Grange Moor Primary School

**Physical Education Overview 2023 - 2024**

**M**ove

**S**olve

**C**onnect

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| CLASS | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| C1 | Look, Run, Avoid (Y1)  **M** Moving with speed and control; changing direction; finding space in an area  **S** Identifying spaces to avoid; changing the speed I am moving; moving into ‘good’ space  **C** Create a plan with my team to be successful; create own rules and challenges in a game; persevere with challenges that may be tricky  Throw, Prepare, Catch (Y1)  **M** Throw an object; be ready to catch an object; catch an object  **S** Throw with control; predict and move to where an object will be; understand how to use my body to catch  **C** Play with and against a partner; keep trying to be successful; increase the challenge for self and partner | Agility, Balance,  Co-ordination (Y1)  **M** Change direction quickly with control; use different parts of my body at the same time; balance on different body parts on the floor and on equipment  **S** Show dynamic balance when moving; move quickly but safely around obstacles; show control when working with different objects  **C** Support others by following rules; collaborate and compete against others; be respectful and encouraging to others  Fair, Share, Dare (Y1)  **M** Play games following the given rules; play games co-operatively with others; take individual risks within games  **S** Support others to play fairly; support others through scoring or coaching; take suitable risks at suitable times  **C** Resolve disputes within a game appropriately; share ideas, roles and responsibilities with others; say which activities I am most/least confident in | Inspire, Create, Perform (Y1)  **M** Link movements together in a sequence; use different actions, levels and pathways; perform movements with good control and posture  **S** Use different prompts to create ideas; be creative with movements  **C** Give feedback to others after a performance; share ideas with a partner  Hands, Feet, Equipment (Y1)  **M** Explore dribbling using my hands; explore dribbling using feet; explore dribbling using equipment  **S** Show control to move objects into ‘good’ space; change direction when dribbling; suggest tactics to solve problems when dribbling  **C** Collaborate with others to develop techniques; share ideas on scoring systems and rewards; reflect on my own and others’ learning | Duel, Win, Lose (Y1)  **M** Use balls of feet; get low to the ground; show awareness and look left and right to spot other players.  **S** Identify the movement of an opponent; react to the movement of an opponent; identify what the team can do to improve further  **C** Congratulate an opponent; celebrate calmly as an individual or with a team; trial an idea as suggested by a friend  React, Roll, Retrieve (Y1)  **M** Start, stop and move quickly; roll a ball into space or at a target; move to retrieve an object quickly  **S C**hange how I move depending on the task; decide where is a good place to roll a ball; decide how best to move to retrieve objects  **C** Follow the rules of a game fairly; take turns with a partner playing a game; persevere when a task is tricky | Jump, Shape, Create (Y1)  **M** Perform the same movement as my group; bend knees and use arms to take off; be still holding a shape  **S** plan a journey through a playing area; recognise when it is the right time to change position; find a position where you can remain balanced  **C** Congratulate a friend when they jump effectively; tell a friend something that made you successful; trial an idea that has been suggested by a friend  Target, Control, Combine (Y1)  **M** Send an object accurately at an object; show control when sending an object; adjust the direction and distance when sending an object  **S** Adapt the speed I send an object to suit the challenge; adapt power when sending an object; send objects quickly and accurately  **C** Compete fairly against a partner; show determination to try even if I fail; communicate a plan effectively with others | Run, Jump, Throw (Y1)  **M** Run with speed and control; jump in different ways with control; throw an object with control  **S** change the way I jump depending on the task; run quickly in different directions; adapt the distance of my throws  **C** Congratulate a friend when they jump effectively; tell a friend something that made you successful; trial an idea that has been suggested by a friend  Send, Receive, Return (Y1) – *this unit is under completion*  **M**  **S**  **C** |
| C2 (Y2,Y3,Y4) | Look, Run, Avoid (Y2)  **M** Identify a space; move safely into a space; move to avoid others  **S** Describe what a space is; show control over the speed at which I move; identify who to avoid  **C** Create a plan with others; create my own rules and challenges; be aware of others around me  Throw, Prepare, Catch (Y2)  **M** Throw a range of different objects; be ready to catch an object; catch an object  **S** Throw with control and some accuracy; predict and move to where an object will be; understand how to use my body to catch an object  **C** Play with and against a partner; show resilience to be successful; increase the challenge in a task | Agility, Balance,  Co-ordination (Y2)  **M** Change direction quickly with control; use different parts of my body at the same time; balance on different body parts on the floor and on equipment  **S** Show dynamic balance when moving; move quickly but safely around obstacles; show control when working with different objects  **C** Support others by following rules; collaborate and compete against others; be respectful and encouraging to others  Hands, Feet, Equipment  (Y2)  **M** Explore dribbling using my hands; explore dribbling using feet; explore dribbling using equipment  **S** Show control to move objects into ‘good’ space; change direction when dribbling; suggest tactics to solve problems when dribbling  **C** Collaborate with others to develop techniques; share ideas on scoring systems and rewards; reflect on my own and others’ learning | Jump, Shape, Create (Y2)  **M** Bend knees when taking off; be still when holding a shape; perform the same movement as a group  **S** Plan a journey through a playing area; find a position where a balance can be maintained; change position at the appropriate time  **C** Offer praise and constructive advice when they jump effectively; trial an idea that has been suggested by another pupil  Inspire, Create, Perform (Y2)  **M** Link movements together to make a sequence; use different actions, levels and pathways; perform movement with good control and posture  **S** Use different prompts to create ideas; be creative with movement; count in time with music  **C** Share ideas with a partner; give feedback to others after a performance; encourage other students and build confidence | Duel, Win, Lose (Y2)  **M** Use balls of feet; get low to the ground; show awareness and look left and right to spot other players.  **S** Identify the movement of an opponent; react to the movement of an opponent; identify what the team can do to improve further  **C** Congratulate an opponent; celebrate calmly as an individual or with a team; trial an idea as suggested by a friend  Send, Receive, Return (Y2) - *this unit is under completion*  **M**  **S**  **C** | Target, Control, Combine (Y2)  **M** Send an object accurately at a target; show control when sending an object; adjust direction and distance when sending objects  **S** Adapt the speed I send an object at to suit the challenge; adapt power when sending objects to different targets; send objects quickly and accurately  **C** Compete fairly against a partner; show determination to succeed; communicate and plan effectively with others  React, Roll, Retrieve (Y2)  **M** Start, stop and move quickly; roll a ball into space or at a target; move to retrieve an object quickly  **S** Change how I move depending on the task; decide where is a good place to roll a ball; decide how best to retrieve objects  **C** Follow the rules of a game fairly; take turns with a partner playing a game; persevere when a task is tricky | Run, Jump, Throw (Y2)  **M** Run with speed and control; jump in different ways with control; throw an object with control  **S** Run quickly in different directions; change the way I jump depending on the task; adapt the distance of my throw  **C** Compete with and against others; show perseverance; set my own level of challenge  Ready for Sports Day!  (non BTF unit)  Practicing the skills needed to compete in each race; starting in a race; getting over the finish line; understanding how to improve performance; competing fairly including winning and finishing behind. |
| C3 (Y4,Y5,Y6) | Strike, React, Rally  (Y4)  **M** Strike a ball with my hand / racquet / bat; react to an object coming towards me; begin to rally with a partner  **S** Show control with where I am striking; prepare my body ready to receive an object; strike the ball so my partner can return it  **C** Keep trying when tasks are challenging; show patience with myself and others; show good teamwork to achieve the best score  Look, Run, Avoid (Y4)  **M** Identify multiple spaces to run into; move with speed and confidence into a space; change direction quickly to avoid opponents    **S** Describe areas of a pitch to move into and to avoid; react to others and move appropriately; use movements and tactics to outwit an opponent    **C** Set a challenge for myself to try and achieve; persevere with challenges which may be tricky; collaborate and communicate with others | Inspire, Create, Perform (Y4)  **M** Link movements together in a sequence; use different actions, levels and pathways; perform movements with good control and posture  **S** Use different prompts create ideas; be creative with movements; count in time with music  **C** Share ideas with a partner; give feedback to others after a performance; encourage other students and build confidence  Fair, Share, Dare (Y4)  **M** Play games following the given rules; work with other players effectively to score points; take individual and team risks within games  **S** Support others to play fairly; plan and implement strategies with others; give and receive support in order to be successful  **C** Resolve any disputes within a game appropriately; shar ideas and responsibilities with others; be brave to take on specific challenges | Symmetry, Balance, Travel (Y4)  **M** Explore and perform shapes with my body; explore and perform balances with others; explore and perform different ways of travelling  **S** Link shapes together in a sequence of movement; link balances together in a sequence of movement; use travel moments to link balances in a sequence  **C** Reflect on my own and other performances; work with a partner to set appropriate challenge; effectively share ideas with others  Hands, Feet, Equipment (Y4)  **M** Perform and explore dribbling with hands, feet and equipment    **S** Show control to move objects into good spaces; change direction when dribbling to avoid defenders  **C** Collaborate with others to develop techniques; share ideas on scoring systems and rewards; reflect on my own and others’ learning | Throw, Prepare, Catch (Y4)  **M** Accurately throw an object; be ready to catch an object; catch an object  **S** Predict and move to where an object may be; throw with good control; understand how to use my body to catch  **C** Play with and against a partner; keep trying to be successful; increase my own / partners challenge  React, Roll, Retrieve (Y4)  **M** Start, stop and move quickly; roll a ball into space or at a target; move to retrieve an object quickly  **S** Change how I move depending on the task; decide where is a good place to roll the ball; decide how best to move to retrieve objects  **C** Follow the rules of a game fairly; take turns with a partner playing a game; persevere when a task is tricky | Duel, Win, Lose (Y4)  **M** Change direction quickly; move diagonally to avoid other players; move to retrieve an object quickly  **S** identify the movement of an opponent; celebrate calmly as an individual or with your team; recognise when an opponent has done well  **C** Follow the rules of a game fairly; tell a friend something that made you successful; trial an event that has been suggested by a friend  Position, Possession, Patience (Y4) - *this unit is under completion* | Run, Jump, Throw (Y4)  **M** Run with speed and control; jump in different ways with control; throw an object with control  **S** run quickly in different directions; change the way I jump depending on the task; adapt the distance of my throw  **C** Compete with and against others; show perseverance; set my own level of challenge  Accuracy, Power, Distance (Y4)  **M** Throw an object with accuracy at a desired object; throw an object with power at a desired target; throw an object over a distance with power and accuracy  **S** Identify the most suitable type of throw to use; change the type of throw depending on the power needed; explore a range of equipment to compare performance  **C** Discuss with a partner how I can improve my success; create rules and challenges in a game; persevere with challenges that may be tricky |

**P**

**E Vocabulary to be taught and displayed**

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|  | Games | Gymnastics | Dance | Athletics | General A-Z |
| **EYFS to KS1** | Accuracy  Agility  Aim  Balance  Base  Bat  Bounce  Catch  Co-ordination  Control  Cushion  Field  Fluency  Guide  Movement  Push  Racket  Rotate  Score  Strike  Target  Technique  Throw  Timing  Transitions  Travel | Along  Apparatus  Balance  Direction  Level  Link  Off  Onto  Over  Points  Posture  Pull  Push  Roll  Rolling  Forward  Sequence  Shapes  Straddle  Straight  Tension  Travel | Beat  Flow  Gesture  Movement  Performance | Balance  Direction  Distance  Hop  Hurdle  Jog  Land  Obstacle  Power  Relay  Speed  Sprint  Take-off | Aerobic  Anaerobic  Agility  Cardiovascular  Circuits  Cool down  Co-ordination  Cramp  Endurance  Exercise  Expression  Fatigue  Form  Hydration  Intensity  Intervals  Motion  Muscle  Phase  Pulse  Reaction  Relaxation  Repetitions  Resistance  Set  Space  Stretch  Tactics  Technique  Unison  Warm-up  Workout |
| **KS2** | Agility  Aim  Attack  Balance  Bounce  Bowl  Chest  Collaborate  Compete  Contact  Control  Court  Defend  Dodge  Dribble  Footwork  Goal  Handover  High  Intercept  Land  Long  Low  Marking  Observation  Opponent  Passing  Pivot  Play  Position  Pressure  Push  Rally  Receive  Retrieve  Rules  Run  Safety  Send  Signal  Speed  Step  Support  Tag  Trap  Travel  Volley | Analyse  Arch  Asymetry  Bridging  Canon  Counterbalance  Dynamic  Evaluate  Extend  Movement  Rotation  Support  Technique  Unison | Agility  Balance  Beats  Chasse  Canon  Choreograph  Co-ordination  Collaboration  Control  Direction  Dynamics  Emotion  Endurance  Expression  Fluency  Formation  Improvise  Motif  Phrasing  Pivot  Posture  Rhythm  Routine  Sections  Sequence  Strut  Tempo  Timing  Unison  Variation | Baton  Bend  Control  Effort  Extend  Handover  Pace  Position  Start  Stride  Technique  Throw |