

## Long Term Overview for PE 2022 - 2023

Physical	Autumn Term	Autumn	Spring	Spring	Summer	Summer
Education Progressio n	1	Term 2	Term 1	Term 2	Term 1	Term 2
Year Reception	Basic Movement	Agility and coordination	Movement Patterns	Team games	Agility and Co- ordination	Team Games
	Experiments with different ways of moving.  Jumps off an object and lands appropriately .	Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.	Travels with confidence and skill around, under, over and through balancing and climbing equipment.	Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.	Children she control and ordination i small move They move in a range of safely negotian space. They equipment effectively, pencils for v	co- n large and ments. confidently f ways, tiating handle and tools including
Year 1	Basic Movement	Agility and coordination	Movement Patterns	Team games	Agility and Co- ordination	Team Games
	Basic Movement To move in a variety of ways in and out cones and obstacles. To jump with both feet	Gymnastics To single balance To balance on one foot.  To be able to balance on a piece of apparatus To side roll.	Dance To dance to link in with learning theme. To copy a dance pattern. To link 2 dance	Team Games To participate in a game with an opposing side.  To control a ball within a	Agility and Co – ordination To be able to throw and catch a large ball – over arm and under arm.	Team Games To be able to participate in a game with an opposing side. To be able to control

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	leaving the	To climb.	movements	game	To roll a	a ball
	group.		together.	setting.	ball to an	within a
		To line walk.			end	game
	To hop.			To use	target.	setting.
				hands to		
	To stop on			control a	To kick a	To use
	command.			ball with	ball.	hands to
				increasing		control a
	To sprint			accuracy.		ball with
	To sprint.					increasing
				To be able		accuracy.
	To run.			to play a		
				game		To be able
	To skip			following a		to play a
	without a			set of rules.		game
	rope.					following a
						set of
	To jump for					rules.
	height.					
Year 2	Basic	Agility and	Movement	Team	Agility	Basic
	Movement	coordination	Patterns	games	and	Movement
					Co-	
					ordination	
	Basic	Agility and	Movement	Team	Agility	Agility and
	Movement	Co-	Patterns	Games	and Co-	Co-
		ordination			ordination	ordination
	Move in a		Dance to	Be able to		
	variety of	Single	link in with	participate	Dance to	Swimming
	1					JWIIIIIIIII
	l wavs in and	_	learning			Swiiiiiiiiiig
	ways in and out cones and	balance.	learning theme.	in a game	link in	
	out cones and	balance.	learning theme.	in a game with an	link in with	Put face in
	_	balance. Balancing on	theme.	in a game with an opposing	link in with learning	Put face in water and
	out cones and obstacles.	balance.	theme.	in a game with an	link in with	Put face in water and blow
	out cones and obstacles.  Jump with	balance.  Balancing on one foot.	theme.  Copy a  dance	in a game with an opposing side.	link in with learning theme.	Put face in water and
	out cones and obstacles.  Jump with both feet	balance.  Balancing on one foot.  Be able to	theme.	in a game with an opposing side.  Be able to	link in with learning theme.	Put face in water and blow bubbles.
	out cones and obstacles.  Jump with both feet leaving the	balance.  Balancing on one foot.  Be able to balance on a	theme.  Copy a  dance pattern.	in a game with an opposing side.  Be able to control a	link in with learning theme.  Copy a dance	Put face in water and blow bubbles.
	out cones and obstacles.  Jump with both feet	balance.  Balancing on one foot.  Be able to balance on a piece of	theme.  Copy a  dance	in a game with an opposing side.  Be able to	link in with learning theme.	Put face in water and blow bubbles. Fully submerge
	out cones and obstacles.  Jump with both feet leaving the	balance.  Balancing on one foot.  Be able to balance on a	theme.  Copy a  dance pattern.	in a game with an opposing side.  Be able to control a	link in with learning theme.  Copy a dance	Put face in water and blow bubbles.
	out cones and obstacles.  Jump with both feet leaving the	balance.  Balancing on one foot.  Be able to balance on a piece of	theme.  Copy a dance pattern.  Move to a	in a game with an opposing side.  Be able to control a ball within	link in with learning theme.  Copy a dance	Put face in water and blow bubbles. Fully submerge
	out cones and obstacles.  Jump with both feet leaving the group.	balance.  Balancing on one foot.  Be able to balance on a piece of	theme.  Copy a dance pattern.  Move to a	in a game with an opposing side.  Be able to control a ball within a game	link in with learning theme.  Copy a dance pattern.	Put face in water and blow bubbles. Fully submerge under
	out cones and obstacles.  Jump with both feet leaving the group.  Hop and	balance.  Balancing on one foot.  Be able to balance on a piece of apparatus.	theme.  Copy a dance pattern.  Move to a beat.	in a game with an opposing side.  Be able to control a ball within a game	link in with learning theme.  Copy a dance pattern.  Move to a	Put face in water and blow bubbles. Fully submerge under
	out cones and obstacles.  Jump with both feet leaving the group.  Hop and Stop on	balance.  Balancing on one foot.  Be able to balance on a piece of apparatus.  Side roll	theme.  Copy a dance pattern.  Move to a beat.  Link a short	in a game with an opposing side.  Be able to control a ball within a game setting.	link in with learning theme.  Copy a dance pattern.  Move to a	Put face in water and blow bubbles.  Fully submerge under water.
	out cones and obstacles.  Jump with both feet leaving the group.  Hop and Stop on command.	balance.  Balancing on one foot.  Be able to balance on a piece of apparatus.  Side roll Climb Line walk	theme.  Copy a dance pattern.  Move to a beat.  Link a short series of dance sequences	in a game with an opposing side.  Be able to control a ball within a game setting.  Play a game with	link in with learning theme.  Copy a dance pattern.  Move to a beat.	Put face in water and blow bubbles.  Fully submerge under water.  Be able to swim
	out cones and obstacles.  Jump with both feet leaving the group.  Hop and Stop on	balance.  Balancing on one foot.  Be able to balance on a piece of apparatus.  Side roll Climb	theme.  Copy a dance pattern.  Move to a beat.  Link a short series of dance	in a game with an opposing side.  Be able to control a ball within a game setting.  Play a game with a set of	link in with learning theme.  Copy a dance pattern.  Move to a beat.  Link a	Put face in water and blow bubbles.  Fully submerge under water.  Be able to swim 20metres
	out cones and obstacles.  Jump with both feet leaving the group.  Hop and Stop on command.  Sprint.	balance.  Balancing on one foot.  Be able to balance on a piece of apparatus.  Side roll Climb Line walk	theme.  Copy a dance pattern.  Move to a beat.  Link a short series of dance sequences	in a game with an opposing side.  Be able to control a ball within a game setting.  Play a game with	link in with learning theme.  Copy a dance pattern.  Move to a beat.  Link a short	Put face in water and blow bubbles.  Fully submerge under water.  Be able to swim 20metres across the
	out cones and obstacles.  Jump with both feet leaving the group.  Hop and Stop on command.	balance.  Balancing on one foot.  Be able to balance on a piece of apparatus.  Side roll Climb Line walk	theme.  Copy a dance pattern.  Move to a beat.  Link a short series of dance sequences	in a game with an opposing side.  Be able to control a ball within a game setting.  Play a game with a set of	link in with learning theme.  Copy a dance pattern.  Move to a beat.  Link a short series of	Put face in water and blow bubbles.  Fully submerge under water.  Be able to swim 20metres

Skip wi	thout	Play as part	sequences	without
a rope.		of a team.	together	support.
Jump fo	or	Cooperate		
height		with team		To swim
Skip wi	th a	mates.		10 metres
rope		Work as a		front crawl
Gallop		team in		and back stroke
Side ga	llop.	order to		Stroke
		score goals.		
		Control a		
		ball.		
		Use both		
		hands and		
		feet in		
		order to		
		control a ball.		
		Duii.		

	Autumn	Autumn Term	Spring Term 1	Spring Term 2	Summer	Summer Term
	Term 1	2			Term 1	2
Year	Team	Control and	Movement Patterns	Competitive	Agility and	Competitive
3	Games	Balance		Games	coordination	Games
	Rugby and	Gymnastics	Dance – movement	Football and	Athletics	Cricket and
	dodgeball	and Basic	patterns	Netball skills		Rounder's
		Movements			Running,	
	Team games			Competitive	throwing,	Field Strike
	-Attack V	Can perform a	Create and perform	Team Games-	jumping. –	skills –
	Defence –	basic log, egg,	a short sequence	develop	developing	competitive
	(Ball skills-	shoulder and	linking basic actions	individual and	athletic skills	games
	rugby and	forward roll.	with a clear	group	<ul><li>agility and</li></ul>	(develop basic
	dodgeball)		beginning, middle	challenges in	coordination.	skills in
		Responds	and end.	netball, tag		striking and
	Participate	imaginatively		rugby and		fielding and
	in team	and with	Choose and link	football.	Play	understand
	games.	control and	actions to create an		competitive	the rules of
		coordination.	expressive dance	Participate in	games,	games such as
	Develop		phase which shows	team games	modified	cricket and
	simple	Uses different	some sensitivity to	Succeed and	where	rounder's).
	tactics for	body parts.	accompaniment.	excel (in	appropriate.	
	attacking			competitive		Participate in
	and	Can vary	Plan and perform a	sport) and	Compete in a	team games.
	defending.	dynamics,	movement	other	range of	
		speed,	sequence showing	physically	increasingly	

	Play competitive games, modified where appropriate.  Succeed and excel in competitive sport.  Compete in a range of increasingly challenging situations.	direction and level of their movements.	contrasts in speed/level and direction.  Apply basic compositional ideas to create dance phrases with a partner and in a small group.	demanding activities. Compete in a range of increasingly challenging situations.	challenging situations.	Develop simple tactics Play competitive games, modified where appropriate.  Compete in competitive sport) and other physically demanding activities.
	Autumn	Autumn 2	Spring Term 1	Spring Term 2	Summer	Summer Term 2
Year	Term 1 Team	Control and	Movement	Competitive	Term 1 Agility and	Teams Games
4		Control and	IVIOVCITICITE	Competitive	/ Sincy and	
	l Games	Balance	Patterns	Games		
•	Games Netball and	Balance Gymnastics	Patterns Dance	Games Rugby and	coordination Athletics	Rounder's and
					coordination	
	Netball and	Gymnastics and movement	Dance Movement/Patterns	Rugby and	coordination Athletics	Rounder's and Cricket
	Netball and Football skills	Gymnastics and	Dance  Movement/Patterns Create and perform	Rugby and Hockey skills	coordination Athletics Running,	Rounder's and Cricket Field Strike
·	Netball and Football skills Team	Gymnastics and movement activities	Dance  Movement/Patterns Create and perform a short sequence	Rugby and Hockey skills (uni-hoc)	coordination Athletics Running, throwing,	Rounder's and Cricket Field Strike skills –
	Netball and Football skills	Gymnastics and movement activities Control and	Dance  Movement/Patterns Create and perform a short sequence linking basic actions	Rugby and Hockey skills (uni-hoc) Competitive	coordination Athletics Running, throwing, jumping. –	Rounder's and Cricket Field Strike skills – competitive
	Netball and Football skills Team	Gymnastics and movement activities	Dance  Movement/Patterns Create and perform a short sequence linking basic actions with a clear	Rugby and Hockey skills (uni-hoc)	coordination Athletics Running, throwing,	Rounder's and Cricket Field Strike skills –
	Netball and Football skills Team Games	Gymnastics and movement activities Control and	Dance  Movement/Patterns Create and perform a short sequence linking basic actions with a clear beginning, middle	Rugby and Hockey skills (uni-hoc)  Competitive Games Compete in a range of	Running, throwing, jumping. – developing athletic skills – agility and	Rounder's and Cricket  Field Strike skills – competitive games  Teams Games
	Netball and Football skills Team Games	Gymnastics and movement activities Control and Balance	Dance  Movement/Patterns Create and perform a short sequence linking basic actions with a clear	Rugby and Hockey skills (uni-hoc)  Competitive Games Compete in a range of increasingly	Running, throwing, jumping. – developing athletic skills	Rounder's and Cricket  Field Strike skills — competitive games  Teams Games Participate in
	Netball and Football skills  Team Games  Participate in team	Gymnastics and movement activities  Control and Balance  Can perform a basic log, egg, shoulder and	Dance  Movement/Patterns Create and perform a short sequence linking basic actions with a clear beginning, middle and end.	Rugby and Hockey skills (uni-hoc)  Competitive Games Compete in a range of increasingly challenging	Running, throwing, jumping. – developing athletic skills – agility and	Rounder's and Cricket  Field Strike skills – competitive games  Teams Games Participate in team games
	Netball and Football skills  Team Games  Participate in team games.  Develop	Gymnastics and movement activities  Control and Balance  Can perform a basic log, egg,	Dance  Movement/Patterns Create and perform a short sequence linking basic actions with a clear beginning, middle and end.  Choose and link	Rugby and Hockey skills (uni-hoc)  Competitive Games Compete in a range of increasingly	Running, throwing, jumping. – developing athletic skills – agility and	Rounder's and Cricket  Field Strike skills — competitive games  Teams Games Participate in team games Develop
	Netball and Football skills  Team Games  Participate in team games.  Develop simple	Gymnastics and movement activities  Control and Balance  Can perform a basic log, egg, shoulder and forward roll.	Dance  Movement/Patterns Create and perform a short sequence linking basic actions with a clear beginning, middle and end.  Choose and link actions to create an	Rugby and Hockey skills (uni-hoc)  Competitive Games Compete in a range of increasingly challenging	coordination Athletics  Running, throwing, jumping. – developing athletic skills – agility and coordination	Rounder's and Cricket  Field Strike skills – competitive games  Teams Games Participate in team games  Develop simple tactics
	Netball and Football skills  Team Games  Participate in team games.  Develop simple tactics for	Gymnastics and movement activities  Control and Balance  Can perform a basic log, egg, shoulder and forward roll.  Responds	Dance  Movement/Patterns 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	Rugby and Hockey skills (uni-hoc)  Competitive Games Compete in a range of increasingly challenging situations  Competitive Team Games-	coordination Athletics  Running, throwing, jumping. — developing athletic skills — agility and coordination	Rounder's and Cricket  Field Strike skills — competitive games  Teams Games Participate in team games  Develop simple tactics for attacking
	Netball and Football skills  Team Games  Participate in team games.  Develop simple tactics for attacking	Gymnastics and movement activities  Control and Balance  Can perform a basic log, egg, shoulder and forward roll.  Responds imaginatively	Dance  Movement/Patterns Create and perform a short sequence linking basic actions with a clear beginning, middle and end.  Choose and link actions to create an	Rugby and Hockey skills (uni-hoc)  Competitive Games Compete in a range of increasingly challenging situations  Competitive Team Games- develop	coordination Athletics  Running, throwing, jumping. — developing athletic skills — agility and coordination  Play competitive	Rounder's and Cricket  Field Strike skills – competitive games  Teams Games Participate in team games  Develop simple tactics for attacking and defending
	Netball and Football skills  Team Games  Participate in team games.  Develop simple tactics for attacking and	Gymnastics and movement activities  Control and Balance  Can perform a basic log, egg, shoulder and forward roll.  Responds imaginatively and with	Dance  Movement/Patterns 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	Rugby and Hockey skills (uni-hoc)  Competitive Games Compete in a range of increasingly challenging situations  Competitive Team Games- develop individual and	Running, throwing, jumping. — developing athletic skills — agility and coordination  Play competitive games,	Rounder's and Cricket  Field Strike skills — competitive games  Teams Games Participate in team games  Develop simple tactics for attacking and defending Play
	Netball and Football skills  Team Games  Participate in team games.  Develop simple tactics for attacking	Gymnastics and movement activities  Control and Balance  Can perform a basic log, egg, shoulder and forward roll.  Responds imaginatively and with control and	Dance  Movement/Patterns 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	Rugby and Hockey skills (uni-hoc)  Competitive Games Compete in a range of increasingly challenging situations  Competitive Team Games- develop	Running, throwing, jumping. – developing athletic skills – agility and coordination  Play competitive games, modified	Rounder's and Cricket  Field Strike skills – competitive games  Teams Games Participate in team games  Develop simple tactics for attacking and defending Play competitive
	Netball and Football skills  Team Games  Participate in team games.  Develop simple tactics for attacking and defending.	Gymnastics and movement activities  Control and Balance  Can perform a basic log, egg, shoulder and forward roll.  Responds imaginatively and with	Dance  Movement/Patterns 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	Rugby and Hockey skills (uni-hoc)  Competitive Games Compete in a range of increasingly challenging situations  Competitive Team Games- develop individual and group	coordination Athletics  Running, throwing, jumping. — developing athletic skills — agility and coordination  Play competitive games, modified where	Rounder's and Cricket  Field Strike skills — competitive games  Teams Games Participate in team games  Develop simple tactics for attacking and defending Play
	Netball and Football skills  Team Games  Participate in team games.  Develop simple tactics for attacking and	Gymnastics and movement activities  Control and Balance  Can perform a basic log, egg, shoulder and forward roll.  Responds imaginatively and with control and	Movement/Patterns 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.	Rugby and Hockey skills (uni-hoc)  Competitive Games Compete in a range of increasingly challenging situations  Competitive Team Games- develop individual and group	coordination Athletics  Running, throwing, jumping. — developing athletic skills — agility and coordination  Play competitive games, modified where	Rounder's and Cricket  Field Strike skills — competitive games  Teams Games Participate in team games  Develop simple tactics for attacking and defending Play competitive games,

	games,	Uses different	contrasts in			where
	modified	body parts.	speed/level and			appropriate.
	where		direction.			
	appropriate.  Succeed and excel in competitive sport and other physically demanding activities.	Can vary dynamics, speed, direction and level of their movements.	Apply basic compositional ideas to create dance phrases with a partner and in a small group.			Succeed and excel in competitive sport and other physically demanding activities
	Autumn	Autumn Term	Spring Term 1	Spring Term 2	Summer	Summer Term
	Term 1	2	Spring remi i	Spring remit	Term 1	2
Year	Team	Control and	Movement	Competitive	Agility and	Teams Games
5	Games Basketball	Balance Gymnastics	Patterns Dance	Games Football and	coordination Athletics	Rounder's and
	and attack v			Netball		Cricket
	defence	CONTROL AND BALANCE	MOVEMENT AND		Running,	
	games.		PATTERN	COMPETITIVE GAMES	throwing, jumping. –	TEAM GAMES
	TEAM	Can bounce a ball on the	Create and perform	CAIVIES	developing	Participate in
	GAMES	spot with	a short sequence	Compete in a	athletic skills	team games
	Participate	consistency	linking basic actions, with a clear	range of increasingly	<ul><li>agility and coordination</li></ul>	Field Strike skills –
	in team games	Responds imaginatively	beginning, middle and end.	challenging situations	Compete in	competitive games
	Play competitive	and with control and coordination	Choose and link actions to create an	Ball control and handling.	competitive situations, modified	Play
	games, modified	Uses different	expressive dance which shows some	Develop simple tactics	where appropriate.	games, modified
	where	body parts	sensitivity to	for attacking		where

	team and individual games  Develop simple tactics for attacking and defending	speed, direction and level of their movements  Can travel whilst bouncing a ball, showing control	Plan and perform a movement sequence showing contrasts in speed, level and direction.  Apply basic compositional ideas to create dance	Apply basic principles suitable for attacking and defending		through team sports.  Develop simple tactics.  Apply basic principles suitable for attacking and
	Apply basic principles suitable for attacking and defending Succeed and excel (in competitive sport) and other physically demanding activities.	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.	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.			Succeed and excel in competitive sport and other physically demanding activities.
Year	Autumn	Autumn Term	Spring Term 1	Spring Term 2	Summer	Summer Term
6	Term 1 Team	Control and	Movement	Competitive	Term 1 Agility and	Teams Games
	Games	Balance	Patterns	Games	coordination	Teams dames
	Unihoc and	Gymnastics	Dance and	Netball and	Athletics	Rounder's and
	Tag Rugby	and Basketball	movement	Football	Running,	Cricket
	Participate	Bounce a ball	Create and perform	Participate in	throwing,	Participate in
	in team games.	on the spot with	a short sequence linking basic actions	team games.	jumping. – developing	team games.
	games.	consistency.	with a clear	Play	athletic skills	Play
	Play		beginning, middle	competitive	– agility and	competitive
	competitive	Respond	and end.	games,	coordination	games,
	games,	imaginatively	Character 119	modified		modified
	modified where	and with control and	Choose and link actions to create an	where	Compete in	where
	appropriate	control and coordination.	expressive dance.	appropriate through team	competitive	appropriate through team
	appropriate	Coordination.	expressive dance.	in ough team	I	tinough team

through			and individual	cituations	and individual
through	Immovies	Dlan and naufaus -	and individual	situations,	and individual
team and	Improvise	Plan and perform a	games.	modified where	games.
individual	freely	movement			
games.	individually	sequence showing	Use a range of	appropriate	Use a range of
	and with a	contrasts in	tactics and		tactics and
Use a range	partner.	speed/level and	strategies to		strategies to
of tactics		direction.	overcome		overcome
and	Using either		opponents in		opponents in
strategies to	hand, dribble	Apply basic	direct		direct
overcome	showing	compositional ideas	competition.		competition.
opponents	changes of	to create dance			
in direct	speed and	phrases with a	Apply basic		Compete in a
competition.	direction.	partner and in a	principles		range of
		small group.	suitable for		increasingly
Apply basic	Perform a		attacking and		challenging
principles	range of rolls	Compare, develop	defending.		situations.
suitable for	consistently	and adapt			
attacking	including a	movement motifs	Succeed and		Develop an
and	backward roll.	to create longer	excel (in		understanding
defending.		dances.	competitive		of how to
	Responds		sport) and		improve in
Compete in	imaginatively	From observations	other		different
a range of	to a variety of	of others, describe	physically		physical
increasingly	stimuli,	constructively how	demanding		activities and
challenging	demonstrating	to refine, improve	activities.		sports.
situations.	a wide range	and modify	Compete in a		
	of actions	performance?	range of		
	with precision,	Refine own	increasingly		
	control and	performance in	challenging		
	fluency.	response to others	situations.		
	Incorporate	and self-analysis.			
	different	,	Develop an		
	dynamics and		understanding		
	develop new		of how to		
	actions with a		improve in		
	partner and in		different		
	a group.		physical		
			activities and		
			sports.		
			•		