

All Saints P.E overview 18/19

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Indoor gymnastics- Jumping Jacks- Development of fundamental movement skills using agility, balance and co-ordination and master basic jumping actions.	Indoor – Real P.E Physical Cog – Perform single skills with some consistency and control and start to link movements together.	Indoor- Dance- Moving Words- Develop skills of travelling, turning, stillness. Changing shape, size direction, level, speed and actions, using words as stimuli.	Indoor-Real P.E Creative – Explore and describe different movement patterns using some control and consistency.	Indoor-Real P.E- Gymnastics stories- Development of fundamental movements using stories to create scenarios.	Indoor- Gymnastics- Rocking and Rolling- Develop skills and techniques of rolling and link movements together.
	Outdoor – Games Val Sabin Unit 1- Focus on Ball Skills- The development of Co-ordination	Outdoor- Games Val Sabin Unit 2- Throwing and catching- Exploring different ways of throwing	Outdoor- Games Val Sabin Unit 3- Bat/Ball Skills- Focusing on the hand-eye co-ordination	Outdoor- OAA- Orienteering- Develop basic knowledge of map reading, problem solving and	Swimming To gain knowledge, confidence and ability in water based situations and learn basic techniques of swimming.	Outdoor- Games Val Sabin Unit 4- Developing partner work- Using co-ordination and control

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	and control, focusing on the development of ball Skills.	and catching using different pieces of equipment.	involved in using a bat and ball.	orienteeing skills.		to develop skills through partnerwork.
Year 2	Indoor – Real P.E Physical – Develop skills for changing speed and direction with control and explore change of level with some control and consistency.	Indoor gymnastics- Points of contact- Develop fundamental movement skills. Extend agility, balance and co-ordination. Engage in co-operative physical activities.	Indoor-Real P.E Creative – Select, link and perform different movements whilst comparing them with others.	Indoor – Dance- Machines- Repeat, remember and perform phrases in dance, translating ideas from a stimulus into movement. Evaluate and improve performance.	Indoor-Real P.E- Gymnastics stories Development of fundamental movements using stories to create scenarios.	Indoor- Gymnastics- Stretching and curling- Use techniques of stretching and curling to link movements together with control and consistency.
	Outdoor – Games Val Sabin Unit 1-	Outdoor- Games Val Sabin Unit 2-	Outdoor- OAA- Orienteering-	Swimming To gain knowledge,	Outdoor- Games Val Sabin Unit 3- Dribbling, kicking	Outdoor- Games Val Sabin Unit 4-

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	<p>Throwing and catching- Inventing games- Improving basic skills to play simple games that demand decisions to keep control of a ball.</p>	<p>Partner Games- Aiming, hitting & kicking- Using control and consistency to develop games with a partner aiming, hitting and kicking.</p>	<p>Develop basic knowledge of map reading, problem solving and orienteering skills and be able to evaluate performance.</p>	<p>confidence and ability in water based situations and learn basic techniques of swimming.</p>	<p>& hitting- skill development in dribbling with hands and feet, throwing, hitting and kicking a ball.</p>	<p>Group Games and inventing rules- Develop and improve basic individual skills and learn to work Co-operatively and competitively with a partner.</p>
<p>Year 3</p>	<p>Indoor- Gymnastics- Pathways and patterns- Develop a broad range of skills by linking actions to make</p>	<p>Indoor-Real P.E Physical Cog – Perform and repeat longer sequences with clear shape and controlled movement linking skills together.</p>	<p>Indoor- Dance- Solar System- Improve skills of travelling, jumping, turning, stillness. Changing direction-</p>	<p>Indoor – Real P.E – Health and Fitness- Using methods to understand the importance of health & fitness and</p>	<p>Indoor-Real P.E Creative - Respond differently to a variety of tasks or music and I can recognise similarities and differences in movements and</p>	<p>Indoor- Gymnastics- Stretching and Curling- consolidate and improve the quality of actions, body shapes balances,</p>

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	<p>sequences of movement. Develop flexibility , strength, technique, control and balance.</p>		<p>size-level-direction. Increase the range of body actions. Compose practice and perform actions with control.</p>	<p>understand how my body feels during exercise.</p>	<p>expression and compare those with others</p>	<p>and ability to link movements.</p>
	<p>Swimming- To gain knowledge, confidence and ability in water based situations and learn basic techniques of swimming.</p>	<p>Outdoor – Games Val Sabin Unit 1- Ball Skills - Passing and receiving- Co-operative and competitive games to further develop passing and receiving techniques.</p>	<p>Outdoor – Games Val Sabin Unit 2- Net Wall-Co-operative and competitive games to develop bat and ball skills.</p>	<p>Outdoor- OAA- Orienteering- Develop basic knowledge of map reading, problem solving and orienteering skills and collaborate with others to select and use simple strategies to meet a range</p>	<p>Outdoor- Games Val Sabin Unit 3- Striking Fielding games- Situations and practices to develop striking, fielding, throwing and catching skills.</p>	<p>Outdoor- Games Val Sabin Unit 4 – Athletics- To run, jump and jump confidently and consistently and link activities.</p>

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				of activities.		
Year 4	Indoor- Real P.E- Physical- Perform a variety of movements and skills with good body tension and link actions together so that they flow in running, jumping and throwing .	Indoor- Gymnastics- Counter Balances – Develop techniques of balance whilst linking balances together within a small group to create sequences.	Real P.E- Creative- Link actions together to make sequences to express my own ideas and create routines in order to create a performance.	Indoor-Dance- Solar System- Improve skills of travelling, jumping, turning, stillness. Changing direction-size-level- direction. Increase the range of body actions. Compose practice and perform actions with control.	Indoor-Real P.E- Health & Fitness- Describe the basic fitness components and explain how often and how long needed to exercise to be healthy. Using methods to record and monitor how hard I am working. Putting together my own routine to show this.	Indoor- Gymnastics- Develop the range of actions, body shapes balances included in a performance. Perform skills and actions more accurately and consistently
	Outdoor – Games Val Sabin Unit 1- Net Wall	Swimming- To use a range of strokes to swim	Outdoor- OAA- Orienteering- Develop	Outdoor – Games Val Sabin Unit 2- Invasion	Outdoor- Games Val Sabin Unit 3- Striking fielding games- Develop	Outdoor- Games Val Sabin Unit 4 Athletics- To

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	Games- Simple competitive games to develop and understand net/wall principles.	competently, confidently and proficiently over a distance of at least 25 metres.	previous knowledge of map reading, problem solving and orienteering skills and have the ability to evaluate decisions and improve effectiveness of performance.	Games- Developing skills of spatial awareness and decision making along with team work and communication.	striking skills and techniques using mini games to allow experience in striking/fielding situations.	run, jump and throw confidently and consistently and link activities and to understand basic health and fitness principles.
Year 5	Indoor- Gymnastics – Pair composition- Develop a broad range of skills by linking sequences of movement. Develop	Indoor- Real P.E- Physical Learn, perform and explain combinations of skills confidently in sport specific contexts and perform a range of skills	Dance- On the beach- Develop skills of unison, mirroring, contact, level, speed, direction, control, jumping ,	Indoor-Real P.E Creative Using skills imaginatively to different situations, adapting and adjusting their skills, movements or tactics so they	Indoor-Real P.E- Health & Fitness – Learn and explain how individuals need different types and levels of fitness to be more effective in their activity/ role/event.	Indoor- Gymnastics- Create gymnastic sequences that meet a theme or set of conditions. Use compositiona

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	flexibility , strength, technique, control and balance. Understand how to improve and evaluate own success.	fluently and accurately in practice situations	turning gesture, action-reaction and repetition.	are different from or in contrast to others.	Planning and following a basic fitness programme.	I devices when creating sequences, such as changes -in speed - level - direction
	Outdoor – Games Val Sabin Unit 1- Net Wall Games – Co-operative and competitive game situations to develop attacking and defending court skills.	Outdoor – Games Val Sabin Unit 2- (ball handling games)Invasion and target-Games to develop spatial awareness, team co-operation and put skills under pressure.	Swimming To use a range of strokes to swim competently, confidently and proficiently over a distance of at least 25 metres.	Outdoor-OAA- Orienteering- Develop basic knowledge of map reading, problem solving and orienteering skills. Communicate and collaborate with others to select and use appropriate	Outdoor- Games Val Sabin Unit 3- Invasion games (implement and kicking)- Mini games using invasion tactics, developing skills and team co-operation.	Outdoor- Games Val Sabin Unit 4 –Athletics- To run, jump and throw confidently and consistently and link activities and together. Understand basic health and fitness principles.

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				strategies and equipment.		
Year 6	Indoor- Real P.E- Physical- Learn, perform and explain combination s of skills confidently in sport specific contexts and perform a range of skills fluently and accurately in practice situations.	Indoor- Gymnastics – Paired balances- Develop a broad range of skills by linking actions to make sequences of movement. Develop flexibility , strength, technique, control and balance. Understand how to improve and evaluate own success. Use balance to perform	Indoor-Real P.E -Creative Using skills imaginatively to different situations, adapting and adjusting their skills, movements or tactics so they are different from or in contrast to others. Using creativity to perform to an audience.	Dance – Football Dance- Develop skills of unison, mirroring, contact, level, control, jumping, turning gesture, action & reaction and repetition.	Indoor-Real P.E- Health & Fitness Learn and explain how individuals need different types and levels of fitness to be more effective in their activity/ role/event. Planning and following a basic fitness programme whilst choosing appropriate cool down and warm up activities.	Indoor- Gymnastics- Body Symmetry- Develop a broad range of skills by linking actions to make sequences of movement. Develop flexibility , strength, technique, control and balance. Understand how to improve and evaluate own success.

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		sequences together.				
	Outdoor – Games Val Sabin Unit 1- Invasion games (implement and kicking) Hockey and football- using skills in mini game situations for invasion games.	Outdoor – Games Val Sabin Unit 2- Net Wall Games- Volleyball and Tennis- Using skills in mini game situation for net/wall games,	Outdoor- OAA- Orienteering- Develop basic knowledge of map reading, problem solving and orienteering skills. Communicate and collaborate with others to select and use appropriate strategies and equipment.	Swimming- To use a range of strokes to swim competently, confidently and proficiently over a distance of at least 25 metres.	Outdoor- Games Val Sabin Unit 3- Striking and fielding games- Using skills in mini game situations to develop striking and fielding techniques.	Outdoor- Games Val Sabin Unit 4 Athletics- To develop all skills in individual Athletics events and work competitively and co-operatively in athletic based situations.