

PE Subject Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<p>Leap into Life is used in Key Stage 1</p> <p>The day-to-day teaching will use elements from both the Year 1 and Year 2 programme.</p>					
<b>Years 1 and 2</b>	<ul style="list-style-type: none"> <li>• Functional Movement 1</li> <li>• Movement concepts 2</li> <li>• Aesthetic movement 1</li> <li>• Aesthetic movement 2</li> <li>• Manipulative skills 1</li> <li>• Functional movement 2</li> </ul>	<ul style="list-style-type: none"> <li>• Functional movement 3</li> <li>• Movement concepts 2</li> <li>• Aesthetic movement 3</li> <li>• Aesthetic movement 4</li> <li>• Manipulative skills 2</li> <li>• Functional movement 4</li> </ul>	<ul style="list-style-type: none"> <li>• Functional movement 5</li> <li>• Movement concepts 3</li> <li>• Aesthetic movement 5</li> <li>• Aesthetic movement 6</li> <li>• Manipulative skills 3</li> <li>• Functional movement 6</li> </ul>	<ul style="list-style-type: none"> <li>• Functional movement 7</li> <li>• Movement concepts 4</li> <li>• Aesthetic movement 7</li> <li>• Aesthetic movement 8</li> <li>• Manipulative skills 4</li> <li>• Functional movement 8</li> </ul>	<ul style="list-style-type: none"> <li>• Functional movement 9</li> <li>• Movement concepts 5</li> <li>• Aesthetic movement 9</li> <li>• Aesthetic movement 10</li> <li>• Manipulative skills 5</li> <li>• Functional movement 10</li> </ul>	<ul style="list-style-type: none"> <li>• Functional movement 11</li> <li>• Movement concepts 6</li> <li>• Aesthetic movement 11</li> <li>• Aesthetic movement 12</li> <li>• Manipulative skills 6</li> <li>• Functional movement 12</li> </ul>
	<p>PEDPASS units are used in Key Stage 2</p> <p>The units are interspersed with fitness and aerobics programmes.</p> <p>Expectations of children of different ages are adapted within the teaching of each unit.</p>					
<b>Years 3 and 4 Year A</b>	<p><b><u>Dance Unit 3</u></b></p> <p>Improvise freely, translating ideas from a stimulus into movement. Create dance phrases that communicate ideas. Share and create dance phrases with a partner and in a small group</p> <p><b><u>Invasion Games unit 1/2</u></b> <b><u>(netball)</u></b></p>	<p><b><u>Fitness – circuits</u></b></p> <p>Work on a range of strength and stamina building exercises. Understand how strength, power and stamina help people to perform well in different athletic activities.</p> <p><b><u>Invasion Games unit 1/2</u></b> <b><u>(hockey)</u></b></p>	<p><b><u>Gym Unit 3/4</u></b></p> <p>Use a greater number of their own ideas for movements in response to a task. Perform actions, body shapes, balances and agilities with control. Choose, plan and perform longer sequences of contrasting actions that include changes of speed</p>	<p><b><u>Fitness – aerobics</u></b></p> <p>Work on a range of strength and stamina building exercises, including co-ordination. Understand how strength, power and stamina help people to perform well in different athletic activities.</p> <p><b><u>Net/Wall Unit 1</u></b></p>	<p><b><u>Dance Unit 4</u></b></p> <p>Respond imaginatively to a range of stimuli related to character and narrative. Use simple motifs and movement patterns to structure dance phrases on their own, with a partner and in a group. Refine, repeat and remember dance phrases and dances. Show sensitivity to the dance</p>	<p><b><u>Fitness – circuits</u></b></p> <p>Work on a range of strength and stamina building exercises. Understand how strength, power and stamina help people to perform well in different athletic activities.</p> <p><b><u>Strike/Field Unit 1</u></b></p>

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	<p>Throw and catch with control to keep possession of the ball and scores 'goals'. Be aware of space and use it to support team-mates and cause problems for the opposition. Experiment with a range of throwing and catching techniques. Find ways of attacking successfully and use a range of tactics to keep possession as a team.</p>	<p>Learn to control the ball by dribbling. Practise good passing and collecting techniques and use these to keep possessions as a team. Start to use tactics to make it difficult for the opposition.</p>	<p>and level, clear shapes and quality of movement.</p> <p><b><u>Invasion Games Unit 1/2 (rugby)</u></b></p> <p>Pass and catch the ball using the correct techniques for the game. Use appropriate game play to move down the field in order to 'score'. Intercept players and learn how the 'tag' system works.</p>	<p>Keep up a continuous game using a range of throwing and catching skills and techniques. Use a small range of basic racket skills. Choose and use a range of simple tactics for sending a ball in different ways to make it difficult for their opponent. Choose and use a range of simple tactics for defending their own court. Make up their own net games</p>	<p>idea and the accompaniment.</p> <p><b><u>Athletics unit 2</u></b></p> <p>Understand and demonstrate the difference between sprinting and running for sustained periods. Know and demonstrate a range of throwing techniques. Throw with accuracy and some power into a target area. Perform a range of jumps showing consistent technique and sometimes using a short run-up.</p>	<p>Use a range of skills (throwing, striking, intercepting and stopping a ball) with some control and accuracy. Choose and vary skills and tactics to suit the situation in a game. Carry out tactics successfully. Set up small games and know how to use rules to keep games going fairly.</p>
<p><b>Years 3 and 4 Year B</b></p>	<p><b><u>Gym Unit 3</u></b></p> <p>Use a greater number of their own ideas for movements in response to a task. Choose and plan sequences of contrasting actions. Adapt sequences to suit different types of apparatus and their partner's ability.</p> <p><b><u>Invasion Games unit 1/2 (netball)</u></b></p> <p>Throw and catch with control to keep possession of the ball and scores 'goals'. Be</p>	<p><b><u>Fitness – aerobics</u></b></p> <p>Work on a range of strength and stamina building exercises, including co-ordination. Understand how strength, power and stamina help people to perform well in different athletic activities.</p> <p><b><u>Invasion Games unit 1/2 (hockey)</u></b></p> <p>Learn to control the ball by dribbling. Practise good passing and collecting techniques</p>	<p><b><u>Fitness – circuits</u></b></p> <p>Work on a range of strength and stamina building exercises. Understand how strength, power and stamina help people to perform well in different athletic activities.</p> <p><b><u>Invasion Games Unit 1/2 (rugby)</u></b></p> <p>Pass and catch the ball using the correct techniques for the game. Use appropriate game play to move down the field in order to 'score'.</p>	<p><b><u>Swimming</u></b></p> <p>Learn to swim using three different strokes, swimming on their front and back.</p> <p>Learn to control breathing when swimming on the surface and under water.</p> <p>Learn to float and to tread water.</p> <p><b><u>Net/Wall Unit 1</u></b></p> <p>Keep up a continuous game using a range of throwing and catching skills and</p>	<p><b><u>Dance Unit 4</u></b></p> <p>Respond imaginatively to a range of stimuli related to character and narrative. Use simple motifs and movement patterns to structure dance phrases on their own, with a partner and in a group. Refine, repeat and remember dance phrases and dances. Show sensitivity to the dance idea and the accompaniment.</p> <p><b><u>Athletics unit 2</u></b></p> <p>Understand and demonstrate the</p>	<p><b><u>Fitness – aerobics</u></b></p> <p>Work on a range of strength and stamina building exercises, including co-ordination. Understand how strength, power and stamina help people to perform well in different athletic activities.</p> <p><b><u>Strike/Field Unit 1</u></b></p> <p>Use a range of skills (throwing, striking, intercepting and stopping a ball) with some control and accuracy. Choose and vary skills and tactics to suit the situation in a game. Carry</p>

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	<p>aware of space and use it to support team-mates and cause problems for the opposition. Experiment with a range of throwing and catching techniques. Find ways of attacking successfully and use a range of tactics to keep possession as a team</p>	<p>and use these to keep possessions as a team. Start to use tactics to make it difficult for the opposition.</p>	<p>Intercept players and learn how the 'tag' system works</p>	<p>techniques. Use a small range of basic racket skills. Choose and use a range of simple tactics for sending a ball in different ways to make it difficult for their opponent. Choose and use a range of simple tactics for defending their own court. Make up their own net games.</p>	<p>difference between sprinting and running for sustained periods. Know and demonstrate a range of throwing techniques. Throw with accuracy and some power into a target area. Perform a range of jumps showing consistent technique and sometimes using a run-up.</p>	<p>out tactics successfully. Set up small games and know how to use rules to keep games going fairly.</p>
<p><b>Years 5 and 6 Year A</b></p>	<p><b><u>Dance Unit 5</u></b></p> <p>Compose motifs and plan dances creatively and collaboratively in groups. Adapt and refine the way they use weight, space and rhythm in their dances to express themselves in the style of the dances they use. Perform different styles of dance clearly and fluently.</p> <p><b><u>Invasion Games Unit 3/4 (netball)</u></b></p> <p>Use different techniques for passing and controlling the ball.</p>	<p><b><u>Fitness – circuits</u></b></p> <p>Work on a range of strength and stamina building exercises. Understand how strength, power and stamina help people to perform well in different athletic activities.</p> <p><b><u>Invasion Games Unit 3/4 (hockey)</u></b></p> <p>Use different techniques for passing controlling, dribbling and shooting the ball in games. Apply basic rules of team play to keep possession of the ball. Use marking,</p>	<p><b><u>Fitness – aerobics</u></b></p> <p>Work on a range of strength and stamina building exercises, including co-ordination. Understand how strength, power and stamina help people to perform well in different athletic activities.</p> <p><b><u>Invasion Games Unit 3/4- (rugby)</u></b></p> <p>Use different techniques for carrying, passing and controlling the ball in games. Apply basic rules of team play to keep possession of the ball.</p>	<p><b><u>Net/wall Unit 2</u></b></p> <p>Use forehand, backhand and overhead shots increasingly well in the games they play. Use the volley in games where it is important. Use the skills they prefer with competence and consistency. Understand the need for tactics, start to choose and use some tactics effectively.</p> <p><b><u>Swimming</u></b></p> <p>Learn to swim using three different strokes. Swimming on their front</p>	<p><b><u>Gym Unit 6</u></b></p> <p>Make up longer more complex sequences including changes in level, direction and speed. Develop solutions to a task by choosing and applying a range of compositional principles. Combine and perform gymnastic actions, shapes and balances and show clarity, fluency and accuracy and consistency in their movements. Prepare a sequence to be performed to an audience.</p>	<p><b><u>Fitness – circuits</u></b></p> <p>Work on a range of strength and stamina building exercises. Understand how strength, power and stamina help people to perform well in different athletic activities.</p> <p><b><u>Strike/Field Unit 2</u></b></p> <p>Strike a bowled ball. Use a range of fielding skills eg catching, throwing, bowling, intercepting with growing control and consistency. Understand and a range of tactics in games.</p>

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	Apply basic rules of team play to keep possession of the ball. Use marking and interception to improve their defence. Play effectively as part of a team.	tackling and/or interception to improve their defence. Play effectively as part of a team.	Use marking, tackling and/or interception to improve their defence. Play effectively as part of a team.	and back.  Learnt to control breathing when swimming on the surface and under water.  Learn to float and tread water.	<b><u>Athletics unit 3</u></b>  Choose the best pace for a running event so that they can sustain their running and improve on a personal target. Show control at take-off in jumping activities. Show accuracy and good technique when throwing for distance.	
<b>Years 5 and 6 Year B</b>	<p><b><u>Gym Unit 5</u></b></p> <p>Create, practise and refine longer more complex sequences for a performance including changes in level, direction and speed. Choose actions, shapes and balances from a wider range of themes and ideas.</p> <p><b><u>Invasion Games Unit 3/4 (netball)</u></b></p> <p>Use different techniques for passing and controlling the ball. Apply basic rules of team play to keep possession of the ball. Use marking and interception to improve their defence.</p>	<p><b><u>Fitness – aerobics</u></b></p> <p>Work on a range of strength and stamina building exercises, including co-ordination. Understand how strength, power stamina and co-ordination help people to perform well in different athletic activities.</p> <p><b><u>Invasion Games Unit 3/4 (hockey)</u></b></p> <p>Use different techniques for passing controlling, dribbling and shooting the ball in games. Apply basic rules of team play to keep possession of the ball. Use marking, tackling and/or</p>	<p><b><u>Fitness – circuits</u></b></p> <p>Work on a range of strength and stamina building exercises. Understand how strength, power and stamina help people to perform well in different athletic activities.</p> <p><b><u>Invasion Games Unit 3/4 (rugby)</u></b></p> <p>Use different techniques for carrying, passing and controlling the ball in games. Apply basic rules of team play to keep possession of the ball. Use marking, tackling and/or interception to improve their defence.</p>	<p><b><u>Net/wall Unit 2</u></b></p> <p>Use forehand, backhand and overhead shots increasingly well in the games they play. Use the volley in games where it is important. Use the skills they prefer with competence and consistency. Understand the need for tactics, start to choose and use some tactics effectively</p> <p><b><u>Swimming</u></b></p> <p>Learn to swim using three different strokes .swimming on their front and back.</p> <p>Learnt to control breathing when swimming on the surface and under water.</p>	<p><b><u>Dance Unit 6</u></b></p> <p>Work creatively and imaginatively on their own, with a partner and in a group to compose motifs and structure simple dances. Perform to an accompaniment expressively and sensitively. Perform dances fluently and with control. Understand how dance keeps them healthy. Talk about dance with understanding, using appropriate language and terminology.</p> <p><b><u>Athletics unit 3</u></b></p> <p>Choose the best pace for a running event so that they can sustain their running and improve on a personal target. Show</p>	<p><b><u>Fitness – aerobics</u></b></p> <p>Work on a range of strength and stamina building exercises, including co-ordination. Understand how strength, power stamina and co-ordination help people to perform well in different athletic activities.</p> <p><b><u>Strike/Field Unit 2</u></b></p> <p>Strike a bowled ball. Use a range of fielding skills eg catching, throwing, bowling, intercepting with growing control and consistency. Understand and a range of tactics in games.</p>

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	Play effectively as part of a team.	interception to improve their defence. Play effectively as part of a team.F	Play effectively as part of a team.	Learn to float and to tread water.	control at take-off in jumping activities. Show accuracy and good technique when throwing for distance.	
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