Yearly overview for Physical Education

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery Scheme of work: Get set for P.E	**Unit 1: Introduction to P.E** **Main Objectives:** -To be able to move sensibly and safely in a space. -To develop stopping skills within a space. -To use different travelling actions. -To work within a group. **Unit 1: Ball skills** **Main Objectives:** -To develop rolling a ball to a target. -To develop the stopping of a ball.	**Unit 1: Ball skills** **Main objectives:** -To develop accuracy of throwing and catching a ball. -To develop kicking and dribbling skills. **Unit 1: Dance** **Main objectives:** -To be able to move safely around others. -To use counts of 8 to help change direction. -To use body parts to help them move, with having an awareness of themselves and others. -To be able to repeat actions.	**Unit 1: Dance** **Main Objectives:** -To explore travelling, direction and level through movement. -To copy and repeat actions. -To move with control and co-ordination. **Unit 1: Fundamentals** **Main Objectives:** -To develop balancing whilst stationary and on the move. -To develop running and stopping. -To develop directional awareness.	**Unit 1: Fundamentals** **Main Objectives:** -To develop jumping, hopping and landing. - To explore different ways to travel. **Unit 1: Games** **Main objectives:** -To continue to develop running and stopping. -To develop throwing and keeping score. -To follow instructions safely when playing tagging games.	**Unit 1: Games** **Main Objectives:** -To work co-operatively and learn how to take turns. -To work with others within a game setting. **Unit 1: Gymnastics** **Main Objectives:** -To copy and create shapes with their body. -To be able to create shapes whilst using apparatus. -To develop balancing with different body parts.	**Unit 1: Gymnastics** **Main Objectives:** -To develop jumping and landing safely. -To develop rocking and roll techniques. -To copy and create short sequences linking actions together.
Reception Scheme of work: Get set for P.E	**Unit 2: Introduction to P.E** **Main Objectives:** -To move around safely in space. -To follow instructions and stop safely when using equipment. -To follow instructions and play safely as a group. -To work co-operatively with a partner. **Unit 2: Ball skills** **Main Objectives:** -To develop rolling and tracking a ball. -To develop accuracy when throwing to a target. -To develop dribbling with hands.	**Unit 2: Ball skills** **Main objectives:** -To develop throwing and catching with a partner. -To develop dribbling a ball with your feet. -To develop kicking a ball to a target. **Unit 2: Dance** **Main objectives:** -To use counting to help to stay in time with the music. -To copy and create different actions. -To be able to move safely with confidence and imagination. -To express and communicate ideas through movement.	**Unit 2: Dance** **Main Objectives:** -To explore movement using a prop. -To move with control and coordination. To copy, remember and repeat actions, linking them together. **Unit 2: Fundamentals** **Main Objectives:** -To develop balancing. -To develop running and stopping. -To develop changing direction.	**Unit 2: Fundamentals** **Main Objectives:** -To develop jumping and hopping. -To explore different ways to travel using equipment. **Unit 2: Games** **Main objectives:** -To develop accuracy when throwing and practise keeping score. -To follow instructions and move safely when play tagging games. -To learn to play against an opponent.	**Unit 2: Games** **Main Objectives:** -To play by the rules and develop coordination. -To explore striking a ball and keeping score. -To work co-operatively as a team. **Unit 2: Gymnastics** **Main Objectives:** -To create short sequences using shapes, balances and travelling actions. -To develop balancing and safely using apparatus. -To develop jumping and landing safely from a height.	**Unit 2: Gymnastics** **Main Objectives:** -To develop rocking and rolling. -To explore travelling around, over and through apparatus. -To create short sequences linking actions together and including apparatus.

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Year 1 Scheme of work: Champions **Daily mile to continue throughout the year.**	1.1Multi-Skills **Main Objectives:** - To improve balance and co-ordination. - To improve aim with a variety of equipment. - To understand travel and direction with control and fluency.	1.2 Story time Dance **Main objectives:** - To link travel, gestures and direction with movement. -To link movements together. -To learn how to count the beats within a piece of music. -To tell a story through movement.	1.3 Groovy Gymnastics **Main Objectives:** - To travel in different directions at different speeds and levels. -To link isolated movements when travelling. -To explore different rolls and apparatus. -To perform a simple gymnastic sequence.	1.4 Brilliant ball skills **Main objectives:** - To master basic sending and receiving techniques. -To develop balance, agility and co-ordination. -To understand co-ordination and accuracy. -To use ball skills in a game based activity.	1.5 Throwing and catching **Main objectives:** -To learn skills for striking and fielding games. -To understand basic striking, sending and receiving. - To practise throwing and consistent catching skills. - To learn how to strike with a bat. -To use fielding skills within a game based activity.	1.6 Active Athletics **Main objectives:** -To use variant speeds when running. - To explore jumping activities. - To explore different methods of throwing. - To develop balance and co-ordination when running. -To complete courses with agility and control.
Year 2 Scheme of work: Champions **Daily mile to continue throughout the year.**	2.1 Multi- skills **Main Objectives:** -To explore static balancing. -To develop agility, balance and co-ordination. -To throw a ball with speed and strength. -To use travel and direction with control and fluency. -To use skills learnt within a game activity.	2.2 Ugly Ball Dance **Main objectives:** - To explore different levels and speed within movement. - To compose and perform a simple dance phrase. -To understand good body shape and position. - To create movements with rhythm and timing. -To begin to understand and adopt a style of dance.	2.3 Groovy Gymnastics **Main Objectives:** - To perform simple gymnastic actions with control. - To understand and perform basic balances. -To develop a range of gymnastic movements. - To explore travel. -To link and perform basic gymnastic actions into a sequence.	2.4 Brilliant ball skills **Main Objectives:** - To learn how to use hand eye co-ordination. - To develop catching and receiving techniques. - To develop various throwing techniques. -To begin to understand how to dribble and pass accurately with a ball. - To use ball skills in a game based activity.	2.5 Throwing and catching **Main objectives:** -To learn skills for striking and fielding games. -To understand correct technique for striking a ball. -To develop throwing and consistent catching skills. - To begin to understand how to throw a ball at distance. -To use fielding skills within a game based activity.	2.6 Active Athletics **Main objectives:** -To run with agility, confidence and for distance. -To learn jumping techniques for distance. -To throw objects safely and for distance. -To develop hurdle and running techniques. -To complete courses with agility and control.

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Year 3 Scheme of work: Champions **Daily mile to continue throughout the year.**	3.1 Multi- skills **Main Objectives:** -To change and maintain centre of balance. -To develop co-ordination whilst moving with an object, to move an object and moving with others. -To demonstrate agility whilst changing direction. - To have embedded an understanding of agility, balance and co-ordination.	3.2 African dance **Main objectives:** -To explore African dance movements and patterns. - To develop counting and tempo skills whilst dancing. - To perform a dance sequence with rhythm and expression. - To develop precision of movement. - To work co-operatively within a group.	3.3 Groovy Gymnastics **Main objectives:** -To explore jumping and landing techniques. -To develop a sequence that uses jumping skills. -To develop travel, shape, roll and balance techniques to perform a sequence. -To use music as a stimulus to create an appropriate sequence.	3.4 Brilliant ball skills **Main objectives:** -To choose correct skills when playing a ball game. -To perform a range of actions to maintain control of a ball. -To catch with increasing control and accuracy. -To master basic throwing/catching techniques. -To participate in a small-sided game.	3.5 Throwing and catching **Main objectives:** -To consolidate skills within striking and fielding. -To practise the correct technique when throwing a ball within a game. -To practise the correct technique when batting a ball within a game. -To practise the correct technique when fielding within a game. -To strike a ball for distance.	3.6 Active athletics **Main objectives:** -To run in different directions, speeds and use good technique. -To continue to develop throwing technique. -To learn different jumping techniques and the rules. -To take part in relay activities.
Year 4 Scheme of work: Champions **Daily mile to continue throughout the year.**	4.1 Invaders **Main Objectives:** -To keep possession of a ball with control. -To use agility, balance and co-ordination to keep control of a ball within a competitive situation. -To improve accuracy when passing a ball. -To know how to communicate with team members effectively.	4.2 Dynamic dance **Main Objectives:** -To explore the style of dance: line dancing. - To demonstrate and perform a range of movement patterns to music. -To choreograph a short sequence using the movements that will have been taught. - To create partnered dances that reflect the line dancing style and apply the key components of dance. -To evaluate own and other's work.	4.3 Gym sequences **Main objectives:** -To identify and practise symmetrical and asymmetrical body shapes. - To construct sequences using balances and linking movements. - To use counterbalances and link them within sequences. -To perform in canon and unison. -To perform and evaluate own and other sequences.	Outdoor and adventure **Main Objectives:** -Read a map with complex keys and symbols. -Participate in a range of problem solving and adventure games. -Construct a basic shelter in a safe environment. - Recognise what is needed to keep themselves and others safe.	4.4 Striking and fielding **Main Objectives:** -To develop and investigate different ways of throwing, and to know when each is appropriate. -To use agility, balance, co-ordination to field a ball well. -To use agility, balance, co-ordination to move into good positions for catching and apply it in a game situation. -To develop striking skills within a competitive situation.	4.6 Young Olympians **Main Objectives:** -Learn how to modify stride length, arm action and knee lift to select and maintain appropriate running paces for different distance with good technique in competitive situations. -To practise throwing with power and accuracy. -To understand which technique is most effective when jumping for distance.

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				Swimming **Main Objectives:** -To work towards 25m for the end of year 6. Theory lessons: You are what you eat **Main Objectives:** -To identify the importance of a healthy diet and benefits of exercise and sleep. -To understand why vitamins and minerals are important for our bodies. -To identify what helps keep our heart healthy.		
Year 5 Scheme of work: Champions **Daily mile to continue throughout the year.**	5.1 Invaders **Main Objectives:** -Apply the footwork rule into a modified game. -Use a range of different passes appropriately in a modified game. -To use good hand/eye co-ordination to pass and receive a ball successfully. -Apply a variety of defending skills into a modified game.	5.2 Dynamic Dance **Main Objectives:** -To explore the style of dance: Bollywood. -To choreograph a short sequence using the movements that will have been taught. -To create partnered and group dances that reflect the Bollywood dancing style and apply the key components of dance.	5.3 Gym sequences **Main Objectives:** -Perform new gymnastic moves with control and accuracy. -To identify and practise symmetrical and asymmetrical body shapes. -To use and refine the following skills: flexibility, strength, balance, power and mental focus.	Outdoor and adventure **Main Objectives:** -Plan and organise a simple orienteering trail using a variety of map reading and compass skills. -Develop skills in unfamiliar and varying terrain. -Apply the skills and safety requirements for survival in an outdoor environment.	5.4 Striking and Fielding **Main Objectives:** -To develop skills in batting and fielding. -To identify which type of fielding techniques to use. -To develop overarm techniques and when to use them. -To use all skills in a competitive game.	5.6 Young Olympians **Main Objectives:** -To sustain running at a continuous pace and improve the technique for running at speed. -To throw with accuracy and power. -To identify and apply techniques for relay running.

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	-To take part within a competitive game.	-To evaluate own and others work.	-To learn and include new counterbalance skills with a partner and into a sequence. -Understand the value of posture and body tension when performing. -To develop the skill of critique, including the ability to identify strengths and areas for improvement.	Swimming **Main Objectives:** -To work towards 25m for the end of year 6. Theory lessons: Healthy body, Inside out! **Main Objectives:** - The children will learn how the skeleton provides the body with a shape and structure. They will learn about the different bones, joints and muscles in their bodies and explore how the skeleton can protect vital organs and delicate tissues. -To identify major organs and the digestive system and their functions. -To identify main features of human teeth.		-Understand how to successfully perform a standing long jump. -To demonstrate good techniques within a competitive situation.
Year 6 Scheme of work: Champions	6.1 Invaders **Main Objectives:** -To understand the basic rules of tag-rugby. -To work as a team, using ball-handling skills -To use balance and co-ordination. -To practise footwork and dodging skills within a competitive game.	6.2 Dynamic Dance **Main Objectives:** -To explore the style of dance: street dance. -To choreograph a short sequence using the movements that will have been taught.	6.3 Gym sequences **Main Objectives:** -To use and refine the following skills: flexibility, strength, balance, power and mental focus. -To identify and practise symmetrical and	Outdoor and adventure **Main Objectives:** -Plan and navigate a variety of orienteering challenges using map reading and compass skills in unfamiliar settings.	6.4 Striking and Fielding **Main Objectives:** -To demonstrate good agility and balance in order to throw accurately. -To use fielding skills to stop the ball effectively.	6.6 Young Olympians **Main Objectives:** -To be able to run efficiently for speed and to demonstrate good arm and leg technique within a competitive situation.

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Daily mile to continue throughout the year.		-To work as a group and co-operate to adapt two routines and put them together. -To perform and analyse own and others' performance.	asymmetrical body shapes. -To develop skills for movement, including rolling, bridging and dynamic movement. -To use counterbalances and incorporate them into a sequence of movements with a partner and within a group. -To perform and evaluate own and others' sequences.	-Plan and undertake a journey in the outdoors. -Work with others to identify potential hazards and devise strategies to overcome these. Swimming **Main Objective:** Achieve 25m Theory lessons: Healthy mind, healthy body. **Main Objectives:** -To understand that failure allows them to learn from their mistakes. - To identify what we mean by happiness, why it is important for their wellbeing and the factors that contribute to their own happiness. -To identify the potential dangers when we are out in the street, when we are online and recall strategies to keep us safe. -To identify issues affecting society that can affect the health and wellbeing of others.	-To practise batting techniques. -To understand the role of a backstop within a game. -To play in a tournament and work as team, using tactics in order to beat another team.	-To be able to throw and retrieve implements safely. -To be able to describe the effect of different throwing positions. -To understand which technique is most effective when jumping for distance.