



PE Whole School Overview

Autumn	Spring	Summer
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Nursery	<p>FUNCTIONAL MOVEMENT Gait</p> <p>Locomotive skills: walking, running, skipping, creating a travelling move with controlled rhythm and using opposite arm to leg. Walk confidently in a variety of directions and to a variety of different speeds. Marching, swinging arms and bending knees. Walk backwards using large and small steps-look over one shoulder. Walk sideways along a path. Walk to left and right. Walk on tiptoe with small and then larger steps. Walk with a flat object balanced on head (e.g., beanbag).</p>	<p>MOVEMENT CONCEPTS Spatial Awareness Rhythmical Awareness</p> <p>Create large and small body shapes. Move over, on or through apparatus. Begin to show awareness of space. Demonstrate control necessary to hold a shape or fixed position. Moving to a variety of tempos. Mirroring a change in pulse to move slowly or quickly. Respond to rhythm and music by means of gesture and movement. Develop a sequence of actions.</p>	<p>MANIPULATIVE SKILLS Rolling and trapping Catching</p> <p>Rolling a ball along the ground. Aiming at a target. Position body to trap a ball. Retrieve, collect and catch balls and bean bags. Use hands to stop a variety of objects. Use arms and body to scoop or trap a ball or bean bag. Move the body in line with a moving object before stopping it.</p>	<p>AESTHETIC MOVEMENT Isolated body parts</p> <p>Develop knowledge of body parts and how they move. Move body parts in isolation. Vary speed and changing direction. Develop connections between body parts – crossing, joining, touching one to another. Touch body parts cross-laterally. Skipping. Moving in different directions.</p>	<p>FUNCTIONAL MOVEMENT Lunge and Leap</p> <p>Bend and straighten legs with control. Balance while straightening and bending knees. Begin to balance while on one foot. Jumping and regaining balance on landing. Jumping and landing on two feet. Hopping. Jumping from two feet to one foot maintaining balance.</p>	<p>MOVEMENT CONCEPTS Directional Awareness</p> <p>Travelling in space in a variety of ways, showing cross lateral movement. Travel through, over and under equipment. Raise opposite leg and arm. Move in a range of ways, e.g. rolling, walking, running, jumping, skipping, sliding and hopping. Use arms when marching. Develop use of opposite arm and leg. Step sideways over obstacles. Vary size of steps. Walk in different directions.</p>
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<p>Reception</p>	<p>FUNCTIONAL MOVEMENT Gait, Skip, Jump Lunge and Leap Walking, running, hopping, using opposite arm to leg where appropriate. Control accuracy and momentum of movement. Develop technique and body shape through different stages of vertical and horizontal jumping. Crouching, take off, flight, landing. Lunging to a variety of directions with bent knees and upright body. Balance while lunging. Demonstrate a lunge position while travelling. Jump from one foot to two feet, leading with either leg. Jump from one foot to the other foot leading with either leg. Hopping, landing. MOVEMENT CONCEPTS Spatial Awareness Temporal Awareness Estimate the number of travelling steps (hopping, galloping, sliding) needed to reach a destination. Gallop using either leg as lead. Hopping on either foot, maintain balance. Move to a variety of tempos aesthetically, with music. Copy and explore basic body actions demonstrated by an adult. Interpret a tempo into a series of movements. Move an object (e.g. scarf) to mirror music tempo.</p>	<p>AESTHETIC MOVEMENT Isolated Body Parts Body Shape Move isolated body parts. Begin to link two movements together to music. Move upper and lower torso to music. Travel using isolated body parts – back, stomach, bottom and feet. Use a variety of levels and directions when moving. Balance on different body parts. Link movements together. Making symmetrical body shapes individually and with a partner. Link movements together. Making asymmetrical body shapes. Travel using asymmetrical body shapes. Link movements together. MANIPULATIVE SKILLS Rolling and Trapping Catching Trapping a ball with hands and feet. Begin to move feet and body to align with moving ball. Anticipate where a partner is aiming. Bouncing and catching a ball. Throwing a ball or beanbag at different heights.</p>	<p>FUNCTIONAL MOVEMENT Push and Pull Squat and Roll Take weight on a variety of body parts. Direct body weight to support a push or pull action. Rotate the body from back to front. Pushing and pulling. Sliding along/on apparatus. Roll sideways using a curl-stretch-curl body shape. Perform a forward roll from hands and feet through a squat into sitting. MOVEMENT CONCEPTS Cross Lateral Movement Gallop/slide Walking, running, throwing, crawling and climbing, using cross lateral movements (i.e. using opposite arm to leg). Hopping on alternate legs while maintaining upright body, knee held out at 90° angle. Sliding from side to side on balls of feet. Leaping to either side using arms to aid movement, landing with control.</p>	<p>AESTHETIC MOVEMENT Levels Direction Moving at different levels. Combine high and low level movements. Link together a variety of travelling moves at different levels on floor and apparatus. Change the direction of travel of isolated body parts and the whole body. Include balance. Change and link together different directions of travel, using apparatus. MANIPULATIVE SKILLS Releasing Striking and Kicking Releasing a ball or beanbag to a set direction or distance. Roll a ball in lunge position. Underarm and bounce throw to a partner. Throwing towards a target. Kick a ball in various directions with some accuracy. Swing a racket to strike a stationary ball from floor. Swing a racket to strike a moving ball (i.e. children drop the ball and serve).</p>	<p>FUNCTIONAL MOVEMENT Bend and Stretch Rotate and Balance Bend and stretch into spaces. Develop balance on various narrow surfaces. Show long stretched body shape from standing with good tension. Bend form trunk to attempt to touch toes without bending the knees. Link a bent and stretched body shape when moving. MOVEMENT CONCEPTS Cross lateral/Directional Cognitive Development Catching side to side. Moving object up and down. Bouncing ball up and down, side to side. Move object in front, behind, above and below body. Two footed jumping. Bouncing and rolling a ball to a partner. Walk along a narrow line showing good balance.</p>	<p>PHYSICAL LITERACY: AESTHETIC MOVEMENT Dynamics Flow and Rhythm Move slowly, showing strength and tension in muscles. Move with speed. Show agility. Keep to a beat, move to a beat, then stop and change the movement, demonstrating control. MANIPULATIVE SKILLS Catching Releasing and Dribbling Use eyes to follow the ball or object. Move feet to position body in line with the ball/beanbag quickly. Use 'catching hands' to bring ball/beanbag into body to absorb its force. Bouncing and catching the ball and anticipating the height of the bounce. Aiming, dribbling and bouncing. Dribbling with feet.</p>
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<p>Year 1</p>	<p>FUNCTIONAL MOVEMENT Gait, Skip, Jump, Lunge, Leap Marching, jogging, hopping, running. Jumping, landing, travelling at different heights and speeds, crouching, leaping. Use opposite arm to leg balance. Use a running and leaping pattern to form a continuous movement. DANCE (MOVEMENT CONCEPTS) Spatial Awareness, Temporal Awareness Develop an awareness of space and the ability to remember floor patterns Move rhythmically to music and beat patterns. Change direction and speed. Marching, clapping, stepping.</p>	<p>GYMNASTICS (ASTHETIC MOVEMENT) Isolated Body Parts Symmetry/Asymmetry Linking body shapes together, travelling. Repeat and improve sequences. Link isolated body part movements into a sequence. Move specific body parts with control. Join two or more actions together to link two different shapes. Moving from one shape using a symmetrical jump into another shape. Moving from one shape to another using a symmetrical roll. GAMES (MANIPULATIVE SKILLS) Rolling and Trapping, Catching Sliding a bean bag towards a partner or target. Aiming accurately with an underarm throw. Perform overarm throwing action with control. Control a ball with hands and feet. Catching a medium size ball on the full and from a bounce. Bouncing and catching a ball. Throwing and catching a small ball in pairs.</p>	<p>FUNCTIONAL MOVEMENT Pushing, Pulling, Climbing, Squat and Roll Exploring ways of using body to push and pull. In pairs practise pushing and pulling. To Jump from a squat and to use a squat landing. DANCE Directional Awareness Moving cross laterally to music showing good control and tension. Side step leading with either leg. Hopping continually on both legs. Sliding – varying stride width using a smooth action. Combine hopping and stepping in a variety of actions.</p>	<p>GYMNASTICS Levels, Direction Hold basic shapes at a high level and at a low level. Move from one level to another with control. Link basic shapes into a sequence moving through different levels. Adapt sequence to incorporate apparatus. GAMES Releasing, Striking and Kicking Throw a bean bag accurately into a hoop using underarm action, gradually increasing distance from hoop. Throw accurately at a series of cones using an overarm throwing action. Kick a ball accurately towards a goal or target from varying distances. Hit an oncoming ball using a tennis racket.</p>	<p>FUNCTIONAL MOVEMENT Bending, Stretching, Rotating, Balance Bend and stretch different body parts using a variety of levels. Change the direction of movement using the upper body to lead. Travel and balance using apparatus. GYMNASTICS Directional Awareness, Cognitive Development Stepping in a simple pattern leading with either foot to change direction. Pivot around one foot using upper body to aid rotation. Explore stepping patterns. Begin to understand left and right. Moving an object around the body and around a given space.</p>	<p>DANCE Dynamics, Flow and Rhythm Understand the contrasts in strength and speed of movement. To interpret the feel of music and to move accordingly. To develop moves into a sequence GAMES Catching, Releasing and Dribbling Move into spaces necessary to catch balls from different directions and heights. Bounce a ball accurately to a partner through a hoop. Throwing and catching a bounce pass with a partner. Catching a bounce pass on the move. Dribbling a ball with feet.</p>
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<p>Year 2</p>	<p>FUNCTIONAL MOVEMENT Gait, Skip, Jump. Lunge and Leap Running, skipping and jumping, changing direction and speed. Developing fluency in running technique. Jumping and leaping with a rhythmical action. Landing on leading foot without using balance, showing full extension of legs during flight. Develop leaping to achieve different heights and distances. Leap over obstacles. DANCE Spatial Awareness Rhythmical Awareness Tracking and following a partner into space, within set boundaries. Change direction and speed. Move to a beat, Responding to changes in music, moving safely around others with awareness.</p>	<p>GYMNASTICS Isolated Body Parts Body Shape Performing sequences in a variety of different directions. Lead movements using upper and lower body. Move fluently from one balance to another using a travelling action. Link balances and travelling action together to form a sequence that has a clear beginning, middle and end. Show contrasts in levels and directions. Repeat a simple sequence accurately with a clear starting and finishing position. GAMES Rolling and Trapping Catching Track an object and prepare to receive it. Send and receive an object while moving. Receive and release a variety of equipment into a space. Individual and paired work using hands and feet. Catch objects of varying size and shape. React to objects thrown from different directions and at various heights. Anticipate and trap the flight of an object and move body to facilitate catch.</p>	<p>FUNCTIONAL MOVEMENT Push and Pull Squat and Roll Use different parts of the body to support weight in a pushing and pulling action. Develop strength when using a push or pull force with a partner. Continued use of various body parts to push and pull. With a partner create and evaluate a sequence using push and pull actions. DANCE Directional Awareness Mirror and match movements with a partner. Work in pairs to create symmetry and asymmetry in cross lateral movement. Vary speed and tempo to reflect rhythmical patterns. Side step with feet meeting in flight. Gallop smoothly in a variety of directions. Move rhythmically, adapting movement to suit.</p>	<p>GYMNASTICS Levels Directions Travelling using symmetrical moves, linking these to a variety of symmetrical body shapes. Build an interesting sequence of symmetrical shapes and moves including directions and levels. GAMES Releasing Striking and kicking Underarm throw consistently with accuracy. Bounce/chest pass to a partner bearing the force of the pass. Throw objects overarm transferring body weight and rotating body. Running to kick a ball. Passing and receiving a ball with a partner. Striking a ball at the top of the bounce from a vertically dropped feed.</p>	<p>FUNCTIONAL MOVEMENT Bend and Stretch Rotate and Balance Bend and stretch symmetrically with a partner. Stretch asymmetrically/using opposites. Develop turning and spinning actions. Develop balancing skills along a narrow surface. Create sequences using change of direction. DANCE/GYMNASTICS Directional Awareness Cognitive Development Use obstacle courses with change of height, direction and activity. Use opposing arms/legs showing cross lateral movement. Create new movement pathways changing direction. SWIMMING Water safety. Entering and exiting the pool. Understanding pool rules. Develop water confidence. Move/walk forwards, backwards, sideways (5m) in water.</p>	<p>GYMNASTICS/DANCE Dynamics Flow and rhythm Develop a range of movements at different speeds and explore timing. Create a sequence using different speeds. Work to music creating flow and rhythm in movements. GAMES Catching Releasing/Dribbling Catch a ball at a range of heights sent from various directions. Move body in preparation to receive a ball. React to the speed of an object and intercept it. Dribble a ball continuously while moving. Dribble, stop and pass in a fluent manner as part of a game. Anticipate suitable space to run into to receive a ball. SWIMMING Water confidence. Travel on back and front with floats. Rotation from front to back.</p>
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<p>Year 3</p>	<p>INVASION GAMES BALL SKILLS: PASSING AND RECEIVING Benchball: Pass and receive; chest, bounce, shoulder; passing and moving into space. Introduction to rules. SWIMMING Water safety. Entering and exiting the pool. Understanding pool rules. Develop water confidence. Move/walk forwards, backwards, sideways (5m) in water.</p>	<p>INVASION GAMES BALL SKILLS: PASSING AND RECEIVING Football: Dribbling, passing, receiving. Passing with instep to partner. Shooting; introduction to 6-aside football rules. SWIMMING Jump from side safely. Travel on back and front with floats. Rotation from front to back</p>	<p>DANCE Create a dance based on class topic; Volcanoes Respond imaginatively to a simple stimulus. Use simple movement patterns to structure dance phrases, both individually and partnered. Repeat and remember simple dance phrases. SWIMMING Push and glide from wall. Using floats extend travel distance on front and back. Develop kicking movement; using 'long legs'.</p>	<p>GYMNASTICS Symmetry and Asymmetry Development of symmetrical and asymmetrical balances on different body parts. Travel, jump, role and spin showing symmetrical and asymmetrical shapes. Link travelling, jumping, turning and balancing movements. Peer group analysis. Perform matching sequence side by side with partner using floor and apparatus. SWIMMING Refine kicking techniques on front and back. Develop idea of buoyancy. Kick and glide from wall to pool floor. Perform sequence of shapes whilst floating on water.</p>	<p>ATHLETICS Sprinting, middle-distance races and learning to pace for length of run. Development of running styles, awareness of breathing. Build stamina. Introduction to relays, overarm throw, standing long jump, SWIMMING Improve stroke technique for front crawl and backstroke. Treading water, sculling and manage complete rotation.</p>	<p>STRICKING AND FEILDING Learning the difference between net/wall games, invasion games, and striking and fielding games. Development of throwing and catching technique. Learn when to use underarm or overarm throw. Introduction to the concept of fielding. Take part in simplified striking and fielding games. BALL SKILLS LEADING INTO NET/WALL GAMES Spatial awareness, changing direction, throwing, catching, bouncing a ball Introduction to tennis. Striking a ball (forehand), making contact with ball with controlled racket face. Using correct grip. Rallying. SWIMMING Consolidation and practise of stroke development including breaststroke.</p>
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<p>Year 4</p>	<p>STRIKING AND FIELDING GAMES Develop striking skills and techniques using different bats and balls. Develop accuracy of striking and redirecting the ball. Develop fielding skills. Speed up and develop accuracy in both under and overarm bowling. Participate in mini games experiencing all striking and fielding positions (batting, fielding and bowling). Training from Middlesex Cricket Club SWIMMING Stroke development: Front crawl and backstroke. Use co-ordinated breathing. Swim front crawl with at least six rhythmical breaths.</p>	<p>INVASION GAMES Ball skills: passing and receiving. Football Passing and moving into space, moving off the ball, dribbling, passing, receiving with both feet. Development of shooting technique; consolidation of 6-aside football rules. Competitive matches. SWIMMING Stroke development: Front crawl and backstroke. Use co-ordinated, rhythmical breathing.</p>	<p>DANCE Perform dance actions with greater control, fluency and co-ordination. Share, create and perform dance phrases with partner and small group. Use of acceleration and deceleration. Perform two dances: 'Mechanical Progress' and 'The Human Engine'. Critical appreciation of performance. SWIMMING Stroke development: Front crawl, backstroke and breaststroke. Use co-ordinated, rhythmical breathing. Increase distance and speed.</p>	<p>GYMNASTICS Balance and changing direction Explore travelling, high and low balance on different body parts. Explore rolling in different directions. Link together a run, jump, roll and balance to show a change of front and direction. Twist and turn to lead into a balance or a new direction. Link together 4 movements to show change of front and direction using floor and apparatus. SWIMMING Stroke development: Front crawl, backstroke, breaststroke. Improve breathing techniques. Increase distance and speed.</p>	<p>ATHLETICS Develop sprinting technique. Improve ability to pace in middle-distance races. Continue exploration of different running styles, continued stamina building. Relays: baton change over. Develop overarm throwing technique. Develop standing long jump method. Introduction to triple jump. Sports day practice.</p>	<p>BALL SKILLS LEADING INTO NET/WALL GAMES Tennis Progress and improve ball control skills, developing underarm throw control of speed and direction. Stopping with control in a balanced position. Learn names of tennis shots - forehand, backhand, serve, volley. Development of co-operative rallies (forehand). INVASION GAMES Ball skills: passing and receiving. Benchball Improving passing and receiving; chest, bounce, shoulder; Develop consistency of passing and receiving technique. Signalling for ball while moving into space. Consolidate understanding.</p>
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<p>Year 5</p>	<p>STRIKING AND FIELDING GAMES Cricket Introduction to rules. Use cricket bat with confidence. Strike and throw a tennis ball accurately and consistently. Bowl underarm with and without a bounce. Introduction to match play. Training from Middlesex Cricket Club INVASION GAMES: BALL HANDLING Netball Introduction to rules. Passing: chest, bounce, shoulder, pass and move into space, jumping, pivoting, shooting, attack and defence, marking. Tag Rugby Passing and receiving. Introduction to tag rugby rules and basic principles of the game. Running with ball. Spatial awareness and decision making. Develop attack and defence strategies. Team positioning.</p>	<p>ATHLETICS Sports Hall Experiment with different running styles, develop consistency of running techniques, explore core elements required in running movement, position of head, arms, legs, torso. Sprinting, long distance, relays, hurdles. Speed bounce, vertical jump, standing long jump, standing triple jump, basketball and javelin throws. Record results for personal improvement. INVASION GAMES: Basketball Introduction to basketball; dribbling, passing (re-visit chest and bounce pass), marking, spatial awareness, attack v. defence, shooting practice. Introduce 3 v 3 basketball rules. INVASION GAMES: IMPLETMENT AND KICKING Hockey Developing skills with a hockey stick – pushing and dribbling. Passing and moving; receiving ball and moving into space; shooting; game play.</p>	<p>DANCE Preparation for dance festival Understanding importance of raising body temperature, mobilising and stretching. Motif development; ‘Tutting’. Freestyle expression. Movement to a rhythm. Learn dance routine for Festival performance. INVASION GAMES: IMPLETMENT AND KICKING Football Dribbling, development of close control with both feet, passing with instep, shooting. Introduction to rules and competitive matches.</p>	<p>GYMNASTICS Bridges Balance on different body parts to make bridges on different levels. Travel in different directions showing bridge shapes. Build a complex sequence using bridge balances using travel, jump and turn. Make bridges in contact with a partner linking into a sequence using floor apparatus. HEALTH RELATED FITNESS Using fitness diaries, set personal targets for improving results, Learn link between healthy lifestyle and fitness. Learn to name key health related fitness factors: cardio vascular fitness, muscular strength, flexibility, speed, body composition. Multi-stage fitness tests, fitness circuits including cardio vascular and core body exercises. Timed sprints and long distance races.</p>	<p>ATHLETICS Outdoor Learn to adapt running style and pace for 60, 200, 400 and 800m races. Relays: improve baton change over technique. Improve overarm tennis throw technique. Improve standing long jump method. Develop triple jump technique BALL SKILLS LEADING INTO NET/WALL GAMES Tennis Continue with development of throwing and catching skills. Hit forehand shots with consistency and control. Feed a ball accurately to a partner. Using forehand with control and accuracy and introduction to backhand and volley.</p>	<p>GYMNASTICS Functional use of limbs Recognise and practise different ways of using pushing and swinging to travel on different body parts. Travelling into rolls in different ways, showing various body shapes. Compose a short sequence with a partner to produce matching travel, jump and turn to emphasise push/pull/swing. Compose a longer sequence on floor and apparatus including two different jumps and three balances. Evaluation of performance. STRIKING AND FIELDING GAMES Rounders Introduce rules. Practise using a rounders bat. Bowling, Develop fielding strategies. Competitive matches.</p>
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<p>Year 6</p>	<p>INVASION GAMES: BALL HANDLING Netball Consolidation of rules. Passing: chest, bounce, shoulder, pass and move into space, jumping, pivoting, shooting, attack and defence, marking. Introduction to netball positions. Competitive matches, development of tactics for different situations.</p> <p>INVASION GAMES Tag Rugby Improve passing and receiving. Recap tag rugby rules. Running with ball. Spatial awareness and decision making. Develop attack and defence strategies. Team formations. Marking. Develop strategies for losing a marker e.g. twisting, turning, side stepping, change of pace and direction. Introduce dummy pass. Competitive matches.</p>	<p>ATHLETICS Sports Hall Improve various running styles and techniques and continue to develop consistency of style. Revisit core elements required in running movement, position of head, arms, legs, torso. Sprinting, long distance, relays, hurdles. Speed bounce, vertical jump, standing long jump, standing triple jump, basketball and javelin throws. Compare, and surpass previous personal best results.</p> <p>INVASION GAMES Basketball Consolidate previous knowledge of basketball; dribbling, passing (re-visit chest and bounce pass), marking, spatial awareness, attack v. defence, development of shooting techniques. Regain and keep possession, principles of attack and defence, advance down pitch using diagonal runs. Competitive 3 v 3 matches.</p> <p>INVASION GAMES IMPLEMENT AND KICKING Hockey Continue development of stick control skills, pushing and dribbling. Passing and moving; receiving ball and moving into space; shooting; playing competitively. Consolidation of game rules.</p>	<p>DANCE Performance of 'World of Sport' Dance. Perform with increased control, fluency and accuracy. Performance of the HAKA. Develop motifs using time/space/people. Perform set patterns with knowledge and understanding of their meaning.</p> <p>INVASION GAMES IMPLEMENT AND KICKING Football Increase range of controlled passing, receiving, striking, dribbling and shooting skills. Marking, spatial awareness, attacking and defending strategies. Competitive matches. Adapting tactics to different defending and attacking scenarios.</p>	<p>GYMNASTICS Matching, mirroring and contrasting. Explore 'follow my leader' relationships with a partner through matching, travelling, rolling and jumping and contrasting balances. Explore and develop mirror movements using meeting and parting, side by side, and asymmetrical balances. Plan and compose a sequence showing matching, mirroring and contrasting linking 4 balances with travelling, jumping and turning movements. Improve fluency and accuracy of movement.</p> <p>HEALTH RELATED FITNESS Using fitness diaries, set personal targets for improving results, Develop knowledge of link between healthy lifestyle and fitness. Name and understand health related fitness factors: <i>cardio vascular fitness, muscular strength, flexibility, speed, body composition</i>. Multi-stage fitness tests (aim: improve on previous results). Fitness circuits including cardio vascular and core body exercises.</p>	<p>ATHLETICS Outdoor Continued development of style and pace for 60, 200, 400 and 800m race, Relays: continue with baton change development. Improve overarm tennis throw technique. Improve standing long jump method. Develop triple jump technique. Record and measure improvement in times/distance using previous results.</p> <p>BALL SKILLS LEADING INTO NET/WALL GAMES Tennis Improve consistency and control of forehand, backhand and volley. Development of competitive rallies with partner. Paired work – forehand shots across the net - adhering to tennis match rules</p>	<p>SPORTING AND FIELDING GAMES Cricket Consolidate knowledge of rules. Continue to develop fielding strategies Use cricket bat with confidence. Strike and throw a tennis ball accurately and consistently. Bowl underarm with and without a bounce. Competitive matches.</p> <p>Rounders Introduce rules. Practise using a rounders bat. Bowling, continue to develop fielding strategies. Competitive matches. Understand strategies which can be deployed between bowler, backstop (e.g., which base to throw to).</p> <p>GYMNASTICS Counter Balance and Counter Tension Explore pushing movements and develop counter-balance positions with a partner, Explore and develop pulling movements with a partner to produce counter-tension balances. Compose a sequence showing variations in shape, speed, level and direction. Map sequence on floor, adapt and transfer to apparatus.</p>
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