**PE Overview**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Year Group** | **Autumn 1** | **Autumn 2** | **Spring Term 1** | **Spring Term 2** | **Summer Term 1** | **Summer Term 2** |
| 1 | **Children should be taught:**  **Ball skills**  -to participate in team games, developing simple tactics for attacking and defending  **Gymnastics**  -to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination and begin to apply these in a range of activities | **Children should be taught:**  **Football**  -to participate in team games, developing simple tactics for attacking and defending  **Dance:**  **Journey Dance/Christmas Dance**  -to perform dances using simple movement patterns | **Children should be taught:**  **Hockey**  -to participate in team games, developing simple tactics for attacking and defending  **Dance:**  **African Dance**  -to perform dances using simple movement patterns | **Children should be taught:**  **Cricket/Rounders**  -to participate in team games, developing simple tactics for attacking and defending  **Gymnastics**  -to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination and begin to apply these in a range of activities | **Children should be taught:**  **Tennis**  -to participate in team games, developing simple tactics for attacking and defending  **Athletics**  -to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination and begin to apply these in a range of activities | **Children should be taught:**  **Athletics**  -to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination and begin to apply these in a range of activities  **Athletics**  -to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination and begin to apply these in a range of activities |
| 2 | **Children should be taught:**  **Ball skills**  -to participate in team games, developing simple tactics for attacking and defending  **Dance:**  **Dance from around the World**  -to perform dances using simple movement patterns (Dance from around the world) | **Children should be taught:**  **Football**  -to participate in team games, developing simple tactics for attacking and defending  **Gymnastics**  -to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination and begin to apply these in a range of activities | **Children should be taught:**  **Hockey**  -to participate in team games, developing simple tactics for attacking and defending  **Gymnastics**  -to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination and begin to apply these in a range of activities (gymnastics) | **Children should be taught:**  **Cricket/Rounders**  -to participate in team games, developing simple tactics for attacking and defending  **Dance:**  **Individual Dance**  -to perform dances using simple movement patterns (individual composed dance) | **Children should be taught:**  **Tennis**  -to participate in team games, developing simple tactics for attacking and defending  **Athletics**  -to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination and begin to apply these in a range of activities | **Children should be taught:**  **Athletics**  -to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination and begin to apply these in a range of activities  **Athletics**  -to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination and begin to apply these in a range of activities |
| 3 | **Children should be taught:**  **Team Games:**  -to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending  -to take part in outdoor and adventurous activity challenges both individually and within a team  **Dance:**  **Jungle Dance**  -to perform dances using a range of movement patterns | **Children should be taught:**  **Team Games:**  **Netball**  -to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending  -to take part in outdoor and adventurous activity challenges both individually and within a team  **Gymnastics**  -to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination and begin to apply these in a range of activities | **Children should be taught:**  **Team Games:**  **Badminton**  -to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending  -to take part in outdoor and adventurous activity challenges both individually and within a team  **Gymnastics**  -to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination and begin to apply these in a range of activities | **Children should be taught:**  **Team Games:**  **Cricket/Rounders**  -to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending  -to take part in outdoor and adventurous activity challenges both individually and within a team  **Dance:**  **Tropical Dance (Caribbean)**  -to perform dances using a range of movement patterns | **Children should be taught:**  **Team Games:**  **Tennis**  -to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending  -to take part in outdoor and adventurous activity challenges both individually and within a team    **Athletics**  -to take part in outdoor and adventurous activity challenges both individually and within a team  -to compare their performances with previous ones and demonstrate improvement to achieve their personal best  -to use running, jumping, throwing and catching in isolation and in combination | **Children should be taught:**  **Athletics**  -to take part in outdoor and adventurous activity challenges both individually and within a team  -to compare their performances with previous ones and demonstrate improvement to achieve their personal best  -to use running, jumping, throwing and catching in isolation and in combination  **Athletics**  -to take part in outdoor and adventurous activity challenges both individually and within a team  -to compare their performances with previous ones and demonstrate improvement to achieve their personal best  -to use running, jumping, throwing and catching in isolation and in combination |
| 4 | **Children should be taught:**  **Team Games:**  -to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending  -to take part in outdoor and adventurous activity challenges both individually and within a team  **Gymnastics**  -to develop flexibility, strength, technique, control and balance | **Children should be taught:**  **Team Games:**  **Netball**  -to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending  -to take part in outdoor and adventurous activity challenges both individually and within a team  **Dance:**  **Animal Dance**  -to perform dances using a range of movement patterns | **Children should be taught:**  **Team Games:**  **Badminton**  -to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending  -to take part in outdoor and adventurous activity challenges both individually and within a team  **Dance:**  **Ancient Greece**  -to perform dances using a range of movement patterns | **Children should be taught:**  **Team Games:**  **Cricket/Rounders**  -to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending  -to take part in outdoor and adventurous activity challenges both individually and within a team  **Gymnastics**  -to develop flexibility, strength, technique, control and balance | **Children should be taught:**  **Team Games:**  **Tennis**  -to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending  -to take part in outdoor and adventurous activity challenges both individually and within a team    **Athletics**  -to take part in outdoor and adventurous activity challenges both individually and within a team  compare their performances with previous ones and demonstrate improvement to achieve their personal best  -to use running, jumping, throwing and catching in isolation and in combination | **Children should be taught:**  **Athletics**  -to take part in outdoor and adventurous activity challenges both individually and within a team  compare their performances with previous ones and demonstrate improvement to achieve their personal best  -to use running, jumping, throwing and catching in isolation and in combination  **Athletics**  -to take part in outdoor and adventurous activity challenges both individually and within a team  compare their performances with previous ones and demonstrate improvement to achieve their personal best  -to use running, jumping, throwing and catching in isolation and in combination |
|  | | | | | |  |  |  |  |
| 5 | **Children should be taught:**  **Team Games:**  -to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending  -to take part in outdoor and adventurous activity challenges both individually and within a team  **Dance:**  **Tudor Dance**  -to perform dances using a range of movement patterns | **Children should be taught:**  **Team Games:**  **Netball**  -to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending  -to take part in outdoor and adventurous activity challenges both individually and within a team  **Gymnastics**  -to develop flexibility, strength, technique, control and balance | **Children should be taught:**  **Team Games:**  **Badminton**  -to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending  -to take part in outdoor and adventurous activity challenges both individually and within a team  **Gymnastics**  -to develop flexibility, strength, technique, control and balance | **Children should be taught:**  **Team Games:**  **Cricket/Rounders**  -to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending  -to take part in outdoor and adventurous activity challenges both individually and within a team  **Dance:**  **Great Britain**  -to perform dances using a range of movement patterns | **Children should be taught:**  **Team Games:**  **Tennis**  -to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending  -to take part in outdoor and adventurous activity challenges both individually and within a team  **Athletics**  -to take part in outdoor and adventurous activity challenges both individually and within a team  -to compare their performances with previous ones and demonstrate improvement to achieve their personal best  -to use running, jumping, throwing and catching in isolation and in combination | **Children should be taught:**  **Athletics**  -to take part in outdoor and adventurous activity challenges both individually and within a team  -to compare their performances with previous ones and demonstrate improvement to achieve their personal best  -to use running, jumping, throwing and catching in isolation and in combination  **Athletics**  -to take part in outdoor and adventurous activity challenges both individually and within a team  -to compare their performances with previous ones and demonstrate improvement to achieve their personal best  -to use running, jumping, throwing and catching in isolation and in combination |
| 6 | **Children should be taught:**  **Team Games:**  -to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending  -to take part in outdoor and adventurous activity challenges both individually and within a team  **Dance:**  **Underwater Dance**  **(Natural World)**  -to perform dances using a range of movement patterns | **Children should be taught:**  **Team Games:**  **Netball**  -to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending  -to take part in outdoor and adventurous activity challenges both individually and within a team  **Gymnastics**  -to develop flexibility, strength, technique, control and balance | **Children should be taught:**  **Team Games:**  **Badminton**  -to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending  -to take part in outdoor and adventurous activity challenges both individually and within a team  **Gymnastics**  -to develop flexibility, strength, technique, control and balance | **Children should be taught:**  **Team Games:**  **Cricket/Rounders**  -to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending  -to take part in outdoor and adventurous activity challenges both individually and within a team  **Dance:**  **Evolution**  -to perform dances using a range of movement patterns  **(SATS PREP)** | **Children should be taught:**  **Team Games:**  **Tennis**  -to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending  -to take part in outdoor and adventurous activity challenges both individually and within a team  **Athletics**  -to take part in outdoor and adventurous activity challenges both individually and within a team  -to compare their performances with previous ones and demonstrate improvement to achieve their personal best  -to use running, jumping, throwing and catching in isolation and in combination  **(SATS PREP)** | **Children should be taught:**  **Athletics**  -to take part in outdoor and adventurous activity challenges both individually and within a team  -to compare their performances with previous ones and demonstrate improvement to achieve their personal best  -to use running, jumping, throwing and catching in isolation and in combination  **Athletics**  -to take part in outdoor and adventurous activity challenges both individually and within a team  -to compare their performances with previous ones and demonstrate improvement to achieve their personal best  -to use running, jumping, throwing and catching in isolation and in combination |