



PE Long term Overview

Year Group	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1 indoor session	Yoga	Dance (RE link) I move to music. I move safely in a space. I copy dance moves	Gymnastics I plan and perform a sequence. I improve my feedback based on feedback. I think of more than one way to create a sequence which follows some 'rules'.	Yoga I explain how strength and suppleness affect performance.	Gymnastics I work in a controlled way. I include change of speed and direction. I include a range of shapes.	Gymnastics I combine action, balance and shape. I perform consistently to different audiences.	Dance I develop sequences in a specific style.
Autumn 1 Outdoor session	Ball skills - Gross motor skills	Sports Hall Athletics I throw underarm. I throw and catch with both hands.	Sports Hall Athletics I can talk about what is different from what I did and what someone else did.	Football I am aware of space and use it to support team mates and to cause problems for the opposition.	Tag Rugby I throw and catch accurately. I vary tactics and adapt skills depending on what is	Athletics (Long distance/jumping) I controlled when taking off and landing. I throw with accuracy.	Athletics (cross country) I demonstrate stamina

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		I copy actions.		I know and use rules fairly.	happening in a game.	I combine running and jumping.	
Autumn 2 indoor session	Gymnastics Dance	Gymnastics I make my body curled, tense, stretched and relaxed. I copy sequences and repeat them. I use equipment safely.	Dance I change rhythm, speed, level, and direction in my dance. I dance with control and coordination. I can talk about what is different from what I did and what someone else did.	Gymnastics I adapt sequences to suit different types of apparatus and criteria. I explain how strength and suppleness affect performance.	Fitness Circuits I jump in different ways. I throw in different ways.	Dance I compose my own dances in a creative way. I perform to an accompaniment.	Gymnastics I combine my own work with that of others.

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<p>Autumn 2 outdoor session</p>		<p>Multi skills/Circuit training</p> <p>I repeat actions and skills.</p>	<p>Basketball</p> <p>I decide the best space to be in during a game.</p> <p>I use a tactic in a game.</p> <p>I follow rules.</p>	<p>Basketball</p> <p>I throw and catch with control.</p>	<p>Athletics (Long distance)</p> <p>I run over a long distance.</p>	<p>Tag Rugby</p> <p>I gain possession by working a team.</p> <p>I pass in different ways.</p> <p>I choose a tactic for defending and attacking.</p> <p>I use a number of techniques to pass.</p>	<p>Rugby</p> <p>I play to agreed rules.</p> <p>I can umpire</p> <p>I can lead others in a game situation.</p>
<p>Spring 1 indoor session</p>	<p>Gymnastics</p>	<p>Dance (Topic Link)</p> <p>I move to music</p> <p>I perform my own moves.</p> <p>I make up a short dance.</p>	<p>Circuit Training</p> <p>I follow rules.</p> <p>I copy and remember actions.</p>	<p>Dance (linked to RE/Topic)</p> <p>I improvise freely and translate ideas from a stimulus into movement.</p> <p>I share and create phrases with a partner and small group.</p>	<p>Basketball</p> <p>I take the lead when working with a partner or group.</p> <p>I use dance to communicate an idea.</p>	<p>Gymnastics</p> <p>I make complex extended sequences.</p> <p>I perform consistently to different audiences.</p>	<p>Dance</p> <p>I develop sequences in a specific style.</p> <p>I choose my own music and style.</p>

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<p>Spring 1 outdoor sesison</p>	<p>Catching skills</p>	<p>Football</p> <p>I throw and kick in different ways.</p> <p>I move and stop safely.</p> <p>I repeat actions and skills.</p>	<p>Football</p> <p>I use hitting, kicking or rolling in a game.</p> <p>I decide the best space to be in during a game.</p> <p>I follow rules.</p>	<p>Outdoor Skills</p> <p>I follow a map in a familiar context.</p> <p>I use clues to follow a route.</p> <p>I follow a route safely.</p>	<p>Orienteering</p> <p>I follow a map in a (more demanding) familiar context.</p> <p>I follow a route within a time limit.</p>	<p>Hockey</p> <p>I pass in different ways.</p> <p>I choose a tactic for defending and attacking.</p> <p>I use a number of techniques to dribble and shoot.</p>	<p>Basketball</p> <p>I explain the rules.</p> <p>I make a team and communicate a plan.</p> <p>I lead others in a game situation.</p>
<p>Spring 2 indoor sesison</p>	<p>Gymnastics</p>	<p>Gymnastics</p> <p>I copy sequences and repeat them.</p> <p>I control my body when travelling and balancing.</p> <p>I roll, curl, travel and balance in different ways.</p> <p>I move with</p>	<p>Gymnastics</p> <p>I work on my own and with a partner.</p> <p>I can improve my sequence based on feedback.</p> <p>I can talk about what is different from what I did and what someone else did.</p>	<p>Gymnastics</p> <p>I compare and contrast gymnastic sequences.</p> <p>I adapt sequences to suit different types of apparatus and criteria.</p>	<p>Dance (Cultural—link to RE/Topic)</p> <p>I take the lead when working with a partner or group.</p> <p>I use dance to communicate an idea.</p>	<p>Dance (Cultural—link to RE/Topic)</p> <p>I compose my own dances in a creative way.</p> <p>My dance shows clarity, fluency, accuracy and consistency.</p>	<p>Gymnastics</p> <p>I combine my own work with that of others.</p> <p>I sequence to specific timings.</p>

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		control and care.					
Spring 2 outdoor session	Throwing skills	<p>Basketball</p> <p>I throw and catch with both hands.</p>	<p>Netball</p> <p>I decide the best space to be in during a game.</p> <p>I use a tactic in a game.</p> <p>I follow rules.</p>	<p>Hockey</p> <p>I am aware of space and use it to support team mates and to cause problems for the opposition.</p> <p>I know and use rules fairly.</p>	<p>Hockey</p> <p>I hit a ball accurately with control.</p> <p>I vary tactics and adapt skills depending on what is happening in a game.</p>	<p>Netball</p> <p>I pass in different ways.</p> <p>I choose a tactic for defending and attacking.</p> <p>I use a number of techniques to pass, dribble and shoot.</p>	Cricket/Rounders
Summer 1 indoor session	Athletics	Swimming	<p>Dance (Topic)</p> <p>I copy and remember actions.</p> <p>I use dance to show a mood or feeling.</p> <p>I make a</p>	Swimming	<p>Gymnastics</p> <p>I include a range of shapes.</p> <p>I work with a partner to create, repeat and improve a sequence with at</p>	<p>Gymnastics</p> <p>I controlled when taking off and landing.</p> <p>I throw with accuracy.</p> <p>I combine running and jumping.</p>	Archery I explain rules to others.

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			sequence by linking sections together.		least three phases.		
Summer 1 outdoor session	Tennis	Tennis I throw and catch with both hands. I hit a ball with a bat.	Rounder's I decide the best space to be in during a game. I use a tactic in a game. I follow rules. I use hitting in a game.	Athletics I run at fast, medium and slow speeds; changing speed and direction. I take part in a relay, remembering when to run and what to do.	Athletics I sprint over a short distance. I throw in different ways. I hit a target. I jump in different ways.	Adventurous outdoor activity/Athletics I follow a map into an unknown location. I use clues and a compass to navigate a route. I change my route to overcome a problem. I use new information to change my route.	Orienteering I plan a route and a series of clues for someone else. I plan with others, taking account of safety and danger.
Summer 2 indoor focus	Swimming	Athletics I copy actions I repeat actions and	Athletics I copy and remember actions.	Dance I repeat, remember and perform phrases.	Rounders I hit a ball accurately with control.	Tennis I use forehand and backhand with a racket.	Badminton I explain rules to others. I make a team and

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		<p>skills</p> <p>I move and stop safely.</p>		<p>I share and create phrases with a partner and small group.</p>	<p>I catch with one hand.</p> <p>I throw and catch accurately.</p> <p>I vary tactics and adapt skills depending on what is happening in a game.</p>		<p>communicate a plan.</p>
<p>Summer 2 indoor focus</p>	<p>Olympic events</p>	<p>Athletics</p> <p>I throw underarm</p> <p>I throw and catch with both hands.</p>	<p>Athletics</p> <p>I copy and remember actions.</p>	<p>Rounders</p> <p>I throw and catch with control.</p> <p>I am aware of space and use it to support team mates and to cause problems for the opposition.</p>	<p>Tennis</p> <p>I hit a ball accurately with control.</p> <p>I vary tactics and adapt skills depending on what is happening in a game.</p>	<p>Rounders'</p> <p>I can field.</p> <p>I use forehand and backhand with a racket.</p>	<p>Athletics</p>

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