



PE Whole School Overview

Term	<u>Autumn 1</u> <u>8 weeks</u>	<u>Autumn 2</u> <u>7 weeks</u>	<u>Spring 1</u> <u>6 Weeks</u>	<u>Spring 2</u> <u>6 weeks</u>	<u>Summer 1</u> <u>5 Weeks</u>	<u>Summer 2</u> <u>6 Weeks</u>
Reception	<p>Fundamentals – unit 1 F.M.S</p> <p><u>Key skills:</u> Physical: rolling a ball, stopping a rolling ball, throwing at a target, bouncing a ball, dribbling a ball with feet, kicking a ball</p> <p>Social: co-operation, supporting others</p> <p>Emotional: honesty, perseverance</p> <p>Thinking: using tactics, decision making</p>	<p>Fundamentals – unit 2 F.M.S</p> <p><u>Key skills:</u> Physical: hopping, galloping, skipping, sliding, jumping, changing direction, balancing, running</p> <p>Social: working safely, responsibility, working with others</p> <p>Emotional: managing emotions, challenging myself</p> <p>Thinking: selecting and applying actions</p>	<p>Ball skills – Unit 1 Games</p> <p><u>Key skills:</u> Physical: rolling a ball, stopping a rolling ball, throwing at a target, bouncing a ball, dribbling a ball with feet, kicking a ball</p> <p>Social: co-operation, supporting others</p> <p>Emotional: honesty, perseverance</p> <p>Thinking: using tactics, decision making</p>	<p>Gymnastics – unit 2 Body Management</p> <p><u>Key skills:</u> Physical: shapes, balances, jumps, rock and roll, barrel roll, straight roll, progressions of a forward roll, travelling</p> <p>Social: leadership, taking turns, helping others</p> <p>Emotional: determination</p> <p>Thinking: selecting and applying skills, creating sequences</p>	<p>Games – Unit 1 Games</p> <p><u>Key skills:</u> Physical: running, balancing, changing direction, striking a ball, throwing</p> <p>Social: communication, co-operation, taking turns, supporting and encouraging others</p> <p>Emotional: honesty and fair play, managing emotions</p> <p>Thinking: using tactics, decision making</p>	<p>Ball skills – unit 2 Games</p> <p><u>Key skills:</u> Physical: rolling a ball, tracking a ball, throwing at a target, bouncing a ball, dribbling a ball with feet, kicking a ball</p> <p>Social: co-operation, sharing and taking turns</p> <p>Emotional: determination</p> <p>Thinking: using tactics, decision making</p>



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	Fundamentals F.M.S	Sending and receiving Games	Striking and Fielding Games	Dance	Athletics F.M.S	Gymnastics Body Management
Year 1	<p><u>Key Skills:</u> Physical: balancing, sprinting, jogging, dodging, jumping, hopping, skipping</p> <p>Social: taking turns, supporting and encouraging others, working safely, communication</p> <p>Emotional: challenging myself, perseverance, honesty</p> <p>Thinking: selecting and applying, identifying strengths, listening and following instructions</p>	<p><u>Key Skills:</u> Physical: rolling, kicking, throwing, catching, tracking</p> <p>Social: taking turns, supporting and encouraging others, respect, communication</p> <p>Emotional: challenging myself, perseverance, honesty, being happy to succeed</p> <p>Thinking: transferring skills</p>	<p><u>Key Skills:</u> Physical: throwing, catching, retrieving a ball, tracking a ball, striking a ball</p> <p>Social: communication, supporting and encouraging others, consideration of others</p> <p>Emotional: perseverance, honesty and fair play</p> <p>Thinking: using tactics, selecting and applying skills, decision making</p>	<p><u>Key skills:</u> Perform simple sequences of movement combining actions with changes in speed and changes in level with a partner.</p> <p>To perform in front of a larger audience</p>	<p><u>Key Skills:</u> Physical: running at varying speeds, agility, balance, jumping, hopping and leaping in combination and for distance, throwing for distance</p> <p>Social: working safely, collaborating with others</p> <p>Emotional: working independently, honesty and playing to the rules, determination</p> <p>Thinking: exploring ideas</p>	<p><u>Key Skills:</u> Physical: travelling actions, shapes, balances, jumps, barrel roll, straight roll, forward roll progressions</p> <p>Social: sharing, working safely</p> <p>Emotional: confidence</p> <p>Thinking: observing and providing feedback, selecting and applying actions</p>



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Year 2	<p>Dance</p> <p><u>Key skills:</u> Perform simple sequences of movement combining actions with changes in speed and changes in level with a partner.</p> <p>To perform in front of a larger audience</p>	<p>Net and Wall games Games</p> <p><u>Key skills:</u> Physical: throwing, catching, racket skills, ready position, hitting a ball</p> <p>Social: support, co-operation, respect, communication</p> <p>Emotional: perseverance, honesty</p> <p>Thinking: decision making, reflection, comprehension, selecting and applying</p>	<p>Invasion Games Games</p> <p><u>Key Skills</u> Physical: dribble, throw, catch, kick, receive, run, jump, change direction, change speed</p> <p>Social: communication, kindness, support others, co-operation, respect, collaborate</p> <p>Emotional: empathy, perseverance, honesty, integrity, independence</p> <p>Thinking: creativity, select and apply, comprehension, problem solving, provide feedback</p>	<p>Athletics F.M.S</p> <p><u>Key skills:</u> Physical: running at different speeds, jumping for distance, throwing for distance</p> <p>Social: working safely, collaborating with others</p> <p>Emotional: working independently, determination</p> <p>Thinking: observing and providing feedback, exploring ideas</p>	<p>Gymnastics Body Management</p> <p><u>Key skills:</u> Physical: shapes, balances, shape jumps, travelling movements, barrel roll, straight roll, forwards roll</p> <p>Social: sharing, working safely</p> <p>Emotional: confidence, independence</p> <p>Thinking: observing and providing feedback, selecting and applying actions</p>	<p>Striking and Fielding Games</p> <p><u>Key skills:</u> Physical: throwing and catching, tracking a ball, bowling, batting</p> <p>Social: communication, collaboration</p> <p>Emotional: honesty, acceptance, controlling emotions</p> <p>Thinking: select and apply, using tactics, decision making</p>
	<p>Ball skills Games</p> <p><u>Key skills:</u> Physical: roll, track, dribble with feet, kick, throw, catch, dribble with hands</p> <p>Social: inclusion, communication, collaboration, leadership Emotional: independence, honesty, perseverance, determination</p> <p>Thinking: comprehension, select and apply skills, use tactics</p>	<p>Dance</p> <p><u>Key skills:</u> Perform simple sequences of movement combining actions with changes in speed and changes in level with a partner.</p> <p>To perform in front of a larger audience</p>	<p>Dance</p> <p><u>Key skills:</u> Perform simple sequences of movement combining actions with changes in speed and changes in level with a partner.</p> <p>To perform in front of a larger audience</p>			



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	OAA	Dance	Football Games	Rounders Games	Athletics F.M.S	Gymnastics Body Management
Year 3	<p><u>Key skills:</u> Physical: balance, running</p> <p>Social: communication, teamwork, trust, inclusion, listening</p> <p>Emotional: confidence</p> <p>Thinking: planning, map reading, decision making, problem solving</p>	<p><u>Key skills:</u> Perform simple sequences of movement combining actions with changes in speed and changes in level with a partner.</p> <p>To perform in front of a larger audience</p>	<p><u>Key skills:</u> Physical: dribbling, passing, ball control, tracking/ jockeying, turning, receiving</p> <p>Social: communication, collaboration, cooperation</p> <p>Emotional: honesty, perseverance</p> <p>Thinking: selecting and applying tactics, decision making</p>	<p><u>Key skills:</u> Physical: underarm and overarm throwing, catching, tracking a ball, fielding and retrieving a ball, batting</p> <p>Social: collaboration and communication, respect, supporting and encouraging others</p> <p>Emotional: honesty and fair play, confident to take risks, managing emotions</p> <p>Thinking: observing and providing feedback, using tactics, decision making</p>	<p><u>Key skills:</u> Physical: sprinting, jumping for distance, push and pull throwing for distance</p> <p>Social: working collaboratively, working safely</p> <p>Emotional: perseverance, determination</p> <p>Thinking: observing and providing feedback</p>	<p><u>Key skills:</u> Physical: individual point and patch balances, straight roll, barrel roll, forward roll, straight jump, tuck jump, star jump, rhythmic gymnastics</p> <p>Social: collaboration, communication, respect</p> <p>Emotional: confidence</p> <p>Thinking: observing and providing feedback, selecting and applying actions, evaluating and improving</p>



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Year 4	Dance	Tag Rugby Games	Gymnastics Body Management	Rounders Games	Athletics F.M.S	OAA
	<p><u>Key skills:</u> Perform simple sequences of movement combining actions with changes in speed and changes in level with a partner.</p> <p>To perform in front of a larger audience</p>	<p><u>Key skills:</u> Physical: passing, catching, dodging, tagging, scoring</p> <p>Social: communication, collaboration, inclusion</p> <p>Emotional: honesty and fair play, perseverance, confidence</p> <p>Thinking: planning strategies and using tactics, observing and providing feedback</p>	<p><u>Key Skills</u> Physical: individual and partner balances, rotation jumps, straight roll, barrel roll, forward roll, straddle roll, bridge, shoulder stand</p> <p>Social: work safely, determination, collaboration, communication, respect</p> <p>Emotional: confidence, perseverance</p> <p>Thinking: observe and provide feedback, select and apply actions, creativity, evaluate and improve</p>	<p><u>Key skills:</u> Physical: underarm and overarm throwing, catching, tracking a ball, fielding and retrieving a ball, batting</p> <p>Social: collaboration and communication, respect, supporting and encouraging others</p> <p>Emotional: honesty and fair play, confident to take risks, managing emotions</p> <p>Thinking: observing and providing feedback, using tactics, decision making</p>	<p><u>Key skills:</u> Physical: pacing, sprinting technique, jumping for distance, throwing for distance</p> <p>Social: working collaboratively, working safely</p> <p>Emotional: perseverance, determination</p> <p>Thinking: observing and providing feedback, exploring ideas</p>	<p><u>Key skills:</u> Physical: balance, dodging, running</p> <p>Social: communication, teamwork, trust, inclusion, listening</p> <p>Emotional: confidence, resilience, determination, honesty, integrity</p> <p>Thinking: planning, map reading, decision making, tactics, problem solving</p>
	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
	<p>Each child will receive half a year swimming at Ogden Waters.</p> <p>NC objectives: Swim competently, confidently and proficiency over a distance of 25 metres.</p> <p>Use a range of strokes effectively (e.g. front crawl, backstroke)</p> <p>Perform safe self-rescue</p>	<p>Each child will receive half a year swimming at Ogden Waters.</p> <p>NC objectives: Swim competently, confidently and proficiency over a distance of 25 metres.</p> <p>Use a range of strokes effectively (e.g. front crawl, backstroke)</p> <p>Perform safe self-rescue</p>	<p>Each child will receive half a year swimming at Ogden Waters.</p> <p>NC objectives: Swim competently, confidently and proficiency over a distance of 25 metres.</p> <p>Use a range of strokes effectively (e.g. front crawl, backstroke)</p> <p>Perform safe self-rescue</p>	<p>Each child will receive half a year swimming at Ogden Waters.</p> <p>NC objectives: Swim competently, confidently and proficiency over a distance of 25 metres.</p> <p>Use a range of strokes effectively (e.g. front crawl, backstroke)</p> <p>Perform safe self-rescue</p>	<p>Each child will receive half a year swimming at Ogden Waters.</p> <p>NC objectives: Swim competently, confidently and proficiency over a distance of 25 metres.</p> <p>Use a range of strokes effectively (e.g. front crawl, backstroke)</p> <p>Perform safe self-rescue</p>	<p>Each child will receive half a year swimming at Ogden Waters.</p> <p>NC objectives: Swim competently, confidently and proficiency over a distance of 25 metres.</p> <p>Use a range of strokes effectively (e.g. front crawl, backstroke)</p> <p>Perform safe self-rescue</p>



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Year 5	<p style="text-align: center;">Tag Rugby Games</p> <p><u>Key skills:</u> Physical: throw, catch, run, change speed, change direction</p> <p>Social: communication, support, collaboration, sporting behaviour</p> <p>Emotional: honesty, confidence, patience</p> <p>Thinking: make decisions, select and apply skills, comprehension, apply tactics, analysis</p>	<p style="text-align: center;">Gymnastics</p> <p><u>Key skills:</u> Physical: symmetrical and asymmetrical balances, rotation jumps, straight roll, forward roll, straddle roll, backward roll, cartwheel, bridge, shoulder stand</p> <p>Social: work safely, support others, collaboration</p> <p>Emotional: confidence, perseverance, resilience, determination</p> <p>Thinking: observe and provide feedback, creativity, reflection, select and apply actions, evaluate and improve sequences</p>	<p style="text-align: center;">OAA</p> <p><u>Key skills:</u> Physical: balance, co-ordination, run at speed, run over distance</p> <p>Social: negotiation, communication, leadership, work safely</p> <p>Emotional: empathy, confidence, resilience</p> <p>Thinking: problem solving, reflect, critical thinking, select and apply, comprehension</p>	<p style="text-align: center;">Volleyball Games</p> <p><u>Key skills:</u> Physical: throw, catch, jump, set, dig, serve, rally</p> <p>Social: communication, respect, support and encourage others</p> <p>Emotional: perseverance, honesty, determination</p> <p>Thinking: using tactics, select and apply skills, identify strengths and areas for development, reflection</p>	<p style="text-align: center;">Rounders Games</p> <p><u>Key skills:</u> Physical: throw, catch, bowl, bat, field</p> <p>Social: communication, respect, collaboration</p> <p>Emotional: honesty, confidence, perseverance, self-regulation</p> <p>Thinking: assess, make decisions, comprehension, reflection, select and apply skills, tactics</p>	<p style="text-align: center;">Athletics</p> <p><u>Key skills:</u> Physical: pace, sprint, relay changeovers, jump for distance, push throw, pull throw</p> <p>Social: collaboration, negotiation, communication, supporting others</p> <p>Emotional: perseverance, confidence, concentration, determination</p> <p>Thinking: observing and providing feedback, selecting and applying, comprehension</p>
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	Football Games	Volleyball Games	OAA	Dance -Anna James	Athletics F.M.S	Rounders Games
Year 6	<p><u>Key skills:</u> Physical: dribbling, passing, ball control, tracking / jockeying, turning, goalkeeping, receiving</p> <p>Social: communication, collaboration, cooperation, respect</p> <p>Emotional: honesty, perseverance</p> <p>Thinking: selecting and applying tactics, decision making</p>	<p><u>Key skills:</u> Physical: volley, set, dig, serve, ready position</p> <p>Social: communication, respect, supporting and encouraging others</p> <p>Emotional: confidence, perseverance, honesty</p> <p>Thinking: using tactics, selecting and applying skills, identifying strengths and areas for development</p>	<p><u>Key skills:</u> Physical: stamina, running</p> <p>Social: communication, teamwork, trust, inclusion, listening</p> <p>Emotional: confidence</p> <p>Thinking: planning, map reading, decision making, problem solving</p>	<p><u>Key skills:</u> Perform simple sequences of movement combining actions with changes in speed and changes in level with a partner.</p> <p>To perform in front of a larger audience</p>	<p><u>Key skills:</u> Physical: pacing, sprinting, jumping for distance, push throwing for distance, fling throwing for distance</p> <p>Social: negotiating, collaborating with others</p> <p>Emotional: perseverance, determination</p> <p>Thinking: observing and providing feedback</p>	<p><u>Key skills:</u> Physical: throwing & catching, bowling, tracking, fielding & retrieving a ball, batting</p> <p>Social: organising & self-managing a game, respect, supporting & encouraging others, communicating ideas & reflecting with others</p> <p>Emotional: honesty & fair play, confident to take risks, managing emotion</p> <p>Thinking: decision making, using tactics, identifying how to improve, selecting skills</p>