



Danegrove Primary School

PE Overview 2021-2022 by Year Group



At Danegrove we aim to inspire all children and for each child to fulfil their potential. We want the children's experience of PE to be positive and motivating. PE enables pupils to become physically confident. This supports their health, wellbeing and fitness and provides the foundations for lifelong activity. We want them to succeed and excel in competitive sport and physical activities. We offer all children chances to compete in sport and other activities. This helps them build character and learn values such as fairness and respect. Through PE, we develop the children's knowledge, skills and understanding, which supports children to build confidence and competence in a range of activities.

Year Group	Autumn		Spring		Summer	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Locomotion Walking Explore and develop walking in different pathways Sustain my walking Apply walking into a game successfully		Ball Skills Hands 1 Push, roll and bounce a ball with control Bounce the ball into space Combine rolling, pushing and bouncing a ball successfully		Ball Skills Hands 2 Throw in different ways effectively (overarm & Underarm) Roll a ball accurately Stop a ball efficiently Begin to catch successfully	
	Locomotion Jumping Explore and develop different jumping styles (including hopping) Apply jumping into a game Explore jumping for height and distance		Ball Skills Feet 1 Move/dribble the ball with control Dribble effectively against an opponent			
Year 1	Locomotion Running Explore running	Locomotion Jumping Recap jumping (From EYFS)	Ball Skills Hands Part 1	Ball Skills Feet Develop moving the ball using the feet	Ball Skills Hands Part 1 Introduce throwing with accuracy	

	<p>Apply running into a game Explore running at different speeds</p> <p>Running for speed: Acceleration</p> <p>Explore running in a team</p> <p>Consolidate running, apply running into a competitive game</p> <p>Gymnastics Wide, Narrow, Curled</p> <p>Introduction to wide, narrow and curled Exploring the difference between wide, narrow and curled</p> <p>Transitioning between wide, narrow and curled movements</p> <p>Linking two movements together</p>	<p>Develop jumping</p> <p>Explore how jumping affects our bodies</p> <p>Explore skipping</p> <p>Apply skipping and jumping into a game</p> <p>Dance Topic-Toys</p> <p>Exploring expression</p> <p>Developing our movements, adding movements together</p> <p>Responding to a rhythm: Introducing partner work</p> <p>Creating a Toy sequence motif</p>	<p>Introduce sending (bouncing) with control</p> <p>Introduce aiming with accuracy</p> <p>Introduce power and speed when sending a ball Introduce/develop stopping, combining sending skills</p> <p>Combine sending and receiving skills</p> <p>Health and Wellbeing</p> <p>Introduce and explore agility</p> <p>Introduce and explore balance</p> <p>Introduce and explore coordination: Bouncing, rolling and throwing</p>	<p>Apply dribbling into games</p> <p>Consolidate dribbling</p> <p>Explore kicking (passing)</p> <p>Apply kicking (passing) to score a point</p> <p>Team Building</p> <p>Introducing teamwork</p> <p>Develop teamwork</p> <p>Building trust and developing communication Cooperation and communication</p> <p>Explore simple strategies</p> <p>Problem solving: Consolidate teamwork</p>	<p>Apply throwing with accuracy in a team</p> <p>Introduce stopping a ball</p> <p>Develop sending (rolling) skills to score a point</p> <p>Consolidate sending and stopping to win a game</p> <p>Gymnastics Body Parts</p> <p>Introduction to big/small body parts</p> <p>Combining big and small with wide, narrow and curled</p> <p>Transition between wide narrow and curled using big and small body parts</p> <p>Adding (linking) movements together</p>
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		Exploring relationships within our motifs			
Year 2	Locomotion Dodging Explore dodging Develop dodging Apply dodging: Explore attacking and defending Apply dodging in teams	Locomotion Jumping Consolidate jumping Apply jumping into a game Linking jumping Explore jumping combinations Develop jumping combinations	Ball Skills Hands (Part 1) Develop dribbling/passing and receiving Combine dribbling, passing and receiving, keeping possession Develop dribbling/passing and receiving to score a point Combine dribbling, passing and receiving to score a point	Ball Skills Feet Develop dribbling/passing/receiving, keeping possession Combine dribbling, passing and receiving, keeping possession/to score a point Apply dribbling, passing and receiving as a team to score a point	Ball Skills Hands 2 Consolidate pupil's application and understanding of underarm throwing Applying the underarm and overarm throw to win a game Applying the underarm throw to beat an opponent
	Gymnastics Pathways Explore/develop zig-zag pathways/on apparatus Explore/develop curved pathways/ on apparatus Creation of pathway sequences Completion of pathways sequences and performance	Team Building Develop teamwork Building trust and developing communication Cooperation and communication Explore simple strategies Problem solving: Consolidate teamwork	Gymnastics Linking Developing linking Linking on apparatus Jump, roll, balance sequences/on apparatus Creation of sequences	Health and Wellbeing Consolidate agility Consolidate balancing: Explore balancing on apparatus Introduce and explore coordination: Dribbling and kicking	Dance Topic- London Great Fire of London Inspired Explore basic skills, actions and ideas with increasing understanding. Explore how to choose and apply skills and actions in sequence and in combinations. Observe, describe and copy what others have done. Recognise and describe how their bodies feel during different activities.

			Completion of sequences and performance		
Year 3	<p>Tag Rugby</p> <p>Introduce moving with the ball, passing and receiving</p> <p>Introduce tagging Create space when attacking</p> <p>Develop passing and moving</p> <p>Combine passing/moving to create attacking opportunities</p>	<p>Hockey</p> <p>Introduce dribbling; keeping control</p> <p>Introduce passing and receiving</p> <p>Combine dribbling and passing to create space</p> <p>Develop passing, receiving and dribbling</p> <p>Introduce shooting</p>	<p>Netball</p> <p>Introduce passing, receiving and creating space</p> <p>Develop/combine passing and moving</p> <p>Combine/develop passing and shooting</p>	<p>Tennis</p> <p>Introduction tennis, outwitting an opponent</p> <p>Creating space to win a point Consolidate how to win a game</p> <p>Introduce rackets</p> <p>Introduce the forehand</p>	<p>Cricket</p> <p>Understand the concept of batting and fielding</p> <p>Introduce throwing overarm</p> <p>Introduce throwing underarm</p> <p>Introduce catching</p> <p>Striking with intent</p>
	<p>Gymnastics Symmetry/Asymmetry</p> <p>Introduction to symmetry</p> <p>Introduction to asymmetry</p> <p>Application of learning onto apparatus</p> <p>Sequence formation</p> <p>Sequence completion</p>	<p>Orienteering</p> <p>Table top maps</p> <p>Using maps in classroom/hall</p> <p>Introduction to maps</p> <p>Orienteering maps</p> <p>Location points following routes</p>	<p>OAA: Communication & Tactics</p> <p>Creating and applying simple tactics</p> <p>Developing leadership</p> <p>Developing communication as a team / collaborate effectively as a team</p> <p>Create defending and attacking tactics as a team</p>	<p>Dodgeball</p> <p>Developing changing Direction</p> <p>Introduce throwing with accuracy</p> <p>Introduce catching</p> <p>Develop moving, changing direction at speed</p> <p>Combine throwing and dodging</p>	<p>Athletics</p> <p>Explore running for speed</p> <p>Explore acceleration</p> <p>Introduce /develop relay: Running for speed in a team</p> <p>Throwing: Accuracy vs distance</p> <p>Standing long jump</p> <p>Dance Topic- Egypt</p> <p>Responding to stimuli working together</p> <p>Extending sequences with a partner in character</p> <p>Exploring two contrasting</p> <p>Relationships and interlinking dance moves</p>

Year 4	Tag Rugby	Hockey	Netball	Tennis	Cricket
	Develop passing, moving and creating space	Refine dribbling and passing	Refine passing and receiving	Developing the forehand	Develop an understanding of batting and fielding Introduce bowling underarm
	Apply learning to 3v3 mini games	Develop shooting; combine passing and dribbling to create shooting opportunities	Develop passing and dribbling creating space	Creating space to win a point using a racket	Develop stopping and returning the ball
	Develop defending in game situations	Develop passing and dribbling creating space for attacking opportunities	Develop passing, moving and shooting	Introduce the backhand	Develop retrieving and returning the ball
	Combine passing and moving to create an attack and score	Introduce defending; blocking and tackling	Refine passing and shooting	Applying the forehand and backhand in game situations	Striking the ball at different angles and speeds
			Develop footwork	Applying the forehand and backhand creating space to win a point	
	Gymnastics Bridges	Orienteering	OAA Problem Solving	Dodgeball	Athletics
	Introduction to bridges	Developing map work and orientation of the school site	Creating and applying simple problem solving tactics	Introduce jumping and ducking	Develop running at speed
	Application of bridge learning onto apparatus	Simple star orienteering (School field/ playground)	Developing leadership skills when solving problems	Develop throwing with accuracy and power over an increased distance	Exploring our stride pattern
	Develop sequences with bridges	Simple short courses on school field/ playground (few controls)	Developing communication as a team / collaborate effectively as a team to solve problems	Develop catching Consolidate dodging, jumping and ducking into games	Exploring running at pace Understand and apply tactics when running for distance Javelin Standing triple jump
	Sequence formation	Setting up routes for each other using simple plan		Combine dodging, catching and throwing	
	Sequence completion				Dance Topic- Romans
					Exploring roman Dancing using compositional principles
					Extending sequences with a partner using compositional principles
					Creating movement using improvisation where movement is reactive

Year 5	<p>Tag Rugby</p> <p>Refine passing and moving to create attacking opportunities</p> <p>Explore different passes that can be used to outwit defenders</p> <p>Refine defending as a team Create and apply defending tactics.</p> <p>Develop officiating</p>	<p>Hockey</p> <p>Develop defending; block and tacking</p> <p>Recap and refine dribbling and passing to create attacking opportunities</p> <p>Refine attacking skills, passing dribbling and shooting</p> <p>Refine defending skills developing transition from defence to attack</p>	<p>Netball</p> <p>Refine passing and receiving</p> <p>Apply passing, footwork and shooting into mini games, introduce officiating</p> <p>Introduce defending</p> <p>Explore the function of other passing styles</p>	<p>Tennis</p> <p>Introduce/develop the volley</p> <p>Controlling the game from the serve</p> <p>Doubles, understanding and applying tactics to win a point</p>	<p>Cricket</p> <p>Refine batting, understand and develop batting and bowling tactics</p> <p>Refine fielding stooping, catching and throwing Combine bowling and fielding creating and applying tactics</p> <p>Introduce umpiring and scoring</p>
	<p>Gymnastics</p> <p>Counter Balance & Counter Tension</p> <p>Introduction to counterbalance</p> <p>Application of counter balance learning onto apparatus</p> <p>Sequence formation Counter Tension</p> <p>Sequence completion</p>	<p>Health Related Exercise</p> <p>Explore and understand cardio fitness</p> <p>Explore and understand flexibility fitness</p> <p>Explore and understand strength fitness</p>	<p>OAA Leadership</p> <p>Introducing Leadership</p> <p>Introducing what makes an effective leader</p> <p>Introduce effective communication skills</p>	<p>Dance Topic- Anglo-Saxons & Vikings</p> <p>Extending sequences with a partner in character</p> <p>Developing sequences with a partner in character that show relationships and interlinking dance moves</p> <p>Sequences, relationships,</p>	<p>Athletics</p> <p>Finishing a race</p> <p>Evaluating our performance Sprinting: My personal best Relay changeovers</p> <p>Shot Put</p> <p>Introducing the hurdles</p> <p>Swimming</p> <p>Pace themselves in floating and swimming challenges related to speed, distance and personal survival</p> <p>Swim unaided for a sustained period of time over a distance of at least 25m</p> <p>Use recognised arm and leg actions, lying on their front and back and side</p>

				choreography and performance	<p>Use a range of recognised strokes and personal survival skills (for example, front crawl, backstroke, sculling, floating and surface diving).</p> <p>Orienteering</p> <p>Consolidation of map work and orientation</p> <p>Star orienteering</p> <p>Variations of short courses (more controls)</p> <p>Setting up courses for others using star orienteering and school plans/maps</p> <p>Ground to map interpretation</p> <p>Introduction to compass work</p>
Year 6	<p>Tag Rugby</p> <p>Consolidate passing and moving</p> <p>Consolidate defending</p> <p>Create, understand and apply attacking/defending tactics in game situations</p>	<p>Hockey</p> <p>Consolidate keeping possession,</p> <p>develop officiating</p> <p>Consolidate defending</p>	<p>Netball</p> <p>Consolidate keeping possession,</p> <p>develop officiating</p> <p>Consolidate defending</p>	<p>Tennis</p> <p>Game application</p> <p>Game application, mixed ability doubles, round robin games</p>	<p>Cricket</p> <p>Consolidate batting/ fielding/bowling</p> <p>Create, understand and apply attacking/defensive tactics in game</p> <p>Athletics</p> <p>Running for speed competition</p> <p>Running for distance competition</p>

	<p>Consolidate attacking and defending in mini games</p> <p>Gymnastics Matching & Mirroring</p> <ul style="list-style-type: none"> •Introduction to matching/mirroring •Application of matching/mirroring learning onto apparatus •Sequence development 	<p>Create, understand and apply attacking/defending tactics in game situations</p> <p>Health Related Exercise</p> <ul style="list-style-type: none"> •Develop a secure understanding of cardio fitness •Develop a secure understanding of flexibility fitness •Develop a secure understanding of strength fitness 	<p>Create, understand and apply attacking/defending tactics in game situations</p> <p>OAA Developing Leadership</p> <ul style="list-style-type: none"> •Developing Leadership •Understanding what makes an effective leader •Communicating as a leader •Introducing the STEP principle: Space, Task, Equipment and People •Independently organising and arranging basic games/activities 	<p>Orienteering</p> <p>Using off-site locations where possible</p> <p>Continue familiarisation with different maps and locations</p> <p>Star orienteering off-site</p> <p>Timed short courses</p> <p>Score orienteering and competition</p>	<p>Throwing competition</p> <p>Jumping competition</p> <p>Say why some athletics activities can improve strength, power or stamina, and explain how these can help me performance in other types of activity</p> <p>Watch a partner's athletic performance and identify the main strengths</p> <p>Identify parts of the performance that need to be practised and refined, and suggest improvements</p> <p>Swimming</p> <p>Pace themselves in floating and swimming challenges related to speed, distance and personal survival</p> <p>Swim unaided for a sustained period of time over a distance of at least 25m</p> <p>Use recognised arm and leg actions, lying on their front and back and side</p> <p>Use a range of recognised strokes and personal survival skills (for example, front crawl, backstroke, sculling, floating and surface diving).</p>
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					<div><div>Dance</div><div>Topic- Dancing Through the Decades</div><div>Exploring a variety of music genres through the decades using compositional principles</div><div>Extending sequences with a partner using compositional principles</div><div>Creating movement using improvisation where movement is reactive</div></div>