

Cotford St Luke

PE long term overview:

Core concepts for PE:	Evaluating and improving performance – competence for PE	Knowledge and understanding of fitness and health – leading healthy lives.	Selecting and applying skills, tactics and compositional ideas – sustaining activity.	Acquiring and developing skills – engaging in sport/physical activity.
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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Me and myself: To dress themselves. To move freely and with pleasure and confidence in a range of skilful ways. Engage in conservation with others. To run and negotiate space successfully, adjusting speed or direction to avoid obstacles.	Ball skills: To play in a group, extending and elaborating play ideas in the group. To begin to accept the needs of others and can take turns and share, sometimes with the support of others. Show increasing control when throwing and catching a large ball.	Dance: To explore different movements – keeping good balance and coordination. To show different emotions, impressions and expressions. To listen to the music and move in time with it. To work with a partner, copying and mirroring movements.	Fitness: To improve speed, agility, balance, coordination, strength and physical fitness. To develop the jumping technique safely. To work as a team to improve performance. To solve challenges while on the move. To demonstrate the correct jumping and landing techniques. To work individually and cooperatively to perform a range of balances.	Throw and catch: To show increased control when catching a ball. To show increasing control over an object, pushing, passing, throwing, catching or kicking it. To move freely and with pleasure and confidence in a range of skilful ways.	Fun and games: To run skilfully and negotiate space successfully, adjusting speed or direction to avoid obstacles. To accept the needs of others and take turns and share. To move freely and with pleasure and confidence.
Year 1	Fitness:	Gymnastics:	Dance:	Basketball:	Athletics:	Rounders:

	To move at speed, safely. To change directions whilst moving at speed. To jump two feet to two feet. To jump one foot to the other. To balance on apparatus and on the floor. To play games in teams against others.	To be able to perform 5 key shapes. To perform one shape after another. To balance using different parts of the body. To link movements. To use different pieces of equipment and apparatus. To participate in a performance.	To move changing direction and speed. To move with control. To work individually and with others. To move to music showing expressive qualities of dance. To create linked movement phrases. To participate in a performance	To roll, push and throw a ball. To successfully stop a ball. To control a ball with basic actions. To move to get in line and receive a ball. Begin to think about tactics in games. Play games using skills learnt.	Move into space. To control your body and equipment when throwing, running and jumping. To land safely when jumping. To run and jump on the balls of your feet. To show a correct pull throw technique. To compete against yourself and others	To move in different ways. To catch and stop a ball. To strike a ball. To recognise space. To follow simple rules of the game. To try and find ways to win games.
Year 2	Gymnastics: To be able to perform 5 key shapes. To link movements. To move with control. To use different pieces of equipment and apparatus. To balance using different parts of my body. To participate in a performance.	Tag rugby: To hold and move with a rugby ball. To run with the ball. To pass the ball pointing the nose of the ball. To play tag games. To pass accurately to a partner. To try and score goals by getting past opponents	Dance: To move in different ways. To move to music showing expressive qualities of dance. To move with control. To be creative and compose short dances. To work individually and with others. To participate in a performance.	Dodgeball: To move in different ways, changing speed and direction. To send a ball at different speed. To practice throwing using underarm technique. To catch a ball. To practice throwing using overarm technique. To participate in basic dodgeball games.	Cricket: To move a ball. To hit a ball. To throw a ball at a target. To work with others. To catch a ball. To compete against others	Athletics: To move into space. To show a correct pull throw technique. To control my body and equipment when throwing, running and jumping . To land safely when jumping. To run and jump on the balls of my feet. To compete against myself and others.
Year 3/4 Year a	Football: To stop the ball	Basketball:	Gymnastics:	Dance:	Cricket:	Athletics:

	with my feet. To make a standing tackle. To pass the ball with the inside of my feet. To shoot a stationary football. To dribble using my feet. To participate in a group football game.	To pass / send a ball with increasing accuracy. To find and use space well to keep possession. To move with the ball keeping it under control. To apply basic attacking and defending principles. To pass the ball in different ways. To Play in small, sided games, employing simple tactics.	To perform 9 key shapes. To create sequences of movements, shapes, balances, and rolls. To travel using different body parts. To work with others mirroring and cannoning. To travel on different levels at different speeds. To perform in front of others.	Perform dances using a range of movement patterns. Create, practice and perform more complex dances. Link movement patterns together. Perform as various characters when moving to music. Work on your own, with a partner and in a group. Communicate feeling through Dance.	Throw a ball with increasing accuracy. Hit a ball towards the target. Catch a ball with increasing control. Choose fielding skills to make it difficult for an opponent. Successfully hit a ball from a tee. Participate in modified competitive games, showing good teamwork.	To throw an object by overarm, underarm, pulling, pushing and slinging. To run in races of varied distances. To combine different types of jumping. To take part in athletic events. To run for distance. To perform competitively with others.
Year 3/4 Year b	Tag Rugby: To travel with the ball. To defend by removing a player's tag. To keep a horizontal line with others when running. To work together with others. To catch the ball whilst on the move. To play games against others that require	Tennis: To watch, track, and catch a tennis ball successfully. To hit a ball into space (at different speeds and heights) to try beat an opponent. To perform a basic forehand action with increasing accuracy. To keep a rally going using a range of shots. To perform a basic	Fitness: To move at speed with control. To perform exercises such as lunges, sit ups and crunches. To move with control when tired. To skip using a skipping rope. To perform exercises holding your own body weight. To perform exercises	Dodgeball: To throw the ball underarm. To use body positioning and control to help when catching. To use a side shot throw. To discuss and apply tactics needed in dodgeball games. To move in different ways – at speed. To	Rounders: To throw a ball with increasing accuracy. To hit a ball towards a target. To catch a ball with increasing control. To choose fielding skills to make it difficult for an opponent. To successfully hit a ball from a tee. To participate in modified	Athletics: To throw an object by overarm, underarm, pulling, pushing and slinging. To run in races of varied distances. To combine different types of jumping. To take part in athletic events. To run for distance. To perform

	tactics to be used to try score.	backhand shot with increasing control. To compete with others.	for sustained periods of time.	participate in dodgeball games.	competitive games, showing good teamwork.	competitively with others
Year 5/6 Year a	Football: To pass the ball to teammates in game situations. To compete in games. To dribble with the ball whilst under pressure. To decide on ways to attack when playing games. To defend in a team. To decide on ways to defend in games	Basketball: To pass the ball in different ways with confidence and control. To keep possession of the ball when faced with opponents. To move with the ball at speed. To work together as a team, showing good awareness of others. To mark, track and cover when defending. Apply basic principles for attacking and defending in game situations.	Gymnastics: To show flexibility and technique when performing gymnastic elements. To create longer sequences. To travel fluently on the floor and on/off apparatus. To show rhythm and creativity when working with others. To travel with confidence choosing different pathways. To perform in front of an audience.	Dance: To be inspired by music and different stimuli. To apply the principles of dance to a routine. To show ideas through dance. To combine movements – keeping to the beat. To create sections of dance on your own, and in a group. To perform to an audience.	Cricket: To throw and bowl in different ways. To use skills and tactics to outwit opponents when fielding. To play shots into different areas of the field. To use skills and tactics to outwit opponents when batting. To retrieve, catch, intercept, and stop a ball when fielding. To participate in competitive games.	Athletics: To use the correct combination of jumps to complete the triple jump. To use a run up when throwing. To compete in long distance running. To practise to improve throwing distance. To compete in short distance races. To use a run up when jumping.
Year 5/6 Year b	Tag Rugby: To travel at speed with the ball. To watch and evaluate the professional game. To dodge and fake passes when running with	Tennis: To know and describe the correct grip and stance when holding a racket. To adopt a good ready position. To use a	Fitness: To perform squat jumps and lunge jumps with good technique. To skip using a skipping rope with coordination. To	Dodgeball: To throw a ball at a moving target. To dodge a ball by jumping and skipping. To use the most appropriate	Rounders: To throw a ball and bowl in different ways. To use skills and tactics to outwit opponents when fielding. To play shots into	Athletics: To use the correct combination of jumps to complete the triple jump. To use a run up when throwing. To compete in long

	the ball. To decide on ways to attack when playing games. To catch the ball whilst under pressure. To decide on the best ways to defend in games.	variety of different shots, and serves, hitting with increased consistency. To employ tactics in games. To play shots on the forehand and backhand side of the body. To follow the rules and score correctly.	hold a plank position and plank walk with control. To compete against others and yourself. To perform a number of press ups. To perform physical tasks for long periods of time.	throwing technique for the situation. To dodge a ball by jockeying and galloping. To play catching games. To use peer evaluation to discuss strategies and tactics and apply these to my own game.	different spaces of the field. To use skills and tactics to outwit opponents when batting. To retrieve, catch, intercept and stop a ball when fielding. To participate in competitive games.	distance running. To practise to improve throwing distance. To compete in short distance races. To use a run up when jumping.
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Swimming:	
In addition to the above PE provision children in Key Stage Two participate in swimming, here they are supported to meet the aims of the national curriculum: • swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] • perform safe self-rescue in different water-based situations	
LKS2: Focus on developing: Water confidence Safe entry and exit of water Stroke development	UKS2: Focus on securing: Swimming stamina Stroke: efficiency in the water Water rescue developed through object retrieval