

P.E. 2021/22 Overview

AGE PHASE	YEAR GROUP	AUTUMN		SPRING		SUMMER	
KS1	1	Baseline assessment- Fundamentals through Games	Dance- Toy Story- link movements, travel, turns and levels into a sequence. Gymnastics- travelling, rolling and jumping in a sequence.	Dance- three little pigs-work with a partner to convey a story through dance. Fundamentals Zog-overarm throw, underarm throw, hopping	Games- team games throwing/ rolling Gymnastics- sequence onto apparatus	Fundamentals through Games Underarm throw/bouncing/catching Jack and the beanstalk- throwing	Complete baseline assessment Athletics
	2	Initial Fundamental Baseline- Fundamentals through games	Gym- to create a sequence using travelling, jumping, rolling and balancing. Fundamental Games through net and wall- simple tactics, throwing, catching, striking into space.	Fundamental Games – underarm throw, passing and using tactics Dance- learn basic dance movements, create interesting shapes with bodies and expression.	Dance- to explore gestures and linking travelling, jumping, turn and gesture. Fundamental Games-Bounce Ball – bouncing a ball, dribbling and throwing at a target within a game.	Fundamental Games through striking and fielding- catching, striking with accuracy, simple tactics. Athletics- throwing (under and over) for distance and accuracy	FMS Assessment OAA- teamwork, cooperation, using a simple map and control card.
LKS2	3	Fundamentals Catch up Baseline Assessment Overarm throwing	Net and Wall Core task 1 Gymnastics- create and demonstrate a sequence of at least 6 actions.	Dance –sequence movement together into a structure. Gymnastics- a sequence using travelling, rolling, jumping and balancing using apparatus.	Invasion Games – Netball- passing and throwing, applying in a game. Dance- sequence perform their	Athletics- throwing, jumping Striking and fielding-cricket- underarm throwing, strike, apply tactics to a game.	Invasion games-rugby- passing in a game. OAA- trust and trails

					own interpretation.		
	4	<p>Gymnastics- combine travelling, jumping and balancing into a sequence.</p> <p>Invasion Games-Netball throwing/ passes and applying to games.</p>	<p>Games-Invasion games-Basketball passes/ applying tactics</p> <p>Gymnastics- sequence of gymnastic actions included matched shapes with partner using apparatus.</p>	<p>Swimming</p> <p>Dance Sparks Might Fly- develop performance skills, creative, imaginative movements.</p>	<p>Swimming</p> <p>Dance-Myths and Legends- travelling, mirrored sequence with a partner including balances and performance.</p>	<p>Net and Wall games- Core task 2-consolidate throwing, striking ball/hand within a net/ wall activity.</p> <p>Athletics- throwing sling throw, piush action, relay, jumps</p>	<p>Striking and Fielding-Rounders- striking ball from tee, simple tactics</p> <p>OAA-Team work and problem solving</p>
UKS2	5	<p>Invasion Games- Hockey dribbling/ passing/tactics (with a hockey stick).</p> <p>Swimming</p> <p>Health and fitness- personal goals, why we exercise.</p>	<p>Swimming</p> <p>Invasion games- Tag Rugby- passing/control with consistence, accuracy and control. Use of tactics within a game.</p>	<p>Dance-travel, turn, jump, gesture and stillness to convey events and emotions.</p> <p>Gymnastics- partner balance/ counter balance with partners.</p>	<p>Gymnastics- balance sequence on apparatus with partners.</p> <p>Dance- convey movements with props to create an end to a story.</p>	<p>Net &Wall-Tennis- forehand, backhand, tactics within a game to score points.</p> <p>ATHLETICS-running, long jump, triple jump, mini competition.</p>	<p>Striking and fielding –cricket- bowling, striking, tactics within a game.</p> <p>OAA- map set or orientated, get around a course using 8 compass points, plan a route and navigate.</p>
	6	<p>OAA – team work and problem solving</p> <p>Invasion games-Tag Rugby- passing with consistency,</p>	<p>Dance – group dance with expression and performance.</p> <p>Gymnastics- group counter balance</p>	<p>Dance – Group dance using a range of dynamics, accurately times with a range of choreographed techniques.</p>	<p>Invasion games – Netball- passing, catching a netball with consistency, accuracy and control.</p>	<p>Athletics-running, jumping, take-off and landing, personal goals.</p> <p>Swimming</p>	<p>Striking and fielding games – rounders- underarm bowling, striking applying to a game.</p>

		accuracy and control, decision making, tactics, attacking and defending	sequences in unison.	Net & wall – Badminton- forehand, backhand, tactics to score points.	Shoulder pass and tactics. Gymnastics- part weight bearing balance on apparatus		Swimming
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