

P.E- Whole School Overview

Black=class teacher Blue= PPA



In PE we build upon the learning in KS1 and by the end of year 6 we aim for all pupils to have progressively covered the requirements of the PE National Curriculum. Each child will have embedded a range of skills in gymnastics, dance, games and swimming and be knowledgeable about the impact and importance of physical activity on their bodies, health and well-being. There are opportunities for every child to participate in competitive sports. It is our intention to develop a lifelong love of physical activity, sport and PE with children developing essential skills in coaching, leadership and teamwork.

Year 3			
	Autumn	Spring	Summer
Athletics: Running, jumping, throwing and catching.	<p><u>Multi Skills</u> Focus on co-ordination, balance and speed, using a variety of equipment.</p> <p><u>Ball Skills</u> Control and catch a ball (a variety of smaller balls) with movement and pass to someone else to retain possession.</p> <p><u>Target Games</u> Apply skills above into small sized, small area conditioned games. Develop team-work and communication and introduction of simple rules.</p>		<p><u>Athletics</u> Run / jog continuously for 8 minutes.</p> <p><u>Long Jump</u> Practice performing a standing jump (2 feet to 2 feet) landing with two feet in the pit close together, bending knees. Progress to a slow easy run up to pit from 2-3m distance and jumping 1-foot to two-feet.</p> <p><u>Athletics</u> Running, jumping and throwing activities e.g. moving beanbags from hoop to hoop quickly, how far can you jump in 5 jumps?</p> <p><u>Striking and Fielding</u> Quick Cricket basic skills and conditioned games/activities. Demonstrate underarm and overarm throwing of a tennis ball. Catching from different distances.</p>
Competitive games		<p><u>Hockey Skills</u> Introduction of dribbling, passing and shooting skills. Emphasis on safety and basic rules e.g. grip and use of flatside of stick.</p>	<p><u>Rounders</u> Catching technique using a tennis ball. Throwing a ball underarm aiming at partner's chest. Throwing overarm – stand sideways, step forward, releasing ball at highest point.</p>

		<p>Control a ball and pass to someone else in a practice, and a conditioned game. (No tackling).</p> <p>Basketball skills Introduction to the basic skills of dribbling, passing and shooting. Conditioned games – small sides and areas - using the 3 basic rules (non-contact, travelling and double dribble).</p>	<p>Batting technique – body sideways, holding bat with one hand, swinging bat across body. Develop batting technique in 4s (1 batter, 1 fielder, 1 bowler and 1 backstop). Fielding technique in small groups – scooping ball with hands and returning to bowler.</p> <p>Striking and Fielding Short tennis and Quick Cricket skills and conditioned games.</p> <p>Skill Rally or pass in sequence to maintain possession or advantage.</p>
Gymnastics	<p>Focus: Pathways Know the importance of strength and flexibility for physical activity. Use the floor and low-level apparatus to explore a variety of pathways (straight line, curved, zigzag). Travelling using tiptoe, step – jump – hop, chassis steps, cat leap and hopscotch. Develop the quality of their shapes moving with coordination and control. Use turns whilst travelling in a variety of ways. Begin to show flexibility in their movements. Make decisions about speed, level, shape, bodypart to improve their performance.</p>	<p>Focus: Bridges and Arches Explain why it is important to warm up and cool down. Create a bridge and arch whilst holding the balance with control and confidence using the floor and low-level apparatus (for 3-5 seconds). Bridges / Archways to include shapes of pike, tuck, star, straight and straddle shapes. Demonstrate ways to roll into and out of bridges and archways. Choreograph and develop a simple routine incorporating a minimum of 1 bridge, 1 arch and 2 rolls with a clear start and finish. Self and peer assess their routines and quality / control of shapes and balances.</p>	
Movement	<p>Focus: Team-building skills. Introduction to house teams. Practise simple skills such as running, jumping, throwing, and catching. Develop good communication and leadership skills.</p>	<p>Focus: Ancient Greek dance Practise performing a range of movements linked to the Ancient Greek Olympic games (chariot racing, gladiator fighting) beginning to respond to the changing tempo and rhythm of the music. Choreograph simple short routines in groups and respond to the music, creating a rehearsed sequence. Compare, develop & adapt movement & motifs to create longer dances. Develop the quality of the actions in their performances aiming for synchronised routines.</p>	

		Perform the dances to an audience. Describe how their performance has improved.	
--	--	--	--



Year 4

	Autumn	Spring	Summer
<p>Athletics: Running, jumping, throwing and catching.</p>	<p><u>Multi Skills</u> Focus on co-ordination, balance and speed, using a variety of equipment. Introduce concept of challenge in terms of making a practice easier or harder.</p> <p><u>Ball Skills</u> Control and catch a ball (a variety of smaller balls) with movement and accurately pass to someone else to retain possession with deliberate thoughtful movement into a space.</p>		<p><u>Athletics</u> Run / jog continuously for 12 minutes.</p> <p><u>Long Jump</u> Introduce basic long jump action using a one-foot take off and two-feet landing. Practise bend / stretch / bend action (like a frog) whilst jumping. Run at an easy pace towards edge of pit (up to 5m) and perform long jump. Progress to using arms during take off (swing arms forward and up on take off).</p> <p><u>Athletics</u> Running, jumping and throwing activities e.g throwing higher, further, more accurately with and without a run-up, hurdles.</p>
<p><u>Multi Skills</u> Focus on co-ordination, balance and speed, using a variety of equipment. Introduce concept of challenge in terms of making a practice easier or harder.</p> <p><u>Ball Skills</u> Control and catch a ball (a variety of smaller balls) with movement and accurately pass to someone else to retain possession</p>		<p><u>Athletics</u> Run / jog continuously for 12 minutes.</p> <p><u>Long Jump</u> Introduce basic long jump action using a one-foot take off and two-feet landing. Practise bend / stretch / bend action (like a frog) whilst jumping. Run at an easy pace towards edge of pit (up to 5m) and perform long jump. Progress to using arms during take off (swing arms forward and up on take off).</p> <p><u>Athletics</u> Running, jumping and throwing activities e.g throwing higher, further, more accurately with and without a run-up, hurdles.</p>	<p><u>Rounders</u> Perform increasing accurate underarm and overarm throws using a tennis ball. Use a rounders bat to hit a ball with increasing accuracy and control using hand-eye coordination. Develop fielding skills in small games. Play small-sided competitive games developing an understanding of the positions in a rounders team.</p> <p><u>Striking and Fielding</u> Quick Cricket basic skills and conditioned games/activities. Demonstrate underarm and overarm throwing of a tennis ball accurately, and choosing the correct technique depending on the situation. Improved catching.</p>

<p>with deliberate thoughtful movement into a space.</p>			
<p><u>Target Games</u> Play various games focusing on hand and eye coordination. Use various size balls. Play conditioned games of handball and football to develop team-work and communication. Introduce simple rules along with tactics.</p>	<p><u>Hockey Skills</u> Revise dribbling, introduce reverse stick, passing and shooting skills & basic rules. Control a ball with movement and accurately pass to someone else in a conditioned game. (No tackling).</p> <p><u>Basketball skills</u> Revise skills of dribbling & passing. Shooting using a jump shot. Introduce following and dispossessing a player. Conditioned games – small sides and areas - using the 3 basic rules (non-contact, travelling and double dribble).</p>	<p><u>Rounders</u> Perform increasing accurate underarm and overarm throws using a tennis ball. Use a rounders bat to hit a ball with increasing accuracy and control using hand-eye coordination. Develop fielding skills in small games. Play small-sided competitive games developing an understanding of the positions in a rounders team.</p> <p><u>Striking and Fielding</u> Quick Cricket basic skills and conditioned games/activities. Demonstrate underarm and overarm throwing of a tennis ball accurately, and choosing the correct technique depending on the situation. Improved catching.</p>	
<p><u>Focus: Balance and Rolls</u> Explain why exercise is good for your health, strength and flexibility. Travel around the hall over and under the apparatus taking weight incorporating 1, 2, 3 & 4-point balances.</p>	<p><u>Focus: Travelling</u> Explain why it is important to warm up / cool down. Create a series of actions to travel around the floor using low / high-level apparatus. Travelling to include: tiptoe, skipping, straight jump with half / full turn, cat leap with half turn and pivot. Show changes in direction, speed and level during a routine. Travel in different ways including cartwheels. Perform and create sequences with fluency and expression. Perform and apply skills and techniques with control and accuracy. Self / peer assess using appropriate vocabulary.</p>		

<p>Balance with and without a partner. Include pike, tuck, star, straight and straddle shapes using low and high-level apparatus. Explore rolls (forwards, backwards, straddle, pencil). Roll bearing weight on hands using the floor and apparatus. Balance and roll using the floor and low-level apparatus focussing on fluidity of movement. Perform and create sequences with fluency and control.</p>			
<p>Focus: Roman Dance Workshop Identify and repeat the movement patterns and actions of the chosen dance style. Choreograph a simple routine that reflects the chosen dance style.</p>	<p>Focus: Rain Routine Translate ideas from a variety of stimuli into movement. Apply compositional ideas to sequences independently and in groups demonstrating rhythm and spatial awareness. Compose a longer dance sequence in a small group. Perform and create sequences with fluency and expression. Watch, describe and evaluate the effectiveness of performances suggesting improvement.</p>		<p>Swimming Each class has a 3 week swimming block then 9 weeks for non-swimmers Skill Swim competently, confidently and proficiently for at least 25 metres on a recognised stroke and understand basic water safety.</p>

<p>Demonstrate rhythm and spatial awareness. Use simple dance vocabulary to compare and improve their work, modifying techniques to achieve an improved outcome.</p>			
<p>Swimming Each class has a 3 week swimming block then 9 weeks for non-swimmers Skill Swim competently, confidently and proficiently for at least 25 metres on a recognised stroke and understand basic water safety.</p>	<p>Swimming Each class has a 3 week swimming block then 9 weeks for non-swimmers Skill Swim competently, confidently and proficiently for at least 25 metres on a recognised stroke and understand basic water safety.</p>	<p>Swimming Each class has a 3 week swimming block then 9 weeks for non-swimmers Skill Swim competently, confidently and proficiently for at least 25 metres on a recognised stroke and understand basic water safety.</p>	<p>Opportunity to attend a residential and experience activities including water sports, high ropes, archery etc</p>
		<p>Opportunity to attend a residential and experience activities including water sports, high ropes, archery etc</p>	



Year 5

	Autumn	Spring	Summer
Athletics: Running, jumping, throwing and catching.	<p><u>Athletics</u> Run / jog continuously for 12 minutes.</p> <p><u>Multi Skills</u> Focus on co-ordination, balance and speed, using a variety of equipment through the medium of indoor athletics activities. Teacher-led challenges and use of partner to record data, encourage and assist with improvement of performance.</p> <p><u>Ball Skills</u> Developing effective choices about when, how, where to move, pass and receive. Building up to an inter house competition within classes.</p> <p><u>Target Games</u> Play conditioned games of handball, using handballs, with larger sized teams and areas up to 5 a-side developing team work and communication alongside passing and movement skills. Discuss role of captain and coach.</p>	<p><u>Athletics</u> Run / jog continuously for 14 minutes.</p>	<p><u>Athletics</u> Run / jog continuously for 16 minutes.</p> <p><u>Long Jump</u> Jump from one foot to two feet encouraging landing technique (like a frog). With a 10m run up towards pit. Use the arms to enhance thrust and height into the air. Spring and push off toes when jumping. Progress to a longer run up to the pit at a faster pace recording distance jumped.</p> <p><u>Athletics</u> Focus on correct run, jump and throw techniques eg (soft) javelin, round the track relays with down sweep passing of baton. Build up to Sports Day and Athletics team selection. Introduce triple Jump (using long jump pit)</p>
Competitive Games		<p><u>Hockey Skills</u> Dribbling using reverse stick with increased confidence, passing and shooting skills with movement and accuracy. Positions, including goalkeeper. Conditioned small-sided games with tackling up to 5-a-side and half court sized areas.</p> <p><u>Basketball Skills</u> Passing techniques and when to use them, marking a player with and without the ball, creating and using space, teamwork. Introduce and practise attacking and defending skills in games. Introduce lay up shot.</p>	<p><u>Rounders</u> Explore a range of striking techniques depending on the position of the fielders in small games. Develop fielding skills – understanding tactics and using skills to prevent the opposition from scoring. Perform under and overarm throws with accuracy and control. Competitive rounders games.</p> <p><u>Striking and Fielding</u> Overarm bowling, batting and fielding. Building up from quick cricket to small-sided games using overs. Take part in a conditioned game with understanding</p>

		<p>Small sided conditioned games leading up to full 5/7 a-side. Some will participate in an Inter House competition.</p> <p>The role of captain, coach and umpire/referee.</p>	<p>of the rules & tactics eg placement of fielders based on strengths and batting into spaces.</p>
Gymnastics	<p>Focus: Flight</p> <p>Children to be able to explain why it is important to warm up before exercise and cold down afterwards.</p> <p>Perform different types of jump using low level apparatus: Jumping showing straight, tuck, straddle and twist shapes (with and without use of arms). Land with bent knees, soft landing.</p> <p>Demonstrate tension and extension in shapes.</p> <p>Twist with shoulders.</p> <p>Develop jumping onto apparatus.</p> <p>Sink into a roll from standing.</p> <p>Perform a sequence: jump, sink & roll into a balance.</p> <p>Progress to a sequence in pairs: run, jump, balance, jump, roll out using low-level apparatus.</p> <p>Choreograph a short (30 second) performance to include: balance, synchronised shape jump, jump onto apparatus, roll in a canon and a twist jump.</p> <p>Develop strength, technique and flexibility throughout performances.</p>	<p>Focus: Balances</p> <p>Children to be aware and to be able to explain how to prepare safely for physical activity - before, during and after exercise.</p> <p>Develop the placement of body parts in balances, recognising the position of their centre of gravity.</p> <p>Select ideas to compose specific sequences of movements, shapes and balances (1,2,3 and 4-point balances) using the floor and apparatus. Ensure balances are held for 3-5 seconds showing extension of limbs.</p> <p>Combine and link 2 balances with / without a twist using low-level apparatus.</p> <p>Perform a cartwheeling action into a sequence taking weight on hands lunging into cartwheel progressing to a round off.</p> <p>Take weight on hands to perform and perfect a handstand and integrate into a sequence.</p> <p>Perform balances within a longer sequence using the floor and apparatus consistently applying and performing techniques with accuracy, precision and control.</p>	
Movement			<p>Focus: African Dance</p> <p>Identify, Explore and learn actions, gestures, body shapes, rhythms and travelling patterns that suit the style</p> <p>Respond physically to a range of stimuli, particularly musical accompaniment</p> <p>Convey the mood and feeling of the dance.</p> <p>Show through physical response an understanding of the African style</p> <p>Observe, describe and interpret video and pictorial material including comment on costume and social/cultural context</p> <p>Discuss and evaluate their own work and that of their peer</p>

			Skill Demonstrate rhythm & spatial awareness.
Outdoor and adventurous	Opportunity to attend a residential and experience activities including water sports, high ropes, archery etc	Orienteering Read a map accurately, follow routes, creating own orienteering course. Use problem solving skills combined with running to complete an orienteering course.	



Year 6

	Autumn	Spring	Summer
Athletics: Running, jumping, throwing and catching.	<p><u>Multi Skills</u> Focus on co-ordination, balance and speed, use a variety of indoor athletics activities (speed bounce, standing long jump) and circuit training exercises. Children given the opportunity to deliver a warm-up to the whole class and select a skill as a challenge to be improved during the year with periodic testing e.g. basketball shooting or football keepy-uppy</p> <p>Encourage creativity to challenge themselves and /or a partner. Record data, encourage and assist with improvement of performance.</p>	<p><u>Hockey Skills</u> Dribbling using reverse stick with some fluency, passing and shooting skills with movement and increased accuracy. Positions including goalkeeper. Conditioned small-sided games with tackling up to 5-a-side and half court sized areas. Introduction of more rules such as corners and side line ball.</p>	<p><u>Games / Athletics</u></p> <p><u>Athletics</u> Run for a sustained period of time – 20 minutes - improving fitness and stamina. Sustain running technique at different speeds and pace themselves over longer distances.</p> <p>Long Jumping Skills – improving and developing jumping technique using the 20m runway.</p> <p>Introduce the concept of personal challenge. Decrease or increase the size of the run up as required. Place a low safe object (such as a mini hurdle) for athletes to jump over.</p> <p><u>Athletics</u> Focus on correct run, jump and throw techniques eg marking out long and triple jump run ups to improve distance, round the track relays with downsweep passing of baton and check points for outgoing runner. Build up to Sports Day and Athletics team selection.</p>
Competitive games	<p><u>Ball Skills / Target Games</u> Play games of handball (using handballs) whilst focusing on hand and eye coordination. Use of effective choices about when, how, where to move, pass and receive with correct choice & speed of pass. Understanding and playing a position. Playing and officiating an inter house competition within classes. Teams will designate the captain, coach and manager. Discussion of roles and expectations.</p>	<p><u>Invasion Games focus on Netball and Basketball</u> Passing techniques and when to use them, marking a player with and without the ball, creating and using space, teamwork. Looking at the differences and similarities between the 2 sports. Show specific attacking and defending skills in games to influence the result.</p> <p>Small sided conditioned games leading up to full 5/7 a-side in an inter house environment encouraging boys / girls to participate in both sports. Children to umpire / referee and time keep during competitions.</p>	<p><u>Striking and fielding</u> <u>Cricket</u> Improved overarm bowling technique and accuracy, batting into space, wicket keeping, fielding techniques, e.g. backing up and long barrier. Play small-sided games using overs, with a partner or small teams. Attempting to score and umpire. Take part in a conditioned game with understanding of the rules & tactics eg keeping in-form batsman on strike, bowling order, batting order and field placement.</p>

			<p>Rounders Strike a bowled ball over longer distances using good hand-eye coordination. Work as a team to develop fielding strategies to prevent the opposition from scoring. Follow the rules to play a game successfully. Take part in competitive games with an embedded understanding of tactics and composition.</p>
Gymnastics	<p>Focus: Matching & Mirroring Understand why physical activity is essential for healthy bodies, fitness, strength and wellbeing.</p> <p>Describe the key differences between mirroring and copying. Understand the concept of synchronicity. Demonstrate mirroring and synchronicity in a performance using low-level apparatus. Complex sequences to involve the full range of actions and movements: travelling, balancing, jumping, leaping and stretching. Use dance and gym vocabulary to compare & improve their work over a sequence of lessons challenging their own performance.</p> <p>Focus: Counter balance & counter tension Understand and perform counter balances individually using resources. Develop technique, control and complexity of part-weight partner counter balances. Progress from using the floor to low-level and high-level apparatus. Choreograph routines incorporating a minimum of 3 counter balances ensuring fluidity of movement. Demonstrate precision, control & fluency. Link ideas, skills & techniques with control when performing these skills. Evaluation of performances of peers using technical vocabulary, suggesting modifications.</p>		
Movement		Focus: Rhythmic Gymnastics	Focus: Electricity (link to science)

		<p>Understand correct posture for using a ribbon (straight back, elongated spine, strong core). Learn and perform basic movements using wrist actions holding the ribbon (circles / spirals high and low, snake charmers, high and low flicks). Combine flexibility, techniques and movement to create a fluent sequence in pairs and small groups. Show a change of pace and timing in movements responding to the music. Choreograph and perform fluid routines with ribbons considering speed, movements, turns, balances, rolls and cartwheels linking actions. Self and peer evaluation of performances suggesting appropriate improvements using dance vocabulary.</p>	<p>Demonstrate strong and controlled movements listening and responding to the music. Move appropriately with the required style. Dance with fluency and control demonstrating fluency across their sequences within a group. Compose and perform dance routines responding to the tempo and rhythm of the music.</p>
<p>Outdoor and adventurous</p>			<p>Opportunity to attend a residential and experience activities including water sports, high ropes, archery etc</p>