

Whole School PE Overview 2019-2020

Subject	Autumn 1 (Indoor & outdoor)	Autumn 2 (Indoor & outdoor)	Spring 1 (Indoor & outdoor)	Spring 2 (Indoor & outdoor)	Summer 1 (Indoor & outdoor)	Summer (Indoor & outdoor)
Reception	Movement Development	Movement Development	Ball Skills	Gymnastics	Ball Skills	Games
	<p>LO: To change in to appropriate clothing for physical education lessons.</p> <p>LO: Begin to move with coordination and control.</p> <p>LO: Move confidently in space.</p> <p>LO: Be aware of others when moving in small spaces.</p>	<p>LO: Begin to understand the importance of physical education.</p> <p>LO: Confidently move around with coordination and control.</p> <p>LO: Dodge and move safely around others using different techniques.</p> <p>LO: Share ideas with peers around movement and the techniques that can be used.</p>	<p>LO: To develop control of a range of balls. (Large or small)</p> <p>LO: To move a ball around a set space using different body parts.</p> <p>LO: To move a ball around spaces, dodging and moving safely around others.</p> <p>LO: To Develop bouncing skills.</p> <p>LO: To develop rolling skills.</p> <p>LO: To develop catching skills.</p> <p>LO: Demonstrate different ways of moving around spaces.</p>	<p>LO: Begin to balance on different points of the body.</p> <p>LO: Begin to climb safely on a range of equipment.</p> <p>LO: Create different shapes using different parts of our body.</p> <p>LO: Use equipment to create shapes</p>	<p>LO: To develop kicking skills using large and small balls.</p> <p>LO: To further develop control of a range of balls. (Large or small).</p> <p>LO: Begin to throw objects including, bean bags and balls.</p> <p>LO: To Use throwing and catching skills in combination.</p>	<p>LO: To move a ball around a set space using different body parts.</p> <p>LO: Dodge and move safely around others using different techniques.</p> <p>LO: Use some of the skills developed to participate in individual and team games.</p> <p>LO: Begin to work as part of a team.</p> <p>LO: Share ideas when working as a team.</p>

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Year 1	Games (Net & Wall) LO: Develop rolling skills. LO: To develop bouncing, throwing and catching skills. LO: Develop skills required to send a ball to a target LO: Use a bat/racket to send a ball towards a target.	Gymnastics LO: Copy actions. LO: Move with some awareness of space. LO: Show contrasts in height and width LO: Stretch and curl to develop flexibility LO: Travel forwards, backwards and sideways LO: Link two actions to make a sequence LO: Balance on different points of the body LO: Climb safely on equipment LO: Jump in a variety of ways and land with some success	Athletics LO: Develop running techniques for a range of disciplines. LO: Develop a variation of throwing techniques. LO: Develop jumping techniques for a range of disciplines.	Dance LO: Copy and remember moves and positions. LO: Move with some control and coordination LO: Link two actions to perform a sequence LO: Choose movements to communicate a mood, feeling or idea	Games (Invasion) LO: Participate in a directional invasion game. LO: Further develop the skills needed to throw to a teammate. LO: Further develop the skills needed to catch a ball sent by a teammate. LO: Develop the basic skills required to throw/kick or hit into a net.	Athletics Multi skills festival LO: Develop running and jumping skills. LO: Lead others when appropriate. LO: To work as an individual in competitive games. LO: Work as part of a team in competitive games. LO: Use balancing skills in games.
	Games (striking & fielding) LO: Develop hitting and kicking skills. LO: Develop catching skills. LO: Begin to use skills in combination. LO: Begin to follow rules of a game.	Games (Invasion) LO: Explore and participate in a directional invasion game. LO: Develop the skills needed to throw to a teammate. LO: Develop the skills needed to catch a ball sent by a teammate.	Games (Invasion) LO: Develop the basic knowledge surrounding attacking. LO: Develop the basic knowledge surrounding defending. LO: Develop the skills required to roll towards a target. LO: Further develop skills required to throw, bounce and catch between teammates. LO: Begin to lead others when appropriate.	Games (Net & Wall) LO: Further develop rolling skills sending balls to opponents in modified games. LO: Explore the skills required to send an object towards a target. LO: Explore the skills required to return a ball sent by an opponent. LO: Use a modified points system in games.	Athletics (Sports Day) LO: Develop running techniques for sprint races. LO: Develop the skills required to jump for height and distance. LO: Compete against others in modified competitive games. LO: Develop balance skills	Games (Net and Wall) LO: Develop hitting, and catching skills. LO: Introduce sending skills LO: explore receiving skills LO: Introduce modified competitive net and wall games.

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Year 2	Gymnastics LO: Copy and remember actions. LO: Move with some control and awareness of space LO: Show contrasts (such as small/tall, straight /curved and wide/narrow). LO: Travel by rolling forwards, backwards and sideways. LO: Stretch and curl to develop flexibility.	Dance LO: Move with careful control and coordination LO: Link two or more actions to perform a sequence LO: Choose movements to communicate a mood, feeling or idea	Athletics LO: Use running and jumping skills in combination. LO: Use a range of range of throwing skills in competition. LO: Begin to compete with others	Games Multi sports festival LO: Use rolling, hitting, running, jumping, catching and kicking skills in combination. LO: Develop tactics. LO: Begin to compete with others	Athletics (Sports Day Activities) LO: Jump in a variety of ways and land with increasing control and balance.	Games (Net & Wall) LO: Develop hitting and catching skills. LO: Use rolling, hitting, running, jumping, catching and kicking skills in combination. LO: Follow the rules of a game/modified game
	Athletics LO: Develop running technique LO: Use running and jumping skills in combination. LO: Develop a range of throwing skills.	Games (Invasion) LO: Use running, jumping, catching and kicking skills in combination. LO: Understand the basic concept of attacking and defending.	Games (Invasion) LO: Use the terms 'opponent' and 'team-mate'. LO: Use running, catching, throwing and kicking skills to invade an area.	Games (Net and Wall) LO: Throw and catch with some control and consistency. LO: Introduce the concept of sending and receiving objects over a fixed obstacle.	Games (Striking & Fielding) LO: Further develop hitting and kicking skills. LO: Develop catching skills. LO: Use rolling, hitting, running, jumping, catching and kicking skills in combination LO: Develop tactics for striking and fielding games. LO: Use the terms 'opponent' and 'team-mate'. LO: Work as a team to gain points. LO: Begin to identify space in a field of play.	Athletics LO: Use running, throwing and jumping skills in modified games. LO: Begin to think about running at different paces.

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Year 3	Gymnastics LO: Have some sense of placement and alignment of body parts to help improve and refine. LO: Plan, perform and repeat sequences. LO: Hang from equipment safely (using hands).	Dance LO: Plan, perform and repeat sequences. LO: Change speed and levels within a performance. LO: Move with some fluency and expression. LO: Create dances and movements around a given idea.	Games <i>(striking & fielding)</i> Cricket Festival LO: Throw and catch with a degree of control and accuracy. LO: Strike and field a ball with some control and accuracy. LO: Follow the rules of a game. LO: Use skills to compete in modified games	astics LO: Plan, perform and repeat sequences. LO: Move with some fluency and expression. LO: Show changes of direction, speed and level during a performance. LO: Travel in a variety of ways.	Games. <i>(Net & Wall)</i> LO: Strike a ball/object with some control. LO: Begin to send and receive with increasing confidence and control LO: Follow the rules of the game/modified games	Games <i>(Invasion)</i> LO: Consistently use the necessary skills to maintain possession of a ball. LO: Begin to understand the concept of an invasion game. LO: Compete with others in games/modified games.
	Games <i>(striking & fielding)</i> LO: Throw and catch with a degree of control and accuracy. LO: Strike a ball and field with some control. LO: Follow the rules of the game	Games <i>(Invasion)</i> LO: Understand and demonstrate the basic concept of attacking and defending. LO: Maintain possession of a ball (with, e.g. feet, a hockey stick or hands). LO: Pass to team mates.	OAA LO: Arrive properly equipped for outdoor and adventurous activity. LO: Use maps and compasses. LO: Seek support if required when the situation dictates.	Athletics LO: Sprint over a short distance. Run over a longer distance. LO: Jump in a number of ways, including using a run up. LO: Compete with others and aim to improve personal performances	OAA LO: Show some ability to both lead and form part of a team. LO: Seek support if required when the situation dictates.	Athletics LO: Use a range of throwing techniques. LO: Throw to hit a target or cover a distance. LO: Compete with others and aim to improve personal performances

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Year 4	Dance/Gymnastics LO: Plan, perform and repeat sequences. LO: Move with some fluency and expression. LO: Show changes of direction, speed and level during a performance. LO: Travel in a variety of ways. LO: Have some sense of placement and alignment of body parts to help improve and refine. LO: Plan, perform and repeat sequences. LO: Hang from equipment safely (using hands). Create dances and movements that convey a definite idea.	Games <i>(Net and Wall)</i> LO: Strike/send a ball/object over obstacles or against walls with some control and consistency. LO: Send a ball/object with increasing confidence and control. LO: Develop the skills required to receive and return a ball/object towards a target. LO: Begin to use the skills necessary to uphold a non-competitive or competitive rally. LO: Choose appropriate tactics to outwit the opposition.	Games <i>(Invasion)</i> LO: Consistently use the necessary skills to maintain possession of a ball. LO: Understand and explore the concept of an invasion game. LO: Discuss and develop tactics of a game with teammates. LO: Compete with others in games/modified games LO: Choose appropriate tactics to cause problems for the opposition. LO: Lead others and act as a respectful team member.	Dance/Gymnastics LO: Plan, perform and repeat sequences. LO: Move with some fluency and expression. LO: Show changes of direction, speed and level during a performance. LO: Travel in a variety of ways. LO: Have some sense of placement and alignment of body parts to help improve and refine. LO: Plan, perform and repeat sequences. LO: Hang from equipment safely (using hands). LO: Create dances and movements that convey a definite idea	Games <i>(Net and Wall)</i> LO: Strike/send a ball/object over obstacles or against walls with some control and consistency. LO: Send a ball/object with increasing confidence and control. LO: Develop the skills required to receive and return a ball/object towards a target. LO: Begin to use the skills necessary to uphold a non-competitive or competitive rally. LO: Choose appropriate tactics to outwit the opposition	Games <i>(Invasion)</i> LO: Consistently use the necessary skills to maintain possession of a ball. LO: Understand and explore the concept of an invasion game. LO: Discuss and develop tactics of a game with teammates. LO: Compete with others in games/modified games LO: Choose appropriate tactics to cause problems for the opposition. LO: Lead others and act as a respectful team member.
	Athletics LO: Sprint over a short distance up to 60 metres. LO: Run over a longer distance, conserving energy in order to sustain performance. LO: Jump in a number of ways, using a run up where appropriate. LO: Compete with others and aim to improve best personal performances. LO: Use a range of throwing techniques (such as under arm, over arm) LO: Throw with accuracy to hit a target or cover a distance.	Games <i>(Target Games)</i> Tri Golf Festival LO: Choose the necessary skills to aim at a target. LO: Consistently aim and hit targets. LO: Choose appropriate tactics to cause problems for the opposition. LO: Lead others and act as a respectful team member.	OAA LO: Arrive properly equipped for outdoor and adventurous activity. LO: Show an ability to both lead and form part of a team. LO: Use maps, compasses and digital devices to orientate themselves. LO: Remain aware of changing conditions and change plans if necessary. LO: Understand the need to show accomplishment in managing risks. LO: Support others and seek support if required when the situation dictates. LO: Show resilience when plans do not work and initiative to try new ways of working.	Games <i>(Invasion)</i> LO: Choose appropriate tactics to cause problems for the opposition. LO: Throw and catch with control and accuracy. LO: Pass to team mates at appropriate times. LO: Lead others and act as a respectful team member. LO: Compete with others and aim to improve previous performances	Games <i>(Striking and Fielding)</i> LO: Throw and catch with control, consistency and accuracy. LO: Develop a range of throwing and catching techniques. LO: Strike a ball with control and consistency. LO: Strike a ball accurately into space. LO: Choose the correct tactics to field a ball successfully LO: Use the necessary skills to compete in games/modified games	Games <i>(Net & Wall)</i> LO: Strike a ball/object over obstacles or against walls with control and consistency. LO: Send and receive with increasing confidence and control. LO: Begin to accurately serve a ball to opponents. LO: Begin to use the skills necessary to uphold a non-competitive or competitive rally. LO: Choose appropriate tactics to outwit the opposition.

Swimming throughout the year
Theory- healthy lifestyle input.

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Year 5	Games (Net and Wall) LO: Strike a bowled or volleyed ball. LO: Choose the most appropriate tactics for a game. LO: Work alone, or with team mates in order to gain points. LO: Use forehand and backhand when playing racket games. LO: understand and perform the necessary skills required to uphold a competitive/ non-competitive rally. LO: Transfer skills across arrange of Net and wall games.	Gymnastics LO: Plan, perform and repeat sequences. LO: Move in a clear, fluent and expressive manner. LO: Refine movements into sequences. LO: Travel in a variety of ways, including flight, by transferring weight to generate power in movements. LO: Show a kinesthetic sense in order to improve the placement and alignment of body parts (e.g. in balances experiment to find out how to get the centre of gravity successfully over base and organise body parts to create an interesting body shape). LO: Swing and hang from equipment safely (using hands).	Dance LO: Move in a clear, fluent and expressive manner. LO: Refine movements into sequences. LO: Create dances and movements that convey a definite idea. LO: Develop physical strength and suppleness by practising moves and stretching.	Gymnastics/ Fitness LO: Create sequences that include a full range of movements including: Travelling , Balances, Swinging , Springing Rotations ,Bending, stretching and twisting Gestures and Linking skills. LO: Hold shapes with some strength, fluency and expression. LO: Include in a sequence set pieces. LO: Vary speed, direction, level and body rotation during floor performances LO: Practise and refine gymnastic techniques used in performances (listed above). LO: Demonstrate good kinaesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions) LO: Use equipment to swing (remaining upright).	Games (Striking and Fielding) LO: Consistently strike a ball. LO: Choose the appropriate technique to strike a ball into space in the field. LO: Demonstrate the appropriate fielding techniques for game in question. LO: Change fielding techniques when appropriate, i.e. move around the field for left/right handers, move further or closer depending on the batter. LO: Choose the most appropriate tactics for a game	Games (Striking and Fielding) LO: Consistently strike a ball. LO: Choose the appropriate technique to strike a ball into space in the field. LO: Demonstrate the appropriate fielding techniques for game in question. LO: change fielding techniques when appropriate, i.e. move around the field for left/right handers, move further or closer depending on the batter. LO: Choose the most appropriate tactics for a game LO: Compete in competitive matches in small and large groups LO: Demonstrate teamwork and sportsmanship skills.
	Games (Invasion) LO: Develop the appropriate passing skills to combine with teammates. LO: Use running, jumping and throwing in combination to achieve a goal. LO: Work alone, or with team mates in order to	Games (Invasion) LO: Use different defending techniques to try and obtain possession LO: Choose the necessary skills attack	Games (Invasion and Net & Wall) LO: Choose techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.). LO: Work alone, or with team mates in order to gain points or possession. LO: Field, defend and attack.	OAA	Games (Invasion) High 5 Netball Festival LO: Choose techniques in game situations (running, throwing, catching, passing and jumping). LO: Work with team mates in order to gain points or possession. LO: Defend and attack.	Athletics LO: Run over a variety of distances, attempting to use appropriate pace.

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	<p>gain points or possession. LO: understand and demonstrate the concept of an invasion game. LO: Use different passing and moving skills to maintain possession</p>	<p>LO: Choose the most appropriate tactics for a game LO: Work alone, or with team mates in order to gain points or possession.</p>	<p>LO: Choose the most appropriate tactics for a game .</p>	<p>LO: Identify possible risks and listening carefully to expert advice on how to manage them. LO: Select equipment for outdoor and adventurous activity. LO: Assess changing conditions and adapt plans. LO: Identify possible risks and listening carefully to expert advice on how to manage them. LO: Use a range of devices in order to orientate themselves. LO: Assess changing conditions and adapt plans. LO: Select equipment for outdoor and adventurous activity. LO: Seek support from the team and the experts if in any doubt. LO: Use a range of devices in order to orientate themselves. LO: Assess changing conditions and adapt plans.</p>	<p>LO: Choose the most appropriate tactics for a game. LO: Choose and demonstrate appropriate skills required for defending. LO: Perform to appropriate skills to score into a net above the head. LO: follow the rules and regulations for specific games.</p>	<p>LO: Compete with others and keep track of personal best performances, setting targets LO: Run over a variety of distances, attempting to use appropriate pace to suit varying situations. LO: develop the skills necessary to jump for distance and height. LO: Combine sprinting and jumping to participate in low hurdles. LO: Compete with others and keep track of personal best performances, setting targets. LO: Develop a pull throw and push throw technique LO: Use a range of throwing techniques (such as under arm, over arm) to compete with others LO: Throw consistently with accuracy to hit a target or to cover a distance.</p>
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Year 6	Games <i>(Net and Wall)</i> LO: Serve a ball/shuttle over a net to the opposition. LO: understand and demonstrate the scoring techniques used in different Net and Wall games. LO: Strike a rolled or volleyed ball. LO: Choose the most appropriate tactics for a game. LO: Work alone, or with team mates in order to gain points. LO: Use forehand and backhand when playing racket games. LO: understand and perform the necessary skills required to uphold a competitive/ non-competitive rally. LO: Transfer skills across arrange of Net and wall games	Gymnastics LO: Create sequences that include a full range of movements including: <ul style="list-style-type: none"> • Travelling • Balances • Swinging • Springing • Rotations • Bending • Stretching • Twisting • Gestures • Linking skills. • Flight • Vaults • Inversions LO: Hold shapes that are strong, fluent and expressive. LO: Include in a sequence set pieces, choosing the most appropriate linking elements. LO: Practise and refine the gymnastic techniques used in performances (listed above). LO: Demonstrate an excellent kinesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions). LO: Use equipment to vault and to swing (remaining upright).	Dance LO: Perform complex moves that combine strength and stamina gained through gymnastics activities (such as cartwheels or handstands). LO: Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece. LO: Perform expressively and hold a precise and strong body posture. LO: Perform and create complex sequences. LO: Express an idea in original and imaginative ways. LO: Compose creative and imaginative dance sequences. LO: Express ideas in imaginative ways cartwheels or handstands	Fitness LO: Begin to understand the components of health and fitness in sport. LO: Identify exercises that are relevant to certain components of fitness. LO: perform a range of exercises that relate to certain components of fitness. LO: know what is required to Improve performances LO: To action required changes and improve performance	Games <i>(Striking & Fielding)</i> LO: Strike a bowled or volleyed ball with accuracy. LO: Consistently strike a ball into a field of play Choose the appropriate technique to strike a ball into space in the field. LO: Uphold the spirit of fair play and respect in all competitive situations LO: Change fielding techniques when appropriate. LO: Choose the most appropriate tactics for a game.	Games <i>(Striking & Fielding)</i> LO: Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.). LO: Strike a bowled or volleyed ball with accuracy. LO: Field, defend and attack tactically by anticipating the direction of play. LO: Uphold the spirit of fair play and respect in all competitive situations. LO: Lead others when called upon and act as a good role model within a team.

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	Games (Invasion) Extreme Frisbee Festival	Games (Invasion)	Games (Invasion)	Games (Net & Wall)	OAA	Athletics
	<p>LO: Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</p> <p>LO: Defend and attack tactically by anticipating the direction of play.</p> <p>LO: Lead others when called upon and act as a good role model within a team.</p>	<p>LO: Field, defend and attack tactically by anticipating the direction of play.</p> <p>Uphold the spirit of fair play and respect in all competitive situations.</p> <p>Lead others when called upon and act as a good role model within a team</p> <p>LO: Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</p>	<p>LO: Field, defend and attack tactically by anticipating the direction of play.</p> <p>- Uphold the spirit of fair play and respect in all competitive situations.</p> <p>- Lead others when called upon and act as a good role model within a team</p>	<p>LO: Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</p> <p>LO: Strike a bowled or volleyed ball with accuracy.</p> <p>LO: Field, defend and attack tactically by anticipating the direction of play.</p> <p>LO: Uphold the spirit of fair play and respect in all competitive situations.</p> <p>LO: Lead others when called upon and act as a good role model within a team</p>	<p>LO: Select appropriate equipment for outdoor and adventurous activity.</p> <p>LO: Identify possible risks and ways to manage them, asking for and listening carefully to expert advice and respect of a team.</p> <p>LO: Empathise with others and offer support without being asked. Seek support from the team and the experts if in any doubt.</p> <p>LO: Quickly assess changing conditions and adapt plans to ensure safety comes first.</p> <p>LO: Embrace both leadership and team roles and gain the commitment</p> <p>LO: Remain positive even in the most challenging circumstances, rallying others if need be.</p> <p>LO: Use a range of devices in order to orientate.</p>	<p>LO: Combine sprinting with low hurdles over 60 metres.</p> <p>LO: Choose the best place for running over a variety of distances.</p> <p>LO: Throw accurately and refine performance by analysing technique and body shape.</p> <p>LO: Show control in take-off and landings when jumping</p> <p>LO: Choose the best place for running over a variety of distances.</p> <p>LO: Choose the best place for running over a variety of distances.</p> <p>LO: Show control in take-off and landings when jumping.</p>

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