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 trickyThrow, 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 othersFair, 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 partnerHands, 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 friendTarget, 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 friendSend, 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 meThrow, 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 othersHands, 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 pupilInspire, 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 othersReact, 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 challengeReady 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 scoreLook, 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 confidenceFair, 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 othersHands, 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 challengeReact, 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 friendPosition, 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 challengeAccuracy, 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 |

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**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 BatBounceCatchCo-ordination Control CushionFieldFluency Guide Movement Push RacketRotate ScoreStrikeTarget Technique ThrowTiming Transitions Travel | AlongApparatusBalanceDirectionLevelLinkOffOntoOverPointsPosturePullPushRoll RollingForwardSequenceShapesStraddleStraightTensionTravel | BeatFlowGestureMovementPerformance | BalanceDirectionDistanceHopHurdleJogLandObstaclePowerRelaySpeedSprintTake-off | AerobicAnaerobicAgilityCardiovascularCircuitsCool downCo-ordinationCrampEnduranceExerciseExpressionFatigueFormHydrationIntensityIntervalsMotion MusclePhasePulseReactionRelaxationRepetitionsResistanceSetSpaceStretchTacticsTechniqueUnisonWarm-upWorkout |
| **KS2** | AgilityAimAttackBalance Bounce BowlChestCollaborateCompeteContactControlCourtDefend DodgeDribble FootworkGoalHandoverHighInterceptLandLongLowMarkingObservationOpponent PassingPivotPlayPositionPressurePushRallyReceiveRetrieveRulesRunSafety Send SignalSpeed StepSupportTagTrapTravelVolley | AnalyseArchAsymetryBridgingCanonCounterbalanceDynamicEvaluateExtendMovementRotationSupportTechniqueUnison | AgilityBalanceBeatsChasseCanonChoreographCo-ordinationCollaborationControlDirectionDynamicsEmotionEnduranceExpressionFluencyFormationImproviseMotifPhrasingPivotPostureRhythmRoutineSectionsSequenceStrutTempoTimingUnisonVariation | BatonBendControlEffortExtendHandoverPacePositionStartStrideTechniqueThrow |