

PE OVERVIEW 2018-19

	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1 INDOOR	N/A	N/A	ABC of Movement Roll-jump-climb-pause-skip-step-hop	ABC of Movement Jumping (take-off) landing	Movement Skills/ Climbing, Hanging, pulling, rolling, flight	Movement Skills/ Gymnastic skills- traveling, spinning, rotation	Movement Skills/ Gymnastic skills- Matching and Mirroring	Movement Skills/ Gymnastic skills- Counterbalance counter tension
Autumn 1 OUTDOOR	N/A	N/A	ABC of Movement: agility balance and coordination	Throwing Underarm overarm	Sending/ Throwing- backwards, shoulder, chest, bounce passes	Sending and Receiving- Throw/ Catch Attacking/Defending	Sending and Receiving- attacking, defending, sending/throwing	Sending and Receiving- Aiming, Attacking, Defending
Autumn 2 INDOOR	N/A	Travelling- ABC of Movement	Gymnastics- jump, roll, climb, pause, skip, step, hop	Dance (topic) Movement, choreograph own performance, land in dif. ways	Dance (topic) Fluency and control Changes in speed Space used imaginatively	Seated Volleyball- Boccia- Panathlon	Seated Volleyball- Panathlon	Seated Volleyball- Panathlon
Autumn 2 OUTDOOR	Travelling- ABC of Movement	N/A	ABC of Movement- sending, sending action, receiving	Aiming- Sending for a purpose	Striking and Fielding- volleying, placing, striking and changing weight	Striking- invasion games, positional play, attacking, defending	Striking- accuracy hitting towards a target	Applying the fundamental skills to an Invasion/net wall game
Spring 1 INDOOR	ABC of Movement- taking weight	ABC of Movement- agility, taking weight, coordination	Agility- balance- coordination- moving, striking and fielding	ABC of Movement Taking weight Small parts/large parts	Pathways Under, over, round, through, on top, next to, beside, beneath	Dance (topic) Moving/action, work in small groups, choreograph more complex sequences Judge/evaluate-perf	Movement Skills/ Gymnastic skills- Holes and Barriers	Stretching/ Curling- ropes, rolls, handstands into another movement

