



Danegrove Primary School

PE Overview by Year Group



We aim to inspire all children and for each child to fulfil their potential. We want the children’s experience of PE to be positive and motivating. PE enables pupils to become physically confident. This supports their health, wellbeing and fitness and provides the foundations for lifelong activity. We want them to succeed and excel in competitive sport and physical activities. We offer all children chances to compete in sport and other activities. This helps them build character and learn values such as fairness and respect. Through PE, we develop the children’s knowledge, skills and understanding. They build confidence and competence in a range of activities.

Year Group	Autumn		Spring		Summer	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS						
Year 1	<p style="text-align: center;">Locomotion Running</p> <p>Explore running</p> <p>Apply running into a game Explore running at different speeds</p> <p>Running for speed: Acceleration</p> <p>Explore running in a team</p> <p>Consolidate running, apply running into a competitive game</p> <p style="text-align: center;">Gymnastics Wide, Narrow, Curled</p> <p>Introduction to wide, narrow and curled</p>	<p style="text-align: center;">Locomotion Jumping</p> <p>Recap jumping (From EYFS)</p> <p>Develop jumping</p> <p>Explore how jumping affects our bodies</p> <p>Explore skipping</p> <p>Apply skipping and jumping into a game</p> <p style="text-align: center;">Dance Topic-Toys</p> <p>Exploring expression</p> <p>Developing our movements, adding movements together</p>	<p style="text-align: center;">Ball Skills Hands Part 1</p> <p>Introduce sending (bouncing) with control</p> <p>Introduce aiming with accuracy</p> <p>Introduce power and speed when sending a ball Introduce/develop stopping, combining sending skills</p> <p>Combine sending and receiving skills</p> <p style="text-align: center;">Health and Wellbeing</p> <p>Introduce and explore agility</p>	<p style="text-align: center;">Ball Skills Feet</p> <p>Develop moving the ball using the feet</p> <p>Apply dribbling into games</p> <p>Consolidate dribbling</p> <p>Explore kicking (passing)</p> <p>Apply kicking (passing) to score a point</p> <p style="text-align: center;">Team Building</p> <p>Introducing teamwork</p> <p>Develop teamwork</p> <p>Building trust and developing communication</p>	<p style="text-align: center;">Ball Skills Hands Part 1</p> <p>Introduce throwing with accuracy</p> <p>Apply throwing with accuracy in a team</p> <p>Introduce stopping a ball</p> <p>Develop sending (rolling) skills to score a point</p> <p>Consolidate sending and stopping to win a game</p> <p style="text-align: center;">Gymnastics Body Parts</p> <p>Introduction to big/small body parts</p> <p>Combining big and small with wide, narrow and curled</p> <p>Transition between wide narrow and curled using big and small body parts</p> <p>Adding (linking) movements together</p>	

	<p>Exploring the difference between wide, narrow and curled</p> <p>Transitioning between wide, narrow and curled movements</p> <p>Linking two movements together</p>	<p>Responding to a rhythm: Introducing partner work</p> <p>Creating an Toy sequence motifs</p> <p>Exploring relationships within our motifs</p>	<p>Introduce and explore balance</p> <p>Introduce and explore coordination: Bouncing, rolling and throwing</p>	<p>Cooperation and communication</p> <p>Explore simple strategies</p> <p>Problem solving: Consolidate teamwork</p>	
Year 2	<p>Locomotion Dodging</p> <p>Explore dodging</p> <p>Develop dodging</p> <p>Apply dodging: Explore attacking and defending</p> <p>Apply dodging in teams</p> <p>Gymnastics Pathways</p> <p>Explore/develop zig-zag pathways/on apparatus</p> <p>Explore/develop curved pathways/ on apparatus</p> <p>Creation of pathway sequences</p>	<p>Locomotion Jumping</p> <p>Consolidate jumping</p> <p>Apply jumping into a game</p> <p>Linking jumping</p> <p>Explore jumping combinations</p> <p>Develop jumping combinations</p> <p>Dance Topic- London Great Fire of London Inspired</p> <p>Explore basic skills, actions and ideas with increasing understanding.</p>	<p>Ball Skills Hands (Part 1)</p> <p>Develop dribbling/passing and receiving</p> <p>Combine dribbling, passing and receiving, keeping possession</p> <p>Develop dribbling/passing and receiving to score a point</p> <p>Combine dribbling, passing and receiving to score a point</p> <p>Team Building</p> <p>Develop teamwork</p> <p>Building trust and developing communication</p>	<p>Ball Skills Feet</p> <p>Develop dribbling/passing/ receiving, keeping possession</p> <p>Combine dribbling, passing and receiving, keeping possession/to score a point</p> <p>Apply dribbling, passing and receiving as a team to score a point</p> <p>Health and Wellbeing</p> <p>Consolidate agility</p> <p>Consolidate balancing:</p>	<p>Ball Skills Hands 2</p> <p>Consolidate pupils application and understanding of underarm throwing</p> <p>Applying the underarm and overarm throw to win a game</p> <p>Applying the underarm throw to beat an opponent</p> <p>Gymnastics Linking</p> <p>Developing linking</p> <p>Linking on apparatus</p> <p>Jump, roll, balance sequences/on apparatus</p> <p>Creation of sequences</p> <p>Completion of sequences and performance</p>

	<p>Completion of pathways sequences and performance</p>	<p>Explore how to choose and apply skills and actions in sequence and in combinations.</p> <p>Observe, describe and copy what others have done.</p> <p>Recognise and describe how their bodies feel during different activities.</p>	<p>Cooperation and communication</p> <p>Explore simple strategies</p> <p>Problem solving: Consolidate teamwork</p>	<p>Explore balancing on apparatus</p> <p>Introduce and explore coordination: Dribbling and kicking</p>	
Year 3	<p>Tag Rugby</p> <p>Introduce moving with the ball, passing and receiving</p> <p>Introduce tagging Create space when attacking</p> <p>Develop passing and moving</p> <p>Combine passing/moving to create attacking opportunities</p> <p>Gymnastics Symmetry/Asymmetry</p> <p>Introduction to symmetry</p>	<p>Hockey</p> <p>Introduce dribbling; keeping control</p> <p>Introduce passing and receiving</p> <p>Combine dribbling and passing to create space</p> <p>Develop passing, receiving and dribbling</p> <p>Introduce shooting</p> <p>Dance Topic- Rainforest</p> <p>Responding to stimuli working together</p>	<p>Netball</p> <p>Introduce passing, receiving and creating space</p> <p>Develop/combine passing and moving</p> <p>Combine/develop passing and shooting</p> <p>OAA: Communication & Tactics</p> <p>Creating and applying simple tactics</p> <p>Developing leadership</p> <p>Developing communication as a</p>	<p>Tennis</p> <p>Introduction tennis, outwitting an opponent</p> <p>creating space to win a point Consolidate how to win a game</p> <p>Introduce rackets</p> <p>Introduce the forehand</p> <p>Orienteering</p> <p>Table top maps</p> <p>Using maps in classroom/hall</p> <p>Introduction to maps</p>	<p>Cricket</p> <p>Understand the concept of batting and fielding Introduce throwing overarm</p> <p>Introduce throwing underarm</p> <p>Introduce catching</p> <p>Striking with intent</p> <p>Athletics</p> <p>Explore running for speed</p> <p>Explore acceleration</p> <p>Introduce /develop relay: Running for speed in a team</p> <p>Throwing: Accuracy vs distance Standing long jump</p>

	<p>Introduction to asymmetry</p> <p>Application of learning onto apparatus</p> <p>Sequence formation</p> <p>Sequence completion</p>	<p>Extending sequences with a partner in character</p> <p>Exploring two contrasting</p> <p>Relationships and interlinking dance moves</p>	<p>team / collaborate effectively as a team</p> <p>Create defending and attacking tactics as a team</p>	<p>Orienteering maps</p> <p>Location points following routes</p>	
Year 4	<p>Tag Rugby</p> <p>Develop passing, moving and creating space</p> <p>Apply learning to 3v3 mini games</p> <p>Develop defending in game situations</p> <p>Combine passing and moving to create an attack and score</p> <p>Gymnastics Bridges</p> <p>Introduction to bridges</p> <p>Application of bridge learning onto apparatus</p> <p>Develop sequences with bridges</p> <p>Sequence formation</p>	<p>Hockey</p> <p>Refine dribbling and passing</p> <p>Develop shooting; combine passing and dribbling to create shooting opportunities</p> <p>Develop passing and dribbling creating space for attacking opportunities</p> <p>Introduce defending; blocking and tackling</p> <p>Dance Passport through Europe- Greek Dancing</p> <p>Exploring the Greek Dancing using compositional principles</p>	<p>Netball</p> <p>Refine passing and receiving</p> <p>Develop passing and dribbling creating space</p> <p>Develop passing, moving and shooting</p> <p>Refine passing and shooting</p> <p>Develop footwork</p> <p>OAA Problem Solving</p> <p>Creating and applying simple problem solving tactics</p> <p>Developing leadership skills when solving problems</p>	<p>Tennis</p> <p>Developing the forehand</p> <p>Creating space to win a point using a racket</p> <p>Introduce the backhand</p> <p>Applying the forehand and backhand in game situations</p> <p>Applying the forehand and backhand creating space to win a point</p> <p>Orienteering</p> <p>Developing map work and orientation of the school site</p> <p>Simple star orienteering (School field/ playground) -</p>	<p>Cricket</p> <p>Develop an understanding of batting and fielding Introduce bowling underarm</p> <p>Develop stopping and returning the ball</p> <p>Develop retrieving and returning the ball Striking the ball at different angels and speeds</p> <p>Athletics</p> <p>Develop running at speed</p> <p>Exploring our stride pattern</p> <p>Exploring running at pace</p> <p>Understand and apply tactics when running for distance Javelin Standing triple jump</p>

	Sequence completion	Extending sequences with a partner using compositional principles Creating movement using improvisation where movement is reactive	Developing communication as a team / collaborate effectively as a team to solve problems	Simple short courses on school field/ playground (few controls) Setting up routes for each other using simple plan	
Year 5	<p>Tag Rugby</p> <p>Refine passing and moving to create attacking opportunities</p> <p>Explore different passes that can be used to outwit defenders</p> <p>Refine defending as a team Create and apply defending tactics.</p> <p>Develop officiating</p> <p>Gymnastics Counter Balance & Counter Tension</p> <p>Introduction to counter balance</p> <p>Application of counter balance learning onto apparatus</p> <p>Sequence formation Counter Tension</p>	<p>Hockey</p> <ul style="list-style-type: none"> •Develop defending; block and tacking •Recap and refine dribbling and passing to create attacking opportunities •Refine attacking skills, passing dribbling and shooting •Refine defending skills developing transition from defence to attack <p>Dance Topic- Space</p> <p>Extending sequences with a partner in character</p> <p>Developing sequences with a partner in character that show relationships and interlinking dance moves</p>	<p>Netball</p> <p>Refine passing and receiving</p> <p>Apply passing, footwork and shooting into mini games, introduce officiating</p> <p>Introduce defending</p> <p>Explore the function of other passing styles</p> <p>OAA Leadership</p> <p>Introducing Leadership</p> <p>Introducing what makes an effective leader</p> <p>Introduce effective communication skills</p>	<p>Tennis</p> <p>Introduce/develop the volley</p> <p>Controlling the game from the serve</p> <p>Doubles, understanding and applying tactics to win a point</p> <p>Orienteering</p> <p>Consolidation of map work and orientation</p> <p>Star orienteering</p> <p>Variations of short courses (more controls)</p> <p>Setting up courses for others using star orienteering and school plans/maps</p>	<p>Cricket</p> <p>Refine batting, understand and develop batting and bowling tactics</p> <p>Refine fielding stooping, catching and throwing Combine bowling and fielding creating and applying tactics</p> <p>Introduce umpiring and scoring</p> <p>Athletics</p> <p>Finishing a race</p> <p>Evaluating our performance Sprinting: My personal best</p> <p>Relay changeovers</p> <p>Shot Put</p> <p>Introducing the hurdles</p> <p>Swimming</p> <p>Pace themselves in floating and swimming challenges related to speed, distance and personal survival</p>

	Sequence completion	Sequences, relationships, choreography and performance		Ground to map interpretation Introduction to compass work	Swim unaided for a sustained period of time over a distance of at least 25m Use recognised arm and leg actions, lying on their front and back and side Use a range of recognised strokes and personal survival skills (for example, front crawl, backstroke, sculling, floating and surface diving). Health Related Exercise Explore and understand cardio fitness Explore and understand flexibility fitness Explore and understand strength fitness
Year 6	Tag Rugby Consolidate passing and moving Consolidate defending Create, understand and apply attacking/defending tactics in game situations	Hockey Consolidate keeping possession, develop officiating Consolidate defending Create, understand and apply attacking/defending	Netball Consolidate keeping possession, develop officiating Consolidate defending Create, understand and apply attacking/defending	Tennis Game application Game application, mixed ability doubles, round robin games Orienteering Using off-site locations where possible	Cricket Consolidate batting/ fielding/bowling Create, understand and apply attacking/defensive tactics in game Athletics Running for speed competition Running for distance competition

	<p>Consolidate attacking and defending in mini games</p> <p>Gymnastics Matching & Mirroring</p> <p>Introduction to matching/mirroring</p> <p>Application of matching/mirroring learning onto apparatus</p> <p>Sequence development</p>	<p>tactics in game situations</p> <p>Dance Topic- Dancing Through the Decades</p> <p>Creating sequences in small groups that show character emotion</p> <p>Creating movements that interconnect</p>	<p>tactics in game situations</p> <p>OAA Developing Leadership</p> <p>Developing Leadership</p> <p>Understanding what makes an effective leader</p> <p>Communicating as a leader</p> <p>Introducing the STEP principle: Space , Task, Equipment and People</p> <p>Independently organising and arranging basic games/activities</p>	<p>Continue familiarisation with different maps and locations</p> <p>Star orienteering off-site</p> <p>Timed short courses</p> <p>Score orienteering and competition</p>	<p>Throwing competition</p> <p>Jumping competition</p> <p>Say why some athletics activities can improve strength, power or stamina, and explain how these can help my performance in other types of activity</p> <p>Watch a partner's athletic performance and identify the main strengths</p> <p>Identify parts of the performance that need to be practised and refined, and suggest improvements</p> <p>Health Related Exercise</p> <p>Develop a secure understanding of cardio fitness</p> <p>Develop a secure understanding of flexibility fitness</p> <p>Develop a secure understanding of strength fitness</p>
--	---	--	--	--	--