

PE Subject Overview N-Y6

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
N	Develop ball skills including rolling and kicking. Use large muscle movements to wave flags and streamers. Develop balancing skills including through obstacle courses and on ramps.		Develop climbing skills. Begin to learn to skip and hop. Start to take part in group team activities.		Develop and remember sequences and patterns of movement related to music and rhythm. Collaborate with others to manage larger items. Continue to develop and refine skills of movement and balance.	
R	Safely begin to use a range of large and small apparatus indoors and outside both alone and as part of a group. Revise and refine fundamental movement skills- rolling, crawling, walking, jumping, running, hopping, skipping, climbing. Combine different movements with increasing fluency- change movements and direction.		Develop overall body strength, balance, co-ordination and agility. Develop ball skills including passing, batting and aiming.		Negotiate space and obstacles safely indoors and outdoors showing a consideration for others. Use and understand vocabulary of movement and play. Show confidence with a range of movements.	
Year 1	Gymnastics FMS – safely exploring 3 basic actions Games FMS Safely exploring FMS basic rules of the area	Games FMS Dance Christmas / fireworks Safely exploring FMS	Gymnastic FMS – safely exploring basic shapes Games FMS Focus change of direction individually	Gymnastics FMS – safely exploring 3 basic actions through balance and posture Games FMS Focus change of speed	Athletics FMS Run, jump throw. Dance Superheroes	Problem solving - FMS. Games Co-operative and competitive 1 v1 invention games
Year 2	Gymnastics FMS Games FMS Safely exploring FMS Basic rules area and with a partner	Gymnastics FMS Dance FMS Jack and the Beanstalk	Dance Festivals Games FMS	Gymnastics FMS Safely exploring shapes. Games FMS Inventing 1v1 games scoring points.	Athletics FMS Run, jump, throw with a partner. FMS Dance The Gruffalo	Problem solving - OAA. Games Attacking and defending 2v1, 2v2, 3v2
Year 3	Gymnastics FMS Sequencing 2/3 actions Games Net and wall Tennis (linked to school games)	Dance Stone age Games Invasion Single / combination actions attacking and defending 3v2, 2v2, 3v1	Dance Bhangra OAA Symbols / netball court map work	Games Gymnastics Sequencing / shapes	Athletics Run, Jump, throw Exploring body parts Games Invasion Stick game	Gymnastics Games Striking and fielding Cricket small sided game
Year 4	Games Net and wall Tennis (linked to school games) Swimming - swimthony programme	Gymnastics Sequencing contrasting shapes Swimming	OAA Symbols / simple map courses Swimming	Dance The Olympics Swimming	Athletics Run, jump throw combination Swimming	Games Striking and fielding Swimming

Year 5	Sports leadership through games Gymnastics Partner work, complex sequences	Games Invasion games Basketball / netball Dance African	OAA More complex map work Dance Brazilian	Games Striking and fielding rounders. Gymnastics Symmetrical/ asymmetrical, contrasting shapes	Athletics Run, jump, throw Strength and power Games Invasion games Rugby	Leadership Sports day Games Net and wall Tennis / badminton
Year 6	Sports Leadership Games Striking and fielding Chance to shine cricket.	Gymnastics Counterbalances Dance Winter Olympics/ Olympic Dance	Games Stick hockey OAA Complex map work school grounds	Games Invasion Dodgeball Games Net and wall Volleyball	Athletics Angles Dance MAEI	Games Striking and fielding Cricket / rounders Inclusion Games Tri Golf Leadership Sports day

Children's learning is understood developmentally The classroom offers a safe base The importance of transitions in children's lives All behaviour is communication
The importance of nurture in the development of well being Language is a vital means of communication