PE Whole School Overview

Year 1							
		Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Autumn 1	Invasion Games Attacking, Defending, Teamwork, Space, Direction, Speed, Block, Scanning, Shield, Protect, Possession, Marking, Movement.	Fundamental movement skills	Stop a ball with basic control	Send a ball in the direction of another person	Send and receive a ball	Team conditioned game	Team conditioned game
	Karate						
Autumn 2	Gymnastics Tension, Straight,	Copy and explore basic action	Copy and explore basic actions with some control	Choose and link basic actions	Can perform jumps safely on the floor and using low apparatus	Can hold their weight on their hands	Can perform balances, tuck and star shapes on the

	Squeezing, Tightness, Straight Back, Balance, Patches, Relaxation, Small Body Parts, Large Body Parts, Control, Hold, Landing, Shapes, Rolls.		and coordination	Can perform a log roll			floor and low apparatus
	Outdoor Adventurous Listening, Abiding by Rules, Teamwork, Communication, Commands, Instructions, Direction, Listening, Problem Solving, Trust.	Communication game	Teamwork game	Teamwork game	Map skills	Map skills	Orienteering game
Spring 1	Dance Levels, Shapes,	Copy and repeat	Copy and repeat	Work in a small group to	Introduce levels when performing	Assess peers	Create own dance

	Speed, Safe Space, Pathways, Direction, Movement, Sequence, Balance, Rehearse, Performance, Canon	different dance action	different dance actions	link actions together			sequence with a partner
	Multi Skills- Throwing and Catching Attacking, Defending, Teamwork, Space, Direction, Speed, Block, Scanning, Shield, Protect, Possession, Marking, Movement.	Throw Under arm	Throw Under arm	Throw Over arm	Throw over arm	Catch	Team game using throwing and catching

Spring 2	Invasion Games Attacking, Defending, Teamwork, Space, Direction, Speed, Block, Scanning, Shield, Protect, Possession, Marking, Movement.	Find an appropriate safe space	Move into a space with an object e.g. football, basketball Control the ball moving around an area	Pass the ball to a partner Looking for a space, using the correct technique	Passing to a partner or team with defenders intercepting	Small sided games	Small sided games
	Racket Skills Accurate, Throw, Catch, Cup, Underarm, Direction, Target Speed, Footwork, Movement, Forehand, Backhand, Racket, Strings, Push, Swing, Baseline, Net,	**Throwing and Balancing Skills** To be able to throw under arm with accuracy and direction. To be able to catch efficiently with the correct technique.	**Footwork and Floor Tennis** To be able to control the ball when moving around an area. To be able to catch efficiently with the correct technique.	**Technique - Forehand** To understand the forehand technique. To understand when forehand technique is to be used in tennis. To develop aiming and	**Backhand and Partner Work** To understand the backhand technique. To understand when backhand technique is to be used in tennis. To develop aiming and	**Rallies** To be able to push the ball with both sides of the racket. To be able to control a ball when pushing and receiving the ball.	**Game** To be able to use both sides of the racket within games. To be able to use both forehand and backhand pushes during game play.

	Tennis Ball, Find Space.	Using skills to develop individual and team target games. Move into spaces safely within the area.	To respond to instruction and carry out the appropriate movement. Using skills to develop individual and team target games. Move into space safely within the area.	accuracy using the forehand technique.	accuracy using the forehand and backhand technique within partner work.	Move into space safely within the area.	To participate in team games, developing simple tactics. To play games effectively as part of a team.
Summer 1	Striking and Fielding Travel, Direction, Space, Position, Underarm, Release, Direction, Accuracy,	Working on hand eye coordination when throwing and catching	Work on striking an object, racket, cricket bat	Bowling	Fielding	Batting	Mini game

	Control, Follow, Through, Fielding, Batting, Bowling, Retrieving, Teamwork, Throwing, Catching, Wickets, Stumps, Bat.						
	Sports Hall Athletics (Indoor) Agility, Balance, Coordination, Control, Focus, Throw, Catch, Running, Jumping, Move, Target, Head Up.	Throwing a javelin	Chest push	Long Jump	5 Stride	Running- individual	Running- relays
Summer 2	Outdoor Athletics	Running	Throwing	Jumping	Relay	Long Jump	Mini Olympics

	Agility, Balance, Coordination, Control, Focus, Throw, Catch, Running, Jumping, Move, Target, Head Up.						
	Swimming						

Year 2							
		Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Autumn 1	Football Attacking, Defending, Teamwork, Space, Direction, Speed, Block, Scanning, Shield, Protect,	Fundamental movement skills	Stop a ball with basic control	Send a ball in the direction of another person	Send and receive a ball	Team conditioned game	Team conditioned game

	Possession, Marking, Movement.						
	Racket Skills Accurate, Throw, Catch, Cup, Underarm, Direction, Target Speed, Footwork, Movement, Forehand, Backhand, Racket, Strings, Push, Swing, Baseline, Net, Tennis Ball, Find Space.	To be able to throw and catch accurately	To move safely around the court and while controlling a ball	Hit a ball using a forehand technique	Hit a ball using a backhand technique	Apply different techniques in a game situation	Use skills learnt to play a game/rally
Autumn 2	Gymnastics Tension, Straight, Squeezing, Tightness, Straight Back, Balance,	Copy and explore basic action	Copy and explore basic actions with some control and coordination	Choose and link basic actions Can perform a log roll	Can perform jumps safely on the floor and using low apparatus	Can hold their weight on their hands	Can perform balances, tuck and star shapes on the floor and low apparatus

	Patches, Relaxation, Small Body Parts, Large Body Parts, Control, Hold, Landing, Shapes, Rolls						
	Karate						
Spring 1	Dance Levels, Shapes, Speed, Safe Space, Pathways, Direction, Movement, Sequence, Balance, Rehearse, Performance, Canon.	Copy and repeat different dance action	Copy and repeat different dance actions	Work in a small group to link actions together	Introduce levels when performing	Assess peers	Create own dance sequence with a partner
	Multi Skills Travel, find space, control, beanbag, ball,	Recognise what a 'good' space is	To move safely around the court and while	Throwing arm must follow through	To participate safely. To be able to apply relevant	To participate safely. To be able to apply relevant	Team game using throwing and catching

	warm-up, Balance, throw and catch	Keep the ball/beanbag safe and under control Use diff. parts of the body to balance the beanbag on	controlling a ball	towards their target/partner The ball must be thrown at the right speed/weight for pass chosen	knowledge, skills and technique to appropriate activities.	knowledge, skills and technique to appropriate activities.	
Spring 2	Invasion Games Attacking, Defending, Teamwork, Space, Direction, Speed, Block, Scanning, Shield, Protect, Possession, Marking, Movement	Fundamental movement skills	Stop a ball with basic control	Send a ball in the direction of another person	Send and receive a ball	Team conditioned game	Team conditioned game
	Outdoor Adventurous	Communication game	Teamwork game	Teamwork game	Map skills	Map skills	Orienteering game

	Listening, Abiding by Rules, Teamwork, Communication, Commands, Instructions, Direction, Listening, Problem Solving, Trust.						
Summer 1	Striking and Fielding Travel, Direction, Space, Position, Underarm, Release, Direction, Accuracy, Control, Follow, Through, Fielding, Batting, Bowling,	Working on hand eye coordination when throwing and catching	Work on striking an object, racket, cricket bat	Bowling	Fielding	Batting	Mini game

	Retrieving, Teamwork, Throwing, Catching, Wickets, Stumps, Bat.						
	Sports Hall Athletics (Indoor) Agility, Balance, Coordination, Control, Focus, Throw, Catch, Running, Jumping, Move, Target, Head Up.	Throwing a javelin	Chest push	Long Jump	5 Stride	Running- individual	Running- relays
Summer 2	Athletics Agility, Balance, Coordination, Control, Focus, Throw, Catch,	Running	Throwing	Jumping	Relay	Cross Country	Mini Olympics

	Running, Jumping, Move, Target, Head Up, Personal best (PBs), Cross Country, Laps						
	Swimming						

Year 3							
		Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Autumn 1	Football Attacking, Defending, Teamwork, Space, Direction, Speed, Block, Scanning, Shield, Protect,	Dribbling a football using the correct parts of the feet	Dribbling past a defender	Dribbling and passing the ball to a team mate using the correct technique	Work in small teams to shoot towards a goal	Work n attacking and defending	Small sided game

	Possession, Marking, Movement.						
	Health and Fitness Speed, Aerobic, Active, Movement, Heart Rate, Flexibility, Muscles, Controlled, reathing, HIIT, Diet, Intensity, Interval, pace, personal best, rhythm	Structured circuit training	Cross Country route	Structed circuit training	Cross Country route	10-minute Cooper challenge	10-minute Cooper challenge
Autumn 2	Gymnastics Explore, Safety, Sequence, Shapes, Perform, Rolls,	Create a small sequence showing 3 types of roll. Log, tuck, forward	Show weight on hands movements, hanging swinging, front back side support	Show jumps from different levels. Use the correct landing technique	Show matching and mirroring with a partner	Show different shapes when jumping. Pencil, star, and tuck	Show a sequence with a partner showing all that has been learnt

	Jumps, Balance, Combine, Contrast, Travel, Tension						
	Outdoor Adventurous Listening, Abiding by Rules, Teamwork, Communication, Commands, Instructions, Direction, Listening, Problem Solving, Trust.	Communication game	Teamwork game	Teamwork game	Map skills	Map skills	Orienteering game
Spring 1	Dance Emotions, Release, Travel, Performance, Feeling, Levels, Shapes, Speeds,	Show dance actions and link together	Show dance actions and perform to a group	Show and performance a dance with a partner	Watch a performance and highlight strengths	Show a group dance performance moving in unison	Create a dance routine using your own ideas

	Direction, Pathways, Movement, Sequence.						
	Hockey hockey, pass, move, stick, strike, shoot, dribble, stop, turn, space, warm up, turn, attack, defend, teamwork, foul, tackle.	How to move with the ball under control at speed	Understand and perform the correct technique when passing and receiving the ball.	How to strike the ball with accuracy	How to attack and defend as a team	How to work as a team in Hockey	Understand the basic rules in Hockey (quicksticks)
Spring 2	Invasion Games Attacking, Defending, Teamwork, Space, Direction, Speed, Block, Scanning, Shield, Protect,	Understanding space & movement	Passing and receiving	Dribbling and ball control	Attacking skills	Defending skills	Small sided games

	Possession, Marking, Movement.						
	Karate						
Summer 1	Striking and Fielding Accuracy, Target, Aim, Wickets, Run, Score, Throw, Bowl, Caught, Grip, Stump, Bat, Stance, Four, Six.	Basic understading of striking and fielding	Striking a ball	Throwing and catching	Fielding Skills	Simple Game Play	Game play and assessment
	Sports Hall Athletics (Indoor) Direction, Movement, Coordination, Hurdling, Speed, Pace, Handover, Teamwork, Accurate,	Throwing a javelin	Chest push	Long Jump	5 Stride	Running- individual	Running- relays

	Target, Stance, Control, Power, Grip, Shot, Distance, Height, Guide, Momentum, Strength.						
Summer 2	Athletics Direction, Movement, Coordination, Hurdling, Speed, Pace, Handover, Teamwork, Accurate, Target, Stance, Control, Power, Grip, Shot, Distance, Height, Guide, Momentum, Strength.	Running techniques	Changing speed & direction	Jumping for distance	Jumping for height	Throwing for distance	Mini Olympics
	Swimming						

Year 4							
		Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Autumn 1	Football Attacking, Defending, Teamwork, Space, Direction, Speed, Block, Scanning, Shield, Protect, Possession, Marking, Movement	Dribbling basics	Passing & receiving	Dribbling under pressure	Shooting	Attacking & defending	Small sided games
	Attacking and Defending- Basketball Dribble, Bounce, Throw, Catch, Push, Shoot, Pass, Move, Teamwork,	To understand and perform the correct technique when dribbling	To pass and receive the ball with accuracy, control and confidence.	How to shoot the ball towards a target with accuracy from different distances .	How to attack and defend on their own and as part of a team.	Children to play a attack v defence game using Basic Basketball skills	To select and use the skills learnt in a game situation

	Jump, Space, Double Dribble, Travelling, Side Line, Baseline and Steal.						
Autumn 2	Gymnastics Explore, Safety, Sequence, Shapes, Perform, Rolls, Jumps, Balance, Combine, Contrast, Travel, Tension	Shapes and balances	Rolls	Jumping and landing	Travelling movements	Linking movements into sequences	Performance and evaluation
	Outdoor Adventurous Listening, Abiding by Rules, Teamwork, Communication,	Teamwork and communication	Blindfold game	Symbol Recognition	Grid references	Map skills	Orienteering game

	Commands, Instructions, Direction, Listening, Problem Solving, Trust.						
Spring 1	Dance Emotions, Release, Travel, Performance, Feeling, Levels, Shapes, Speeds, Direction, Pathways, Movement, Motif, Dynamics, Sequence	Shapes, tension and control	Rolls & transitions	Flight & Vaulting	Conterbalances & partner work	Creating sequences	Performance & evalution
	Karate						
Spring 2	Invasion Games Attacking, Defending, Teamwork, Space,	Finding space	Passing and movement	Attacking play	Defending basics	Teamwork & Simple tactics	Game play and assessment

	Direction, Speed, Block, Scanning, Shield, Protect, Possession, Marking, Movement						
	Dance Emotions, Release, Travel, Performance, Feeling, Levels, Shapes, Speeds, Direction, Pathways, Movement, Motif, Dynamics, Sequence	Explore movement on different levels Explore movement using speed Move into spaces safely within the area	Explore movement on different levels Explore movement using speed Move into spaces safely within the area	Introduce what dynamics are. Understand how dynamics change the way we move in dance.	To understand how to create a motif using a theme. To create a short motif to perform.	To understand how chance to dance works and how it can create interesting sequences. To perform the sequence created.	To rehearse the chance to dance sequence. Perform these sequences to the class. To give peers feedback on their performances.
Summer 1	Striking and Fielding Accuracy, Target, Aim, Wickets,	Striking basics	Throwing and catching	Fielding skills	Striking into space	Team fielding tactics	Game play and assessment

	Run, Score, Throw, Bowl, Caught, Grip, Stump, Bat, Stance, Four, Six.						
	Sports Hall Athletics (Indoor) Direction, Movement, Coordination, Hurdling, Speed, Pace, Handover, Teamwork, Accurate, Target, Stance, Control, Power, Grip, Shot, Distance, Height, Guide, Momentum, Strength.	Throwing a javelin	Chest push	Long Jump	5 Stride	Running- individual	Running- relays
Summer 2	Athletics	Sprinting technique	Relay	Jumping- Long jump	Thorwing events	Jumping high jump	Mini Olympics

	Direction, Movement, Coordination, Hurdling, Speed, Pace, Handover, Teamwork, Accurate, Target, Stance, Control, Power, Grip, Shot, Distance, Height, Guide, Momentum, Strength.						
	Swimming						

Year 5							
		Week 1	Week 2	Week 3	Week 4	Week 5	Week 6

Autumn 1	Football Attacking, Defending, Teamwork, Space, Direction, Speed, Block, Scanning, Shield, Protect, Possession, Marking, Movement	Dribbling & ball control	Passing and receiving	Shooting and attacking play	Defending skills	Team play & tatics	Mini tournament
	Attacking and Defending- Handball Accurate, Direction, Control, Exercise, Fitness, Pass, Receive, W Position Catch, Attack, Defend, Shot, Formation,	To pass the ball correctly using an overhead pass, bounce pass and side pass techniques To pass and receive the ball with accuracy, control and confidence	To use good technique when passing, receiving and ball handling To understand how to use space effectively and how to move as part of a team	To be able to shoot using the ball over elbow technique To be able to link passing, receiving and shooting skills together	To use the basic principles of how to attack and defend, as an individual and as part of a team	To use tactics and strategies as part of a team to be successful	To play a handball small sided game as part of a team, following the rules of the game.

	Position, Tactics.						
Autumn 2	Gymnastics Shapes, Turns, Body Tension, Vault, Height, Tightness, Travel, Perform, Combine, Balance, Sequence, Contrast, Rolls	Shapes & balances	Travelling & linking movements	Rolls & rotation	Jumps & apparatus work	Creating sequences	Performance & evaluation
	Outdoor Adventurous Direction, listening, instructions, key, symbols, Orienteering, left and right, North, South East, West, Map reading, grid reference,	How to work together effectively to complete tasks or solve problems	To give and follow instructions to complete a task safely	To understand different symbols on a map	How to locate a point on a map	How to locate a point on the map using Grid referencing	To find answers to solve the problem

	leadership, team work						
Spring 1	Dance Control, Performing, Rehearse, Motif, Emotions, Movement, Dynamics, Sequence, Performance, Canon, Development, Formation	Intro to dance and basic actions	Rhythm & timings	Space and levels	Dynamics & expression	Creating a group dance	Performance and evaluation
	Sports Hall Athletics (Indoor)	Throwing a javelin and Chest Push	Long jump and Speed bounce	5 Stride and Vertical jump	Circuit and field events	Running- individual and hurdles	Running- relays
Spring 2	Invasion Games Attacking, Defending, Teamwork, Space, Direction, Speed, Block, Scanning,	Passing and moving	Attacking play and space	Defending and marking	Shooting and scoring	Team play and tactics	Mini tournament

	Shield, Protect, Possession, Marking, Movement						
	Dance Control, Performing, Rehearse, Motif, Emotions, Movement, Dynamics, Sequence, Performance, Canon, Development, Formation.	Understanding and creating a warm up	Chance to dance	Creating a Motif	Motif and canon	Themed dance	Perform final choreography
Summer 1	Striking and Fielding Accuracy, Run, Score, Team, Throw, Underarm, Target, Aim, Base, Communication, Stance, Grip, Bat, Swing, Bowl,	Basic bat and ball control skills	Underarm & overarm throwing	Catching and fielding	Striking and running	Game play and tactics	Mini tournament

	Rounder, ½ rounder						
	Karate						
Summer 2	Athletics Exercise, Accuracy, Momentum, Coordination, Balance, Landing, Jumping, Technique, Timing, Power, Height, Distance, Control, Pace.	Sprinting technique	Distance running and pacing	Relay & team running	Jumping- long jump & triple jump basics	Throwing events	Mini Olympics
	Swimming						

Year 6							
		Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Autumn 1	Football	Ball mastery and dribbling	Passing, receiving & possession	Attacking play & creating chances	Defending & regaining possession	Tactics & game management	Tournament & performance

		under pressure					
	Attacking and Defending Attacking, Defending, Teamwork, Space, Direction, Speed, Block, Scanning, Shield, Protect, Possession, Marking, Movement	Goal Ball	Dodgeball	Bench ball	Basketball	Basketball	Basketball
Autumn 2	Gymnastics	Shapes, balances and control	Travelling & linking with flow	Rolls, rotation and inversions	Jumps, levels & apparatus	Creating group sequences	Performance & evaluation
	Outdoor Adventurous Direction, listening, instructions, key, symbols, Orienteering,	Communication game	Teamwork game	Teamwork game	Map skills	Map skills	Orienteering game

	left and right, North, South East, West, Map reading, grid reference, leadership, team work						
Spring 1	Dance Levels, Speed, Shape, Pathways, Direction, Aerobic, Travel, Performing, Rehearse, Motif, Emotions, Movement, Dynamics, Sequence, Performance, Canon, Development, Formation.	Revisiting dance actions	Dynamics & expression	Space, levels, formations	Partner & group work	Choreography & structure	Performance & evaluation

	Sports Hall Athletics (Indoor) Direction, Movement, Coordination, Hurdling, Speed, Pace, Handover, Teamwork, Accurate, Target, Stance, Control, Power, Grip, Shot, Distance, Height, Guide, Momentum, Strength.	Throwing a javelin and Chest push	Vertical Jump and Speed Bounce	Long Jump and 5 Stride	Circuit of Field Events	Running- individual And hurdles	Running- relays
Spring 2	Invasion Games- Tag Rugby Pass, Catch, Dodge, Tag	Advanced passing and movement	Attacking principles	Defending as a unit	Transition play (Attack-defence)	Tactical awareness & decision making	Tournament and performance analysis

	Keep possession Keep control, Make and use space Support, Points, goals Rules, Tactics						
	Health and Fitness Speed, aerobic, anaerobic, intensity, interval, movements, heart rate, flexibility, injury prevention	To understand how to prepare the body effectively so it's ready for exercise To understand why we warm up. To create a short warm up in small groups	To understand or develop their knowledge of the principle 'HIIT' training. Understand the basic exercises that are included within a HIIT workout	Associate the difference between aerobic and anaerobic exercise. Being able to create your own HIIT workout in small groups.	Understanding what a fitness circuit looks like and includes. Complete a fitness circuit including a variety of activities.	To create a circuit including a variety of activities that include the full body	Being able to create a circuit including a variety of activities. Include sporting movements as well as general fitness activities.
Summer 1	Striking and Fielding Accuracy, Run, Score, Team,	Refined striking technique	Bowling/ Throwing accuracy	Fielding under pressure	Running between wickets/bases	Tactical play & game awareness	Mini Tournament

	Throw, Underarm, Overarm, Target, Aim, Wickets, Stance, Grip, Bat, Four, Six, Swing, Bow						
	Karate						
Summer 2	Athletics Direction, Movement, Coordination, Hurdling, Speed, Pace, Handover, Teamwork, Accurate, Target, Stance, Control, Power, Grip, Shot, Distance, Height, Guide,	Sprinting technique & starts	Endurance running and pacing	Relay racing & Transitions	Jumping events (long jump & triple jump)	Throwing events (shot put/ javelin)	Athletics events and performance

	Momentum, Strength.						
	Swimming						