

## Yearly Overview of PE

	EY	Y1	Y2	Y3	Y4	Y5	Y6
<b>Autumn Term</b>	<p><b><u>Multi skills / Fundamental movement:</u></b> <u>Look at Me</u> Take turns on the equipment</p> <p>Explore new environments</p> <p>Listen to instructions and complete activities</p> <p><b><u>Gymnastics:</u></b> <u>Making Shapes</u> Use different gymnastic shapes</p> <p>Select actions to create a movement phrase</p> <p>Perform rolls, jumps and travelling safely</p> <p>Link and repeat basic actions</p> <p>Perform on different levels on floor and apparatus</p> <p>Perform with control and accuracy</p> <p>Manage space safely watching and describing a partner's sequence</p> <p><b><u>Games:</u></b> <u>Ten Point Hoops</u></p>	<p><b><u>Multi skills /Fundamental movement:</u></b> <u>Athletic skills</u> Run for 1 minute</p> <p>Begin to show differences in running at speed and jogging</p> <p>Describe different ways of running</p> <p>Perform the 5 basic jumps (2-2, 2-1, 1-2, 1-1 same foot, 1 to 1 landing on other foot)</p> <p>Begin to show control at take-off and landing</p> <p>Describe different ways of jumping</p> <p>Throw into targets</p> <p>Perform a range of throwing actions e.g. rolling, underarm, overarm</p> <p>Describe different ways of throwing</p> <p>Explain what is successful or how to improve</p> <p><b><u>Gymnastics:</u></b> <u>Families of actions</u> Perform a range of gymnastic actions</p> <p>Use different gymnastic shapes</p>	<p><b><u>Games:</u></b> <u>Mini Tennis 1</u> Move into different positions to catch the ball</p> <p>Strike the ball with a suitable technique aiming the ball into space</p> <p>Feed using a suitable technique</p> <p>Change their approach in response to their opponent's actions</p> <p>Know how to score and follow the rules of the game</p> <p>Describe what they have done and seen others do</p> <p><b><u>Gymnastics:</u></b> <u>Unit 3 tasks 1 and 2</u> Repeat a sequence on the floor and on apparatus, including a beginning, middle and end</p> <p>Work with a partner to place apparatus safely</p> <p>Choose different actions in their sequence like jumping, turning, balancing, rolling &amp; taking weight on hands</p> <p>Recognise the parts of their bodies that they need to warm up</p>	<p><b><u>Swimming:</u></b> Swim competently, confidently and proficiently over a distance of at least 25m</p> <p>Use a range of strokes effectively</p> <p>Perform safe self-rescue indifferent water based situations</p> <p><b><u>OAA:</u></b> <u>Safely Across</u> Plan their ideas together</p> <p>Change their ideas if they are not working</p> <p>Place the equipment at appropriate distances</p> <p>Recognise how to keep themselves and others safe</p> <p>Follow rules to keep themselves and others safe</p> <p><b><u>Athletics:</u></b> <u>Pass the Baton</u> Choose an approach that makes the most of the team's strengths</p>	<p><b><u>Athletics:</u></b> <u>Faster, Higher, Further (2)</u> Run smoothly at different speeds</p> <p>Demonstrate combinations of jumps showing control, co-ordination and consistency</p> <p>Throw a range of objects, in a variety of ways, at a target area with consistency and accuracy</p> <p>Recognise that their body works differently in different types of challenge and events</p> <p>Suggest, with guidance, a target for improving distance or height</p> <p><b><u>Dance:</u></b> <u>What's so Funny?</u> Respond imaginatively to a range of stimuli related to character and narrative</p> <p>Copy and explore ideas, linking and remembering movement material</p>	<p><b><u>Invasion Games:</u></b> <u>Fives and Threes,</u> Select appropriate passes to hit the intended target</p> <p>Find space to receive a pass consistently catching the ball</p> <p>Attempt to outwit their opponents by using agreed tactics</p> <p>Apply principles of team play to keep possession</p> <p>Make decisions quickly in games</p> <p><b><u>Cycling:</u></b> Ride a bike safely and with increased confidence</p> <p>Be aware of other cyclists around them</p> <p>Develop understanding of bicycle and road safety</p> <p><b><u>Gymnastics:</u></b> <u>Unit 6 task 1</u> Create and perform longer gymnastic sequences with more difficult actions with fluency, accuracy and consistency,</p>	<p><b><u>Invasion Games:</u></b> <u>Calling the Shots</u> Select appropriate equipment for the task</p> <p>Select different positions in the team</p> <p>Agree on their own rules to suit the equipment</p> <p>Attempt to outwit their opponents by using agreed tactics</p> <p>Pass, control, dribble and shoot effectively</p> <p>Apply principles of team play to keep possession</p> <p>Make decisions quickly in games</p> <p>Change rules and tactics as necessary</p> <p><b><u>Athletics:</u></b> <u>Three Jump Challenge</u> Perform a range of basic jumps in isolation</p> <p>Put together a combination of jumps</p> <p>Select appropriate jumps to help them travel further and</p>

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	<p>Move into different positions before throwing</p> <p>Throw with a suitable underarm technique</p> <p>Move to try to intercept the beanbags</p> <p>Change speed and direction easily</p> <p>Change their approach in response to their opponent's actions</p> <p>Score accurately in the game</p> <p>Watch others' movements carefully</p> <p>Describe what they have done or seen others doing</p>	<p>Create a sequence with a beginning, middle and end</p> <p>Move smoothly from one action to another</p> <p>Perform actions with control and accuracy</p> <p>Repeat a sequence accurately</p> <p>Adapt their sequence to include apparatus</p> <p>Describe gymnastic actions</p> <p><b><u>Multi skills /Fundamental movement:</u></b> <b><u>Games skills</u></b> Play co-operatively and competitively with a partner</p> <p>Use space</p> <p>Be a more competent mover</p> <p>Make decisions when playing with balls of various sizes &amp; shapes</p> <p>Make up simple rules with others to make the game enjoyable</p> <p>Understand simple tactics Change their intended action</p>	<p>Create longer and more complicated sequences</p> <p>Keep their bodies tense, moving with control, by extending their arms and legs</p> <p><b><u>Multi skills /Fundamental movement:</u></b> <b><u>Games skills</u></b> Play co-operatively and competitively with a partner /small group</p> <p>Use space well</p> <p>Be a competent mover</p> <p>Control and make decisions when playing with balls of various sizes &amp; shapes</p> <p>Make up simple rules with others to make the game enjoyable and challenging</p> <p>Understand simple tactics to outwit a partner when attacking or defending</p> <p>Change their intended action in response to their opponent</p> <p>Have the determination to practise to improve own skills</p> <p>Include others in their games</p> <p>Keep to rules so that they and others enjoy an activity</p>	<p>Develop their running skills</p> <p>Practise baton changes</p> <p>Choose and sustain an appropriate running pace</p> <p>Demonstrate a good running technique</p> <p>Work together well as a team</p> <p>Practise to improve their performance</p> <p>Improve the number of laps they complete in three minutes</p> <p><b><u>Gymnastics:</u></b> <b><u>Partner work</u></b> Perform a variety of actions on floor, mat and apparatus</p> <p>Devise a sequence on a clear theme</p> <p>Use mirroring and matching</p> <p>Change level and direction</p> <p>Perform with control and accuracy</p> <p>Show fluency and clarity of movement</p>	<p>Work constructively with a partner and in a group.</p> <p>Refine, repeat and remember dance phrases and dances.</p> <p>Describe interpret and evaluate dance using appropriate language</p> <p>Talk about how they feel while dancing (energetic, peaceful etc.)</p> <p>Understand how to warm up and cool down safely.</p> <p><b><u>OAA:</u></b> <b><u>Crystal Star Challenge</u></b> Plan before starting challenges</p> <p>Listen, contribute ideas and cooperate with others</p> <p>Use the map to find their way between checkpoints</p> <p>Choose efficient approaches to challenges</p> <p>Show control and coordination in their physical skills</p> <p>Transfer ideas and skills to new challenges</p>	<p>demonstrating good tension and extension.</p> <p>Use a variety of actions, shapes and balances which include counter balance and tension Vary levels, direction and pathways in their sequence</p> <p>Comment on the composition and techniques used in their sequence.</p> <p>Adapt their sequence to incorporate changes to group size or apparatus Watch others perform and suggest improvements</p> <p><b><u>Athletics:</u></b> <b><u>Distance Challenge</u></b> Sustain their pace over longer distances</p> <p>Throw with greater control, accuracy and efficiency</p> <p>Perform a range of jumps showing power, control and consistency at both take-off and landing</p> <p>Organise themselves in small groups safely and taking on different roles</p>	<p>increase the distance they jump</p> <p>Choose to use a run-up</p> <p>Bend their knees when jumping and use their arms to propel themselves forward</p> <p>Discuss how to improve their own and others' performance</p> <p><b><u>Net and Wall Games:</u></b> <b><u>What a Racket</u></b> Select appropriate equipment for the task</p> <p>Consistently get the ball over the net using the forehand shot</p> <p>Consistently get the ball over the net using the backhand shot</p> <p>Start to choose and use some tactics effectively</p> <p>Create a scoring system</p> <p>Playing the ball to their opponent</p> <p>Use simple practices to improve</p> <p><b><u>Dance:</u></b> <b><u>Making the Grade</u></b></p>
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<p>Spring Term</p>	<p><b><u>Multi skills / Fundamental movement:</u></b> <b><u>Hoopla</u></b></p>	<p><b><u>Dance:</u></b> <b><u>How does it Feel?</u></b> Repeat and perform a short dance with control</p>	<p><b><u>Games:</u></b> <b><u>Three touch ball</u></b> Select a ball that they can all send and receive</p>	<p><b><u>Swimming:</u></b> Swim competently, confidently and proficiently over a</p>	<p><b><u>Net and Wall Games:</u></b> <b><u>Mini Tennis 2</u></b> Move to try to intercept the ball</p>	<p><b><u>Net and Wall Games:</u></b> <b><u>Long and Thin or Short and Fat</u></b></p>	<p><b><u>Gymnastics:</u></b> <b><u>Group Dynamics</u></b></p>

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	<p>Throw balls / bean bags with a suitable underarm technique</p> <p>Score games themselves using a system suitable for the age range</p> <p>Watch others movements and replicate them</p> <p><b>Dance:</b> <u>Themes and Dreams</u> Show basic control and co-ordination when travelling and when staying still.</p> <p>Use space safely, with an awareness of others</p> <p>Use different parts of the body, singly and in combination; showing some sense of dynamic, expressive and rhythmic qualities in their own dance.</p> <p>Describe how their lungs and heart work when dancing.</p> <p>Describe what they do in their dance motif.</p> <p><b>Games:</b> <u>Rolla Ball</u> Move into different positions before rolling</p> <p>Roll with a suitable technique</p>	<p>and co-ordination alone and with a partner.</p> <p>Choose different actions in their dance, which express an idea, mood or feeling.</p> <p>Begin to show understanding of expressive qualities (mood, feelings of dance)</p> <p>Recognise the parts of their bodies that need to be warmed up</p> <p>Suggest ways in which they could improve their work, using simple dance vocabulary.</p> <p><b>Athletics:</b> <u>Colour Match</u> Choose an appropriate throwing action for the equipment and for the distance</p> <p>Use underarm and overarm throws accurately</p> <p>Reach the target with most of their throws</p> <p>Select appropriate equipment for the task</p> <p>Identify and describe different throwing actions</p> <p>Identify what they do well and areas for improvement</p> <p><b>Games:</b></p>	<p>Move into different positions to receive the ball</p> <p>Send the ball with a suitable technique</p> <p>Move to try to intercept the ball</p> <p>Identify what they and others have done well</p> <p>Work with others to make progress towards the goals</p> <p>Use space well keeping possession and control of the ball</p> <p><b>Athletics:</b> <u>Up, Off and Away</u> Demonstrate basic jumps showing control at take-off and landing</p> <p>Run continuously for about one minute when required and show the difference between running at speed and jogging</p> <p>Demonstrate a range of throwing actions showing accuracy and co-ordination</p> <p>Explaining what is successful and what they need to do to perform better</p> <p>Describe what happens to their heart, breathing and temperature during different types of athletics activity</p> <p><b>Dance:</b> <u>Cat Dance</u> Be creative and imaginative with ideas</p>	<p>distance of at least 25m</p> <p>Use a range of strokes effectively</p> <p>Perform safe self-rescue indifferent water based situations</p> <p><b>Dance:</b> <u>Round the Clock</u> Respond to stimuli imaginatively and have lots of ideas</p> <p>Be original and take the lead</p> <p>Show good body control and fluency</p> <p>Perform expressively</p> <p>Work well with a partner and in small groups</p> <p>Compose dance phrases with understanding</p> <p>Warm up and cool down effectively</p> <p>Talk about their own and others' performances</p> <p><b>Net and Wall Games:</b> <u>Target Baggers</u> Select a ball that they can all send and receive.</p>	<p>Use a range of techniques to hit the ball</p> <p>Select equipment that they can all use</p> <p>Feed the ball appropriately</p> <p>Have simple plans that they know they can make work</p> <p>Explain the tactics they have used</p> <p>Create a scoring system</p> <p><b>Gymnastics:</b> <u>Unit 5 tasks 1 and 2</u> Begin to understand how to carry out an appropriate warm-up safely</p> <p>Explore and refine twisted shapes using various body parts</p> <p>Explore different ways of travelling incorporating a turn in an imaginative way</p> <p>Work co-operatively and following given criteria remembering, repeating and refining actions within their sequence</p>	<p>Use forehand, backhand and overhead shots</p> <p>Select appropriate shots to hit the targets</p> <p>Consistently get the ball near the targets</p> <p>Start to choose and use some tactics effectively</p> <p>Create a scoring system</p> <p>Play the ball away from their opponent</p> <p>Apply rules consistently and fairly</p> <p>Use simple practices to improve</p> <p><b>Dance:</b> <u>Indian Delight</u> Design and perform their own warm-ups</p> <p>Research and improvise Indian dance movements</p> <p>Compose, develop and adapt dance phrases</p> <p>Use linking movements to ensure fluency</p>	<p>Take the lead in warming up safely and effectively</p> <p>Compose a balanced sequence with a clear start, middle and end</p> <p>Work well as part of a small group</p> <p>Perform a wide range of actions and pair balances</p> <p>Perform a controlled and safe group balance</p> <p>Perform fluently and with control and clarity</p> <p>Vary direction, levels and pathways</p> <p>Explain what works well and what needs improving</p> <p><b>Striking and Fielding Games:</b> <u>Pairs Cricket</u> Select appropriate equipment for the task</p> <p>Bowl using correct technique</p> <p>Attempt to outwit their opponents by using agreed tactics</p>
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	<p>Move to try to intercept the ball</p> <p>Change their approach in response to their opponent's actions</p> <p>Score in the game watching others' movements carefully</p> <p>Describe what they have done or seen others doing</p>	<p><u>Piggy in the Middle</u> Move into different positions to catch the ball</p> <p>Throw with a suitable technique</p> <p>Move to try to intercept the ball</p> <p>Show awareness of others when moving around the court</p> <p>Make simple decisions about when and where to run</p> <p>Watch and describe what others are doing</p> <p>Know how to score and follow the rules of the game</p> <p>Make it difficult for their opponents</p> <p><b>OAA:</b> <u>Gone Fishing</u> Work with friends to plan, share ideas and solve problems</p> <p>Select appropriate equipment for the task</p> <p>Begin to work and behave safely and work increasingly co-operatively with others</p> <p>Recognise that different tasks make their body work in different ways</p>	<p>Respond to visual and musical stimuli</p> <p>Move with control and co-ordination</p> <p>Communicate feelings and moods through movements</p> <p>Link movements fluently</p> <p>Use different levels, speed and expressions</p> <p>Watch and give feedback on others' performances</p> <p>Create a performance with a clear start, middle and end</p> <p><b>Athletics:</b> <u>Furthest Five</u> Warm up appropriately</p> <p>Select an appropriate order of jumps</p> <p>Jump with control, coordination and balance</p> <p>Bend their knees when jumping and use their arms to propel themselves forward</p> <p>Use a suitable run-up and show consistency in their jumping</p> <p>Give constructive feedback to help others improve</p>	<p>Throw at a target with precision</p> <p>Move to try to intercept a ball</p> <p>Identify what they and others have done well</p> <p>Work collaboratively</p> <p>Formulate tactics to begin to outwit opponents</p> <p>Create scoring systems</p> <p><b>Gymnastics:</b> <u>Unit 4 task 2</u> Begin to understand how to carry out an appropriate warm-up safely</p> <p>Explore and refine twisted shapes using various body parts</p> <p>Explore different ways of travelling incorporating a turn in an imaginative way</p> <p>Work co-operatively and following given criteria</p> <p>Remember, repeat and refine actions within their sequence</p>	<p>Perform actions in canon and unison within a sequence</p> <p>Show a defined starting position</p> <p><b>Invasion Games:</b> <u>End Zone</u> Hold a hockey stick correctly</p> <p>Move into different positions to receive the ball</p> <p>Use different techniques to pass the ball</p> <p>Move to try to intercept the ball</p> <p>Have plans that they know they can make work</p> <p>Explain the tactics they have used</p> <p>Adapt and make up rules to suit the equipment</p> <p><b>OAA:</b> <u>Communication Challenge</u> Be responsible in their role</p> <p>Change their ideas if they are not working</p> <p>Recognise their own and others' feelings</p>	<p>Vary the order, timing, speed and direction of movements</p> <p>Perform skills and movement patterns accurately</p> <p>Work cooperatively with others</p> <p>Describe and suggest ways to improve their own and others' dance</p> <p><b>Gymnastics:</b> <u>Unit 6 task 2</u> Create and perform longer gymnastic sequences with more difficult actions with fluency, accuracy and consistency, demonstrating good tension and extension.</p> <p>Use a variety of actions, shapes and balances which include counter balance and tension Vary levels, direction and pathways in their sequence</p> <p>Comment on the composition and techniques used in their sequence.</p> <p>Adapt their sequence to incorporate</p>	<p>Select appropriate shots for the ball they have received</p> <p>Create a scoring system</p> <p>Use simple practices improve Identify what they have done well and consider how to improve their performance</p> <p><b>OAA:</b> <u>Robin Wood</u> (Residential visit) Work increasingly well in groups where roles and responsibilities are understood</p> <p>Develop communication skills</p> <p>Recognise how to keep themselves and others safe</p> <p>Plan strategies effectively</p> <p>Refine and adapting strategies as appropriate</p> <p>Challenge themselves in unfamiliar environments to achieve success and overcome barriers</p>
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<p><b>Summer Term</b></p>	<p><b>Multi skills / Fundamental movement:</b> <u>I can Move</u> Listen to ideas and copy movements from other children</p>	<p><b>Games:</b> <u>Kick Rounders</u> Move into different positions to catch a ball</p> <p>Kick with a suitable technique</p>	<p><b>Gymnastics:</b> <u>Balancing Act</u> Show a variety of balances on small body parts</p> <p>Devise a sequence with a beginning, middle and end</p>	<p><b>Swimming:</b> Swim competently, confidently and proficiently over a distance of at least 25m</p>	<p><b>Athletics:</b> <u>Take Aim</u> Use an appropriate technique for sling, push and pull throws</p>	<p><b>Striking and Fielding Games:</b> <u>Zone Rounders</u> Select appropriate equipment for the task</p>	<p><b>Invasion Games:</b> <u>Tag Rugby</u> Pass, catch and evade effectively</p> <p>Defend effectively</p>

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	<p>Talk about how they were moving, and how other people were moving</p> <p>Express how they are feeling in response to the music by moving around the area</p> <p><b><u>Gymnastics:</u></b> <b><u>Unit 1 tasks 1 and 2</u></b> Show basic control and co-ordination when travelling safely</p> <p>Show a defined starting position</p> <p>Use space safely, with an awareness of others</p> <p>Explore different ways to take weight on hands</p> <p>Combine gymnastic phrases to incorporate apparatus</p> <p>Talk about why they think gymnastic actions are performed well</p> <p>Show body tension and relaxation, stretch and curl</p> <p>Create and remember a movement phrase</p> <p><b><u>Athletics:</u></b> <b><u>Honey Pot</u></b> Look up while running</p>	<p>Move to try to intercept a ball</p> <p>Make simple decisions about where to kick the ball</p> <p>Watch and describe what others are doing</p> <p>Know how to score and follow rules</p> <p>Make it difficult for opponents to score</p> <p><b><u>Dance:</u></b> <b><u>Moving along</u></b> Be creative</p> <p>Understand level, speed and direction</p> <p>Move expressively and confidently</p> <p>Show good body control</p> <p>Use space well</p> <p>Create sequences with a clear start, middle and end</p> <p>Remember, repeat and link movement phrases</p> <p>Talk about the effect of movements on their heartbeat</p> <p><b><u>OAA:</u></b> <b><u>Where are we Going?</u></b></p>	<p>Include different levels, speeds and directions</p> <p>Repeat the sequence accurately</p> <p>Perform with control and accuracy</p> <p>Move smoothly from one action to another</p> <p>Vary the use of apparatus (along, over, onto, off)</p> <p>Describe sequences and gymnastic actions</p> <p><b><u>Games:</u></b> <b><u>Arc Rounders</u></b> Hit the ball hard, hitting into space</p> <p>Use different throwing techniques</p> <p>Discuss how to improve their performance</p> <p>Use different retrieving technique</p> <p>Decide on the best positions for fielders</p> <p>Follow rules fairly</p> <p><b><u>Multi skills /Fundamental movement:</u></b> <b><u>Athletic skills</u></b> Run for at least 1 minute</p>	<p>Use a range of strokes effectively</p> <p>Perform safe self-rescue indifferent water based situations</p> <p><b><u>Invasion Games:</u></b> <b><u>Skittles</u></b> Aim with correct weight</p> <p>Travel whilst bouncing a ball</p> <p>Send a ball using correct technique</p> <p>Identify what they and others have done well</p> <p>Work collaboratively</p> <p>Use space well keeping possession and control of the ball</p> <p><b><u>Athletics:</u></b> <b><u>Faster, Higher, Further (1)</u></b> Run smoothly at different speeds</p> <p>Demonstrate combinations of jumps showing control, co-ordination and consistency</p> <p>Throw a range of objects, in a variety of ways, at a target area</p>	<p>Aim their throws accurately at the targets and reach the target area with all three techniques</p> <p>Select appropriate equipment for each technique</p> <p>Use coaching advice to improve their technique and improve their score</p> <p><b><u>Dance:</u></b> <b><u>Masquerade</u></b> Plan and perform dances confidently</p> <p>Use their understanding of composition to create dance phrases</p> <p>Use their knowledge of dance to adapt their skills to meet the demands of a range of dance styles.</p> <p>Show expressions in their dances and sensitivity to music.</p> <p>Show an understanding of the form and structure of the dance.</p> <p>Work collaboratively in pairs, small groups and as a class.</p>	<p>Select different positions in the team</p> <p>Select appropriate shots moving into different positions to retrieve the ball</p> <p>Have simple plans that they know they can make work</p> <p>Adapt and make up rules to suit the equipment</p> <p>Explain the tactics they have used</p> <p><b><u>OAA:</u></b> <b><u>Beat the Clock</u></b> Choose strategies effectively</p> <p>Implement and refine strategies</p> <p>Work increasingly well as a group</p> <p>Prepare physically and by being organised for the challenge</p> <p>Identify what they do well as individuals and as a team</p> <p><b><u>Invasion Games:</u></b> <b><u>Grid Rugby</u></b> Use a range of techniques to pass the ball</p>	<p>Agree on their own rules</p> <p>Attempt to outwit their opponents by using agreed tactics</p> <p>Create a scoring system</p> <p>Apply principles of team play to keep possession</p> <p><b><u>Athletics:</u></b> <b><u>Faster, Higher, Further (4)</u></b> Run smoothly at different speeds</p> <p>Demonstrate combinations of jumps showing control, co-ordination and consistency</p> <p>Throw a range of objects, in a variety of ways, at a target area with consistency and accuracy</p> <p>Recognise that their body works differently in different types of challenge and events</p> <p>Suggest, with guidance, a target for improving distance or height</p> <p><b><u>OAA:</u></b> <b><u>Electric Fence</u></b></p>
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## Yearly Overview of PE

	<p>Demonstrate a good running technique</p> <p>Run at different speeds</p> <p>Change direction while running at speed</p> <p>Move around the cones quickly</p> <p>Choose to collect objects close by first</p> <p>Observe others' performance</p> <p>Following rules</p>	<p>Identify where they are on simple maps and diagrams of familiar environments</p> <p>Use simple maps and diagrams to help them follow a trail</p> <p>Begin to work and behave safely and work increasingly co-operatively with others</p> <p>Recognise that different tasks make their body work in different ways</p> <p>Discuss how to follow trails and solve problems</p> <p>Comment on how they went about tackling the task</p> <p><b><u>Gymnastics:</u></b> <b><u>Unit 2 tasks 1 and 2</u></b> Show basic control and co-ordination when balancing, rolling, jumping and staying still.</p> <p>Show basic control and co-ordination on the floor and on a mat</p> <p>Use space safely, with an awareness of others Identify and copy basic gymnastic actions e.g. Rolling, jumping and balancing</p> <p>Show body tension and relaxation, stretching and curling</p>	<p>Show differences in running at speed and jogging</p> <p>Use different techniques to meet challenges</p> <p>Describe different ways of running</p> <p>Perform the 5 basic jumps with control (2-2, 2-1, 1-2, 1-1 same foot, 1 to 1 landing on other foot)</p> <p>Perform combinations of the above</p> <p>Show control at take-off and landing</p> <p>Describe different ways of jumping</p> <p>Throw into targets</p> <p>Perform a range of throwing actions e.g. rolling, underarm, overarm</p> <p>Describe different ways of throwing</p> <p>Explain what is successful or how to improve</p> <p><b><u>OAA:</u></b> <b><u>Shipwrecked</u></b> Listen to and follow instructions</p> <p>Plan a route that takes into account possible dangers</p>	<p>with consistency and accuracy</p> <p>Recognise that their body works differently in different types of challenge and events</p> <p>Suggest, with guidance, a target for improving distance or height</p> <p><b><u>Striking and Fielding Games:</u></b> <b><u>Run the Loop</u></b> Hit the ball hard, hitting into space and running fluently between bases</p> <p>Use different throwing techniques</p> <p>Discuss how to improve their performance</p> <p>Decide on the best positions for fielders</p> <p>Vary their play knowing the rules of the game and following them fairly</p>	<p>Make imaginative suggestions on how to improve their own and others work.</p> <p>Use appropriate vocabulary to talk about their own and other's work.</p> <p><b><u>Striking and Fielding Games:</u></b> <b><u>Zone Cricket</u></b> Use a range of techniques to hit the ball</p> <p>Use a range of techniques to field the ball</p> <p>Move to try to intercept the ball</p> <p>Have simple plans that they know they can make work</p> <p>Explain the tactics they have used.</p> <p>Choose an appropriate scoring system</p> <p><b><u>Gymnastics:</u></b> <b><u>Acrobatic gymnastics</u></b> Take more responsibility for warming up</p> <p>Compose a sequence with changes of levels, speed and direction</p>	<p>Move into different positions to receive the ball</p> <p>Move to try to 'tackle' the opposition showing consistency, control and speed</p> <p>Attempt to outwit their opponents by using agreed tactics</p> <p>Make decisions quickly in games</p> <p>Change rules and tactics as necessary</p> <p><b><u>Striking and Fielding Games:</u></b> <b><u>Runners</u></b> Demonstrate the correct batting stance</p> <p>Move into correct position to intercept a moving ball</p> <p>Use a range of techniques to strike the ball</p> <p>Select appropriate fielding positions</p> <p>Agree on their own rules to suit the equipment, selecting appropriate equipment for the task</p>	<p>Plan strategies effectively</p> <p>Refine and adapting strategies as appropriate</p> <p>Work increasingly well in groups where roles and responsibilities are understood</p> <p>Recognise how to keep themselves and others safe</p> <p><b><u>Dance:</u></b> Choreograph, practise and perform dances for summer production</p>
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## Yearly Overview of PE

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