

Succeeding together - fostering a love of learning, within a nurturing Christian community, to bring out 'the best in everyone'.

PE Long Term Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	FUNDamental's unit 1 Into into PE	Intro into PE Games Unit 1	Dance Balls Skills unit 1	Gymnastics Games unit 2	Ball skills unit 2 PE fundamentals unit 2	Athletics Sports day prep
Year 1+2	PE FUNDamentals unit 1 Invasion Games	Ball Skills Unit 1 Fitness	Gymnastics Sending and Receiving	Dance Net and wall games	Target Games Ball Skills unit 2	Striking + Fielding Athletics
Year 3	Dodgeball Netball	Football Hockey	Dance Basketball	Gymnastics Swimming	Badminton Swimming	Athletics Swimming
Year 4	Netball Swimming	Swimming Hockey	Dance Swimming	Gymnastics OAA	Badminton Cricket	Athletics Rounders
Year 5	Football Tag Rugby	Basketball Hockey	Dance Handball	Gymnastics OAA	Tennis Cricket	Rounders Athletics
Year 6	Football Tag Rugby	Netball Hockey	Dance Handball	Gymnastics OAA	Tennis Cricket	Rounders Athletics

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EYFS	Topic	Skills	National Curriculum Aims and Key Stage Objectives
Autumn 1	FUNdamental's	Maximise enjoyment Improving social skills Improving our ABC's	Master basic movements including running, jumping, throwing and catching. As well as develop balance, agility and co-ordination.
Autumn 2	Dribbling + Ball Skills	Focusing on close control Improving agility Improving concentration Working on eye-Hand Coordination	Master basic movements including running, jumping, throwing and catching. As well as develop balance, agility and co-ordination.
Spring 1	Dance	Following step by step demonstrations Using expression and emotion Enhancing creativity	Perform dances using simple movement patterns.
Spring 2	Multi Sports	Learning and following rules Combining skills from other topics Developing teamwork	Participate in team games, developing simple tactics for attacking and defending.
Summer 1	Catching, Throwing + Rolling	Looking at our catching, throwing and rolling techniques Eye-Hand Coordination Combining accuracy and power	Master basic movements including running, jumping, throwing and catching. As well as develop balance, agility and co-ordination.
Summer 2	Athletics	Looking at the difference between acceleration and sprint speed Different techniques of throwing	Master basic movements including running, jumping, throwing and catching. As well as develop balance, agility and co-ordination.

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Year 1+2	Topic	Skills	National Curriculum Aims and Key Stage Objectives
Autumn 1	ABC Games	Improving agility, balance and coordination, in a range of different activities and games	Master basic movements including running, jumping, throwing and catching. As well as develop balance, agility and co-ordination.
Autumn 2	Dribbling + Ball Skills	Working on close control Focusing on spatial awareness Developing technique Exploring a range of different Sports	Master basic movements including running, jumping, throwing and catching. As well as develop balance, agility and co-ordination.
Spring 1	Gymnastics	Develop a range of balancing, jumping and rolling moves Create sequences, both individually and in small groups	Perform dances using simple movement patterns.
Spring 2	Invasion Games	Attacking and defending Developing teamwork Sharing roles and responsibilities	Participate in team games, developing simple tactics for attacking and defending.
Summer 1	Striking + Fielding	Eye/Hand Coordination Combination of accuracy, control and power Knowing the importance of technique	Master basic movements including running, jumping, throwing and catching. As well as develop balance, agility and co-ordination.
Summer 2	Athletics (Sports Day Practice)	Looking at the difference between acceleration and sprint speed Different techniques of throwing	Master basic movements including running, jumping, throwing and catching. As well as develop balance, agility and co-ordination.

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Year 3	Topic	Skills	National Curriculum Aims and Key Stage Objectives
Autumn 1	Football + Basketball	Understand the correct and range of techniques available for dribbling, shooting and passing	Develop flexibility, strength, technique, control and balance.
Autumn 2	Netball + Children's Choice	Learn the three types of passing Learn how to pivot correctly Start to understand the positions used in Hi-5 Netball	Use running, throwing and catching in isolation and in combination.
Spring 1	Dance + Badminton	Sequences Following step by step demonstrations and tutorials Working individually and in a group Encouraging creativity	Perform dances using a range of movement patterns.
Spring 2	Hockey + Circuit + Indoor Fitness	Dribble with close control, knowing the advantages of being spatially aware Learn the correct technique on how push pass and shoot	Develop flexibility, strength, technique, control and balance.
Summer 1	Tennis + Children's Choice	Learn the correct technique for forearm backhand shots Learn how to serve correctly and consistently Start to combine shots	Develop flexibility, strength, technique, control and balance.
Summer 2	Athletics (Sports Day Practice) + Striking Games (Rounders + Cricket)	Looking at the difference between acceleration and sprint speed Different techniques of throwing	Compare performances with previous ones and demonstrate improvement to achieve personal best.

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Year 4	Topic	Skills	National Curriculum Aims and Key Stage Objectives
Autumn 1	Football + Netball	Understand the correct and range of techniques available for dribbling, shooting and passing	Develop flexibility, strength, technique, control and balance.
Autumn 2	Basketball + Children's Choice	Develop control when bouncing and dribbling Explore techniques when passing and shooting	Develop flexibility, strength, technique, control and balance.
Spring 1	Gymnastics + Badminton	Develop a range of balancing, jumping and rolling moves Create sequences, both individually and in small groups	Compare performances with previous ones and demonstrate improvement to achieve personal best.
Spring 2	Tag Rugby + Dance	Develop our passing technique Ensure all rules are understood Use our agility, acceleration and sprint speed skills in Tag Rugby games	Perform dances using a range of movement patterns.
Summer 1	Cricket + Children's Choice	Learn how to bowl correctly, with good accuracy and increasing speed Explore a range of batting techniques Learn different ways to improve our fielding skills	Play competitive games and apply basic principles, suitable for attacking and defending.
Summer 2	Rounders + Athletics (Sports Day Practice)	Learn different ways to improve our fielding skills Practice consistently hitting the ball when batting Learn the correct bowling technique	Compare performances with previous ones and demonstrate improvement to achieve personal best.

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Year 5	Topic	Skills	National Curriculum Aims and Key Stage Objectives
Autumn 1	Football + Basketball	Develop our dribbling, shooting and passing skills Put these skills into competitive games and matches	Play competitive games and apply basic principles, suitable for attacking and defending.
Autumn 2	Netball + Children's Choice	Improve the three types of passing Learn how to pivot correctly Understand the positions used in Hi-5 Netball	Use running, throwing and catching in isolation and in combination.
Spring 1	Dance + Badminton	Be able to use a stimulus in order to create a piece of work Working individually and in a group to choreograph their own dance	Perform dances using a range of movement patterns.
Spring 2	Hockey + Circuit + Indoor Fitness	Dribble with close control, aiming to keep our head up Put the correct techniques into games and match like scenarios	Play competitive games and apply basic principles, suitable for attacking and defending.
Summer 1	Tennis + Children's Choice	Perform the correct technique for forearm backhand shots Serve correctly and consistently Combine shots in rallies and matches	Develop flexibility, strength, technique, control and balance.
Summer 2	Athletics (Sports Day Practice) + Striking Games (Rounders + Cricket)	Take part and learn rules and techniques in a range of different events Learn the shot put and javelin throwing techniques	Compare performances with previous ones and demonstrate improvement to achieve personal best.

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Year 6	Topic	Skills	National Curriculum Aims and Key Stage Objectives
Autumn 1	Football + Netball	Develop our dribbling, shooting and passing skills Put these skills into competitive games and matches	Play competitive games and apply basic principles, suitable for attacking and defending.
Autumn 2	Basketball + Children's Choice	Have a good range of control when bouncing and dribbling whilst being spatially aware Use a range of passing distances and techniques in matches	Develop flexibility, strength, technique, control and balance.
Spring 1	Gymnastics + Badminton	Develop a range of balancing, jumping and rolling moves Create sequences, both individually and in small groups	Develop flexibility, strength, technique, control and balance.
Spring 2	Tag Rugby + Dance	Develop our passing technique Ensure all rules are understood Use our agility, acceleration and sprint speed skills in Tag Rugby games and matches	Play competitive games and apply basic principles, suitable for attacking and defending.
Summer 1	Cricket + Children's Choice	Be able to bowl correctly, with good accuracy and increasing speed Explore a range of batting techniques Learn rules and scoring system for games and matches	Develop flexibility, strength, technique, control and balance.
Summer 2	Rounders + Athletics (Sports Day Practice)	Learn rules and scoring system for games and matches Put batting, bowling and fielding techniques and skills into games and matches	Play competitive games and apply basic principles, suitable for attacking and defending.

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