**PE Overview 2024-25**

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| **Year Group** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Reception** | **Locomotion-**  Developing a range of travel movements such as, running, hopping, skipping and jumping.  **Ball Skills-** developing ball handling skills and exploring different ways to move the ball. | **Locomotion-**  Using a ball to move with in a variety of travel movements.  **Gymnastic**s- exploring basic movement at different levels, developing balance and coordination across floor mats. | **Ball Skills-**  Using feet to move with a ball in a range of pathways.  **Dance-**  counting, copying, recalling and creating simple motifs using the stimulus of ‘Fairytales’ | **Understanding the World in PE-** a range of activities focused on developing pupils understanding of the world in relation to outdoor PE.  **Gymnastics –**  Learning different key shapes and jumping off low apparatus with control. | **Sports Day Activities-** practising and preparing for sports day. | **Target Activities-**developing skills in aiming, striking and hitting different pieces of equipment.  **Team Games-** developing skills in taking turns and working with others through a range of exciting games. |
| **Year 1** | **Locomotion-** developing movement skills in a range of activities.  **Football Fundamentals-** basic exploration of the ball and movement in football related activities. | **Multi-skills**- developing agility, balance, and coordination skills.  **Rugby Fundamentals-** exploring the ball, basic movements and passing skills. | **Ball Skills**-  sending and receiving skills using a range of equipment.  **Gymnastics-** balancing, jumping, travelling, rolling, and performing short partner routines. | **Ball Skills**-  applying sending and receiving skills to a variety of games activities.  **Dance-** counting, copying, and creating simple motifs using the stimulus of ‘Toys’ | **Cricket**-  external cricket coaching with Old Actonians.  **New Age Kurling**- basic introduction to the sport, developing hand and eye coordination, pushing and aiming. | **Athletics**-  simple track and field typed activities.  **Sports Day Activities-** practising and preparing for sports day. |
| **Year 2** | **Locomotion-** refining movement skills and developing spatial awareness in a range of activities.  **Football Fundamentals-** improving control, accuracy and techniquein a range of skills. | **Multi- skills-** refining agility, balance and coordination skills adding control, direction, and purpose.  **Rugby Fundamentals-** developing control of the ball, introducing simple game rules, and beginning to work as a team. | **Ball Skills**-  refining sending and receiving skills to increasingly challenging activities.  **Gymnastics-** developing balancing, jumping, travelling, and rolling skills across low apparatus. | **Ball Skills**-  applying sending and receiving skills with a focus on basic attacking and defending techniques.  **Dance-**  creating short dance phrases and adding simple dance dynamics using the stimulus of ‘The Greatest Showman’ | **Cricket-**  developing basic technique in batting, throwing, and catching with simple game play.  **New Age Kurling**-  developing accuracy and force in a variety of target games in a competitive format. | **Athletics**-  track and field activities.  **Sports Day Activities-** practising and preparing for sports day. |
| **Year 3** | **Tag Rugby-**  skill development and simple game play.  **Football-** developing techniques and basic awareness of positions and roles. | **Handball-** introduction to handball, developing basic throwing, catching and movement skills.  **OAA-** developing trust and communication skills through simple team games and problem- solving activities. | **High- 5 Netball-** introduction to netball, developing basic passing, footwork, and movement skills.  **Artistic Gymnastics-** developing and linking a range of skillsusing low to medium apparatus. | **Tennis-**  developing basic coordination and racket skills.  **Dance-** exploring and creating group dance routines whilst implementing simple dynamics using the stimulus of ‘Ancient Egypt’ | **Cricket-**  batting and bowling with control and good technique. Catching and throwing the ball at varying distances.  **New Age Kurling- i**ntroducing basic tactics and strategic placement of stones. | **Athletics**-  track and field activities.  **Sports Day Activities-** practising and preparing for sports day. |
| **Year 4** | **Tag Rugby-**  skill refinement and tactical play.  **Football-** developingskills through structured play. | **Handball-**  building accuracy and control in throwing and catching whilst introducing defensive skills.  **OAA-** developing collaboration and simple map reading skills | **High- 5 Netball-** developing consistency in passing and catching, whilst developing basic positioning play and rules.  **Artistic Gymnastics-** developing and linking a range of skills using low to high apparatus, including counter- balances. | **Tennis-**  developing racket and ball skills, with increasing control, and introducing cooperative styled rallies.  **Dance-** exploring and creating group dance routines whilst implementing a range of dynamics using the stimulus of ‘Emotions’ | **Cricket-**  refining skills in batting, fielding, bowling and beginning to identify ways to successfully outwit your opponents  **New Age Kurling –** developing team roles and tactical play whilst developing umpiring skills. | **Athletics**- track and field activities, with the focus on competing against oneself.  **Sports Day Activities-** practising and preparing for sports day |
| **Year 5** | **Tag Rugby-** applying skills in a range of cooperative and competitive activities.  **Football-**  applying skills through structured play | **Handball-** improving decision making, movement off the ball and shooting under pressure.  **OAA-**  using detailed maps or symbols to complete orienteering skills. | **High- 5 Netball-** developing decision making and applying an understanding of court positions and different player positions.  **Rhythmic Gymnastics-** applying core skills in gymnastics to develop grace, coordination and style whilst using held apparatus. | **Tennis**-  developing consistency, accuracy and tactical thinking across a range of cooperative and competitive matches.  **Dance-**  exploring and creating extended group dance routines whilst implementing a range of dynamics using the stimulus of Ancient Egypt’ | **Cricket**  external cricket coaching with Old Actonians.  **Boccia-**  developing consistency in techniques and tactics for game play when participating in increasingly challenging matches. | **Athletics**-  track and field activities calculating personal best scores.  **Sports Day Activities-** practising and preparing for sports day. |
| **Year 6** | **Tag Rugby-** applying tactical thinking and leadership skills to increasingly competitive games.  **Football-**  applyingtactical awareness and maintaining quality performances under pressure. | **Handball**-  applying tactical knowledge and strategies in structured game play  **OAA-**  developing leadership roles to solve more complex orienteering challenges. | **High- 5 Netball-** applying tactical thinking and leadership skills to all positions on the team.  **Rhythmic Gymnastics-** refining core skills in gymnastics to demonstrate fluency and poise whilst performing with a range of held apparatus. | **Tennis-** applying skills and techniques with increasing control, power, accuracy, and informed decision making  **Dance-**  exploring and creating extended group dance routines whilst implementing a range of dynamics using the stimulus of ‘Hip-Hop/ Street Dance’ | **Cricket –** applying tactical knowledge and skills in competitive matches, demonstrating a variety of batting and bowling techniques.  **Boccia-**  applying strategy and leading game play, whenparticipating in increasingly challenging matches. | **Athletics**- track and field activities calculating personal best and competing against others.  **Sports Day Activities-** practising and preparing for sports day. |