



Long Term Overview for PE

Physical Education Progression	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Year 1	Basic Movement	Agility and coordination	Movement Patterns	Team games	Agility and Co-ordination	Team Games
	Move in a variety of ways in and out cones and obstacles. Jump with both feet leaving the group Hop Stop on command Sprint Run Skip without a rope Jump for height	Single balance Balancing on one foot Be able to balance on a piece of apparatus Side roll Climb Line walk	Dance to link in with learning theme Copy a dance pattern Link 2 dance movements together	Be able to participate in a game with an opposing side Be able to control a ball within a game setting Use hands to control a ball with increasing accuracy Be able to play a game following a set of rules	Be able to throw and catch a large ball - over arm and under arm Roll a ball to an end target Kick a ball	Be able to participate in a game with an opposing side Be able to control a ball within a game setting Use hands to control a ball with increasing accuracy Be able to play a game following a set of rules
Year 2	Basic Movement	Agility and coordination	Movement Patterns	Team games	Agility and Co-ordination	Basic Movement
	Move in a variety of ways in and out cones and obstacles. Jump with both feet leaving the group Hop Stop on command Sprint Run Skip without a rope Jump for height Skip with a rope Gallop	Single balance Balancing on one foot Be able to balance on a piece of apparatus Side roll Climb Line walk Bench walk	Dance to link in with learning theme Copy a dance pattern Move to a beat Link a short series of dance sequences together	Be able to participate in a game with an opposing side Be able to control a ball within a game setting Play a game with a set of rules Play as part of a team Cooperate with team mates Work as a team in order to score goals Control a ball accurately	Dance to link in with learning theme Copy a dance pattern Move to a beat Link a short series of dance sequences together	Put face in water and blow bubbles Fully submerge under water Be able to swim 20metres across the pool without support To swim 10metres front crawl and back stroke

	Side gallop Jump for distance			Use both hands and feet in order to control a ball		
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	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Year 3	Team Games	Control and Balance	Movement Patterns	Agility and coordination	Competitive Games	Competitive Games
	Participate in team games Develop simple tactics for attacking and defending Play competitive games, modified where appropriate. Succeed and excel (in competitive sport) and other physically demanding activities. Compete in a range of increasingly challenging situations	Can perform a basic log, egg, shoulder and forward roll. Responds imaginatively and with control and coordination Uses different body parts Can vary dynamics, speed, direction and level of their movements	Create and perform a short sequence linking basic actions with a clear beginning, middle and end. Choose and link actions to create an expressive dance phase which shows some sensitivity to accompaniment. Plan and perform a movement sequence showing contrasts in speed/level and direction, Apply basic compositional ideas to create dance phrases with a partner and in a small group.	Participate in team games Succeed and excel (in competitive sport) and other physically demanding activities. Compete in a range of increasingly challenging situations	Participate in team games Develop simple tactics for attacking and defending Play competitive games, modified where appropriate. Succeed and excel (in competitive sport) and other physically demanding activities. Compete in a range of increasingly challenging situations	Participate in team games Develop simple tactics for attacking and defending Play competitive games, modified where appropriate. Succeed and excel (in competitive sport) and other physically demanding activities. Compete in a range of increasingly challenging situations
	Autumn Term 1	Autumn 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Year 4	Team Games	Control and Balance	Movement Patterns	Competitive Games	Teams Games	Teams Games
	Participate in team games Develop simple tactics for attacking and defending Play competitive games, modified where appropriate. Succeed and excel (in competitive sport) and other physically demanding activities.	Can perform a basic log, egg, shoulder and forward roll. Responds imaginatively and with control and coordination Uses different body parts Can vary dynamics, speed, direction and level of their movements	Create and perform a short sequence linking basic actions with a clear beginning, middle and end. Choose and link actions to create an expressive dance phase which shows some sensitivity to accompaniment. Plan and perform a movement sequence showing contrasts in speed/level and direction, Apply basic compositional ideas to create dance phrases with a partner	Compete in a range of increasingly challenging situations	Participate in team games Develop simple tactics for attacking and defending Play competitive games, modified where appropriate. Succeed and excel (in competitive sport) and other physically demanding activities.	Participate in team games Develop simple tactics for attacking and defending Play competitive games, modified where appropriate. Succeed and excel (in competitive sport) and other physically demanding activities.

			and in a small group.			
	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Year 5	Team Games	Control and Balance	Movement Patterns	Competitive Games	Teams Games	Teams Games
	Participate in team games Play competitive games, modified where appropriate through team and individual games Develop simple tactics for attacking and defending Apply basic principles suitable for attacking and defending Succeed and excel (in competitive sport) and other physically demanding activities.	Can bounce a ball on the spot with consistency Responds imaginatively and with control and coordination Uses different body parts Can vary dynamics, speed, direction and level of their movements Can travel whilst bouncing a ball, showing control Perform a competent forward roll, log roll, egg roll, shoulder roll, curled roll and progress to backward roll. Improvise freely, individually and with a partner, can translate ideas from a stimulus into movement.	Create and perform a short sequence linking basic actions, with a clear beginning, middle and end. Choose and link actions to create an expressive dance which shows some sensitivity to accompaniment. Plan and perform a movement sequence showing contrasts in speed, level and direction. Apply basic compositional ideas to create dance phrases with a partner and in a small group. Can describe and comment on their own performance and that of others and make simple suggestions to improve quality and performance.	Compete in a range of increasingly challenging situations	Participate in team games Play competitive games, modified where appropriate through team and individual games Develop simple tactics for attacking and defending Apply basic principles suitable for attacking and defending Succeed and excel (in competitive sport) and other physically demanding activities.	Participate in team games Play competitive games, modified where appropriate through team and individual games Develop simple tactics for attacking and defending Apply basic principles suitable for attacking and defending Succeed and excel (in competitive sport) and other physically demanding activities.
	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
	Team Games	Control and Balance	Movement Patterns	Competitive Games	Teams Games	Teams Games
	Participate in team games Play competitive games, modified where appropriate through team and individual games Use a range of tactics and strategies to overcome opponents in direct competition	Can bounce a ball on the spot with consistency Responds imaginatively and with control and coordination Uses different body parts Can travel whilst bouncing a ball, showing control Improvise freely, individually and with a partner, can translate ideas from a	Create and perform a short sequence linking basic actions with a clear beginning, middle and end. Choose and link actions to create an expressive dance phase which shows some sensitivity to accompaniment. Plan and perform a movement sequence showing contrasts in	Participate in team games Play competitive games, modified where appropriate through team and individual games Use a range of tactics and strategies to overcome opponents in direct competition	Participate in team games Play competitive games, modified where appropriate through team and individual games Use a range of tactics and strategies to overcome opponents in direct competition	Participate in team games Play competitive games, modified where appropriate through team and individual games Use a range of tactics and strategies to overcome opponents in direct competition

	<p>Apply basic principles suitable for attacking and defending Succeed and excel (in competitive sport) and other physically demanding activities. Compete in a range of increasingly challenging situations</p>	<p>stimulus into movement. Using either hand can dribble showing changes of speed and direction. Perform a range of rolls consistently including a backward roll. Responds imaginatively to a variety of stimuli, demonstrating a wide range of actions with precision, control and fluency. Can incorporate different dynamics and develop new actions with a partner and in a group.</p>	<p>speed/level and direction, Apply basic compositional ideas to create dance phrases with a partner and in a small group. Develop a longer and more varied movement sequence demonstrating smooth transitions between actions. Compare, develop and adapt movement motifs to create longer dances. From observations of others can you describe constructively how to refine, improve and modify performance? Refine own performance in response to others and self-analysis.</p>	<p>Apply basic principles suitable for attacking and defending Succeed and excel (in competitive sport) and other physically demanding activities. Compete in a range of increasingly challenging situations Develop an understanding of how to improve in different physical activities and sports.</p>	<p>Apply basic principles suitable for attacking and defending Succeed and excel (in competitive sport) and other physically demanding activities. Compete in a range of increasingly challenging situations Develop an understanding of how to improve in different physical activities and sports.</p>	<p>Apply basic principles suitable for attacking and defending Succeed and excel (in competitive sport) and other physically demanding activities. Compete in a range of increasingly challenging situations Develop an understanding of how to improve in different physical activities and sports.</p>
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