

Physical Education – Whole School Overview
Based on 1.5 hours per week Physical Education

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
R	Multi skills ABC's , spatial awareness	Dance Moving to music	Gymnastics ABC's and basic shapes	Multi skills Games, ABC's	Athletics	Striking/ fielding games
1	Multi skills Spatial awareness and games	Dance Moving to music and creating dance moves	Gymnastics ABC's, basic shapes simples routines	Multi skills Games including equipment	Athletics	Striking/ fielding games
2	Multi Skills Invasion Team games	Dance Creating moves and understanding sequences	Gymnastics ABC's, basic shapes, levels, routines	Multi skills Team games	Athletics	Striking/ fielding games
3	Multi skills Invasion Passing	Dance Creating sequences	Gymnastics Balance and agility (different levels)	Multi skills Games Hand eye coordination	Athletics Balance and coordination	Striking/ fielding games Playing as a team
4	Multi skills Invasion games To move within a space with equipment	Dance	Gymnastics Flight Creative	Multi skills net and wall Directing the ball	Athletics Running increased distances	Striking/ fielding games Modified competitive games
5	Multi skills Invasion games Support play and formations	Dance	Gymnastics Assessing sequences	Multi skills Net and wall Controlled form	Athletics Improving performance	Striking and fielding Skill specific
6	Multi skills Invasion games Creating new rules	Dance Creating complex and independent sequences.	Gymnastics Group Balances & Complex Sequence Building	Multi skills Invasion games Tactics	Athletics Technical development	Striking and fielding Competing

Acquiring and developing skills

1 Pupils should be taught to:

- a consolidate their existing skills and gain new ones
- b perform actions and skills with more consistent control and quality.

Selecting and applying skills, tactics and compositional ideas

2 Pupils should be taught to:

- a plan, use and adapt strategies, tactics and compositional ideas for individual, pair, small-group and small-team activities
- b develop and use their knowledge of the principles behind the strategies, tactics and ideas to improve their effectiveness
- c apply rules and conventions for different activities.

Evaluating and improving performance

3 Pupils should be taught to:

- a identify what makes a performance effective
- b suggest improvements based on this information.

Knowledge and understanding of fitness and health

4 Pupils should be taught:

- a how exercise affects the body in the short term
- b to warm up and prepare appropriately for different activities
- c why physical activity is good for their health and well-being
- d why wearing appropriate clothing and being hygienic is good for their health and safety

5 During the key stage, pupils should be taught the Knowledge, skills and understanding through five areas of activity:

- a dance activities
- b games activities
- c gymnastic activities
- d athletic activities
- e striking and fielding activities
- f multi skills activities.