

Subject Overview

Physical Education						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Physical Development – movement and equipment skill development 22-36 months	Physical Development – movement and equipment skill development 22-36 months	Physical Development – movement and equipment skill development 22-36 months	Physical Development – movement and equipment skill development 30-50 months	Physical Development – movement and equipment skill development 30-50 months	Physical Development – movement and equipment skill development 30-50 months
Reception	Fundamentals – travel, shape and equipment leading to games 30 – 50 months. Rolling a ball, stopping a rolling ball, throwing at a target, bouncing a ball, dribbling a ball with feet, kicking a ball	Fundamentals – travel, shape and equipment leading to games 30 – 50 months. Travelling, copying and performing actions, co-ordination	Fundamentals – travel, shape and equipment leading to games 30 – 50 months. Balancing, running, jumping. changing direction, hopping, travelling	Early learning goal – moving and handling. Hopping, galloping, skipping, sliding, jumping, changing direction, balancing, running	Early learning goal – moving and handling. Running, changing direction, striking a ball,	Early learning goal – moving and handling. Moving safely, running, jumping, throwing, catching, following a path
Year 1	JOM-Multi Skills CT-Gymnastic Negotiates space successfully when playing racing and chasing games with other children, adjusting speed o changing direction to avoid obstacles.	JOM-Gymnastic CT-Coordination Travels with confidence and skill around, under, over and through balancing and climbing equipment.	JOM-Agility DT-Dance To develop pupils understanding of 'agility' Perform dances using simple movement patterns.	JOM-Invasion Games. Basketball DT-Dance Participate in games, developing simple tactics for attacking and defending. Perform dances using simple movement patterns.	JOM-Heath Related exercises CT-Striking and Fielding Understanding of the different types of fitness To develop pupils' physical fitness! To develop pupils' ability, strike a ball (hitting)	JOM-Athletics CT-Sports day practice Master basic movements including running, jumping, throwing and catching
Year 2	JOM-Fundamentals CT-Gymnastic Develop pupils' ability to mount/dismount apparatus safely	JOM-Hockey CT-Agility Dribble using a hockey stick.	JOM-Balance CT-Dance Develop pupils' ability to throw effectively	JOM-Basketball CT-Dance Develop pupils' ability to throw a basketball	JOM-HRE CT-Striking and Fielding Understanding of the different types of fitness	JOM-Cricket CT-Sports day practice To develop pupils' ability to stop a moving ball (field)

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	Develop pupils' ability to hold their own body weight	to accurately pass a ball with a hockey stick. To develop pupils understanding of 'agility'	Develop pupils' ability to catch effectively. Ability to hold themselves perfectly still To develop pupils' ability, stay balanced whilst moving. Perform dances using simple movement patterns.	Develop pupils' ability to catch a basketball. To develop pupils' ability to run and stop. To develop pupils' ability to change direction whilst maintaining their balance.	To develop pupils' physical fitness! To develop pupils' ability to stop a moving ball (field) To develop pupils' ability, strike a ball (hitting)	To develop pupils' ability, strike a ball (hitting)
Year 3	<p><u>JOM-Athletics</u> <u>DT-Dance</u> Use running in isolation and in combination. Develop flexibility, strength, control and balance. Take part in outdoor activity challenges both individually and within a team. Develop pupils' knowledge of dance terminology Develop pupils' ability to move with confidence to music.</p>	<p><u>JOM-Tennis/Hockey</u> <u>DT-Dance</u> To be able to accurately pass a ball with a hockey stick. To be able to shoot. Balance on various part of the body. Control a ball and watch bounces. Know the names of tennis shots. Develop pupils' knowledge of dance terminology Develop pupils' ability to move with confidence to music.</p>	<p><u>JOM-Netball</u> <u>CT-Football</u> Use running jumping, throwing and catching in isolation and in combination. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Dribbling, passing, ball control, tracking/jockeying, turning, goalkeeping, receiving</p>	<p><u>JOM-Tag rugby</u> <u>CT-Gymnastics</u> To be able to learn the rules of tag rugby. Throw and catch a rugby ball. To learn how to tag another player. To develop pupils' knowledge of gymnastics balances. To develop pupils' ability to hold a balance.</p>	<p><u>JOM-Basketball</u> <u>CT-Cricket</u> To develop pupils understanding of the rules of Basketball. To develop pupils' ability to dribble legally in Basketball. To develop pupils' ability, strike a ball (hitting)</p>	<p><u>JOM-Badminton</u> <u>CT-Rounders</u> To develop hand eye co-ordination, movement, agility, tactics and teamwork. Understand the rules of Badminton and apply all of these skills in a competitive Badminton gameplay.</p>

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<p>Year 4</p>	<p><u>JOM-Athletics</u> <u>DT-Dance</u> Pacing, sprinting technique, jumping for distance, throwing for distance. Performing a variety of dance actions, using canon, unison, formation, dynamics, character, structure, space, balance, control, technique,</p>	<p><u>JOM-Tennis/Hockey</u> <u>DT-Dance</u> Underarm throwing, catching, forehand, backhand, ready position. Passing, dribbling, receiving, intercepting, tackling. Performing a variety of dance actions, using canon, unison, formation, dynamics, character, structure, space, balance, control, technique,</p>	<p><u>JOM-Netball</u> <u>CT-Football</u> Passing, catching, footwork, intercepting, shooting. Dribbling, passing, ball control, tracking/jockeying, turning, goalkeeping, receiving</p>	<p><u>JOM-Tag rugby</u> <u>CT-Gymnastics</u> Passing, catching, dodging, tagging, scoring. pupils will learn to keep possession of the ball using attacking skills. Individual and partner balances, jumps using rotation, straight roll, barrel roll, forward roll, straddle roll, bridge, shoulder stand</p>	<p><u>JOM-Basketball</u> <u>CT-Cricket</u> Throwing and catching, dribbling, intercepting, shooting. Underarm and overarm throwing, catching, over and underarm bowling, batting</p>	<p><u>JOM-Badminton</u> <u>CT-Rounders</u> Ready position, grip, forehand, backhand, serve, footwork Underarm and overarm throwing, catching, tracking a ball, fielding and retrieving a ball, batting</p>
<p>Year 5</p>	<p><u>JOM-Athletics</u> <u>CT-Badminton</u> Pacing, sprinting technique, relay changeovers, jumping for distance, push and pull throwing for distance. Ready position, grip, forehand, backhand, serve, footwork</p>	<p><u>JOM-Tennis/Hockey</u> <u>CT-Gymnastic</u> Forehand groundstroke, backhand groundstroke, forehand volley, backhand volley, underarm serve Dribbling, passing, receiving, tracking, creating and using space, shooting. Symmetrical and asymmetrical balances, straight roll, forward roll, straddle roll, backward roll,</p>	<p><u>JOM-Swimming</u> <u>CT-Netball</u> Submersion, floating, gliding, front crawl, backstroke, breaststroke, rotation, sculling, treading water, handstands, surface dives, H.E.L.P and huddle position. Passing, catching, footwork, intercepting, shooting, dodging.</p>	<p><u>JOM-Swimming</u> <u>CT-Orienteering</u> Rotation, sculling, treading water, gliding, front crawl, backstroke, breaststroke, surface dives, floating, H.E.L.P and huddle positions. take part in outdoor and adventurous activity challenges both individually and within a team. To follow a map with increasing accuracy and confidence.</p>	<p><u>JOM-Basketball</u> <u>DT-Dance.</u> Throwing and catching, dribbling, intercepting, shooting. principles such as defending, attacking, throwing, catching, dribbling and shooting. Performing a variety of dance actions, using canon, unison, formation, dynamics, character, structure, space, emotion, matching, mirroring, transitions</p>	<p><u>JOM-Tag rugby</u> <u>DT-Dance</u> Throwing, catching, running, dodging, scoring. respect, supporting & encouraging others, communicating ideas & reflecting with others. Performing a variety of dance actions, using canon, unison, formation, dynamics, character, structure, space, emotion, matching, mirroring, transitions</p>

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		cartwheel, bridge, shoulder stand				
Year 6	<p><u>JOM-Swimming</u> <u>CT-Athletics</u> Submersion, floating, gliding, front crawl, backstroke, breaststroke, rotation, sculling, treading water, handstands, surface dives, H.E.L.P and huddle position. Pacing, sprinting, jumping for distance, push throwing for distance, fling throwing for distance</p>	<p><u>JOM-Swimming</u> <u>CT - Hockey</u> Rotation, sculling, treading water, gliding, front crawl, backstroke, breaststroke, surface dives, floating, H.E.L.P and huddle positions. Ball control, dribbling, passing, tacking, shooting, defence and attack.</p>	<p><u>JOM-Netball</u> <u>CT-Cricket</u> Passing, catching, footwork, intercepting, shooting, dodging. Dribbling, passing, receiving, tracking, creating and using space, shooting. Underarm and overarm throwing, catching, over and underarm bowling, long and short barrier, batting</p>	<p><u>JOM-Tag rugby</u> <u>CT-Orienteering</u> Throwing, catching, running, dodging, scoring. take part in outdoor and adventurous activity challenges both individually and within a team. To follow a map with increasing accuracy and confidence.</p>	<p><u>JOM-Swimming</u> <u>DT-Dance</u> Forehand groundstroke, backhand groundstroke, forehand volley, backhand volley, underarm serve. Performing a variety of dance actions, using canon, unison, formation, dynamics, character, emotion, transitions, matching & mirroring</p>	<p><u>JOM-Swimming</u> <u>DT-Dance</u> Ready position, grip, forehand, backhand, serve, footwork. Organising & self-managing a game, respect, supporting & encouraging others, communicating ideas & reflecting with others. Dribbling, passing, ball control, tracking/jockeying, turning, goalkeeping, receiving</p>