

# Aldwyn Primary School - PE Overview



## Nursery

Autumn 1

Autumn 2

Spring 1

Spring 2

Summer 1

Summer 2

### Physical development

#### 3- and 4- year olds

- Continue to develop their movement, balancing, riding and ball skills.
- Go up steps and stairs, or climb up apparatus, using alternate feet.
- Skip, hop, stand on one leg and hold a pose for a game like musical statues.
- Use large-muscle movements to wave flags and streamers, paint and make marks.
- Start taking part in some group activities which they make up for themselves, or in teams.
- Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm.
- Match their developing physical skills to tasks and activities. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width.

## Reception

Autumn 1

Autumn 2

Spring 1

Spring 2

Summer 1

Summer 2

#### **Ball Skills Hands:**

- Explore pushing
- Explore rolling
- Explore bouncing
- Explore bouncing into space
- Combine pushing and rolling
- Combine rolling, pushing and bouncing

#### **Ourselves**

- Moving in sequence
- Responding in movement to words and music
- Moving with props and contrasting tempos

#### **Games For Understanding**

- Taking turns/keeping the score
- Understanding and playing by the rules
- Avoiding a defender
- Preventing an attacker from scoring

#### **High, Over, Under, Over**

- Introduction to high, low, over and under
- Introduction to the apparatus
- Applying high and low on apparatus

#### **Nursery Rhymes**

- Moving in sequence
- Creating our own movements
- Creating simple movement sequences
- Responding in movement to words and music
- Exploring contrasting tempos

#### **Locomotion: Jumping**

- Explore/develop jumping
- Apply jumping into a game
- Jumping for distance
- Explore jumping high
- Explore hopping

#### **Ball Skills Feet**

- Explore moving with a ball using our feet
- Develop moving with a ball using our feet
- Understand dribbling
- Develop dribbling against an opponent

#### **Sports Day Preparation**

- Understanding Sports day events
- Being able to take part in all events, competing with class members

#### **Ball Skills Hands 2**

- Explore throwing overarm
  - Explore throwing underarm
  - Explore rolling
  - Explore stopping a ball
  - Explore catching
- #### **Moving**
- Explore moving and making shapes using different body part
  - Explore moving in different directions
  - Explore big and small ways of moving and making shapes
  - Moving in pairs

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<ul style="list-style-type: none"> <li>• Creating their own movements</li> <li>• Exploring opposites</li> </ul>		<ul style="list-style-type: none"> <li>• Exploring character movements</li> </ul>			<ul style="list-style-type: none"> <li>• Creating shapes in pairs</li> </ul>
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## Year 1

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b>Body Parts</b></p> <ul style="list-style-type: none"> <li>• Introduction to big/ small body parts</li> <li>• Combining big and small with wide, narrow and curled</li> <li>• Transition between wide narrow and curled using big and small body parts</li> <li>• Adding (linking) movements together</li> </ul>	<p><b>Team Building</b></p> <ul style="list-style-type: none"> <li>• Introducing teamwork</li> <li>• Develop teamwork</li> <li>• Building trust and developing communication</li> <li>• Cooperation and communication</li> <li>• Explore simple strategies</li> <li>• Problem solving: Consolidate teamwork</li> </ul> <p><b>Games For Understanding</b></p> <ul style="list-style-type: none"> <li>• Understanding the principles of attack/defence</li> <li>• Applying attacking/defending principles into a game</li> <li>• Consolidate attacking/defending</li> </ul>	<p><b>Growing</b></p> <ul style="list-style-type: none"> <li>• Responding to rhythm</li> <li>• Developing the growing plant 'dance'</li> <li>• Introduction to motifs</li> <li>• Creating motifs</li> <li>• Creating movement sequences</li> <li>• Relationships and performance</li> </ul>	<p><b>Health and Wellbeing</b></p> <ul style="list-style-type: none"> <li>• Introduce and explore agility</li> <li>• Introduce and explore balance</li> <li>• Introduce and explore coordination: Bouncing, rolling and throwing</li> </ul> <p><b>Ball Skills Hands 1</b></p> <ul style="list-style-type: none"> <li>• Explore pushing</li> <li>• Explore rolling</li> <li>• Explore bouncing</li> <li>• Explore bouncing into space</li> <li>• Combine pushing and rolling</li> <li>• Combine rolling, pushing and bouncing</li> </ul>	<p><b>Locomotion: Running</b></p> <ul style="list-style-type: none"> <li>• Explore running</li> <li>• Apply running into a game</li> <li>• Explore running at different speeds</li> <li>• Running for speed: Acceleration</li> <li>• Explore running in a team</li> <li>• Consolidate running, apply running into a game</li> </ul> <p><b>Sports Day Preparation</b></p> <ul style="list-style-type: none"> <li>• Understanding Sports day events</li> <li>• Being able to take part in all events, competing with class members</li> </ul>	<p><b>Locomotion: Jumping</b></p> <ul style="list-style-type: none"> <li>• Recap jumping</li> <li>• Develop jumping</li> <li>• Explore how jumping affects our bodies</li> <li>• Explore skipping</li> <li>• Apply skipping and jumping into a game</li> </ul> <p><b>Ball Skills Feet</b></p> <ul style="list-style-type: none"> <li>• Develop moving the ball using the feet</li> <li>• Apply dribbling into games</li> <li>• Consolidate dribbling</li> <li>• Explore kicking (passing)</li> <li>• Apply kicking (passing) to score a point</li> </ul>

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Year 2					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b>Locomotion: Dodging</b></p> <ul style="list-style-type: none"> <li>• Explore dodging</li> <li>• Develop dodging</li> <li>• Apply dodging: Explore attacking and defending</li> <li>• Apply dodging in teams</li> </ul> <p><b>Ball Skills Feet</b></p> <ul style="list-style-type: none"> <li>• Develop dribbling/ passing/receiving, keeping possession</li> <li>• Combine dribbling, passing and receiving, keeping possession/to score a point</li> <li>• Apply dribbling, passing and receiving as a team to score a point</li> </ul>	<p><b>Pathways</b></p> <ul style="list-style-type: none"> <li>• Explore/develop zigzag pathways/on apparatus</li> <li>• Explore/develop curved pathways/on apparatus</li> <li>• Creation of pathway sequences</li> <li>• Completion of pathways sequences and performance</li> </ul>	<p><b>Exploring</b></p> <ul style="list-style-type: none"> <li>• Responding to stimuli</li> <li>• Developing our motif with expression and emotion</li> <li>• Applying choreography in our motifs</li> <li>• Extending our motifs</li> <li>• Sequences, relationships and performance</li> </ul> <p><b>Rackets, Bats and Balls</b></p> <ul style="list-style-type: none"> <li>• Hitting (striking) a ball (with a racket) with accuracy and power to beat an opponent</li> <li>• Introduce hitting (sending/striking) a ball into a space: Where and why?</li> <li>• Striking the ball (with a bat) into space with intent</li> </ul>	<p><b>Games For Understanding</b></p> <ul style="list-style-type: none"> <li>• Attacking/defending as a team</li> <li>• Understanding the transition between defence and attack</li> <li>• Create and apply attacking/ defensive tactics</li> </ul>	<p><b>Health and Wellbeing</b></p> <ul style="list-style-type: none"> <li>• Consolidate agility</li> <li>• Consolidate balancing: Explore balancing on apparatus</li> <li>• Introduce and explore coordination: Dribbling and kicking</li> </ul> <p><b>Sports Day Preparation</b></p> <ul style="list-style-type: none"> <li>• Understanding Sports day events</li> <li>• Being able to take part in all events, competing with class members</li> </ul>	<p><b>Locomotion: Jumping</b></p> <ul style="list-style-type: none"> <li>• Consolidate jumping</li> <li>• Apply jumping into a game</li> <li>• Linking jumping</li> <li>• Explore jumping combinations</li> <li>• Develop jumping combinations</li> </ul>

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Year 3					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b>Basketball</b></p> <ul style="list-style-type: none"> <li>Introduce dribbling</li> <li>Introduce passing and receiving</li> <li>Combine dribbling and passing to create space</li> <li>Develop passing, receiving and dribbling</li> <li>Introduce shooting</li> </ul>	<p><b>Symmetry and Asymmetry</b></p> <ul style="list-style-type: none"> <li>Introduction to symmetry</li> <li>Introduction to asymmetry</li> <li>Application of learning onto apparatus</li> <li>Sequence formation</li> <li>Sequence completion</li> </ul>	<p><b>Tactics and Communication</b></p> <ul style="list-style-type: none"> <li>Creating and applying simple tactics</li> <li>Developing leadership</li> <li>Develop communication as a team</li> <li>Create defending and attacking tactics as a team</li> </ul>	<p><b>Wild Animals</b></p> <ul style="list-style-type: none"> <li>Responding to stimuli</li> <li>Developing character dance into a motif</li> <li>Develop sequences with a partner in character that show relationships</li> <li>Extending sequences with a partner in character</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>Explore running for speed</li> <li>Explore acceleration</li> <li>Introduce /develop relay: Running for speed in a team</li> <li>Throwing: Accuracy vs distance</li> <li>Standing Long Jump</li> </ul> <p><b>Tennis</b></p> <ul style="list-style-type: none"> <li>Introduction tennis, outwitting an opponent</li> <li>Creating space to win a point</li> <li>Consolidate how to win a game introduce rackets</li> <li>Introduce the forehand</li> </ul>	<p><b>Tag Rugby</b></p> <ul style="list-style-type: none"> <li>Introduce moving with the ball, passing and receiving</li> <li>Introduce tagging</li> <li>Create space when attacking</li> <li>Develop passing and moving</li> <li>Combine passing/moving to create attacking opportunities</li> </ul>

Year 4					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Netball</b>	<b>Handball</b>	<p><b>Basketball</b></p> <ul style="list-style-type: none"> <li>Refine dribbling</li> </ul>	<b>Athletics</b>	<b>Bridges</b>	<b>Rounders</b>

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<ul style="list-style-type: none"> <li>Refine passing and receiving</li> <li>Develop passing and dribbling creating space</li> <li>Develop passing, moving and shooting</li> <li>Refine passing and shooting</li> <li>Develop footwork</li> </ul>	<ul style="list-style-type: none"> <li>Refine passing and receiving</li> <li>Develop passing and creating space</li> <li>Develop passing, moving and shooting</li> <li>Combine passing and shooting</li> <li>Introduce defending</li> </ul> <p><b>Problem Solving</b></p> <ul style="list-style-type: none"> <li>Benches and mats challenge</li> <li>Round the clock card challenge</li> <li>The pen challenge</li> <li>The river rope challenge</li> <li>Caving challenges</li> </ul>	<ul style="list-style-type: none"> <li>Refine passing and receiving</li> <li>Refine passing and dribbling creating space</li> <li>Refine passing and dribbling creating shooting opportunities</li> <li>Introduce marking</li> </ul>	<ul style="list-style-type: none"> <li>Develop running at speed</li> <li>Exploring our stride pattern</li> <li>Exploring running at pace</li> <li>Understand and apply tactics when running for distance</li> <li>Javelin</li> <li>Standing Triple Jump</li> </ul> <p><b>Space</b></p> <ul style="list-style-type: none"> <li>Extending sequences with a partner in character</li> <li>Developing sequences with a partner in character that show relationships and interlinking dance moves</li> <li>Sequences, relationships, choreography and performance</li> </ul>	<ul style="list-style-type: none"> <li>Introduction to bridges</li> <li>Application of bridge learning onto apparatus</li> <li>Develop sequences with bridges</li> <li>Sequence formation</li> <li>Sequence completion</li> </ul>	<ul style="list-style-type: none"> <li>Develop fielding bowling with a backstop</li> <li>Introduce batting; how</li> <li>Develop batting; where and why</li> <li>Introduce and apply basic fielding tactics</li> </ul> <p><b>Tennis</b></p> <ul style="list-style-type: none"> <li>Developing the forehand</li> <li>Creating space to win a point using a racket</li> <li>Introduce the backhand</li> <li>Applying the forehand and backhand in game situations</li> <li>Applying the forehand and backhand creating space to win a point</li> </ul>
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Year 5					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Swimming	Football	Swimming	Swimming	Badminton	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>Finishing a race</li> </ul>

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<ul style="list-style-type: none"> <li>Swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>Use a range of strokes effectively</li> <li>Perform safe self-rescue in different water-based situations</li> </ul>	<ul style="list-style-type: none"> <li>Refine dribbling and passing to maintain possession</li> <li>Introduce and develop defending</li> <li>Develop shooting skills, passing, dribbling and shooting, introduce officiating</li> </ul> <p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>Swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>Use a range of strokes effectively</li> <li>Perform safe self-rescue in different water-based situations</li> </ul>	<ul style="list-style-type: none"> <li>Swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>Use a range of strokes effectively</li> <li>Perform safe self-rescue in different water-based situations</li> </ul>	<ul style="list-style-type: none"> <li>Swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>Use a range of strokes effectively</li> <li>Perform safe self-rescue in different water-based situations</li> </ul> <p><b>Health Related Exercise</b></p> <ul style="list-style-type: none"> <li>Explore and understand cardio fitness</li> <li>Explore and understand flexibility fitness</li> <li>Explore and understand strength fitness</li> </ul>	<ul style="list-style-type: none"> <li>Exploring different forehand /backhand shots</li> <li>Applying different forehand/ backhand shots to win a point</li> <li>Consolidate outwitting an opponent</li> <li>Doubles: Understanding and applying tactics to win a point</li> </ul> <p><b>Greeks</b></p> <ul style="list-style-type: none"> <li>Exploring the Greeks using compositional principles</li> <li>Extending sequences with a partner using compositional principles</li> <li>Creating movement using improvisation where movement is reactive</li> </ul>	<ul style="list-style-type: none"> <li>Evaluating our performance</li> <li>Sprinting: My personal best</li> <li>Relay changeovers</li> <li>Shot Put</li> <li>Introducing the Hurdles</li> </ul> <p><b>Rounders</b></p> <ul style="list-style-type: none"> <li>Develop fielding tactics maximising players</li> <li>Understand what happens if the batter misses the ball</li> <li>Refine fielding tactics, what players where?</li> <li>Applying tactics in mini games</li> </ul>
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Year 6					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b>Tag Rugby</b></p> <ul style="list-style-type: none"> <li>Consolidate passing and moving</li> <li>Consolidate defending</li> </ul>	<p><b>Health Related Exercise</b></p> <ul style="list-style-type: none"> <li>Develop a secure understanding of cardio fitness</li> </ul>	<p><b>Hockey</b></p> <ul style="list-style-type: none"> <li>Consolidate keeping possession, develop officiating</li> </ul>	<p><b>Orienteering</b></p> <ul style="list-style-type: none"> <li>Face orienteering</li> <li>Cone orienteering</li> <li>Point and return</li> </ul>	<p><b>Rounders</b></p> <ul style="list-style-type: none"> <li>Introduction to full rounders</li> </ul>	<p><b>Netball</b></p> <ul style="list-style-type: none"> <li>Consolidate keeping possession, develop officiating</li> </ul>

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<ul style="list-style-type: none"> <li>• Create, understand and apply attacking/defending tactics in game situations</li> <li>• Consolidate attacking and defending in mini games</li> </ul> <p><b>Matching and Mirroring</b></p> <ul style="list-style-type: none"> <li>• Introduction to matching/ mirroring</li> <li>• Application of matching/ mirroring learning onto apparatus</li> <li>• Sequence development</li> </ul>	<ul style="list-style-type: none"> <li>• Develop a secure understanding of flexibility fitness</li> <li>• Develop a secure understanding of strength fitness</li> </ul> <p><b>Basketball</b></p> <ul style="list-style-type: none"> <li>• Introduce dribbling;</li> <li>• Introduce passing and receiving</li> <li>• Combine dribbling and passing to create space</li> <li>• Develop passing, receiving and dribbling</li> <li>• Introduce shooting</li> </ul>	<ul style="list-style-type: none"> <li>• Consolidate defending</li> <li>• Create, understand and apply attacking/defending tactics in game situations</li> </ul> <p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>• Running for speed competition</li> <li>• Running for distance competition</li> <li>• Throwing competition</li> <li>• Jumping competition</li> </ul>	<ul style="list-style-type: none"> <li>• Point to point</li> <li>• Timed course</li> <li>• Orienteering competition</li> <li>• Leadership</li> <li>• Understanding what makes an effective leader</li> <li>• Communicating as a leader</li> <li>• Introducing the STEP principle: Space , Task, Equipment and People</li> </ul>	<ul style="list-style-type: none"> <li>• Consolidate fielding tactics</li> <li>• Refine our understanding of what happens if the batter misses or hits the ball backwards</li> <li>• Batting consideration</li> </ul> <p><b>Carnival</b></p> <ul style="list-style-type: none"> <li>• Performing with technical control and rhythm in a group</li> <li>• Creating rhythmic patterns using the body</li> <li>• Experiencing dance from a different culture</li> <li>• Chorographical elements including still imagery</li> </ul>	<ul style="list-style-type: none"> <li>• Consolidate defending</li> <li>• Create, understand and apply attacking/defending tactics in game situations</li> </ul>
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