



PE Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery PE	<p>Me and My Community/ Exploring Autumn Shows a preference for a dominant hand and uses a comfortable grip with good control when holding pens and pencils. Writes some letters accurately.</p>	<p>Once Upon a Time/ Sparkle and Shine</p> <ul style="list-style-type: none"> Take part in different games and activities and begin to talk about which ones they enjoy. Experiment with different ways of moving the body and begin to remember sequences and patterns of movement related to music and rhythm. Uses large muscle movements to wave flags and streamers. 	<p>Starry Night/Winter Wonderland</p> <ul style="list-style-type: none"> Create pictures of places from imagination or experience Experiment with different ways of moving the body and begin to remember sequences and patterns of movement related to music and rhythm. Uses large muscle movements to wave flags and streamers. 	<p>Dangerous Dinosaurs/Puddles and Rainbows</p> <ul style="list-style-type: none"> Shows a preference for a dominant hand and uses a comfortable grip with good control when holding pens and pencils. Writes some letters accurately. Use a range of media, tools and techniques to create images, express ideas and show different emotions. 	<p>Sunshine and Sunflowers/Shadows and Reflections</p> <ul style="list-style-type: none"> Join in with games that include racing, chasing, balancing, riding (scooters, trikes and bikes) and ball skills. Use a range of media, tools and techniques to create images, express ideas and show different emotions. 	<p>Big Wide World/Splash!</p> <ul style="list-style-type: none"> Join in with games that include racing, chasing, balancing, riding (scooters, trikes and bikes) and ball skills.
Reception PE	<p>Let's Explore (Build it up) Gross/Fine Motor Skills</p> <ul style="list-style-type: none"> Cut, tear, fold and stick a range of papers and fabrics. Draw or paint a place from observation or imagination. Choose and explore appropriate tools for simple practical tasks. Create art in different ways on a theme, to express their ideas and feelings. Develop the foundations of a handwriting style by using a tripod grip to form lower-case and capital letters correctly. Make simple prints using a variety of tools, including print blocks and rollers. Manipulate malleable materials into a variety of shapes and forms using their hands and other simple tools. Select appropriate tools and media to draw with. <p>PE Skills</p> <ul style="list-style-type: none"> Represent different parts of the human body from observation, imagination or memory with attention to some detail. Adjust speed when running, and jump off objects and land successfully. Move energetically and repeatedly, with improved fluency, control and grace 	<p>Marvellous Machines (Puppets and Pop Ups) Gross/Fine Motor Skills</p> <ul style="list-style-type: none"> Create art in different ways on a theme, to express their ideas and feelings. Develop the foundations of a handwriting style by using a tripod grip to form lower-case and capital letters correctly. Make simple prints using a variety of tools, including print blocks and rollers. Manipulate malleable materials into a variety of shapes and forms using their hands and other simple tools. Select appropriate tools and media to draw with. Choose and explore appropriate tools for simple practical tasks. <p>PE Skills</p> <ul style="list-style-type: none"> Move confidently in a range of ways and safely negotiate space, obstacles and terrains. Move energetically and repeatedly, with improved fluency, control and grace when dancing and moving in time to music. Follow rules and instructions to keep safe. 	<p>Long Ago (Stories and rhymes) Gross/Fine Motor Skills</p> <ul style="list-style-type: none"> Create art in different ways on a theme, to express their ideas and feelings. Manipulate malleable materials into a variety of shapes and forms using their hands and other simple tools Develop the foundations of a handwriting style by using a tripod grip to form lower-case and capital letters correctly Make simple prints using a variety of tools, including print blocks and rollers <p>PE Skills</p> <ul style="list-style-type: none"> Represent different parts of the human body from observation, imagination or memory with attention to some detail Develop body strength, coordination, balance and agility and join in with or make up games that involve energetic movements, such as jumping, skipping, hopping, running and climbing. Move energetically and repeatedly, with improved fluency, control and grace when dancing and moving in time to music Pat, throw, kick, pass, aim, bat and catch different sized balls with increasing control. Move confidently in a range of ways and safely negotiate space, obstacles and terrains. 	<p>Ready Steady Grow (Signs of spring) Gross/Fine Motor Skills</p> <ul style="list-style-type: none"> Create art in different ways on a theme, to express their ideas and feelings. Develop the foundations of a handwriting style by using a tripod grip to form lower-case and capital letters correctly. Make simple prints using a variety of tools, including print blocks and rollers. Manipulate malleable materials into a variety of shapes and forms using their hands and other simple tools. Cut, tear, fold and stick a range of papers and fabrics. Select appropriate tools and media to draw with. Manipulate malleable materials into a variety of shapes and forms using their hands and other simple tools. Select appropriate tools and media to draw with. Draw or paint a place from observation or imagination. <p>PE Skills</p> <ul style="list-style-type: none"> Create art in different ways on a theme, to express their ideas and feelings. Move confidently in a range of ways and safely negotiate space, obstacles and terrains. 	<p>Animal Safari (Creep, Crawl and Wriggle) Gross/Fine Motor Skills</p> <ul style="list-style-type: none"> Create art in different ways on a theme, to express their ideas and feelings. Cut, tear, fold and stick a range of papers and fabrics. Develop the foundations of a handwriting style by using a tripod grip to form lower-case and capital letters correctly. Draw or paint a place from observation or imagination. Make simple prints using a variety of tools, including print blocks and rollers. Manipulate malleable materials into a variety of shapes and forms using their hands and other simple tools. Select appropriate tools and media to draw with. <p>PE Skills</p> <ul style="list-style-type: none"> Move confidently in a range of ways and safely negotiate space, obstacles and terrains. Develop body strength, coordination, balance and agility and join in with or make up games that involve energetic movements, such as jumping, skipping, hopping, running and climbing. Move energetically and repeatedly, with improved fluency, control and grace 	<p>On the beach (Move it / Moving on) Gross/Fine Motor Skills</p> <ul style="list-style-type: none"> Create art in different ways on a theme, to express their ideas and feelings Manipulate malleable materials into a variety of shapes and forms using their hands and other simple tools. Cut, tear, fold and stick a range of papers and fabrics. View progression Develop the foundations of a handwriting style by using a tripod grip to form lower-case and capital letters correctly Select appropriate tools and media to draw with <p>PE Skills</p> <ul style="list-style-type: none"> Develop body strength, coordination, balance and agility and join in with or make up games that involve energetic movements, such as jumping, skipping, hopping, running and climbing Demonstrate balance, strength, fluency of movement and coordination when using play equipment and develop core muscle strength Represent different parts of the human body from observation, imagination or

	<p>when dancing and moving in time to music.</p> <ul style="list-style-type: none"> • Move confidently in a range of ways and safely negotiate space, obstacles and terrains. • Develop body strength, coordination, balance and agility and join in with or make up games that involve energetic movements, such as jumping, skipping, hopping, running and climbing. 			<ul style="list-style-type: none"> • Adjust speed when running, and jump off objects and land successfully. • Develop body strength, coordination, balance and agility and join in with or make up games that involve energetic movements, such as jumping, skipping, hopping, running and climbing. 	<p>when dancing and moving in time to music.</p> <ul style="list-style-type: none"> • Demonstrate balance, strength, fluency of movement and coordination when using play equipment and develop core muscle strength. 	<p>memory with attention to some detail</p> <ul style="list-style-type: none"> • Watch a variety of sporting activities. Talk about similar games and activities that they have taken part in and how it made them feel and their preferences. • Move confidently in a range of ways and safely negotiate space, obstacles and terrains. • Adjust speed when running, and jump off objects and land successfully • Pat, throw, kick, pass, aim, bat and catch different sized balls with increasing control. • Move energetically and repeatedly, with improved fluency, control and grace when dancing and moving in time to music
Year 1	<p style="text-align: center;">Multi-Skills</p> <p>Invasion and Ball Control</p> <ul style="list-style-type: none"> • To use different movements, speeds & pathways • To recognise space in games. • To describe and copy what others are doing • Kick, throw and catch different sized objects accurately with a partner over a variety of distances • Move confidently in a range of ways and safely negotiating space • To show confidence and control through a variety of skills- kicking, throwing and catching. • Describe how their body feels during different exercise/activities. <p>Tactics</p> <ul style="list-style-type: none"> • Play a role in a group situation over a sustained period of time • Basic understanding of tactics <p>Net games</p>	<p style="text-align: center;">Cricket</p> <p>Throwing and catching</p> <ul style="list-style-type: none"> • To be able to throw a ball/beanbag with accuracy. • To be able to show an awareness of space. • To be able to catch a ball/beanbag with some control. • To observe, describe and copy what others are doing. • To work collaboratively with a partner • Throw and catch different sized objects accurately with a partner over a variety of distances <p>Tactics</p> <ul style="list-style-type: none"> • Play a role in a group situation over a sustained period of time • Basic understanding of tactics • To aim and strike an object. <p>Invasion</p> <ul style="list-style-type: none"> • Move fluently, changing direction and speed easily and safely <p style="text-align: center;">Yoga</p>	<p style="text-align: center;">Dance</p> <ul style="list-style-type: none"> • Talk about how their body feels before, during and after exercise, how to exercise safely and remember session safety rules and give examples of things that contribute to being healthy • Explore different ways of moving, copying simple movements using different stimuli with a range of actions • Copy, remember and repeat simple actions with control and coordination • Demonstrate large and expansive shapes. • Demonstrate swinging actions with the arms. • Demonstrate heavy and strong movements. • Change pace and speed travelling around the room, including slow motion. • Be able to perform movement in a canon. 	<p style="text-align: center;">Multi-Skills</p> <p>Invasion and Ball Control</p> <ul style="list-style-type: none"> • To consolidate passing and receiving. • To describe and copy what others are doing • To use different movements, speeds and pathways. • Kick, throw and catch different sized objects accurately with a partner over a variety of distances • Move in a range of ways fluently, changing direction and speed easily and safely • Can take part in sustained exercise. • Can run at different speeds and jump with accuracy. • To balance a ball on a racket with control. • To attempt to strike a ball over and beyond a target. • To recognise space in games <p>Tactics</p> <ul style="list-style-type: none"> • Understand basic rules of games and know what is required to win them <p>Net games</p>	<p style="text-align: center;">Cricket</p> <p>Throwing and catching</p> <ul style="list-style-type: none"> • To be able to throw a ball/beanbag with accuracy. • To be able to show an awareness of space. • To be able to catch a ball/beanbag with some control. • To observe, describe and copy what others are doing. • To work collaboratively with a partner • Throw and catch accurately in different situations. (With a partner/ in a game). • Describe how their body feels during different exercise/activities. <p>Striking</p> <ul style="list-style-type: none"> • To hold a bat accurately. <p>Tactics</p> <ul style="list-style-type: none"> • Understand basic rules of games and know what is required to win them • Play a role in a group situation over a sustained period of time • To aim and strike an object towards a set target. 	<p style="text-align: center;">Athletics</p> <ul style="list-style-type: none"> • To consolidate appropriate running technique. • To jump with control & balance on landing. • To throw towards a stationary target. • To know what the term 'healthy eating' means. • Can run at different speeds and jump with accuracy. • Demonstrate understanding of how to exercise safely. (Including possible risks in the environment.) <p>Tactics</p> <ul style="list-style-type: none"> • Understand basic rules of games and know what is required to win them • Play a role in a group situation over a sustained period of time <p style="text-align: center;">Football</p> <p>Tactics</p> <ul style="list-style-type: none"> • Understand basic rules of games and know what is required to win them

	<ul style="list-style-type: none"> To aim and strike an object towards a set target To balance a ball on a racket with control. <p>Gymnastics</p> <ul style="list-style-type: none"> Talk about how their body feels before, during and after exercise, how to exercise safely and remember session safety rules and give examples of things that contribute to being healthy Copy, remember and repeat simple actions with control and coordination Use apparatus appropriately climbing with an awareness of others and dismounting safely Perform basic gymnastics actions Show an awareness of personal and general space. To be able to show control when balancing. To roll in different ways (forward roll/teddy bear roll/rock 'n' roll) 	<ul style="list-style-type: none"> Talk about how their body feels before, during and after exercise, how to exercise safely and remember session safety rules and give examples of things that contribute to being healthy Describe how their body feels during different activities Move fluently, changing direction and speed easily and safely Experiment with dynamics, levels, directions and actions in response to a variety of stimuli Explore different ways of moving, copy simple movements using different stimuli with a range of actions Copy, remember and repeat simple actions with control and coordination To show control when balancing. 	<ul style="list-style-type: none"> Beginning to show some understanding of basic composition by linking phrases to make simple performances. Understand why it is important to warm up and cool down. <p>Football</p> <p>Tactics</p> <ul style="list-style-type: none"> Understand basic rules of games and know what is required to win them Play a role in a group situation over a sustained period of time Basic understanding of tactics To recognise and begin to use space in games. To attempt to strike a ball over and beyond a target. <p>Net/ Team games</p> <ul style="list-style-type: none"> To aim and strike an object towards a set target To recognise and begin to use space in games. To attempt to strike a ball over and beyond a target. To consolidate passing and receiving. Kick, throw and catch different sized objects accurately with a partner over a variety of distances Move confidently in a range of ways safely negotiating space 	<ul style="list-style-type: none"> To recognise and begin to use space in games. To attempt to strike a ball over and beyond a target. <p>Gymnastics</p> <ul style="list-style-type: none"> Talk about how their body feels before, during and after exercise, how to exercise safely and remember session safety rules and give examples of things that contribute to being healthy Explore different ways of moving, copying simple movements using different stimuli with a range of actions Copy, remember and repeat simple actions with control and coordination Use apparatus appropriately climbing with an awareness of others and dismounting safely Perform basic gymnastics actions with control. (balances/rolls) To jump from different heights with control and accuracy. Show an awareness of personal and general space. To move with some confidence, imagination and safety. Demonstrates core muscle strength through beginning to show control when balancing and linking movements together. Beginning to show some understanding of basic composition by linking phrases to make simple performances. To show different ways of travelling on the floor and apparatus. 	<ul style="list-style-type: none"> To attempt to strike a ball over and beyond a target. Be able to work as a team. To understand the different roles in the game. <p>Invasion</p> <ul style="list-style-type: none"> Move confidently in a range of ways safely negotiating space Partake in sustained exercise, running at different speeds and jumping with accuracy <p>Yoga</p> <ul style="list-style-type: none"> Talk about how their body feels before, during and after exercise, how to exercise safely and remember session safety rules and give examples of things that contribute to being healthy Describe how their body feels during different activities Move fluently, changing direction and speed easily and safely Experiment with dynamics, levels, directions and actions in response to a variety of stimuli Explore different ways of moving, copy simple movements using different stimuli with a range of actions Remember previously taught actions and can display with confidence. To show control when balancing. 	<ul style="list-style-type: none"> Play a role in a group situation over a sustained period of time Know basic tactics to help them win. To aim and strike an object towards a set target. To confidently strike a ball over and beyond a target. Begin to understand the different roles that can be played. <p>Net/ Team games</p> <ul style="list-style-type: none"> To aim and strike an object towards a set target To recognise and begin to use space in games. To attempt to strike a ball over and beyond a target. Can pass and receive a ball. Can begin to show confidence in dribbling. Kick, throw and catch different sized objects accurately with a partner over a variety of distances Move confidently in a range of ways safely negotiating space. Can run at different speeds with accuracy.
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	<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> • Safe preparation of gymnastics equipment • Can travel in different ways through change of speed or direction. • The correct positioning for teddy bear and forward rolls • How to perform movement sequences. • How to develop awareness through varying balances. • Give reasons why physical activity is good for their health. • Can say what is appropriate PE clothing. <p><u>Football</u></p> <p>Net/Team games</p> <ul style="list-style-type: none"> • Kicking accurately towards a target • Travelling whilst moving a ball with your feet/apparatus • Knowledge of stronger and weaker sides of the body • Dribbling around various cones and objects • Kicking the ball confidently with the inside of your foot • How to pass a ball to a team member • Start to show confidence when moving with the ball. • Begin to use the inside of your foot to kick the ball. <p>Tactics</p> <ul style="list-style-type: none"> • Understand how to score in a game. • Aiming into space to use skills against opponents • Recognise how to find space in a game • Choose and use tactics to suit different situations and reacts in a way that makes it difficult for their opponents • Compete with self and others <p>Invasion</p>	<p><u>Multi-Skills</u></p> <ul style="list-style-type: none"> • Describe how their body feels during different activities • Recognise change in body temperature, heart rate and breathing. • Give reasons why physical activity is good for their health <p>Ball Control</p> <ul style="list-style-type: none"> • Select and perform throwing, catching and gathering techniques confidently. • Select and perform appropriate kicking, rolling and striking and gathering techniques confidently using different parts of their body. • To throw and catch accurately in a group situation or with a partner. • To accurately aim an object or ball into a target <p>Invasion</p> <ul style="list-style-type: none"> • Move confidently in a range of ways safely negotiating space • Manage equipment necessary for activity confidently and carefully <p>Tactics</p> <ul style="list-style-type: none"> • Play a role in a group situation over a sustained period of time • Basic understanding of tactics and use these in a game situation. <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> • Safe preparation of gymnastics equipment • Travelling with change of speed and direction 	<p><u>Cricket</u></p> <p>Team games/Ball Control</p> <ul style="list-style-type: none"> • Selecting cricket equipment • How to hold the bat • How to bowl correctly. • How to strike correctly. • Aim and target the ball • Can reflect and critique their own performance and make suggestions on how to make it better. • Know the different roles that you can play in the game and can explain their job. • Confidently use skills and actions appropriately, apply them with control and coordination while travelling or in competitive situations • Select and perform appropriate kicking, rolling, striking, throwing, catching and gathering techniques confidently using different parts of their body <p>Tactics</p> <ul style="list-style-type: none"> • Choose and use tactics to suit different situations, and reacts in a way that makes it difficult for their opponents • Aiming with accuracy into space to use skills against opponent's • Understand how to score in a game • Choose a good place to stand for receiving the ball and explain why • Know what is required for them to win and understand how to score. <p><u>Yoga</u></p> <ul style="list-style-type: none"> • Give reasons why physical activity is good for their health. • Confidently use skills and actions appropriately, apply them with control and 	<p><u>Dance</u></p> <ul style="list-style-type: none"> • Demonstrate happy and energetic dynamics, experimenting with dynamics, levels, directions and actions in response to a variety of stimuli. • Use the space to create different formations • Sequence a routine • Develop actions to produce a sequence to perform individually, as part of a group and with a partner. • Can say what is a good dance phrase and uses their observations about how performances were similar/different to others to improve their own performances. <p><u>Football</u></p> <p>Net/Team games</p> <ul style="list-style-type: none"> • Kicking accurately towards a target • Striking and aiming towards a set target using their skills confidently and applying this with control and co-ordination while travelling or in a competitive situation. • Can make appropriate suggestions for a warm up/cool down. • Travelling whilst moving a ball with your feet/apparatus • Knowledge of stronger and weaker sides of the body • Dribbling around various cones and objects • Kicking the ball confidently with the inside of your foot • How to pass a ball to a team member <p>Tactics</p> <ul style="list-style-type: none"> • Understand how to score in a game. • Recognise how to find space in a game • Choose and use skills effectively for games and try to win by changing the way 	<p><u>Multi-Skills</u></p> <ul style="list-style-type: none"> • Describe how their body feels during different activities • Recognise change in body temperature, heart rate and breathing. • Give reasons why physical activity is good for their health • Show understanding of rules for different games/activities. <p>Ball Control</p> <ul style="list-style-type: none"> • Use different techniques learned for throwing, catching, kicking, rolling and striking and apply these to real situations. • Throw and catch with accuracy on their own, partner or in a team game. • To accurately aim an object or ball into a target <p>Invasion</p> <ul style="list-style-type: none"> • Show a good awareness of others in running, chasing and avoiding games, making simple decisions about when, where and at what speed to run • Move smoothly from a controlled balance to a different controlled balance or a travelling movement <p>Tactics</p> <ul style="list-style-type: none"> • Understand and know the basic rules of games and know what is required to win them • Play a role in a group situation over a sustained period of time • Basic understanding of tactics and use these in a game situation. • Can confidently make decisions and use tactics 	<p><u>Tennis</u></p> <ul style="list-style-type: none"> • Aiming, striking & following through towards a target • Hitting an object with varying power using a racket • Hitting a ball or object towards a partner • Work effectively with a partner. • Can reflect and critique their own performance and make suggestions on how to make it better. • Can make appropriate suggestions for a warm up/cool down. • Understand how to score in a game and use tactics to suit different situations. • Complete a forearm strike. <p><u>Athletics</u></p> <ul style="list-style-type: none"> • Running in a coordinated and fluent way over obstacles • Gain an awareness of throwing for distance. • Gain an awareness of jumping for distance and height • Selects different combinations of equipment while exploring balance, travel and shapes.
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	<ul style="list-style-type: none"> • Show a good awareness of others in running, chasing and avoiding games, making simple decisions about when, where and at what speed to run • Move confidently in a range of ways safely negotiating space • Move smoothly from a controlled balance to a different controlled balance or a travelling movement • Manage equipment necessary for activity confidently and carefully 	<ul style="list-style-type: none"> • Confidently start and finish rolls in the correct way. • How to develop awareness through varying balances. • Give reasons why physical activity is good for their health. • Identify differences between theirs and other performances • Link several movements together with control and coordination • Show awareness of and ability to perform with others • Demonstrate core muscle strength through moving smoothly with control from one balance to another balance or a travelling movement. • Confidently perform gymnastic moves. 	<p>coordination while travelling or in competitive situations</p> <ul style="list-style-type: none"> • Experiment with dynamics, levels, directions and actions in response to a variety of stimuli • Identify differences between theirs and other performances • Describe what makes good dance phrase and use their observations about how performances are similar/different to others to improve their own performance • Manage equipment necessary for activity confidently and carefully. • Confidently and accurately copy and use actions appropriately applying them with control and co-ordination. <p style="text-align: center;">Multi-Skills</p> <ul style="list-style-type: none"> • Describe how their body feels during different activities • Recognise change in body temperature, heart rate and breathing. • Give reasons why physical activity is good for their health <p>Ball Control</p> <ul style="list-style-type: none"> • Select and perform appropriate kicking, rolling, striking, throwing, catching and gathering techniques confidently using different parts of their body. • To throw and catch accurately in a group situation or with a partner. • To accurately aim an object or ball into a target <p>Invasion</p> <ul style="list-style-type: none"> • Show a good awareness of others in running, chasing and avoiding games, making simple decisions about when, 	<p>they use skills in response to an opponent's actions</p> <ul style="list-style-type: none"> • Choose and use tactics to suit different situations and reacts in a way that makes it difficult for their opponents • Choose a good place to stand for receiving the ball and explain why • Compete with self and others <p>Invasion</p> <ul style="list-style-type: none"> • Show a good awareness of others in running, chasing and avoiding games, making simple decisions about when, where and at what speed to run • Move confidently in a range of ways safely negotiating space • Move smoothly from a controlled balance to a different controlled balance or a travelling movement • Manage equipment necessary for activity confidently and carefully 	<p>in games to help them to win.</p>	
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where and at what speed to run

- Move confidently in a range of ways safely negotiating space
- Move smoothly from a controlled balance to a different controlled balance or a travelling movement
- Manage equipment necessary for activity confidently and carefully

Tactics

- Understand and know the basic rules of games and know what is required to win them
- Play a role in a group situation over a sustained period of time
- Basic understanding of tactics and use these in a game situation.

SEATON
ACADEMY