in athletics	Fundamental Movement Skills Master basic movement such as throwing and catching Gymnastics Master basic movements, as well as developing balance, agility and co-ordination	Fundamental Movement Skills - Throwing Master basic movement such as throwing and catching Dance Perform dances using simple movement patterns.	KS1 - Athletics Throwing and catching, as well as developing balance, agility and co-ordination through athletics Fundamental Movement Skills Master basic movements for agility and coordination and	Fundamental Movement Skills - Kicking Master basic movements such as running, throwing and catching, as well as developing balance, agility and co-ordination Gymnastics Master basic movements, as well as

					apply in simple games	developing balance, agility and co-ordination through gymnastics
Year 2	<p>FMS</p> <p>balance, agility and co-ordination, through gymnastics. Egg, pencil roll, jumping and bouncing a ball.</p> <p>Gymnastics</p> <p>balance, agility and co-ordination, through gymnastics. Travelling, rolling, jumping in sequence</p>	<p>FMS</p> <p>throwing and catching, as well as developing balance, agility and co-ordination</p> <p>FMS</p> <p>Dodging, changing direction, Hopping, catching a ball, throwing underarm</p>	<p>Dance</p> <p>perform dances using simple movement patterns.</p> <p>FMS</p> <p>Kick objects with increasing accuracy. Receive a kick with control</p> <p>Explore kicking with a variety of objects.</p>	<p>FMS</p> <p>throwing and catching, as well as developing balance. Developing tactics</p> <p>Dance</p> <p>perform dances using simple movement patterns.</p>	<p>Athletics</p> <p>throwing and catching, as well as developing balance, agility and co-ordination through athletics</p> <p>FMS</p> <p>participate in team games, develop simple tactics for attacking and defending</p>	<p>Dance</p> <p>perform dances using simple movement patterns.</p> <p>FMS - End of Year assessment unit</p> <p>master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p>
Year 3	<p>Invasion Games</p> <p>Use running, throwing and catching</p> <p>Play competitive games and apply basic</p>	<p>Gymnastics</p> <p>Develop flexibility, strength, technique, control and balance through gymnastics</p>	<p>Gymnastics</p> <p>Develop flexibility, strength, technique, control and balance through gymnastics</p>	<p>Striking and Fielding</p> <p>Use running, throwing and catching</p> <p>Play competitive games and apply basic</p>	<p>OAA</p> <p>Take part in challenges both individually and within a team</p>	<p>OAA</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team</p>

	<p>principles suitable for attacking and defending</p> <p>Dance - Ludus Dance Project</p> <p>Perform dances using a range of movement patterns</p>	<p>Dance</p> <p>Perform dances using a range of movement patterns</p>	<p>Target Games</p> <p>use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</p>	<p>principles suitable for attacking and defending</p> <p>Invasion Games</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p> <p>Play competitive games and apply basic principles suitable for attacking and defending</p>	<p>Athletics</p> <p>Use running, throwing and catching</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Net and Wall Games</p> <p>use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</p>
Year 4	<p>Gymnastics</p> <p>Develop flexibility, strength, technique, control and balance through gymnastics.</p> <p>Dance - Ludus Dance Project</p>	<p>Dance</p> <p>Perform dances using a range of movement patterns</p> <p>Target Games</p>	<p>Target Games</p> <p>use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where</p>	<p>Gymnastics</p> <p>Develop flexibility, strength, technique, control and balance through gymnastics.</p> <p>Invasion Games</p>	<p>Athletics</p> <p>Use running, throwing and catching through athletics activities.</p> <p>OAA</p>	<p>OAA</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team.</p>

	<p>Perform dances using a range of movement patterns</p>	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</p>	<p>appropriate and apply basic principles suitable for attacking and defending</p> <p>Striking and Fielding</p> <p>Use running, throwing and catching</p> <p>Play competitive games and apply basic principles suitable for attacking and defending</p>	<p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p> <p>Play competitive games and apply basic principles suitable for attacking and defending</p>	<p>Take part in outdoor and adventurous activity challenges both individually and within a team. Compare their performances with previous ones. Demonstrate improvement to achieve their personal best.</p>	<p>Compare their performances with previous ones. Demonstrate improvement to achieve their personal best.</p> <p>Dance Perform dances using a range of movement patterns.</p>
Year 5	<p>Athletics</p> <p>use running, jumping, throwing and catching in isolation and in combination</p> <p>Swimming</p> <p>swim competently, confidently and proficiently over a distance of at least 25 metres</p>	<p>Dance</p> <p>perform dances using a range of movement patterns</p> <p>Swimming</p> <p>swim competently, confidently and proficiently over a distance of at least 25 metres</p>	<p>Swimming</p> <p>swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>use a range of strokes effectively front crawl, backstroke and breaststroke</p>	<p>Swimming</p> <p>swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>use a range of strokes effectively front crawl, backstroke and breaststroke</p>	<p>Swimming</p> <p>swim competently, confidently</p> <p>use a range of strokes effectively front crawl, backstroke and breaststroke</p> <p>swim competently, confidently and proficiently over a</p>	<p>Swimming</p> <p>swim competently, confidently</p> <p>use a range of strokes effectively front crawl, backstroke and breaststroke</p> <p>swim competently, confidently and proficiently over a</p>

	<p>use a range of strokes effectively front crawl, backstroke and breaststroke</p> <p>perform safe self-rescue in different water-based situations</p>	<p>use a range of strokes effectively front crawl, backstroke and breaststroke</p> <p>perform safe self-rescue in different water-based situations</p>	<p>perform safe self-rescue in different water-based situations</p> <p>Striking and Fielding</p> <p>Use running, throwing and catching</p> <p>Play competitive games and apply basic principles suitable for attacking and defending</p>	<p>perform safe self-rescue in different water-based situations</p> <p>Target Games</p> <p>use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</p>	<p>distance of at least 25 metres</p> <p>Athletics</p> <p>use running, jumping, throwing and catching in isolation and in combination</p>	<p>distance of at least 25 metres</p> <p>OAA</p> <p>take part in outdoor and adventurous activity challenges both individually and within a team</p>
Year 6	<p>Team Building</p> <p>Work as a team / problem solving</p> <p>Gymnastics</p> <p>Develop flexibility, strength, technique, control and balance (gymnastics)</p>	<p>Attacking and defending - Hockey</p> <p>Play competitive games, modified where appropriate apply basic principles suitable for attacking and defending</p> <p>Use running, jumping, throwing and catching</p>	<p>Gymnastics</p> <p>Develop flexibility, strength, technique, control and balance (gymnastics)</p> <p>Attacking and defending - Netball</p> <p>Play competitive games, modified where</p>	<p>Attacking and defending - Rounders</p> <p>Play competitive games, modified where appropriate apply basic principles suitable for attacking and defending</p> <p>Dance</p>	<p>Athletics</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Compare their performances with previous ones and demonstrate</p>	<p>Attacking and defending - Badminton</p> <p>Play competitive games, modified where appropriate apply basic principles suitable for attacking and defending</p>

		<p>in isolation and in combination</p> <p>Dance</p> <p>Perform dances using a range of movement patterns (Ludus Dance Project)</p>	<p>appropriate apply basic principles suitable for attacking and defending</p>	<p>Perform dances using a range of movement patterns</p>	<p>improvement to achieve their personal best</p>	<p>Outdoor Adventurous Activities</p> <p>take part in outdoor and adventurous activity challenges both individually and within a team</p>
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