



## Eccleston Primary School – PE Long Term Overview

	Autumn1	Autumn2	Spring1	Spring2	Summer1	Summer2
<b>Seedlings</b> <b>Birth – 3 years</b> <i>Physical Development / Gross Motor – Development Matters</i>	<ul style="list-style-type: none"> <li>• Clap and stamp to music.</li> <li>• Fit themselves into spaces, like tunnels, dens and large boxes, and move around in them.</li> <li>• Enjoy starting to kick, throw and catch balls.</li> <li>• Build independently with a range of appropriate resources.</li> <li>• Walk, run, jump and climb – and start to use the stairs independently</li> <li>• Spin, roll and independently use ropes and swings (for example, tyre swings).</li> <li>• Sit on a push-along wheeled toy, use a scooter or ride a tricycle.</li> <li>• Use large and small motor skills to do things independently, for example manage buttons and zips, and pour drinks.</li> <li>• Show an increasing desire to be independent, such as wanting to feed themselves and dress or undress.</li> </ul>					
<b>Saplings</b> <b>3 – 4 years</b> <i>Physical Development / Gross Motor – Development Matters</i>	<ul style="list-style-type: none"> <li>• Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.</li> <li>• Go up steps and stairs, or climb up apparatus, using alternate feet.</li> <li>• Skip, hop, stand on one leg and hold a pose for a game like musical statues.</li> <li>• Use large-muscle movements to wave flags and streamers, paint and make marks.</li> <li>• Start taking part in some group activities which they make up for themselves, or in teams.</li> <li>• Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm.</li> <li>• Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width.</li> <li>• Choose the right resources to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel.</li> <li>• Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks.</li> <li>• Revise and refine</li> <li>• the fundament</li> <li>• movement skills</li> <li>• they have already acquired: • rolling • crawling • walking • jumping • running • hopping • skipping • climbing</li> </ul>					
<b>Reception</b> <b>4 – 5 years</b> <i>Physical Development / Gross Motor – Development Matters</i>	EYFS - FMS - Castles EYFS - FMS - Rosies Walk	EYFS - FMS - Elmer EYFS - FMS - How to catch a star	EYFS - FMS - Hungry Caterpillar EYFS - FMS - Mini Beasts	EYFS - FMS - Jack and the Beanstalk EYFS - FMS - Rumble in the jungle	EYFS - FMS - Space EYFS - FMS - Transport	EYFS - FMS - Seaside EYFS - Fundamental Movement Skills



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<b>Year One</b>	Year 1 FMS - Underarm Throw  Year 1 Gymnastic Activities 1	KS1 - Y1 Dance – Toy Story  Year 1 FMS Baseline Unit Lost and Found	KS1 - Y1 Dance – Three Little Pigs  Year 1 FMS - Overarm Throw	KS1 FMS Kicking Unit  Year 1 FMS – Catching and Bouncing a Ball	KS1 Y1 FMS - Tri Throlf Year 1 FMS - Rolling a Ball	KS1 - Y1 Athletics Year 1 Gymnastic Activities 2
<b>Year Two</b>	Year 2 Dance Activities - Moving Along  KS1 FMS and Gym - Jack and the Beanstalk	Year 2 Dance Activities - Once Upon a Giant  Year 2 Gymnastics Activities 1	Year 2 Games - Piggy in the Middle  KS1 - Y2 FMS Playground games in the 20th Century	Year 2 Dance Activities - Seaside  Year 2 FMS end of KS1 Assessment	Year 2 - Games - Striking and Fielding  Year 2 - Games - Net and Wall	KS1 - Y2 Athletics  Year 2 - OAA - The Great Outdoors
<b>Year Three</b>	Year 3 Gymnastics Activities 1  Year 3 Invasion Games Handball	Fundamental Skills Catch up - Year 2 FMS Bounce a ball  Year 3 Gymnastics Activities 2	Year 3/4 Creative Games Tag and Target  Year 3/4 Dance - Ironman	Year 3/4 Dance - Rock and Roll  Year 3 Invasion Games Rugby	Year 3 Invasion Games - Netball  Year 3/4 OAA - Team Work & Problem Solving	Year 3/4 Striking and Fielding Games - Rounders  Year 3/4 Athletic Activities
<b>Year Four</b>	Athletics  Year 3/4 Athletics Activities	Year 3/4 Dance - Myths and Legends  Year 4 Invasion Games - Basketball	Year 3/4 Striking and Fielding - Cricket  Year 4 Gymnastic Activities 2	Year 3/4 Target Games Dodgeball  Year 4 Invasion Games Handball	Year 4 Invasion Games - Rugby  Year 3/4 Games - Net and Wall Unit Core Task 1	Year 3/4 Dance - Sparks Might Fly  Year 3/4 OAA - Trust and Trails
<b>Year Five</b>	Year 5 Gymnastic Activities 1  Year 5/6 Invasion Games Hockey	Year 5/6 Dance - Food, Glorious Food  Year 5/6 Invasion Games Netball	Year 5 Gymnastic Activities 2  Year 5 Orienteering	Year 5/6 Striking and Fielding Games - Cricket  Year 5/6 Dance - Earthlings	Year 5/6 Striking and Fielding - Rounders  Year 5/6 Invasion Games Rugby 1	Year 5/6 Athletics Year 5/6 Net and Wall Tennis
<b>Year Six</b>	Year 6 Gymnastic Activities 1	Year 5/6 Dance - Heroes and	Swimming - Spring 1	Year 5/6 Invasion Games -	Year 5/6 Striking and Fielding	Year 5/6 Athl



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	Swimming - Autumn 1	Villains Swimming - Autumn 2	Year 5/6 - Creative Games	Hockey Year 5/6 OAA	Games - Rounders Year 5/6 Invasion Games Netball	Year 5/6 Invasion Games Rugby 2
Year Six	Year 6 Gymnastic Activities 1		Swimming - Spring 1			Year 5/6 Athletics