



## St White's Primary School PE Overview Year A



	Autumn B		Spring B		Summer B	
<b>EYFS</b>	<p><b>Introduction to PE:</b> Pupils will be introduced to structured movement.</p> <p><b>Dance:</b> Pupils will explore space safely.</p>	<p><b>Introduction to PE Unit 2:</b> Pupils will develop structured movement including finding space, stopping safely, using and sharing equipment.</p> <p><b>Dance 2:</b> Pupils will develop actions to a stimulus exploring dance in the world around them.</p>	<p><b>Fundamentals Unit 1:</b> Pupils will develop their basic fundamental movement skills.</p> <p><b>Gymnastics:</b> Pupils explore basic movements through creating shapes, balances and jumps.</p>	<p><b>Fundamentals Unit 2:</b> Pupils will develop fine and gross motor skills through handling equipment.</p> <p><b>Gymnastics Unit 2:</b> Pupils will begin to preform basic skills on the floor and on apparatus.</p>	<p><b>Games Unit 1:</b> Pupils will develop fundamental skills through games.</p> <p><b>Ball Skills Unit 1:</b> Pupils will develop their fundamental ball skills through a variety of equipment.</p>	<p><b>Games Unit 2:</b> Pupils will develop fundamental skills through games working on teamwork and rules.</p> <p><b>Ball Skills Unit 2:</b> Pupils will continue to develop fundamental ball skills whilst developing decision making and using simple tactics.</p>
<b>KS1 Year 1 and 2</b>	<p><b>Fundamentals 1:</b> Pupils will develop fundamentals movements whilst working collaboratively with others.</p> <p><b>Yoga 1:</b> Pupils will explore mindfulness and body awareness.</p>	<p><b>Ball Skills 1:</b> Pupils will develop fundamental ball skills.</p> <p><b>Gymnastics 1:</b> Pupils will use space safely using gymnastic movements.</p>	<p><b>Sending and receiving 1:</b> Pupils will use a variety of balls to send and receive and understand the importance of rules in sport.</p> <p><b>Dance 1:</b> Pupils will understand the importance of counting to music whilst repeating actions.</p>	<p><b>Fitness 1:</b> Pupils will explore a variety of fitness components.</p> <p><b>Net and Wall 1:</b> Pupils will learn the importance of the ready position, understand basic rules for net and wall sports and be encouraged to demonstrate good sportsmanship.</p>	<p><b>Invasion 1:</b> Pupils will develop the basic skills for invasion games whilst showing respect towards their teammates.</p> <p><b>Striking and Fielding 1:</b> Pupils will begin to understand the basics of rounders and cricket.</p>	<p><b>Athletics 1:</b> Pupils will begin to preform athletic skills.</p> <p><b>Team Building 1:</b> Pupils will develop their problem-solving skills individually, in pairs and small groups.</p>
<b>LKS2 Year 3 and 4</b>	<p><b>Dance:</b> Pupils to create dances through historical and scientific stimuli.</p> <p><b>Swimming:</b> Pupils will develop basic swimming strokes increasing in confidence.</p>	<p><b>Gymnastics:</b> Pupils develop extension and body tension whilst using skills both individually and in combination.</p> <p><b>Dodgeball:</b> Pupils will develop their performance and begin to apply simple tactics.</p>	<p><b>Handball:</b> Pupils will learn how to play a game and keep possession of the ball in small sided games.</p> <p><b>Fitness:</b> Pupils will begin to monitor and record data and understand different components of fitness whilst improving their fitness levels.</p>	<p><b>Tennis:</b> Pupils will develop basic skills for tennis and begin to understand how tennis is played.</p> <p><b>Yoga:</b> Pupils will develop key principles of Yoga whilst creating yoga flows.</p>	<p><b>Athletics:</b> Pupils explore a variety of different techniques and learn how to persevere to achieve their best.</p> <p><b>Tag Rugby:</b> Pupils learn how to maintain possession and develop social skills to self-manage games.</p>	<p><b>Cricket:</b> Pupils explore fielding and how to outwit an opponent.</p> <p><b>OAA:</b> Pupils will solve, reflect and improve strategies on problem solving.</p>



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<p><b><u>UKS2</u></b> <b><u>Year 5</u></b> <b><u>and 6</u></b></p>	<p><b>Tennis:</b> Pupils will improve key skills and learn how to apply tactics to a game situation to outwit their opponent.</p> <p><b>Gymnastics:</b> Pupils will explore working in relationship to a partner whilst developing performance, quality and control.</p>	<p><b>Hockey:</b> Pupils will play even sided games showing control and fluency whilst improving their defending and attacking.</p> <p><b>Yoga:</b> Pupils will develop meditation whilst working collaboratively to create their own yoga flows.</p>	<p><b>Dance:</b> Pupils develop different styles of dance whilst looking at the historical culture and origins of dance.</p> <p><b>Dodgeball:</b> Pupils will learn to outwit their opponents whilst being honest whilst officiating.</p>	<p><b>Swimming:</b> Pupils will develop fluency with an increased confidence and learn the basics of survival.</p> <p><b>Tennis:</b> Pupils increase their competence of tennis skills and given opportunities to self-regulate games and show honesty.</p>	<p><b>Athletics:</b> Pupils will learn new sports for field events and develop their personal best by identifying areas for improvement.</p> <p><b>Football:</b> Pupils will develop their competence whilst applying tactics and showing the importance of fair play.</p>	<p><b>Rounders:</b> Pupils develop quality and consistency in their fielding and striking whilst applying tactics to outwit their opponents.</p> <p><b>Volleyball:</b> Pupils will develop the skills to be able to hold a continuous rally and match.</p>
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