



Long Term Overview for PE 2022 - 2023

Physical Education Progression	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer 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 show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.	
Year 1	Basic Movement	Agility and coordination	Movement Patterns	Team games	Agility and Co-ordination	Team Games
	<u>Basic Movement</u> To move in a variety of ways in and out cones and obstacles. To jump with both feet	<u>Gymnastics</u> To single balance To balance on one foot. To be able to balance on a piece of apparatus To side roll.	<u>Dance</u> To dance to link in with learning theme. To copy a dance pattern. To link 2 dance	<u>Team Games</u> To participate in a game with an opposing side. To control a ball within a	<u>Agility and Co – ordination</u> To be able to throw and catch a large ball – over arm and under arm.	<u>Team Games</u> To be able to participate in a game with an opposing side. To be able to control

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

	<p>Skip without a rope. Jump for height Skip with a rope Gallop Side gallop.</p>			<p>Play as part of a team. Cooperate with team mates. Work as a team in order to score goals.</p> <p>Control a ball. Use both hands and feet in order to control a ball.</p>	<p>sequences together</p>	<p>without support.</p> <p>To swim 10 metres front crawl and back stroke</p>
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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	Competitive Games	Agility and coordination	Competitive Games
	<p>Rugby and dodgeball</p> <p>Team games -Attack V Defence – (Ball skills-rugby and dodgeball)</p> <p>Participate in team games.</p> <p>Develop simple tactics for attacking and defending.</p>	<p>Gymnastics and Basic Movements</p> <p>Can perform a basic log, egg, shoulder and forward roll.</p> <p>Responds imaginatively and with control and coordination.</p> <p>Uses different body parts.</p> <p>Can vary dynamics, speed,</p>	<p>Dance – movement patterns</p> <p>Create and perform a short sequence linking basic actions with a clear beginning, middle and end.</p> <p>Choose and link actions to create an expressive dance phase which shows some sensitivity to accompaniment.</p> <p>Plan and perform a movement sequence showing</p>	<p>Football and Netball skills</p> <p>Competitive Team Games-develop individual and group challenges in netball, tag rugby and football.</p> <p>Participate in team games Succeed and excel (in competitive sport) and other physically</p>	<p>Athletics</p> <p>Running, throwing, jumping. – developing athletic skills – agility and coordination.</p> <p>Play competitive games, modified where appropriate.</p> <p>Compete in a range of increasingly</p>	<p>Cricket and Rounder's</p> <p>Field Strike skills – competitive games (develop basic skills in striking and fielding and understand the rules of games such as cricket and rounder's).</p> <p>Participate in team games.</p>

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

	games, modified where appropriate. Succeed and excel in competitive sport and other physically demanding activities.	Uses different body parts. Can vary dynamics, speed, 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.			where appropriate. 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
Year 5	Team Games	Control and Balance	Movement Patterns	Competitive Games	Agility and coordination	Teams Games
	Basketball and attack v defence games. TEAM GAMES Participate in team games Play competitive games, modified where appropriate through	Gymnastics CONTROL AND BALANCE Can bounce a ball on the spot with consistency Responds imaginatively and with control and coordination Uses different body parts Can vary dynamics,	Dance MOVEMENT AND PATTERN 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.	Football and Netball COMPETITIVE GAMES Compete in a range of increasingly challenging situations Ball control and handling. Develop simple tactics for attacking and defending	Athletics Running, throwing, jumping. – developing athletic skills – agility and coordination Compete in competitive situations, modified where appropriate.	Rounder's and Cricket TEAM GAMES Participate in team games Field Strike skills – competitive games Play competitive games, modified where appropriate

	<p>team and individual games</p> <p>Develop simple tactics for attacking and defending</p> <p>Apply basic principles suitable for attacking and defending</p> <p>Succeed and excel (in competitive sport) and other physically demanding activities.</p>	<p>speed, direction and level of their movements</p> <p>Can travel whilst bouncing a ball, showing control</p> <p>Perform a competent forward roll, log roll, egg roll, shoulder roll, curled roll and progress to backward roll.</p> <p>Improvise freely, individually and with a partner, can translate ideas from a stimulus into movement.</p>	<p>Plan and perform a movement sequence showing contrasts in speed, level and direction.</p> <p>Apply basic compositional ideas to create dance phrases with a partner and in a small group.</p> <p>Can describe and comment on their own performance and that of others and make simple suggestions to improve quality and performance.</p>	<p>Apply basic principles suitable for attacking and defending</p>		<p>through team sports.</p> <p>Develop simple tactics.</p> <p>Apply basic principles suitable for attacking and defending</p> <p>Succeed and excel in competitive sport and other physically demanding activities.</p>
Year 6	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	Agility and coordination	Teams Games
	<p>Unihoc and Tag Rugby</p> <p>Participate in team games.</p> <p>Play competitive games, modified where appropriate</p>	<p>Gymnastics and Basketball</p> <p>Bounce a ball on the spot with consistency.</p> <p>Respond imaginatively and with control and coordination.</p>	<p>Dance and movement</p> <p>Create and perform a short sequence linking basic actions with a clear beginning, middle and end.</p> <p>Choose and link actions to create an expressive dance.</p>	<p>Netball and Football</p> <p>Participate in team games.</p> <p>Play competitive games, modified where appropriate through team</p>	<p>Athletics</p> <p>Running, throwing, jumping. – developing athletic skills – agility and coordination</p> <p>Compete in competitive</p>	<p>Rounder's and Cricket</p> <p>Participate in team games.</p> <p>Play competitive games, modified where appropriate through team</p>

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