

Euxton Primrose Hill Primary School Physical Education Overview



**EUXTON
PRIMROSE HILL**
Primary School
"Together we will make a difference."

	Autumn	Spring	Summer
EYFS	Physical development - Gross motor skills		
	All knowledge and skills will be covered - contexts may change due to children's interests		
	Large scale - digging, pouring, carrying, building, ribbon twirling, sweeping, raking, painting, dancing, etc.		
	PE Dressing and undressing Jumping and landing Under and over arm throws Travelling in different ways Hopping and skipping Catching a large ball Climbing and balancing Bikes, trikes and scooters	PE Rolling a ball Under arm throw Jumping and landing Gymnastic rolls Catching with accuracy Climbing under and over large apparatus Balance bikes	PE Different ways of moving Pushing and patting balls Jumping and landing Rolls Rolling a ball Climbing Team game Sports Day Balance bikes
	Physical development - Fine motor skills		
	All knowledge and skills will be covered - contexts may change due to children's interests		
	Fine motor control and precision helps with hand-eye co-ordination, which is later linked to early literacy. Repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practice of using small tools, with feedback and support from adults, allow children to develop proficiency, control and confidence. - Tools, e.g. scissors, malleable tools - rolling, cutting, stamping, hole punches etc. - Construction kits, nuts and bolts, jigsaws, small world, art materials, ICT iPads and mouse control.		
Year 1	Fundamental Movement skills Baseline Assessment Based on 'Lost and Found.' Gymnastics Sequence using travelling, rolling and jumping with two shapes using apparatus. Fundamental Movement skills Catching and Bouncing a ball Dance - Robots As groups create 'Robot' movements. Perform as a class dance	Dance Based on 'The Three Little Pigs' Link sequences together to retell the story. Gymnastics Sequence using travelling, rolling, balancing and jumping using apparatus. Fundamental Movement skills Based on 'Supertato', gymnastic and ball skills. Fundamental Movement skills Underarm throw for accuracy, distance and in a simple game.	Fundamental Movement skills Overarm throw for accuracy, distance and in a simple game. Fundamental Movement skills -Kicking Kick with control, using different equipment Athletics Running, jumping, underarm throw, change direction Fundamental Movement skills Based on 'Zog' focusing on overarm throws and hopping
Year 2	Core task - Games - Piggy in the Middle. Underarm throw, using a tactic in the game Dance - Explorers Work with partner to produce dance Dance - The seashore Seaside Remember, repeat and perform a short dance Y2 Fundamental Movement Skills - Playground Games To apply fundamental movement skills within a simple game situation	Core task -Games net/wall task To strike a ball and use a simple tactic to outwit an opponent Gymnastics Create a sequence using travelling, balancing, rolling and jumping Bounce Ball To bounce and pass the ball accurately in a game. Games - striking and fielding To play a simple striking and fielding game applying a simple tactic	Athletic activities. Underarm, overarm, push throws for distance and accuracy Fundamental Movement Skills - Tri Throlf Roll, throw underarm and overarm with accuracy Fundamental Movement Skills - KS1 assessment Swimming
Year 3	Fundamental skills - Catch up FMS Bounce Ball To bounce and pass the ball accurately in a game and show a simple tactic.	Net and Wall - Core Task 1 Consolidate striking and ball control skills. Devise their own game.	Athletics - Core Task - Furthest five, Pass the Baton, Take Aim Pull, push and sling throw and perform a combination of five jumps.

	<p>Invasion Games - Handball Perform a pass in an invasion game using a one-handed pass/ bounce pass. Apply a simple tactic to outwit a defender.</p> <p>Dance - Rock and Roll (Rivington Class only) Perform a rhythmic circle dance in unison.</p> <p>Invasion Games - Netball (Rivington Class only) Use a chest/bounce pass in an invasion game. Apply a simple tactic to outwit a defender.</p> <p>Swimming (Pendle Class only) Confidently swim 25m on their front and on their back.</p>	<p>Gymnastics - Core Task Balancing Act Demonstrate successful transitions between travelling, balancing on small body parts, jumping and rolling.</p> <p>Invasion Games - Netball (Pendle Class only) Use a chest/bounce pass in an invasion game. Apply a simple tactic to outwit a defender.</p> <p>Dance -Myths and Legends (Pendle Class only) Create a full performance using sequences generated and demonstrate strong character skills throughout.</p> <p>Swimming (Rivington Class only) Confidently swim 25m on their front and on their back.</p>	<p>Creative Games -Tag and Target. Core task: Target Task 1 Pass in an invasion game using a swing pass. Apply a simple tactic to outwit a defender.</p> <p>Striking & Fielding Games - Run the loop Bowl a ball underarm for accuracy. Apply a simple tactic in striking and fielding game to outwit an opponent.</p> <p>OAA - Teamwork and Problem Solving On the school's grounds, be able to use orienteering skills working with a partner to navigate safely around a prepared map.</p>
Year 4	<p>Invasion Games - Basketball and Handball Core Task - 'On the Attack' To apply the skill of dodging. To send an object in a target game with accuracy.</p> <p>Gymnastics - Core Task - 'Partner work' Show a sequence of six moves that match level 1 competition criteria.</p> <p>Net/Wall - Core Task -2 Develop striking skills suitable for net/wall type activities.</p>	<p>Dance - Superhero Convey a narrative involving two characters, work as a group to combine movements to create a sequence and then combine sequences for a final performance.</p> <p>Dance - Iron Man Perform all dances created in an organised structure using teamwork, skills and character.</p> <p>Gymnastics - Core Task 2 Sequence of gymnastic actions including matched / mirrored shapes with a partner using apparatus.</p> <p>Invasion Games - Rugby To use tactics to outwit an opponent and evaluate the strengths of the team.</p>	<p>Target Games - Dodgeball Throw a ball at a target using a one-handed throw in a game situation.</p> <p>Athletics - Core Task - Furthest five, Pass the Baton, Take Aim Pull, push and sling throw and perform a combination of five jumps.</p> <p>Striking and Fielding - Core Task - Cricket - Run the Loop Bowl a ball underarm for accuracy. To strike a ball from a bowler, tee or drop feed. Apply simple tactics in striking and fielding game.</p> <p>OAA - Core Task - 'Teamwork and Problem Solving' To work as a team using individual strengths. To explain how they chose their team strengths.</p>
Year 5	<p>Invasion Games Hockey Play competitive modified game, select attacking tactics when playing a game.</p> <p>Invasion Games Netball Apply simple attacking and defending tactics when playing a netball type game.</p> <p>Gymnastics Create a gymnastic sequence with counter balances and counter tension with a partner. Evaluate and recognise their own success.</p> <p>Net & wall games Badminton To use forehand/ backhand with some success to score points. To use a simple tactic effectively. To evaluate theirs and others success.</p>	<p>Dance - The Highwayman Retell the poem through movement linking travel, jump, turn, gesture and stillness.</p> <p>Dance - Heroes and Villains Create a duet and group dance focusing on dynamics, deciding on sequencing and perform with confidence.</p> <p>Gymnastics Activity 1 Create a gymnastic sequence with counter balances and counter tension with a partner in canon and unison using apparatus. Evaluate and recognise their own success.</p> <p>OAA - Against the clock Navigate control markers during a score event. Make decisions about</p>	<p>Striking & fielding Games - Cricket Bowl a ball overarm with some accuracy and consistency in a game. To apply simple tactics in a modified competitive game.</p> <p>Striking & fielding Games - Rounders To bowl underarm with accuracy in a game, strike a ball with a bat and use tactics in a rounders game.</p> <p>Net & wall Games Tennis To use forehand/ backhand with success to score points. To use a range of tactics effectively. To evaluate theirs and others success.</p> <p>Athletics To take part in an athletics event and record the times, distances. To do their</p>

		which markers to visit in the time allocation.	personal best.
Year 6	<p>Invasion games Rugby To apply attacking and defending tactics when playing a rugby type game. Evaluate and suggest ways to improve.</p> <p>Invasion games Hockey Play in a modified competitive game, selecting attacking tactics when playing.</p> <p>Gymnastics 1 & 2 Core Task - Group Dynamics To create a sequence of gymnastic actions paired and group balances. To recognise strengths and areas for improvement in their performance.</p>	<p>Striking & Fielding Games Rounders To bowl underarm with accuracy in a game, strike a ball with a bat and use tactics in a rounders game.</p> <p>Dance Earthlings Select, structure and perform their dances, demonstrating a range of skills.</p> <p>Dance Robin Hood To link all sequences including using props to produce a complete story dance.</p> <p>Net & Wall Games Badminton To use forehand/ backhand with success to score points. To use a range of tactics effectively. To evaluate theirs and others success.</p>	<p>Creative games Calling the Shots Apply simple attacking and defending tactics when playing an invasion type game.</p> <p>Athletics Core Task - 3 Run Jump Throw To take part in an athletics event and record the times, distances. To do their personal best.</p> <p>OAA - Competitive Orienteering To organise time and resources within a team, to encourage others to improve performance and know strengths of team mates.</p> <p>Striking and fielding Games Cricket Bowl a ball overarm with accuracy and consistency in a game. To apply tactics in a modified competitive game.</p>