



## Physical Education Long-term overview 2023-2024

### End points for each unit of work are identified below

Nursery	Nursery Curricular Goals	Use the toilet independently Climb, run and jump with confidence; give new challenges a go!				
EYFS	On-going provision	During continuous provision and PE lessons children will; revise and refine fundamental movement skills; develop strength, balance, agility, and co-ordination; refine and develop fine motor skills; use a range of tools competently and safely; combine movements; develop ball skills.				
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<p><b>Dance – Unit 1</b> Respond to a range of stimuli and types of music. Explore space, direction, levels and speeds. Experiment creating actions and performing movements with different body part.</p> <p><b>Attack, Defend, Shoot - Unit 1</b> Practice basic movements including running, jumping, throwing and catching Begin to engage in competitive activities Experience opportunities to improve agility, balance and coordination</p>	<p><b>Gymnastics - Unit 1</b> Identify and use simple gymnastics actions and shapes. Apply basic strength to a range of gymnastics actions. Begin to carry basic apparatus such as mats and benches. To recognise like actions and link.</p> <p><b>Send and Return - Unit 1</b> Able to send an object with increased confidence using hand or bat. Move towards a moving ball to return. Sending and returning a variety of balls.</p>	<p><b>Dance - Unit 2</b> Able to build simple movement patterns from given actions. Compose and link actions to make simple movement phrases. Respond appropriately to supporting concepts such as canon and levels.</p> <p><b>Run, Jump, Throw - Unit 1</b> Pupils will begin to link running and jumping. Learn and refine a range of running which includes varying pathways and speeds. Develop throwing techniques to send objects over long distances.</p>	<p><b>Gymnastics - Unit 2</b> Perform a variety of basic gymnastics actions showing control Introduce turn, twist, spin, rock and roll and link these into movement patterns Perform longer movement phrases and link with confidence</p> <p><b>Attack, Defend, Shoot - Unit 2</b> Develop sending and receiving skills to benefit fielding as a team. Distinguish between the roles of batters and fielders. Introduce the concept of simple tactics.</p>	<p><b>Send and Return - Unit 2</b> Develop sending skills with a variety of balls Track, intercept and stop a variety of objects such as balls and beanbags. Select and apply skills to beat the opposition</p> <p><b>Hit, Catch, Run - Unit 1</b> Able to hit objects with hand or bat. Track and retrieve a rolling ball. Throw and catch a variety of balls and objects.</p>	<p><b>Run, Jump, Throw - Unit 2</b> Increase stamina and core strength needed to undertake athletics activities Take part in a broad range of opportunities to extend strength, balance, agility and coordination Cooperate with others to carry out more complex physical activities</p> <p><b>Hit, Catch, Run - Unit 2</b> Develop sending and receiving skills to benefit fielding as a team. Distinguish between the roles of batters and fielders. Introduce the concept of simple tactics.</p>

Year 2	<p><b>Dance – Unit 1</b> Describe and explain how performers can transition and link shapes and balances Perform basic actions with control and consistency at different speeds and on different levels Challenge themselves to move imaginatively responding to music Work as part of a group to create and perform short movement sequences to music</p> <p><b>Attack, Defend, Shoot - Unit 1</b> Can send a ball using feet and can receive a ball using feet. Refine ways to control bodies and a range of equipment. Recall and link combinations of skills, e.g. dribbling and passing.</p>	<p><b>Gymnastics - Unit 1</b> Describe and explain how performers can transition and link gymnastic elements Perform with control and consistency basic actions at different speeds and on different levels. Challenge themselves to develop strength and flexibility. Create and perform a simple sequence that is judged using simple gymnastic scoring</p> <p><b>Send and Return - Unit 1</b> Be able to track the path of a ball over a net and move towards it Begin to hit and return a ball using a variety of hand and racquet with some consistency Play modified net/wall games throwing, catching and sending over a net</p>	<p><b>Dance - Unit 2</b> Perform using more sophisticated formations as well as an individual Explore relationships through different dance formation. Explain the importance of emotion and feeling in dance Use the stimuli to copy, repeat and create dance actions and motifs</p> <p><b>Run, Jump, Throw - Unit 1</b> Develop power, agility, coordination and balance over a variety of activities Can throw and handle a variety of objects including quoits, beanbags, balls, hoops Can negotiate obstacles showing increased control of body and limbs</p>	<p><b>Gymnastics - Unit 2</b> Develop body management through a range of floor exercises Use core strength to link recognised gymnastics elements, e.g., back support and half twist. Attempt to use rhythm while performing a sequence</p> <p><b>Attack, Defend, Shoot - Unit 2</b> Select and apply a small range of simple tactics Recognise good quality in self and others. Work with others to build basic attacking play</p>	<p><b>Send and Return - Unit 2</b> Be able to make it difficult for their opponent to score a point Begin to choose specific tactics appropriate to the situation Transfer net/wall skills to volleyball style games Improve agility and coordination and use in a game</p> <p><b>Hit, Catch, Run - Unit 1</b> Develop hitting skills with a variety of bats Practice feeding/bowling skills Hit and run to score points in games</p>	<p><b>Run, Jump, Throw - Unit 2</b> Improve running and jumping movements, work for sustained periods of time Reflect on activities and make connections between a healthy active lifestyle Experience and improve on jumping for distance and height</p> <p><b>Hit, Catch, Run - Unit 2</b> Work on a variety of ways to score runs in the different hit, catch, run games  Work in teams to field  Begin to play the role of wicketkeeper or backstop</p>
Year 3	<p><b>Football</b> Able to show basic control skills including sending and receiving the ball. To send the ball with some accuracy to maintain possession and build attacking play. To implement the basic rules of football.</p>	<p><b>Gymnastics - Unit 1</b> Modify actions independently using different pathways, directions and shapes Consolidate and improve the quality of movements and gymnastics actions Relate strength and flexibility to the actions and movements they are performing</p>	<p><b>Gymnastics - unit 2</b> Identify similarities and differences in sequences Develop body management over a range of floor exercises Attempt to bring explosive moves into floor work through jumps and leaps Show increasing flexibility in shapes and balances</p>	<p><b>Dance - Unit 2</b> Building stylistic qualities of Barn Dance through repetition and applying movement to own bodies Building basic creative choreography skills in travelling, dynamics and partner work in the specific style of Barn Dance.</p>	<p><b>Hockey</b> Play in small sided hockey-type invasion games Send and receive balls in a variety of situations Develop motor skills to handle sticks with ease and improve agility</p>	<p><b>Rounders</b> To be able to play simple rounders games To apply some rules to games To develop and use simple rounders skills <b>Athletics</b> Control movements and body actions in response to specific</p>

	<b>Tag Rugby</b> Handle a rugby ball with confidence Evade attackers using footwork and body control Link skills to perform as a team in attack Use basic game principles of tag rugby and play within simpler rules	Use basic compositional ideas to improve sequence work—unison  <b>Dance - Unit 1</b> Practise different sections of a dance aiming to put together a performance Perform using facial expressions Perform with a prop	<b>Netball</b> To be able to perform basic netball skills such as passing and catching using recognised throws To use space efficiently to build attacking play To implement the basic rules of netball	<b>Tennis</b> To identify and describe some rules of tennis. To serve to begin a game. To explore forehand hitting.	<b>Cricket</b> To be able to adhere to some of the basic rules of cricket. To develop a range of skills to use in isolation and a competitive context To use basic skills with more consistency including striking a bowled ball	instructions Demonstrate agility and speed Jump for height and distance with control and balance Throw with speed and power and apply appropriate force
Year 4	<b>Football</b> Introduce some defensive skills Dribbling in different directions using different parts of their feet Passing for distance Evaluating skills to aid improvement  <b>Tag Rugby</b> To consistently perform basic tag rugby skills Implement rules and develop tactics in competitive situations To increase speed and build endurance during gameplay	<b>Gymnastics - Unit 1</b> Become increasingly competent and confident to perform skills more consistently Able to perform in time with a partner and group Use compositional ideas in sequences such as changes in height, speed and direction  <b>Dance - Unit 1</b> Work to include freeze frames in routines Practise and perform a variety of different formations in dance Develop a dance to perform as a group with a set starting position	<b>Gymnastics - Unit 2</b> Develop an increased range of body actions and shapes to include in a sequence Define muscles groups needed to support the core of their body Refine taking weight on small and large body parts, for example, hand and shoulder  <b>Netball</b> Introduce high five netball positions Acquire and apply basic shooting techniques Demonstrate and implement some basic rules of high five Develop netball skill such as marking and footwork	<b>Dance - Unit 2</b> Developing choreography and devising skills in relation to a theme Exploring dynamic quality and formations to communicate character Concentrating on one simple theme throughout and linking all activities to the communication of this to an audience  <b>Tennis</b> Explore different shots (forehand, backhand) Work to return the serve Demonstrate different court positions in gameplay	<b>Hockey</b> To be able to consistently perform basic hockey skills such as dribbling and push pass To implement the basic rules of hockey To develop tactics and apply them in competitive situations To increase speed and endurance during gameplay  <b>Cricket</b> To develop the range of Cricket skills they can apply in a competitive context Choose and use a range of simple tactics in isolation and in a game context Consolidate existing skills and apply with consistency	<b>Rounders</b> To develop the range of rounders skills that can apply in a competitive context Choose and use a range of simple tactics in isolation and a game context Identify different positions in rounders and the roles of those positions  <b>Athletics</b> Using running, jumping and throwing stations, children investigate in small groups different ways of performing these activities Using a variety of equipment, ways of measuring and timing, comparing the effectiveness of different styles of runs, jumps and throws.

Year 5	<p><b>Football</b> To play effectively in a variety of positions and formations on the pitch Relate a greater number of attacking and defensive tactics to gameplay Become more skilful when performing movements at speed</p> <p><b>Tag Rugby</b> To combine basic tag rugby skills such as catching and quickly passing in one movement To be able to select and implement appropriate skills in a game situation To begin to play effectively when attacking and defending To increase the power of passes so the ball can be moved quickly over greater distance</p>	<p><b>Gymnastics - Unit 1</b> Create longer and more complex sequences and adapt performances Take the lead in a group when preparing a sequence Develop symmetry individually, as a pair and in a small group Compare performances and judge strengths and areas for improvement Select a component for improvement. For example—timing or flow</p> <p><b>Dance - Unit 1</b> Perform different styles of dance fluently and clearly Refine &amp; improve dances adapting them to include the use of space rhythm &amp; expression Worked collaboratively in groups to compose simple dances Recognise and comment on dances suggesting ideas for improvement</p>	<p><b>Gymnastics - Unit 2</b> Take responsibility for own warm-up including remembering and repeating a variety of stretches Perform more complex actions, shapes and balances with consistency Use information given by others to improve performance Remember and repeat longer sequences with more difficult actions.</p> <p><b>Netball</b> To be able to use specific netball skills in games for example confidently: pivoting, dodging, bounce pass and previously learnt skills To begin to play efficiently in different positions on the court in both attack and defence To increase power and strength of passes, moving the ball over longer distances</p>	<p><b>Dance - Unit 2</b> Using professional examples to inspire ideas for explosive action. Owning and exploring new movement possibilities. Work with devices to add interest to action and explore different types of jumps.</p> <p><b>Tennis</b> Introduce Volley shots and Overhead shots Apply new shots into game situations Play with others to score and defend points in competitive games Further, explore Tennis service rules</p>	<p><b>Hockey</b> Combine basic hockey skills such as dribbling and push pass Select and apply skills in a game situation confidently Play effectively in different positions on the pitch including in defence To increase power and strength of passes, moving the ball over longer distances</p> <p><b>Cricket</b> Link together a range of skills and use in combination Collaborate with a team to choose, use and adapt rules in games Recognise how some aspects of fitness apply to cricket, e.g. power, flexibility and cardiovascular endurance</p>	<p><b>Rounders</b> Link together a range of skills and use in combination. Collaborate with a team to choose, use and adapt rules in games. Recognise how some aspects of fitness apply to rounders, e.g. power, flexibility and cardiovascular endurance</p> <p><b>Athletics</b> Sustain pace over short and longer distances such as running 100m and running for 2 minutes Able to run as part of a relay team working at their maximum speed Perform a range of jumps and throws demonstrating increasing power and accuracy</p>
Year 6	<p><b>Football</b> Choose and implement a range of strategies to attack and defend To perform a wider range of more complex skills Recognise and describe</p>	<p><b>Gymnastics - Unit 1</b> Lead group warm-up showing understanding of the need for strength and flexibility Demonstrate accuracy, consistency, and clarity of movement</p>	<p><b>Gymnastics - Unit 2</b> Perform increasingly complex sequences Combine own ideas with others to build sequences Compose and practise actions and relate to music</p>	<p><b>Dance - Unit 2</b> Developing group devices and greater use of teamwork. Demonstrating narrative through contact and relationships</p>	<p><b>Hockey</b> To choose and implement a range of strategies and tactics to attack and defend To combine and perform more complex</p>	<p><b>Rounders</b> Apply rounders rules consistently in conditioned games Play small sided games using standard rounders pitch layout</p>

	<p>good individual and team performances Suggest, plan and lead simple drills for given skills</p> <p><b>Tag Rugby</b> Choose and implement a range of strategies and tactics to attack and defend Combine and perform more complex skills at speed Observe, analyse and recognise good individual and team performances Suggest, plan and lead a warm-up as a small group</p>	<p>Work independently and in small groups to make up own sequences Arrange own apparatus to enhance work and vary compositional ideas Experience flight on and off of high apparatus</p> <p><b>Dance - Unit 1</b> Work collaboratively to include more complex compositional ideas Develop motifs and incorporate into self-composed dances as individuals, pairs &amp; groups Talk about different styles of dance with understanding, using appropriate language &amp; terminology</p>	<p>Show a desire to improve competency across a broad range of gymnastics actions</p> <p><b>Netball</b> Work as a team to improve group tactics and gameplay Play within the rules using blocking skills for shots and passes Develop defensive skills</p>	<p>Showing tension through pattern and formation</p> <p><b>Tennis</b> Develop backhand shots Introduce the lob Begin to use full tennis scoring systems Continue developing doubles play and tactics to improve</p>	<p>skills at great speed To recognise and describe good individual and team performances To suggest, plan and lead a warm-up as a small group</p> <p><b>Cricket</b> Apply with consistency standard cricket rules in a variety of different styles of games Attempt a small range of recognised shots in isolation and in competitive scenarios Use a range of tactics for attacking and defending in the role of bowler, batter and fielder</p>	<p>Use a range of tactics for attacking and defending in the role of bowler, batter and fielder</p> <p><b>Athletics</b> Become confident and expert in a range of techniques and recognise their success Apply strength and flexibility to a broad range of throwing, running and jumping activities Work in collaboration and demonstrate improvement when working with self and others Accurately and confidently judge across a variety of activities</p>
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**Swimming** All children in Years 3-6 will attend swimming lessons for 7 weeks each year.

Beginning swimmers	Swim short distances unaided between 5 & 20 metres using one consistent stroke Propel themselves over longer distances with the assistance of swimming aids Move with more confidence in the water including submerging themselves fully Enter and exit the water independently
Intermediate swimmers	Swim over greater distances, between 10 & 20 meters with confidence in shallow water Begin to use basic swimming techniques including correct arm and leg action Explore and use basic breathing patterns Enter and exit the water in a variety of ways Take part in problem-solving activities such as group floats and team challenges
Advanced swimmers	Bring control and fluency to at least two recognised strokes Implement good breathing techniques to allow for smooth stroke patterns Attempt personal survival techniques as an individual and group with success Link lengths together with turns and attempt tumble turn in isolation and during a stroke