


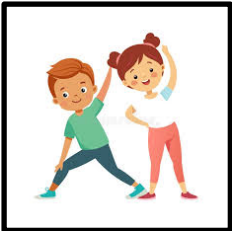













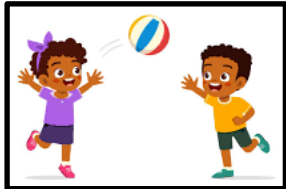


PE Whole School Overview

Nursery	Unit 1	Unit 2	Unit 3
	Me, You and Us	Night and Dark	Animals and Spring
			
	Children will develop confidence moving in different ways such as running, jumping and balancing. They will learn to move safely around others and begin to take part in simple group games, following instructions and exploring space.	Children will explore different ways of moving such as creeping, crawling and tiptoeing. They will practise balance and coordination through simple obstacle courses and movement challenges.	Children will move like different animals, practising skills such as hopping, crawling and jumping. These activities will help develop agility, balance and coordination while combining different movements during play.
	Unit 4	Unit 5	Unit 6
	Under the Sea	Transport	Fantasy and New beginnings
			
Children will explore flowing movements and body shapes to represent sea creatures. They will practise rolling, stretching and balancing while developing control of their bodies when moving in different directions.	Children will travel in different ways, exploring speed and direction through activities such as running, stopping and changing direction. They will practise moving safely around obstacles and others.	Children will use imaginative movement to act out characters such as superheroes or magical creatures. They will take part in simple team games, building confidence while developing balancing, jumping and climbing skills.	







PE Whole School Overview

Reception	Unit 1	Unit 2	Unit 3
	Gymnastics	First PE	Enjoy-a-Ball
			
	Children will explore basic movements such as balancing, jumping, rolling and travelling in different ways. They will learn to control their bodies and use space safely while beginning to link simple movements together.	Children will be introduced to PE routines, including warming up, moving safely and working with others. They will practise fundamental skills such as running, stopping, changing direction and listening to instructions.	Children will develop early ball skills such as rolling, throwing, catching and bouncing. Activities will focus on coordination and confidence when handling a ball.
	Unit 4	Unit 5	Unit 6
	Football Fundamentals	Athletics	Sports Day
			
Children will learn basic football skills such as dribbling a ball with their feet, stopping the ball and simple passing. Activities will encourage teamwork and spatial awareness.	Children will practise running, jumping and throwing through fun activities and races. They will develop speed, balance and coordination.	Children will take part in simple races and team challenges. They will practise teamwork, turn taking and celebrating effort and participation.	







PE Whole School Overview

Year 1	Unit 1	Unit 2	Unit 3
	Gymnastics / Football Fundamentals	Tennis / Ball Skills	Dodgeball / Athletics
			
	Children will develop balance, travelling and simple sequences in gymnastics. In football fundamentals they will begin to dribble, control and pass a ball with their feet.	Pupils will learn to strike a ball using rackets and develop control when sending and receiving a ball. Ball skills lessons will focus on throwing, catching and bouncing with increasing accuracy.	Children will practise throwing and dodging in simple dodgeball games. In athletics they will develop running, jumping and throwing through fun challenges.
	Unit 4	Unit 5	Unit 6
	Ball Games / Rugby	Indoor Athletics / Kwik Cricket	Sports Day / Target Games
			
Pupils will explore different ways to pass, catch and move in simple team games. In rugby they will learn basic passing, teamwork and moving into space.	Children will practise jumping, running and throwing indoors using athletics equipment. In kwik cricket they will learn basic striking and fielding skills.	Children will take part in running races and team events for Sports Day. In target games they will practise aiming and accuracy using a variety of equipment.	







PE Whole School Overview

Year 2	<p>Unit 1</p> <p>Gymnastics / Football Fundamentals</p>  <p>Pupils will perform balances and simple sequences in gymnastics. In football they will develop dribbling, passing and controlling the ball.</p>	<p>Unit 2</p> <p>Tennis / Ball Skills</p>  <p>Children will practise striking a ball with control using rackets and develop rallying skills. Ball skills will focus on accurate throwing, catching and bouncing.</p>	<p>Unit 3</p> <p>Dodgeball / Athletics</p>  <p>Children will apply throwing and dodging skills in dodgeball activities. Athletics will develop running speed, jumping distance and throwing technique.</p>
	<p>Unit 4</p> <p>Ball Games / Rugby</p>  <p>Pupils will develop teamwork and simple tactics in small sided games. Rugby lessons will focus on passing backwards, teamwork and movement.</p>	<p>Unit 5</p> <p>Indoor Athletics / Kwik Cricket</p>  <p>Children will improve their running, jumping and throwing through indoor athletics circuits. Kwik cricket will introduce batting, fielding and simple gameplay.</p>	<p>Unit 6</p> <p>Sports Day / Target Games</p>  <p>Children will participate in competitive races and team activities. Target games will develop aiming skills and control when sending equipment towards a goal..</p>







PE Whole School Overview

Year 3	Unit 1	Unit 2	Unit 3
	Gymnastics / Football	Tennis / Netball	Badminton / Basketball
			
	<p>Pupils will create longer gymnastics sequences using balances, rolls and jumps. In football they will practise passing, dribbling and simple attacking and defending skills.</p>	<p>Children will develop racket control and rallying skills in tennis. In netball they will learn accurate passing, movement and teamwork.</p>	<p>Pupils will learn basic badminton strokes and develop control over the shuttle. In basketball they will practise dribbling, passing and shooting.</p>
	Unit 4	Unit 5	Unit 6
	Tag Rugby / Hockey	Indoor Athletics / Kwik Cricket	Rounders / Handball
			
<p>Children will develop attacking and defending skills in tag rugby. Hockey lessons will focus on dribbling, passing and controlling the ball with a stick.</p>	<p>Children will practise running, jumping and throwing techniques through athletics circuits. In kwik cricket they will improve batting, bowling and fielding.</p>	<p>Pupils will develop striking and fielding skills in rounders. In handball they will practise passing, shooting and team play.</p>	







PE Whole School Overview

Year 4	<p>Unit 1</p> <p>Swimming / Football</p>  <p>Children will develop water confidence and basic swimming strokes while learning water safety. Football lessons will focus on passing, dribbling and teamwork.</p>	<p>Unit 2</p> <p>Swimming / Tennis</p>  <p>Pupils will improve their swimming technique and stamina. In tennis they will practise serving, rallying and racket control.</p>	<p>Unit 3</p> <p>Swimming / Basketball</p>  <p>Children will continue to develop swimming strokes and breathing techniques. Basketball will focus on dribbling, passing and shooting skills.</p>
	<p>Unit 4</p> <p>Swimming / Hockey or Tag Rugby</p>  <p>Swimming lessons will build endurance and confidence in the water. In games lessons pupils will practise attacking and defending skills in hockey or tag rugby.</p>	<p>Unit 5</p> <p>Swimming / Kwik Cricket</p>  <p>Children will refine swimming techniques and water safety skills. In kwik cricket they will develop batting, bowling and fielding skills.</p>	<p>Unit 6</p> <p>Swimming / Dodgeball</p>  <p>Swimming will continue to build stamina and technique. Dodgeball activities will focus on throwing, dodging and teamwork.</p>

PE Whole School Overview

Year 5	Unit 1	Unit 2	Unit 3
	Gymnastics / Football  <p>Pupils will perform more complex gymnastics sequences using control and balance. Football lessons will develop passing, movement and tactical awareness.</p>	Tennis / Netball  <p>Children will improve serving and rallying in tennis. In netball they will practise accurate passing, shooting and teamwork.</p>	Badminton / Basketball  <p>Pupils will develop forehand and backhand strokes in badminton. Basketball will focus on attacking, defending and shooting skills.</p>
	Unit 4	Unit 5	Unit 6
	Tag Rugby / Hockey  <p>Children will apply tactical awareness in tag rugby. Hockey lessons will develop dribbling, passing and teamwork.</p>	Indoor Athletics / Kwik Cricket  <p>Pupils will practise sprinting, jumping and throwing techniques. In kwik cricket they will refine batting and fielding strategies.</p>	Rounders / Handball  <p>Children will develop striking, fielding and teamwork in rounders. Handball lessons will focus on passing, movement and shooting.</p>

PE Whole School Overview

Year 6	Unit 1	Unit 2	Unit 3
	<p>Gymnastics / Football</p>  <p>Pupils will create controlled sequences in gymnastics using a variety of movements. In football they will apply tactical awareness and teamwork in game situations.</p>	<p>Tennis / Netball</p>  <p>Children will improve consistency in rallies and develop serving techniques in tennis. Netball lessons will focus on tactics, passing and shooting.</p>	<p>Badminton / Basketball</p>  <p>Pupils will refine badminton strokes and rallying skills. Basketball will focus on team play, attacking strategies and shooting.</p>
	Unit 4	Unit 5	Unit 6
	<p>Tag Rugby / Hockey</p>  <p>Children will apply attacking and defending tactics in tag rugby. Hockey lessons will develop positional play and teamwork.</p>	<p>Indoor Athletics / Kwik Cricket</p>  <p>Pupils will develop speed, power and technique in athletics events. In kwik cricket they will apply batting, bowling and fielding skills in game play.</p>	<p>Rounders / Handball</p>  <p>Children will apply striking and fielding skills in competitive rounders games. In handball they will demonstrate teamwork, passing and shooting in match play.</p>