

WHOLE SCHOOL OVERVIEW

PHYSICAL EDUCATION

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	EY	Fundamental Movements	Ball Skills	Gymnastics	Dance	Hand Eye Co-ordination	Athletics
Cycle A	Y1/2	Fundamentals of Movement	Skills	Gymnastics	Racket Skills	Striking and Fielding	Athletics
	Y3/4	Invasion Games: Tag Rugby	Invasion Games: Basketball	Gymnastics	Tennis	Cricket	Athletics
	Y5/6	Invasion Games: Tag Rugby	Invasion Games: Basketball	Gymnastics	Tennis	Cricket	Athletics
Cycle B	EY	Locomotion: Running	Fundamental Movements	Gymnastics	Ball skills: Throwing and Catching	Ball skills: Using my Feet	Athletics
	Y1/2	Fundamentals of Movement	Balls Skills	Dance	Racket Skills	Sending and Receiving	Athletics
	Y3/4	Invasion Games: Football	Invasion Games: Netball	Dance	Badminton	Rounders	Athletics
	Y5/6	Invasion Games: Hockey	Invasion Games: Netball	Dance	Badminton	Rounders	Athletics

Cycle A						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Fundamental Movements	Ball Skills	Gymnastics	Dance	Hand Eye Co-ordination	Athletics
EY	<ol style="list-style-type: none"> Can I move my body in different ways? Can I find a space away from others? Can I balance a bean bag on a part of my body? Can I catch a bean bag? Can I throw a large ball into space? Can I stand/kneel to roll a ball? 	<ol style="list-style-type: none"> Can I push a ball in the right direction? Can I bounce a ball to my partner? Can I kick the ball in the right direction? Can I walk with the ball? 	<ol style="list-style-type: none"> Can I stand and balance on a bench? Can I keep a bean bag on my head and walk across the bench? Can I create different shapes with my body? Can I balance on one leg? Can I perform a sequence of movement? 	<ol style="list-style-type: none"> Can I copy a sequence of dance moves? Can I change my moves in time with the beat? Can I compose a routine? Can I copy and perform a routine? 	<ol style="list-style-type: none"> Can I roll a ball towards a target? Can I balance a beanbag on a tennis racket? Can I throw a ball towards my partner? Can I bounce and catch a large ball? Can I hit a beanbag with a bat? 	<ol style="list-style-type: none"> Can I run in a straight line? Can I throw a beanbag underarm towards a target at different distance? Can I jump with two feet? Can I Compete in an obstacle course. Can I avoid others when running?
Year 1/2	Throwing and Catching	Ball Skills	Gymnastics	Racket Skills	Striking and Fielding	Athletics
	<ol style="list-style-type: none"> Can I throw the ball underarm? Can I throw towards a target? Can I throw/catch a large ball? Can I throw/catch a small ball? Can I bounce a small ball/catch? Can I roll a ball with direction? Can I underarm throw a small ball to my partner? 	<ol style="list-style-type: none"> Can I dribble a ball close to me? Can I kick the ball to my partner? Can I stop the ball with the bottom of my foot? Can I dribble quickly while moving forward? Can I pass the ball to my partner? 	<ol style="list-style-type: none"> Can I hold a balance for 3 seconds? Can I copy a balance sequence? Can I walk and balance across a bench? Can I perform different rolls? Can I put a balance and roll together and perform? 	<ol style="list-style-type: none"> Can I catch a bean bag on the head of a racket? Can I balance a small ball on the racket head? Can I hit the ball along the floor with the racket? Can I throw a ball over the net? Can I sling shot the ball over the net? 	<ol style="list-style-type: none"> Can I throw the ball underarm towards a target? Can I strike a ball of a tee? Can I stop a rolling ball with 2 hands? Can I strike a rolling ball? Can I describe which side of the bat I use to strike the ball. 	<ol style="list-style-type: none"> Can I jump in a variety of ways? Can I change direction. Can I throw a ball over arm? Can I vary my pace and speed when running? Can I travel at different speeds?
	Invasion Games: Tag Rugby	Invasion Games: Basketball	Gymnastics	Tennis	Cricket	Athletics
Year 3/4	<ol style="list-style-type: none"> Can I describe the different shape and movement of the rugby ball? Can I hold and throw the ball forwards to my partner?? Can I pass the ball backwards? Can I avoid being TAGGED? Can I work with my partner to score against a defender? (2V1) 	<ol style="list-style-type: none"> Can I bounce and catch the ball? Can I perform a chest pass? Can I walk and bounce the ball at the same time? Can I pass the ball to my partner whilst moving? Can I describe the difference of attack and defence? 	<ol style="list-style-type: none"> Can I perform a tension balance? Can I describe what a 1/2/3/4-point balance is? Can I perform a forward, pencil and egg roll? Can I balance across the apparatus? (walk) Can I perform a different jump routine on a mat? 	<ol style="list-style-type: none"> Can I grip the racket correctly? Can I throw the ball under arm over the net? Can I throw the ball up and co-ordinate a racket hit? Can I hit the ball over the net? Can I return the ball to my partner? 	<ol style="list-style-type: none"> Can I throw and catch the ball? Can I strike the ball from a stationary position? Can I strike a bouncing ball towards a target. Can I bowl underarm towards the stumps? Can I understand the role of a batter and fielder. Can I run after a have hit the ball? 	<ol style="list-style-type: none"> Can I perform a standing long jump? Can I land safely and with control after a jump. Can I Perform a relay, focusing on the baton changeover technique? Can I focus on my arm and leg action to improve my sprinting technique? Can I perform a chest push?
	Invasion Games: Tag Rugby	Invasion Games: Basketball	Gymnastics	Tennis	Cricket	Athletics
Year 5/6	<ol style="list-style-type: none"> Can I pass the ball correctly? Can I catch short and long distances? Can I run forward and pass ball backwards? Can I decide whether to run or throw the ball? Can I work with my partner to TAG opponent? Can I compete in a match? 	<ol style="list-style-type: none"> Can I maintain the bounce using my fingertips? Can I pass the ball in different ways? Can I move into space to catch the ball? Can I defend the ball from my opponent? Can I throw the ball through the hoop? 	<ol style="list-style-type: none"> Can I perform a mirrored and counterbalance? Can I compose a partner balance? Can I demonstrate different rolls? Can I perform a cartwheel? Can I safely jump off apparatus, remembering final position? Can I create and perform a routine? 	<ol style="list-style-type: none"> Can I serve underarm over the net? Can I serve consistently to my partner? Can I perform a forward shot? Can I serve and return forehand? Can I complete a backhand shot? Can I maintain a rally? 	<ol style="list-style-type: none"> Can I bowl overarm towards the stumps? Can I throw the ball in different ways? Can I hit the ball after a bowl? Can I run and score points for my team after I have batted? Can I describe the different positions in cricket? Can I play a game of cricket? 	<ol style="list-style-type: none"> Can I maintain a steady pace to run a long distance? Can I throw a discus and shot put at distance? Can I perform a long jump and triple jump aiming for distance? Can I jump over hurdles at speed? Can I compete in field and track events? Can I accelerate from a variety of starting position?

Cycle B						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Locomotion- Running	Fundamental movements	Gymnastics	Throwing and catching	Ball skills- Using my Feet	Athletics
EY	<ol style="list-style-type: none"> Can I move my body in different ways? Can I find a space away from others? Can I run and stop? Can I change direction. Can I adjust my speed to avoid others? 	<ol style="list-style-type: none"> Can I move into space avoiding others? Can I dodge others when running? Can I avoid getting TAGGED? Can I chase my partner? Can I keep my head up when running around the space? 	<ol style="list-style-type: none"> Can I stand and balance on a bench? Can I keep a bean bag on my head and walk across the bench? Can I create different shapes with my body? Can I balance on one leg? Can I perform a sequence of movement? 	<ol style="list-style-type: none"> Can I catch a bean bag? Can I throw a large ball into space? Can I stand/kneel to roll a ball? Can I push a ball in the right direction? Can I bounce a ball to my partner? 	<ol style="list-style-type: none"> Can I kick the ball in the right direction? Can I walk with the ball? I can kick the ball towards a target. Can I stop the ball? Can I kick and walk the ball into space 	<ol style="list-style-type: none"> Can I run in a straight line? Can I throw a beanbag underarm towards a target at different distance? Can I jump with two feet? Can I compete in an obstacle course? Can I avoid others when running?
Year 1/2	Ball skills: Feet	Throwing and catching	Dance	Racket Skills	Striking and fielding	Athletics
	<ol style="list-style-type: none"> Can I dribble a ball close to me? Can I kick the ball to my partner? Can I stop the ball with the bottom of my foot? Can I dribble quickly while moving forward? Can I pass the ball to my partner 	<ol style="list-style-type: none"> Can I throw the ball underarm? Can throw towards a target? Can I throw/catch a large ball? Can I throw/catch a small ball? Can I bounce a small ball/catch? Can I roll a ball with direction? Can I underarm throw a small ball to my partner? 	<ol style="list-style-type: none"> Can I copy actions. Can I remember and repeat actions on my own? Can I change the speed of my actions? Can I join a range of movements together to make a sequence? Can I make simple shapes with my body? 	<ol style="list-style-type: none"> Can I catch a bean bag on the head of a racket? Can I balance a small ball on the racket head? Can I hit the ball along the floor with the racket? Can I throw a ball over the net? Can I sling shot the ball over the net? 	<ol style="list-style-type: none"> Can I throw the ball underarm towards a target? Can I strike a ball of a tee? Can I stop a rolling ball with 2 hands? Can I strike a rolling ball? Can I describe which side of the bat I use to strike the ball. 	<ol style="list-style-type: none"> Can I jump in a variety of ways? Can I change direction. Can I throw a ball over arm? Can I vary my pace and speed when running? Can I travel at different speeds?
	Invasion Games: Football	Invasion Games: Netball	Dance	Badminton	Rounders	Athletics
Year 3/4	<ol style="list-style-type: none"> Can I dribble with control using different parts of my foot? Can I use the side of the foot to pass the ball? Can I intercept a pass? Can I move into a space to receive the ball and to get away from a defender? Can I decide when to dribble or pass around a defender. Can I shoot in the goal? 	<ol style="list-style-type: none"> Can I catch the netball? Can I perform a bounce pass and chest pass? Can I remember not to move with the ball? Can I identify a space and move into it to receive then ball? Can I mark another player? Can I make a series of passes to teammates moving towards a scoring area? 	<ol style="list-style-type: none"> Can I describe what the term unison means? Can I improvise with a partner to create a simple dance? Can I perform actions and movements in time with the beat? Can I compose a dance that reflects the chosen dance style? Can I show a change of pace and timing in my movements? Can I respond to music to express a variety of moods & feeling? 	<ol style="list-style-type: none"> Can I grip the badminton racket. Can I describe the shuttlecock and know what part to hit. Can I hit the shuttlecock over the net? Can I throw the shuttlecock up and co-ordinate a racket hit? Can perform a forehand shot. Can I return the shuttlecock to my partner? 	<ol style="list-style-type: none"> Can I describe the shape of the bat? Can I catch a tennis ball? Can I throw the tennis ball underarm? Can I strike a bouncing ball towards a target? I understand the role of fielders and batters. Can I hit the ball forward and run around the bases? 	<ol style="list-style-type: none"> Can I perform a standing long jump? Can I land safely and with control after a jump? Can I Perform a relay, focusing on the baton changeover technique? Can I focus on my arm and leg action to improve my sprinting technique? Can I throw a foam javelin?
	Invasion Games: Hockey	Invasion Games: Netball	Dance	Badminton	Rounders	Athletics
Year 5/6	<ol style="list-style-type: none"> Can I use the push pass over different distances? Can I control the ball with a hockey stick effectively? Can I dribble, being able to rotate the stick when using the back hand. Can I block the ball with my hockey stick? Can I pass, move and dribble to score a goal past my opponent. Can I compete in a game? 	<ol style="list-style-type: none"> Can I decide which is the best type of pass to use. Can I perform a chest pass, bounce pass and shoulder pass accurately? Can I catch the ball? Can I intercept a pass and keep possession of the ball? Can I describe where the different position can go on the court. Can I play a game of high five netball? 	<ol style="list-style-type: none"> Can I Show fluency & control in chosen dance moves? Can I transition from one dance style to the next smoothly? Can I choose actions that fit with the rhythm of the music? Can I use simple choreographic devices such as unison, canon, and mirroring? Can I perform a dance routine connecting all dance style taught together? 	<ol style="list-style-type: none"> Can I hit and return a lob shot? Can I hit and return a drop shot? Can I hit the shuttlecock to the other side of the court consistently? Can I serve underarm over the net? Can I serve consistently to my partner? Can I maintain a rally? 	<ol style="list-style-type: none"> Can I strike the ball from an underarm throw? Can I throw the ball in different ways when fielding? Can I decide when to stop on the base and when to run. Can I score a ½ a rounder or a full rounder? Can I throw the ball to a base and get a batter out? Can I play in a game of rounders? 	<ol style="list-style-type: none"> Can I maintain a steady pace to run a long distance? Can I throw a howler at distance? Can I perform a long jump and triple jump aiming for distance? Can I jump over hurdles at speed? Can I compete in field and track events? Can I accelerate from a variety of starting position?