**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 teamcompare 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 teamcompare 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 teamcompare 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 |