



Physical Education Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer2
Nursery	<p>KLP:</p> <ul style="list-style-type: none"> Developing a range of gross motor movements. Exploring outdoor area (climbing). To draw lines and circles using gross motor movements. Indoor and outdoor experiences. Using Funky Fingers to develop fine motor strength. 		<p>KLP:</p> <ul style="list-style-type: none"> To increase confidence when using a range of movements through the outdoor provision. Develop the use of one-handed tools and equipment. To enhance the range of funky finger activities to promote fine motor skills. 		<p>KLP:</p> <ul style="list-style-type: none"> Continue to develop different gross motor movements with increasing control e.g. slithering, shuffling, sliding, skipping and hopping. To skilfully negotiate open space, without collision. 	
Reception	<p>PE Bean Bag Skills: Body parts.</p> <p>Autumn walks: Steps & climbing using alternate feet.</p> <p>Gym Balance: Move in a range of ways, travel with confidence and skill (around, under, over and through).</p>	<p>PE Space: Negotiate space, adjusting speed or changing direction to avoid others.</p> <p>Balls: Throw and roll a ball to a target.</p> <p>Stretching Shapes: Making a combination of movements.</p>	<p>PE Jump and Balance: Roll, move & transport equipment/ objects safely.</p> <p>PE Sequence Bat and Ball Skills: Throwing, catching, hitting and kicking.</p>	<p>PE Quoits and Cones: Running, jumping, throwing and catching.</p> <p>PE Combine Moves: Travel confidently, with skill on equipment.</p> <p>Dance: Weather Demonstrate contrasting dynamics.</p>	<p>PE Dance: Mini-beasts Demonstrate scuttle and float dynamics.</p> <p>PE Ball Skills: Games and turn taking.</p>	<p>PE Team Games: Movement balance and ball.</p> <p>PE Team Games: Sports Day.</p>
Year 1	<p>Throwing and Catching KLP:</p> <ul style="list-style-type: none"> To be able to throw a ball/beanbag with accuracy. To be able to show an awareness of space. To be able to catch a ball/beanbag with some control. To observe, describe and copy what others are doing. To work collaboratively with a partner. 	<p>Gymnastics (Balance and Agility) KLP:</p> <ul style="list-style-type: none"> Show an awareness of personal and general space. To move with some confidence, imagination and safety. To travel using 'caterpillar', 'monkey' & 'crab' walk. To travel in 'crawling soldier' position. Discuss safety when using apparatus. 	<p>Net Games KLP:</p> <ul style="list-style-type: none"> To aim and strike an object towards a set target. To balance a ball on a racket with control. To recognise and begin to use space in games. To attempt to strike a ball over and beyond a target. To attempt to 'set' a ball in the air repetitively (Volleyball). 	<p>Dance KLP:</p> <ul style="list-style-type: none"> Demonstrate large and expansive shapes. Demonstrate swinging actions with the arms. Demonstrate heavy and strong movements. Change pace and speed travelling around the room, including slow motion. Be able to perform movement in a canon. 	<p>Invasion and Ball Control KLP:</p> <ul style="list-style-type: none"> To move fluently, changing direction & speed easily. To use different movements, speeds & pathways. To recognise space in games. To consolidate passing and receiving. To describe and copy what others are doing. 	<p>Running and Jumping (Athletics) KLP:</p> <ul style="list-style-type: none"> To consolidate appropriate running technique. To jump with control & balance on landing. To jump whilst travelling. To throw towards a stationary target. To know what the term 'healthy eating' means.
Year 2	<p>Cricket KLP:</p> <ul style="list-style-type: none"> Selecting cricket equipment. How to hold the bat. How to bowl. How to strike. Targets and aiming. 	<p>Gymnastics – Body Awareness KLP:</p> <ul style="list-style-type: none"> Safe preparation of gymnastics equipment. Travelling with change of speed and direction. The correct positioning for teddy bear and pencil rolls. How to perform movement sequences. How to develop awareness through varying body balances. 	<p>Dance KLP:</p> <ul style="list-style-type: none"> Star and arch shapes Folk dance actions. How to demonstrate happy and energetic dynamics. How to use the space to create different formations. Sequencing a routine. Perform individually, as part of a group and with a partner and as part of a team. 	<p>Football KLP:</p> <ul style="list-style-type: none"> Kicking accurately towards a target. Travelling whilst moving a ball with your feet/apparatus. Knowledge of stronger and weaker sides of the body. Dribbling around various cones and objects. Kicking the ball confidently with the inside of your foot. How to send a ball to a team member. 	<p>Tennis KLP:</p> <ul style="list-style-type: none"> Aiming, striking & following through towards a target. Hitting an object with varying power using a racket. Hitting a ball or object towards a partner. Complete forearm strikes. Work effectively with a partner. 	<p>Athletics KLP:</p> <ul style="list-style-type: none"> Running in a coordinated & fluent way. Run and jump over obstacles. Gain an awareness of throwing for distance. Gain an awareness of jumping for height and distance. Run in a co-ordinated and fluent way. Run and jump over an obstacle.

				<ul style="list-style-type: none"> Understand how to score in a game. Recognise how to find space games. 		
Year 3	Hockey KLP: <ul style="list-style-type: none"> Develop their dribbling skills with a stick and/or a ball. To use space within the pitch area. To develop knowledge of attacking whilst invading. To attempt to keep possession whilst dribbling. Understand how to score a goal. 	Gymnastics – The Symmetrical Stone Age KLP: <ul style="list-style-type: none"> To perform the shapes 'Skydiver' & 'Bridge'. To make movements accurate, clear and consistent. To begin to use counter balance. To introduce symmetry into routines and shapes. To combine action, balance and shape. 	Dance- Ancient Greece KLP: <ul style="list-style-type: none"> Express happy dynamics. Demonstrate physical skill looking at the hands whilst dancing. Co-ordinate movements with a team. Sequence and recreate routines using a model. Mirror and mimic traditional dance sequences. Demonstrate relationships unison and canon. 	Orienteering KLP: <ul style="list-style-type: none"> To place trust in teammates. To develop problem solving skills. To create and recognise some map symbols. To develop basic map reading skills. Work cooperatively to solve group/paired challenges. 	Tennis KLP: <ul style="list-style-type: none"> To be able to strike a ball with some accuracy. To vary the speed and direction of a ball. To identify & describe rules of tennis. To consolidate the underarm serve technique. To explore forehand hitting. To move towards a ball or object before striking it. To explore the 'serve' technique. 	Athletics KLP: <ul style="list-style-type: none"> To attempt to throw a shot putt using the rotation technique. To consolidate different throwing techniques. To attempt a javelin throw with correct technique. To be able to pass & receive a relay baton. Continually develop awareness of distance. Record distance for throwing.
Year 4	Gymnastics KLP: <ul style="list-style-type: none"> To use equipment within a sequence. Identify well performed skills when watching other groups. To accelerate and decelerate whilst travelling. To develop some knowledge of Rhythmic Gymnastics. Perform a roll using control, body tension and flow. 	Hockey KLP: <ul style="list-style-type: none"> Understand how to record scoring. Play games competitively. Develop teamwork through communication. Pass a ball towards a space for a teammate to receive. Understand, choose and apply a range of strategies for defence and attack. Understand how it feels to win and lose. Understand the rules of a game. Understand which parts of the stick to use to stop/strike. 	Tennis KLP: <ul style="list-style-type: none"> To Understand and know rules of tennis. To perform the underarm serve technique. To accurately complete forehand hitting. To move towards and away from a ball before striking it. To complete an accurate 'serve'. Understand how to score tennis games/matches. 	Swimming – Leisure Centre Plans KLP: <ul style="list-style-type: none"> To perform correct front crawl arm and leg action. To perform correct breast stroke crawl arm and leg action. To perform correct back crawl arm and leg action. To regulate breathing. To evaluate their own performance. Discuss safe self-rescue. 	Dance – Egyptian KLP: <ul style="list-style-type: none"> Able to move with rigid and floppy dynamics. Able to execute Egyptian-style actions. Able to develop relationships – contact and balance with partner. Able to demonstrate isolations with the head and shoulders. Able to demonstrate and create 2-dimensional shapes. 	Athletics KLP: <ul style="list-style-type: none"> To jump for height & distance. To measure for height and distance. To record and compare personal bests. To explore different body positions in flight. To jump hurdles with developing technique. To communicate clearly with partners & team mates. To locate some of the major muscles in the body.
Year 5	Netball KLP: <ul style="list-style-type: none"> Develop knowledge of attacking and defending. Know how to mark an opponent. Develop understanding of finding space. 	Athletics KLP: <ul style="list-style-type: none"> Choose the best pace for a running event. Perform jumps for distance and height using the correct technique. 	Dance – Victorians KLP: <ul style="list-style-type: none"> Be able to move with low and high status dynamics. Be able to execute actions representing manual labour. 	Swimming KLP: <ul style="list-style-type: none"> To perform correct front crawl arm and leg action. To perform correct breast stroke crawl arm and leg action. 	Leadership/outdoor adventure – orienteering KLP: <ul style="list-style-type: none"> Develop some knowledge of the countryside code. Revise the concept of orientating a map. 	Cricket/Rounders KLP: <ul style="list-style-type: none"> Explore the use of space during games. Choose appropriate positioning when fielding. Strike a ball using appropriate equipment.

	<ul style="list-style-type: none"> Recognise importance of Netball rules. Understand need to warm up and cool down. Understand positions in a game. Understand how to score. Understanding zones of a Netball court. 	<ul style="list-style-type: none"> Show control at take-off when jumping. Show accuracy and good technique when throwing for distance. Understand how stamina and power help people to perform well in different athletic activities. Lead a partner through short warm-up routines. 	<ul style="list-style-type: none"> Be able to develop relationships with dance partner. Be able to explore the space around them in straight pathways. Be able to create straight lines and geometric shapes. 	<ul style="list-style-type: none"> To perform correct back crawl arm and leg action. Perform correct breathing techniques for each swimming stroke. Recognise and compare own personal best (recorded) times in swimming. Discuss and complete safe self-rescue. Swim 25m. 	<ul style="list-style-type: none"> Record information accurately. Solve simple challenges and problems. Further develop knowledge of orienteering. Complete an orienteering circuit and record time taken. Compare personal best for an orienteering circuit. 	<ul style="list-style-type: none"> Receive, intercept and stop a ball when fielding. Develop the range and consistency of skills. Understand rules of a game.
Year 6	<p>Netball KLP:</p> <ul style="list-style-type: none"> To further develop knowledge of attacking and defending. To know how to intercept a pass. To know how to invade as a team. To communicate effectively with team mates. To develop sportsmanship Know the positions in Netball. Know the rules and how to score games. <p>Sports Leader Sessions: KLP:</p> <ul style="list-style-type: none"> Small team games. Play Leader training. Evaluating activities and perfecting games. Following and setting rules. Explaining games/activities to others. Use of equipment sensibly and safely. 	<p>Sports Hall Athletics KLP:</p> <ul style="list-style-type: none"> Throw a javelin, discus and shotput for furthest distance. Jump as high and as far as possible. Use arms to power a sprint. Jump over hurdles. Record measurements of distance and speed/time. Bleep Test – Running Skills. Exchange a baton with success. Lead a small group through a short warm-up routine. 	<p>Football KLP:</p> <ul style="list-style-type: none"> To develop teamwork. To consolidate knowledge of defending. To dribble a ball with control and fluency using foot. To consolidate knowledge of attacking. To strike a ball or object towards a target or goal with power and accuracy. Understand rules and keep score. 	<p>Dance (World War 2) KLP:</p> <ul style="list-style-type: none"> Able to move with a range of dynamics to express different emotions. Able to execute jitterbug actions. Able to develop relationships – leading and following. Able to demonstrate unison as a group. Able to demonstrate and create shapes representing unity. 	<p>Athletics KLP:</p> <ul style="list-style-type: none"> Learn to measure & record performance To train the body to run for a longer duration. To sustain pace over longer distances. To choose appropriate techniques for specific events Complete and Compare Bleep Test results Compare times/distances. Record and challenge own personal bests. 	<p>Rounders KLP:</p> <ul style="list-style-type: none"> To field as a collaborative team unit. To strike a ball or object 'cleanly' using a rounders bat. To retrieve, intercept and stop a ball when fielding. To strike a ball or object using both sides of the body. Bowl accurately to a 'hitter' Understand the rules of rounders. Recognise their own and other's strengths.