



PE Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1	<p>Bootcamp Use controlled movements, change direction whilst running.</p> <p>Multi skills To use agility, balance and co-ordination to perform activities.</p>	<p>Cool Core Techniques to improve core strength and agility.</p> <p>Mighty movers Complete a running circuit. Run quickly in a relay aiming to improve speed.</p>	<p>Skip to the beat Step-hop technique without rope. Skip with a rope and explore ways of skipping.</p> <p>Story time dance Practise travelling movement with a change of direction, in time to music.</p>	<p>Brilliant ball skills Develop anticipation and reaction to catch and throw. Develop throwing skills.</p> <p>Gym fit circuits Improve balance, gymnastic circuits, gymnastic skills with accuracy.</p>	<p>Throwing and Catching Control a ball using hands, techniques for throwing and catching. Consolidate throwing a ball under arm.</p> <p>Skip to the beat Control breathing and support body weight.</p>	<p>Fitness Frenzy Complete a circuit using skills from the year of agility, coordination and balance.</p> <p>Active athletics Travel in different directions fast and slow. Hop, travel and land safely on two feet</p>
2	<p>Bootcamp Simple patterns of movement. Learn new moves and perform with good techniques and balance.</p> <p>Multi skills Explore static balancing and understand the concept of bases. Aim balls and equipment accurately.</p>	<p>Mighty mover Run effectively using arms. Understand the purpose of a circuit.</p> <p>Ugly Bug Ball- Dance unit Explore different levels and speeds of movement. Show rhythm and control.</p>	<p>Skip to the beat Hop consistently and with control. Improve awareness of where the rope is.</p> <p>Cool core Develop and improve core strength and agility.</p>	<p>Gym fit circuits Identify techniques to improve balance. Perform range of gymnastic skills with increased accuracy and sequence them together.</p> <p>Brilliant ball skills Vary the types of throw. Dribble and pass a football.</p>	<p>Cool core Develop and improve core strength and agility through a range of moves.</p> <p>Throwing and catching (Kwik Cricket) Throw a ball underarm and catching skills. Strike a ball from a tee. Receive and return ball. Tactics and skills to win a game.</p>	<p>Fitness Frenzy Develop agility and coordination. Perform simple patterns of movement. Hoop skills to aid core strength.</p> <p>Active athletics Use arms when jumping. Jump with balance and fluency. Know how to throw safely. Jump over an obstacle.</p>
3	<p>Bootcamp Perform simple patterns of movement. Learn new moves and perform them with good techniques and balance.</p> <p>Multi skills Change and maintain centre of balance. Develop coordination whilst moving an object.</p>	<p>Mighty movers Run at different speed and pass a baton.</p> <p>African Dance Explore African dance movements and create patterns of movement. Create a dance with a partner.</p>	<p>Skip to the beat Explore different ways of skipping in order to develop large rope skipping techniques.</p> <p>Groovy Gymnastics Y1 Move with control and link movements together, explore gymnastics actions and shapes.</p>	<p>Brilliant ball skills (handball) Dribble a ball with greater control. Roll or throw a ball at a target with accuracy in order to play handball.</p> <p>Groovy gymnastics Y2 Perform balances and movement and combine them into a routine.</p>	<p>Swimming Enter and exit the water. Floatation and submerging. Move efficiently through the water with various strokes.</p> <p>Active athletics Improve throwing techniques. Reinforce jumping techniques. Relay race with baton.</p>	<p>Swimming Use alternating and simultaneous strokes on front and back, (front crawl, backstroke, side stroke).</p> <p>Fitness Frenzy Develop agility and co-ordination. Perform simple pattern of movement.</p>
4	<p>Bootcamp Complete a range of circuit-based activities and understand the reason for doing them.</p> <p>Invaders (football) Learn how to dribble a ball, change direction and maintain control in a competitive situation.</p>	<p>Dynamic Dance Identify and practise the patterns and actions of line dancing.</p> <p>Cool Core Perform basic Pilates moves with good technique and understanding</p>	<p>Swimming Revisit entering and exiting the water. Floating and submerging. Move efficiently through the water with various strokes.</p> <p>Groovy Gymnastics Y3 Consolidate shapes and sequences. Different jumps with a stable, safe landing.</p>	<p>Swimming Develop how to use alternating and simultaneous strokes on front and back to swim 25m.</p> <p>Groovy Gymnastics Y4 Identify and practise body shapes. Practise symmetrical and asymmetrical body shapes. Perform movements in canon and unison.</p>	<p>Nimble Nets Be familiar with balls and short tennis rackets. Accurately serve underarm. Build up a rally.</p> <p>Skip to the beat Explore different ways of skipping. Be aware of safety aspects of skipping. Skip with different types of rope (large and small).</p>	<p>Striking and fielding Underarm and overarm throws and know when to use them. Practise receiving skills.</p> <p>Young Olympians Sprint a short distance as part of a team. React quickly to a stimulus. Good running technique when jumping over obstacles.</p>
5	<p>Swimming Consolidate Y4 skills. How to stay safe when playing in and around water. What to do if others get into difficulties.</p> <p>Mighty Movers Learn how boxercise moves can be adapted and used in a different format.</p>	<p>Swimming Consolidate Y4 skills. How to stay safe when playing in and around water. What to do if others get into difficulties.</p> <p>Bollywood Dance Identify and practise the patterns and actions of the Bollywood dance style.</p>	<p>Invaders (Netball) Demonstrate basic passing and receiving skills using a netball.</p> <p>Bootcamp Complete a circuit that includes activities practised in lessons 1–3 with balance and co-ordination.</p>	<p>Striking and Fielding Develop skills in batting and fielding. Choose fielding techniques and be able to run between the wickets.</p> <p>Gym Sequences Perform new gymnastic moves with control and accuracy. Recap on linking moves and understand how they will be used in developing sequences.</p>	<p>Nimble Nets (Tennis) Identify and apply techniques for hitting a tennis ball. Build on prior skills learnt and increase accuracy</p> <p>Cool Core (Yoga) Devise a sequence of Yoga/ Pilates moves with fluency and accuracy.</p>	<p>Athletics Develop the ability to run for distance. Throw with accuracy and power</p> <p>Fitness Frenzy Demonstrate the correct technique for activities. Develop agility and co-ordination. Perform more complex patterns of movement.</p>
6	<p>Invaders (Tag rugby) Learn skills to play tag rugby.</p> <p>Bootcamp Complete a range of circuit-based activities and understand the reason for doing them.</p>	<p>Mighty movers Consolidate skills learnt from previous years to link together to perform more complex moves.</p> <p>Dynamic Dance Identify and practise the patterns and actions in a street dance style.</p>	<p>Gym sequence Identify and practise gymnastic shapes and balances to link movements together to perform.</p> <p>Nimble Nets Learn the skills needed to play badminton and engage in a rally leading to a small game.</p>	<p>Striking and Fielding Throw and catch under pressure. Demonstrate good balance to throw with accuracy.</p> <p>Gym fit circuits Plan a simple programme using the fitness steps they have learnt previously.</p>	<p>Fitness Frenzy Select and use a wide range of compositional ideas and skills to create a routine.</p> <p>OAA Engage in outdoor adventurous activities using the skills of orienteering, teamwork, communication and problem solving.</p>	<p>Young Olympians Consolidate key skills such as running with different speeds, throwing with power and accuracy.</p> <p>Step to the beat Understand the value of aerobic exercise and how to measure heart rate and note any changes.</p>