

## Overview of PE Content

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<p><b>Games</b> <b>Agility activities.</b></p> <p>Tagging games.</p> <p>Using the terms 'team mate' and 'opponent'.</p>	<p><b>Gymnastics</b> Copy and remember actions. Spatial awareness. Link two or more actions together. Parts high and parts low – balancing and holding positions.</p>	<p><b>Multi-skills</b> <b>Fundamentals of movement.</b> Agility, balance, coordination. Kicking skills. Rolling the ball. Jumping and catching.</p>	<p><b>Coordination activities (Dance)</b> Coordination skills. Copy and remember moves. Link two or more actions</p>	<p><b>Striking and fielding</b> Using a range of different bats, balls and points of contact. Rounders, basket ball, cricket.</p>	<p><b>Athletics</b> Throwing at a target. Jumping in relays. Kicking in team games. Rolling balls at targets.</p>
Year 2	<p><b>Games</b> <b>Agility activities.</b></p> <p><b>Tagging games</b></p> <p>Using the terms 'team mate' and 'opponent'. Finding a space. Developing tactics. Jumping. Instructing others.</p>	<p><b>Gymnastics</b></p> <p><b>Balance</b></p> <p>Copy and remember actions. Spatial awareness. Link two or more actions together. Points and patches – balancing and holding positions.</p>	<p><b>Games</b> <b>Small sided games</b> Attacking and defending principles. Developing tactics. Kicking skills. Rolling the ball. Jumping and catching.</p>	<p><b>Fundamental movement</b></p> <p><b>Dance</b> Copy and remember moves. Coordination skills. Link two or more actions forming a sequence.</p>	<p><b>Striking and fielding activities</b></p> <p><b>Rounders, baseball and cricket.</b> Throwing and catching. Hitting the ball. Running. Developing tactics.</p>	<p><b>Athletics</b></p> <p>Throwing team games. Jumping – long jump.  Kicking in team games. Rolling balls at targets</p>
Year 3	<p><b>Games</b> <b>Lacrosse and Hockey.</b> Throw and catch with equipment. Keeping possession of the ball. Throw and catch with accuracy. Building tactics. Different passes. Rules of the game.</p>	<p><b>Gymnastics</b> Plan, perform and repeat sequences. Points and patches – holding positions. Building a sequence. Flights and landings. Balances.</p>	<p><b>Net and wall games.</b> <b>Badminton, tennis and volleyball.</b></p>	<p><b>Dance</b> Plan, perform and repeat sequences. Dance moves expressing ideas. Change in levels of performance.</p>	<p><b>Outdoor activities</b> Team work Map skills Orienteering Resilience and plan adapting.</p>	<p><b>Athletics</b></p> <p>Run long distances. Throwing. Jumping. <b>Sprint 60m</b> An understanding of personal bests.</p>

Year 4	<p><b>Games</b> <b>Cricket and rounders</b>’’. Throw and catch with control. Strike a ball and defend Tactics to cause problems to opponents. Keeping possession of the ball. Pass to teammates. Following rules of game.</p>	<p><b>Gymnastics</b> Plan, perform and repeat sequences. Points and patches – holding positions. Building a sequence. Flights and landings. Balances. Swing and hang from equipment</p>	<p><b>Net and wall games</b> <b>Badminton, tennis and volleyball</b></p>	<p><b>Outdoor activities.</b> Team work Map skills Orienteering Resilience and plan adapting.</p>	<p><b>Games</b> <b>Football</b> <b>, Netball and basketball.</b> Sending and receiving using hands and feet. Throw and catch with accuracy. Building tactics. Different passes. Rules of the game.</p>	<p><b>Athletics</b> Run long distances. Throwing. Jumping. Keeping track of personal bests during performances.</p>
Year 5	<p><b>Outdoor activities.</b> Appropriate equipment. Risks and managing them. Leader and team roles. Supporting others. Using a range of devices when orienteering.</p>	<p><b>Gymnastics</b> Routine including different elements. Holding shapes. Link movements. Varying speed and direction in routine. Jumps and landing.</p>	<p><b>Net and wall</b> <b>Badminton, tennis and volleyball</b></p>	<p><b>Dance</b> Compose and create dance sequence. Perform holding body posture. Combine strength and stamina based on gymnastic skills.</p>	<p><b>Games</b> <b>Netball, football and basketball.</b> sending and receiving using hands and feet. Combine running, throwing and kicking skills.</p>	<p><b>Athletics</b> Sprinting including hurdles. Running range of distances. Throwing focusing on position of body and shape. Jumping.</p>
Year 6	<p><b>Games</b> <b>Cricket and rounders.</b> Combining skills. Catching and passing. Strike a ball with accuracy. Leading others.</p>	<p><b>Gymnastics</b> Routine including different elements. Holding shapes. Link movements. Varying speed and direction in routine. Jumps and landing. Vaults and springs.</p>	<p><b>Net and wall</b> <b>Badminton, tennis and Volleyball</b></p>	<p><b>Games</b> <b>Netball and football, basketball.</b> Sending and receiving using hands and feet. Combine running, throwing and kicking skills.</p>	<p><b>Athletics</b> Sprinting including hurdles. Running range of distances. Throwing focusing on position of body and shape. Jumping. Personal bests.</p>	<p><b>Outdoor activities.</b> Appropriate equipment. Risks and managing them. Leader and team roles. Supporting others.</p>