

P.E. 2022/23 Overview

AGE PHASE	YEAR GROUP	AUTUMN		SPRING		SUMMER			
<p>EYFS</p> <p>Physical education a prime area</p> <p>ELG- gross motor- negotiate space and obstacles safely, with consideration.</p> <p>-demonstrate strength, balance and coordination when playing, move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>	Nursery	<p>Diddi Dance-</p> <p>Increasingly be able to use and remember sequences and patterns of movements which are related to music.</p> <p>Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.</p> <p>Go up steps and stairs, or climb up apparatus, using alternative feet.</p> <p>Use large- muscle movements to wave flags and streamers, paint and mark make.</p> <p>Balance on one leg and hold a pose.</p>		<p>Throwing under and overarm.</p> <p>Balance on one leg to hold a pose.</p> <p>-Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.</p> <p>-Go up steps and stairs, or climb up apparatus, using alternative feet.</p> <p>-Use large- muscle movements to wave flags and streamers, paint and mark make.</p>		<p>Jumping safely and landing.</p> <p>-balance on one leg</p> <p>Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.</p> <p>-Go up steps and stairs, or climb up apparatus, using alternative feet.</p> <p>-Use large- muscle movements to wave flags and streamers, paint and mark make.</p>		<p>Kicking a ball confidently</p> <p>Skip, hop, stand on one leg and hold a pose.</p> <p>Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.</p> <p>-Go up steps and stairs, or climb up apparatus, using alternative feet.</p> <p>-Use large- muscle movements to wave flags and streamers, paint and mark make.</p>	<p>Castles- throw under, roll, jump, climb up and down using alternative feet.</p> <p>How to catch a star- balance, send a ball/throwing, jump and land, climb under, over and through, overarm throw.</p>
	<p>Reception (Focus on 5 fundamentals- hopping, running, throwing (underarm, overarm), jump, catch</p> <p>Alongside skipping, rolling, travelling, to develop balance.</p>	<p>Fundamental Movement Skills-</p> <p>Jump, hop, underarm, overarm, catch, and climb with confidence.</p> <p>Diddi Dance-</p> <p>Moving to music, turn taking, expressing themselves through music.</p>	<p>FMS- Elmer</p> <p>Travelling, underarm, overarm, rolls, jumps, balance, climbing</p> <p>FMS- Rosie's Walk</p> <p>Jump and land, travelling- shuffling, running, jumping, skipping, sliding, hopping, climbing</p>	<p>FMS- Space</p> <p>Travel adjusting speed and direction, pushing an object, rolls, over arm throw, use equipment</p> <p>FMS- Superworm</p> <p>Jumping, hopping, skipping, catch, under, over and through balancing and climbing equipment. Use equipment.</p>	<p>FMS- Minibeasts</p> <p>Jumping, travel over, under, through climbing equipment, catching with accuracy, roll</p> <p>FMS- Rumble in the Jungle</p> <p>Travel on hands and feet, roll, underarm, overarm with increased accuracy</p>	<p>FMS- Hungry Caterpillar</p> <p>Jumping, travel over, under, through balance, underarm, roll in a variety of ways.</p> <p>FMS- Jack and the Beanstalk</p> <p>Move with control and co-ordination, jump and land, roll in a variety of ways, roll a ball, climb up and down apparatus using alternate feet.</p>	<p>FMA- Seaside</p> <p>Balance, travel, pus object with bat, patting object (balloon up in the air), rolls,</p> <p>FMS-Transport</p> <p>Travel in a variety of ways, increasing control pushing objects with accuracy, rolls, over arm throw, climb equipment</p>		

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- running posture, changing direction, jumping, throwing, hopping.
	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.	Fundamental Games-Bounce Ball – bouncing a ball, dribbling and throwing at a target within a game. Dance- Moving, travelling in a pair, interesting shapes with their body, unison dance.	Fundamental Games through striking and fielding- catching, striking with accuracy, simple tactics. Athletics- throwing (under and over) for distance and accuracy, push and two handed throw	FMS Assessment OAA- teamwork, cooperation, using a simple map and control card.
LKS2	3	Fundamentals Catch up Baseline Assessment Overarm throwing Initial Fundamental Baseline-	Net and Wall Core task 1- throwing, catching, striking, tactics, make own game Gymnastics- create and demonstrate a	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 own interpretation.	Athletics- throwing using pull action(javelin), sling throw action (hammer), push action(shot) different running techniques, jumping Striking and fielding- cricket- underarm throwing, strike, apply tactics to a game.	Invasion games- rugby- passing using a swing pass, bounce pass in a game using tactics. OAA- trust and trails Use control card, a map set or orientated,

		Fundamentals through games	sequence of at least 6 actions.				symbols on an orienteering map
	4	<p>Invasion Games-Netball throwing/ passes and applying to games.</p> <p>OAA-Team work and problem solving</p>	<p>Games-Invasion games-Basketball passes/ applying tactics</p> <p>Gymnastics- combine travelling, jumping and balancing into a sequence.</p>	<p>Year 4 Target Games-Dodgeball- Throwing using a one handed pass at a target with accuracy in a game situation.</p> <p>Dance- Sparks- using movement skills, demonstrate unison and canon performance, create a duet</p>	<p>Gymnastics- sequence of gymnastic actions included matched shapes with partner using apparatus.</p> <p>Striking and Fielding-Rounders- striking ball from tee, simple tactics</p>	<p>Athletics- throwing sling throw, piush action, relay, jumps</p> <p>Dance – Myths and Legends- Link 3 sequences, mirrored sequence with a partner, create character skills.</p>	<p>Target Games-Boccia- throw with accuracy and simple tactics, work as a team.</p> <p>Net and Wall games- Core task 2- consolidate throwing, striking ball/hand within a net/ wall activity.</p>
UKS2	5	<p>Invasion Games- Hockey dribbling/ passing/tactics (with a hockey stick).</p> <p>Net &Wall-Tennis- forehand, backhand, tactics within a game to score points.</p>	<p>Invasion games- Tag Rugby- passing/control with consistence, accuracy and control. Use of tactics within a game.</p> <p>Gymnastics- partner balance/ counter balance with partners.</p>	<p>Dance Highwayman- travel, turn, jump, gesture and stillness to convey events and emotions.</p> <p>Swimming</p>	<p>Dance- convey movements with props to create an end to a story.</p> <p>Health and fitness- personal goals, why we exercise.</p> <p>Swimming</p>	<p>ATHLETICS-running, long jump, triple jump, mini competition.</p> <p>Gymnastics- balance sequence on apparatus with partners.</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>Invasion games- Tag Rugby- passing with consistency, accuracy and control, decision making, tactics, attacking and defending</p> <p>Swimming</p> <p>OAA – team work and problem solving In Lockerbie</p>	<p>Dance – group dance with expression and performance.</p> <p>Swimming</p>	<p>Net & wall – Badminton- forehand, backhand, tactics to score points.</p> <p>Gymnastics- group counter balance sequences in unison.</p>	<p>Invasion games – Netball- passing, catching a netball with consistency, accuracy and control. Shoulder pass and tactics.</p> <p>Dance – Group dance using a range of dynamics, accurately times with a range of choreographed techniques.</p>	<p>Athletics-running, jumping, take-off and landing, personal goals.</p> <p>Gymnastics- part weight bearing balance on apparatus</p> <p>OAA – team work and problem solving as cross curricular</p>	<p>Striking and fielding games – rounders- underarm bowling, striking applying to a game.</p> <p>Striking and fielding –cricket- bowling, striking, tactics within a game.</p>
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