



## Whole School PE Overview Christ Church Primary School

	Autumn Term	Spring Term	Summer Term
<b>EYFS</b>	<p><b>Fit to learn/Fundamentals</b> (30 mins per week) Becoming aware, explore and discover</p> <p><b>Games</b> Locomotion&amp; stop/start activities. Games involving using space.</p> <p><b>Gymnastics</b> Conditioning phrases for Simple movements and using apparatus gymnastics and floor work</p>	<p><b>Dance</b> Everyday Life</p> <p><b>Gymnastics</b> Simple movements developing balance and coordination</p>	<p><b>Athletics</b> (30 mins per week)</p> <p><b>Games</b> The skills of bouncing, dribbling and bat and ball games</p> <p><b>Games</b> Explore and create using a range of equipment. Working well with others on individual and partner challenges.</p>
<b>Y1</b>	<p><b>Games</b> Fundamentals of throwing, catching and aiming</p> <p><b>Gymnastics</b> The basics shapes of gymnastics and conditioning the body Travelling on different parts of the body</p>	<p><b>Dance</b> Responding to a stimulus and developing simple movements linked to weather and seasons</p> <p><b>Gymnastics</b> Travelling and body shape</p>	<p><b>Athletics</b> Basic run, throw and jump activities with a focus on building fitness</p> <p><b>Games</b> The skills of bouncing, dribbling and bat and ball games</p>
<b>Y2</b>	<p><b>Games</b> Sending and receiving</p> <p><b>Gymnastics</b> Perform a range of balance actions and link with travelling</p>	<p><b>Dance</b> Develop a growing range of movements to remember and repeat short dances linked to animals and habitats</p> <p><b>Gymnastics</b> Creating and repeating sequences that include a range of gymnastic actions</p>	<p><b>Athletics</b> Developing stamina, moving at different speeds and an increased range of throwing and jumping actions</p> <p><b>Games</b> Inventing and creating games using the basic skills</p>

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<b>Y3</b>	<p><b>Invasive games</b> To develop a range of skills to keep possession and control through activities including football</p> <p><b>Gymnastics</b> <b>Focus: Stretching and curling</b> Developing short sequences and improving the quality of the actions and linking movement</p> <p><b>Fitness and leadership</b> Develop leadership skills and be able to communicate effectively to lead simple warm up, cool down and fitness activities (including dance) with a partner</p>	<p><b>Dance</b> Developing imaginative responses with the stimulus of light and shadows to perform short dances with expression</p> <p><b>Athletics</b> Run consistently and smoothly at different speeds and show greater control and coordination in throwing and jumping events</p> <p><b>Gymnastics</b> Developing sequences and review and improve those sequences</p>	<p><b>Striking and fielding games</b> Developing the basic skills of bowling, batting and fielding in cricket</p> <p><b>Net games</b> Developing the basic skills of sending and receiving in tennis</p> <p><b>Swimming</b></p>
<b>Y4</b>	<p><b>Invasive games</b> To develop attacking and defending skills through netball and be able to think like an attacker and a defender in a game</p> <p><b>Fitness and leadership</b> To be able to take increased responsibility for preparing body for different types of activities with a small group</p> <p><b>Gymnastics</b> Developing different combinations of actions through the theme of flight</p>	<p><b>Dance</b> Developing imaginative responses with the stimulus of river and the water cycle to explore, improvise and choose material, including the use of props, to perform longer dances</p> <p><b>Athletics</b> Sustaining pace over longer distances and show increase power and control in jumping and throwing</p> <p><b>Swimming</b></p>	<p><b>Striking and fielding games</b> To use batting and throwing skills to make a game more difficult for an opponent through cricket</p> <p><b>Invasive games</b> To be able to use a range of skills at greater speed and improved fluency with a focus on hockey</p>
<b>Y5</b>	<p><b>Gymnastics</b> Linking different combinations of actions in longer sequences incorporating changes in levels and directions</p> <p><b>Invasive games</b> Use a range of different tactics to help their team be more successful with a focus on basketball</p> <p><b>Fitness and leadership</b> To devise and lead skills practises to help the team get better at different sports</p>	<p><b>Athletics</b> Improving skills with a greater focus on personal best as well as an ability to work with others such as in a relay team</p> <p><b>Striking and fielding games</b> To work well as part of batting and a fielding team with a focus on cricket</p> <p><b>Swimming</b></p>	<p><b>Invasive games</b> Developing a range of tactics to keep possession using tag rugby equipment and starting to observe the rules of the game</p> <p><b>Dance</b> Performing specific movement patterns for different dance styles with accuracy with a focus on dances from Central America</p> <p><b>Net games</b> Demonstrate a range of different strokes and understand how to direct the ball away from an opponent over a net. Focus on tennis based at the local tennis courts</p>

Y6

**Invasive games**

Can organise team to think of ideas to be more successful both skilfully and tactically through football

**Dance**

Contribute fully to the choreography of a dance understanding the aesthetics and performance skills with a focus on the Lindy Hop during WW2

**Gymnastics**

To determine judging criteria for their own and others gymnastic performances with a focus on counter balance and counter tension

**Invasive games**

Develop leadership skills of warm up, skills and tactical coaches as well as umpiring and refereeing skills with a focus on basketball

**Athletics**

Can organise themselves and others safely in different roles as a coach, performer and official

**Striking and fielding games**

Become familiar with the rules of cricket and keep games going independently. Are able to act as a motivational and knowledgeable coach to improve performance

**Net games**

Can work well with a partner, adapting their play to suit their own and others strengths. Focus on tennis based at the local tennis courts