P.E. 2023/24 Overview

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| AGE PHASE | YEAR GROUP | AUTUMN | SPRING | SUMMER |
| EYFSPhysical education a prime areaELG- gross motor--negotiate space and obstacles safely, with consideration.-demonstrate strength, balance and coordination when playing, move energetically, such as running, jumping, dancing, hopping, skipping and climbing. | Nursery | **Diddi Dance-** Increasingly be able to use and remember sequences and patterns of movements which are related to music.Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.Go up steps and stairs, or climb up apparatus, using alternative feet. Use large- muscle movements to wave flags and streamers, paint and mark make.Balance on one leg and hold a pose. | Throwing under and overarm.Balance on one leg to hold a pose. -Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.-Go up steps and stairs, or climb up apparatus, using alternative feet. -Use large- muscle movements to wave flags and streamers, paint and mark make. | Jumping safely and landing.-balance on one legContinue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.-Go up steps and stairs, or climb up apparatus, using alternative feet. -Use large- muscle movements to wave flags and streamers, paint and mark make. | Kicking a ball confidentlySkip, hop, stand on one leg and hold a pose.Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.-Go up steps and stairs, or climb up apparatus, using alternative feet. -Use large- muscle movements to wave flags and streamers, paint and mark make. | **Castles-** throw under, roll, jump, climb up and down using alternative feet.**How to catch a star**- balance, send a ball/throwing, jump and land, climb under, over and through, overarm throw. |
| Reception(Focus on 5 fundamentals- hopping, running, throwing (underarm, overarm), jump, catchAlongside skipping, rolling, travelling, to develop balance.  | **Fundamental Movement Skills-**Jump, hop, underarm, overarm, catch, and climb with confidence.**Diddi Dance-** Moving to music, turn taking, expressing themselves through music. | **FMS- Elmer**Travelling, underarm, overarm, rolls, jumps, balance, climbing**FMS- Rosie’s Walk**Jump and land, travelling- shuffling, running, jumping, skipping, sliding, hopping, climbing | **FMS- Space**Travel adjusting speed and direction, pushing an object, rolls, over arm throw, use equipment**FMS- Superworm**Jumping, hopping, skipping, catch, under, over and through balancing and climbing equipment. Use equipment.  | **FMS- Minibeasts**Jumping, travel over, under, through climbing equipment, catching with accuracy, roll**FMS- Rumble in the Jungle** Travel on hands and feet, roll, underarm, overarm with increased accuracy | **FMS- Hungry Caterpillar**Jumping, travel over, under, through balance, underarm, roll in a variety of ways.**FMS- Jack and the Beanstalk**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. | **FMA- Seaside**Balance, travel, pus object with bat, patting object (balloon up in the air), rolls, **FMS-Transport**Travel in a variety of ways, increasing control pushing objects with accuracy, rolls, over arm throw, climb equipment |
| KS1 | 1 | **Baseline assessment**-Fundamentals throughGames  | **Dance**-Toy Story- link movements, travel, turns and levels into a sequence.**Gymnastics**- travelling, rolling and jumping in a sequence. | **Fundamentals** Zog- overarm throw, underarm throw, hopping**Gymnastics**- sequence onto apparatus | **Games**- team games throwing/ rolling**Dance**- The Jungle Book-work with a partner to convey emotions through dance, using different levels. | **Fundamentals through Games** Kicking- With increased accuracy, control, intercept**Jack and the beanstalk-** throwing, jumping, egg roll, rolling at a target,  | **Complete baseline assessment****Athletics-**running posture, changing direction, jumping, throwing, hopping. |
| 2 | **Initial Fundamental****Baseline**-Fundamentals through games | **Dance**- learn basic dance movements, create interesting shapes with bodies and expression.**Fundamental Games through net and wall**- simple tactics, throwing, catching, striking into space.  | **Fundamental Games** – underarm throw, passing and using tactics in Piggy in the middle.**Gym**- to create a sequence using travelling, jumping, rolling and balancing. | **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**-Fundamentals through games | **Net and Wall Core task 1-**throwing, catching, striking, tactics, make own game**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.**Striking and fielding-cricket**- underarm throwing, strike, apply tactics to a game. | **Athletics**- throwing using pull action(javelin), sling throw action (hammer), push action(shot) different running techniques, jumping **Dance Ironman-** sequence perform their own interpretation. | **Invasion games- rugby-** passing using a swing pass, bounce pass in a game using tactics.**OAA**-Cross Curricular OrienteeringUse control card, a map set or orientated, symbols on an orienteering map |
| 4 | **Invasion Games-Netball** throwing/ passes and applying to games.**OAA-**Cross Curricular Orienteering | **Games- Invasion games-Basketball** passes/ applying tactics**Gymnastics**-combine travelling, jumping and balancing into a sequence. | **Dance- Sparks-** using movement skills, demonstrate unison and canon performance, create a duet**Year 4 Target Games-Dodgeball-**Throwing using a one handed pass at a target with accuracy in a game situation. | **Striking and Fielding-Rounders**- striking ball from tee, simple tactics**Gymnastics-** sequence of gymnastic actions included matched shapes with partner using apparatus. | **Athletics**- throwing sling throw, push action, relay, jumps**Dance – Myths and Legends-**Link 3 sequences, mirrored sequence with a partner, create character skills. | **Target Games- Boccia**- throw with accuracy and simple tactics, work as a team.**Net and Wall games**-Core task 2-consolidate throwing, striking ball/hand within a net/ wall activity.  |
| UKS2 | 5 | **Invasion Games**-Hockey dribbling/ passing/tactics (with a hockey stick). **Net &Wall-Tennis**- forehand, backhand, tactics within a game to score points. | **Invasion games- Tag Rugby**- passing/control with consistence, accuracy and control. Use of tactics within a game. **Gymnastics**- partner balance/ counter balance with partners. | **Health and fitness**- personal goals, why we exercise. **Swimming** | **Dance Highway man**-travel, turn, jump, gesture and stillness to convey events and emotions.**Swimming** | **ATHLETICS**-running, long jump, triple jump, mini competition.**Gymnastics-**Counter balances with partners, sequences in unison and canon | **Striking and fielding –cricket**-bowling, striking, and tactics within a game.**Playleader Training** **OAA**- map set or orientated, get around a course using 8 compass points, plan a route and navigate. **Swimming for the children who have not completed 25m** |
| 6 | **Invasion games**-**Tag Rugby**- passing with consistency, accuracy and control, decision making, tactics, attacking and defending**Swimming****OAA** – team work and problem solvingIn Lockerbie | **Dance** – group dance with expression and performance.**Swimming** | **Net & wall –Badminton**- forehand, backhand, tactics to score points.**Gymnastics-** group counter balance sequences in unison. | **Invasion games – Netball**- passing, catching a netball with consistency, accuracy and control. Shoulder pass and tactics.**Dance** – Group dance using a range of dynamics, accurately times with a range of choreographed techniques. | **Athletics**-running, jumping, take-off and landing, personal goals.**Gymnastics**- part weight bearing balance on apparatus | **Striking and fielding games – rounders**- underarm bowling, striking applying to a game. **Striking and fielding –cricket**-bowling, striking, tactics within a game.**OAA** – team work and problem solving as cross curricular**Swimming for the children who have not completed 25m** |