

PHYSICAL EDUCATION LONG-TERM OVERVIEW 2022/23 onwards



	Y1	Y2	Y3	Y4	Y5	Y6	
AUT	<p><u>Gymnastics</u> Stepping actions, perform an egg roll, balance on large body parts, perform basic Yoga/Pilates movements</p> <p><u>Fundamental Skills</u> Run and walk in different directions, plan a journey across a space, travel at different speeds, increase the time they can run at speed, develop dodging skills, change direction quickly, jump for distance in different ways, perform continuous jumps/leaps, hop in different directions, begin to skip and spring, develop spatial awareness</p>	<p><u>Gymnastics</u> Stepping actions, perform a log roll and an egg roll within a sequence, balance on large and small body parts, perform basic Yoga/Pilates movements</p> <p><u>Fundamental Skills</u> Skipping, walking, running and jumping skills, roll equipment with accuracy, run for speed, continuous running, jumping and leaping, dribble a ball with feet, dodging and chasing skills, roll a ball at a target, rhythmical jumping/skipping, static balances and counter balances, catch a ball coming from different directions, pass to a moving target, throw and catch using one and two hands</p>	<p><u>Gymnastics</u> Perform a leap, perform a shoulder roll, perform balances including the stork stand and arabesque, perform five types of jump, include jumps in a routine, roll a hoop with control</p> <p><u>Invasion Game Skills</u> Pass and receive a ball, perform different movements correctly (leaping, hopping, running etc), move correctly whilst holding or in control of equipment, develop evading skills to get away from a defender</p> <p><u>Net and Wall Games</u> Know and perform the 'ready position', move from the ready position to other positions quickly, learn to 'feed the ball', move to the</p>	<p><u>Gymnastics</u> Perform scissor and stag leaps, understand and perform a teddy bear roll, perform balances including the stork stand and arabesque, perform a range of jumps off equipment, include jumps in sequences, roll and bounce a ball with control, use a ball within a routine</p> <p><u>Swimming</u> Swim competently, confidently and proficiently over a distance of 25m use a range of strokes effectively, perform safe self-rescue in different water based situations.</p> <p><u>Invasion Games</u> <i>Football</i> - Running with a ball and changing direction, shooting, dribbling and passing skills, communicating with team mates.</p>	<p><u>Gymnastics</u> Spin on point, understand the stages of performing a forwards roll, perform counter balance and counter tension balances, jump safely off a range of equipment, learn a range of techniques for using a ribbon</p> <p><u>Invasion Games</u> <i>Netball</i> - Throw and catch accurately whilst moving, attacking skills, defending skills, learn specific netball positions, shoot a netball</p> <p><i>Taq Rugby</i> - fluency when running with a rugby ball, grounding and gathering a rugby ball, passing a rugby ball, defending against an opponent, understand and practise tagging an opponent</p>	<p><u>Gymnastics</u> Travel using hand apparatus, perform a range of rolls, perform partner and counter balances, jump safely off a range of equipment, apply different techniques when using hand apparatus</p> <p><u>Invasion Games</u> <i>Football</i> - Run and change direction with a ball, shooting and dribbling techniques, communication skills, passing skills</p> <p><i>Hockey</i> - Keep control of the ball when moving in different directions, tackle to gain possession, dribble the ball, send and receive the ball, defend players by marking, play in different positions, practise umpiring</p>	



			correct position to return a ball, develop hand eye coordination					
SPR		Y1	Y2	Y3	Y4	Y5	Y6	
		<p><u>Gymnastics</u> Understand how to perform a balance, perform hop, star, twist and pencil jumps, use a ribbon creatively</p> <p><u>Dance</u> Perform basic movements to music, put movements together to create a themed dance</p> <p><u>Fundamental Skills</u> Develop awareness of personal space, static and dynamic balance, counter balances and inverted balances, techniques for jumping, landing and balancing, techniques for turning and rotation, catch objects whilst moving, use underarm and overarm</p>	<p><u>Gymnastics</u> Hold balances for 5 seconds, perform jumps with a turn, perform jumps as part of a sequence, roll and bounce a ball with control</p> <p><u>Dance</u> Perform basic movements to music, put movements together to create a themed dance</p> <p><u>Fundamental Skills</u> Catch and pass a ball on the rebound, apply fundamental skills to games, play cooperative and competitive games, understand what attacking and defending is, find and move into space, make decisions about where to run to, strike a stationary</p>	<p><u>Building Core Strength</u> Perform basic Yoga/Pilates movements</p> <p><u>Striking and Fielding Skills</u> Hold a bat correctly, hit a stationary ball, use the correct batting grip and stance, practise bowling skills, hit a bouncing ball, direct the ball in a given direction, underarm bowling,</p> <p><u>OAA</u> Plan and organise simple problem solving tasks, follow fixed trails, explore open trails, navigate a basic orienteering course</p>	<p><u>Swimming</u> Swim competently, confidently and proficiently over a distance of 25m use a range of strokes effectively, perform safe self-rescue in different water based situations.</p> <p><u>Dance</u> Perform basic movements to music, put movements together to create a themed dance</p> <p><u>Building Core Strength</u> Perform basic Yoga/Pilates movements</p>	<p><u>Building Core Strength</u> Perform basic Yoga/Pilates movements</p> <p><u>Striking and Fielding Games</u> <i>Rounders</i> - Underarm throwing and catching, fielding skills, correct stance for batting, overarm throwing, underarm bowling, bowl accurately, develop overarm throw for distance and accurately, improve batting technique, play all batting and fielding positions</p> <p><u>Net and Wall Games</u> <i>Tennis</i> - Use the ready position, rally with a partner, improve hand-eye coordination, use the backhand shot,</p>	<p><u>Building Core Strength</u> Perform basic Yoga/Pilates movements</p> <p><u>Striking and Fielding Games</u> <i>Cricket</i> - Accurate stopping, throwing and catching, throw and catch whilst under pressure, overarm throwing technique, combine batting, bowling and fielding skills in a game</p> <p><u>Net and Wall Games</u> <i>Volleyball</i> - Feed a ball to a partner, the volley shot, dig and underarm pass, underarm serve, three touch rule</p>	

		techniques to move a ball, two-handed passes with a ball, bounce and dribble a ball with hands, use feet to control a ball, bounce, balance and strike a ball with a bat	ball, defend a goal, kick a ball over a low height			serve the ball, take part in competitive games.		
SUM			Y1	Y2	Y3	Y4	Y5	Y6
			<p>Dance Perform basic movements to music, put movements together to create a themed dance</p> <p>Fundamental Skills Individual throwing and catching skills, partner throwing and catching skills, control equipment, plan the activities and rules for a game, practise and improve a game</p>	<p>Dance Perform basic movements to music, put movements together to create a themed dance</p> <p>Fundamental Skills Sending and receiving in striking and fielding games, striking and gathering skills, understand the importance of distance and direction in striking and fielding games, develop hand-eye coordination, send and receive a ball with a racket, keep score in a game, create games using skills they have learnt</p>	<p>Dance Perform basic movements to music, put movements together to create a themed dance</p> <p>Athletics Run for speed, accelerate from a starting position, make pace judgements in relation to distance, develop reaction times for a sprint start, sustain pace over longer distances, power, control and consistency in jumping techniques, control landings, power, control and consistency for</p>	<p>Swimming Swim competently, confidently and proficiently over a distance of 25m use a range of strokes effectively, perform safe self-rescue in different water based situations.</p> <p>Striking and Fielding Skills Throw and catch under pressure, understand and use the principle of 'backing up', combine batting, bowling and fielding skills in a game.</p> <p>Net and Wall Games <u>Tennis</u> - Use the forearm shot to</p>	<p>Dance Perform basic movements to music, put movements together to create a themed dance</p> <p>Athletics Accelerate and decelerate when running, decide on speed and pace, accelerate from a starting position, sprint start position, run at speed for a sustained period, use whole body to jump for distance, jumping and movement patterns, jump for height and distance</p> <p>OAA</p>	<p>Dance Perform basic movements to music, put movements together to create a themed dance</p> <p>Athletics Throw with speed and accuracy, push and pull method, leg action when throwing, generate power in a throw, measure throwing distance, smooth baton handover, downward position motion, using the changeover zone, design your own athletics activities</p> <p>OAA Allocate and take on different roles within a team,</p>



					horizontal jumps, jump over obstacles, throw and object with force, push and pull throws, baton handover, evaluate athletic ability	return the ball to a partner, know the difference between cooperating and competing in a game, perform the backhand shot, play competitive wall/net games.	Plan, do review approach to problem solving, communication skills, follow trails with different signs, sense of responsibility for self and environment, observation skills, map reading skills	work as a team whilst under pressure, follow a trail by solving problems and finding clues, follow an orienteering course, compete in orienteering activities,
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