



St White's Primary School PE Overview Year B



	Autumn B		Spring B		Summer B	
EYFS	<p>Introduction to PE: Pupils will be introduced to structured movement.</p> <p>Dance: Pupils will explore space safely.</p>	<p>Introduction to PE Unit 2: Pupils will develop structured movement including finding space, stopping safely, using and sharing equipment.</p> <p>Dance 2: Pupils will develop actions to a stimulus exploring dance in the world around them.</p>	<p>Fundamentals Unit 1: Pupils will develop their basic fundamental movement skills.</p> <p>Gymnastics: Pupils explore basic movements through creating shapes, balances and jumps.</p>	<p>Fundamentals Unit 2: Pupils will develop fine and gross motor skills through handling equipment.</p> <p>Gymnastics Unit 2: Pupils will begin to preform basic skills on the floor and on apparatus.</p>	<p>Games Unit 1: Pupils will develop fundamental skills through games.</p> <p>Ball Skills Unit 1: Pupils will develop their fundamental ball skills through a variety of equipment.</p>	<p>Games Unit 2: Pupils will develop fundamental skills through games working on teamwork and rules.</p> <p>Ball Skills Unit 2: Pupils will continue to develop fundamental ball skills whilst developing decision making and using simple tactics.</p>
KS1 Year 1 and 2	<p>Ball Skills : Pupils will develop fundamental ball skills whilst working individually and with a partner.</p> <p>Gymnastics 2: Pupils will explore floor routines and develop an awareness for creating sequences.</p>	<p>Fundamentals 2: Pupils will observe and recognise improvements in fundamental movement skills.</p> <p>Dance 2: Pupils will use movement to express mood, character, feeling and emotion.</p>	<p>Sending and Receiving 2: Pupils will use sending and receiving skills individually and in small groups and begin to self-manage own activities.</p> <p>Yoga 2: Pupils will begin to learn yoga poses and techniques connecting their mind and body.</p>	<p>Fitness 2: Pupils will develop perseverance and determination to work for long periods of time.</p> <p>Invasion 2: Pupils will develop attacking and defending and keeping possession.</p>	<p>Net and Wall 2: Pupils develop playing against an opponent over a net.</p> <p>Striking and Fielding 2: Pupils will learn how to score points and play competitively.</p>	<p>Athletics 2: Pupils will compete to improve their own performance by identifying areas of improvement.</p> <p>Team Building 2: Pupils begin to discuss, plan and reflect on different ideas and strategies.</p>
LKS2 Year 3 and 4	<p>Swimming: Pupils will develop basic swimming strokes increasing in confidence.</p> <p>Basketball: Pupils will develop their tactical awareness to regain possession.</p>	<p>Dance: Pupils will develop movement through gestures, whilst developing confidence in preforming.</p> <p>Dodgeball: Pupils will develop their performance and begin to apply simple tactics.</p>	<p>Gymnastics: Pupils will create more complex sequences whilst using pathways and including apparatus in a safe and controlled environment.</p> <p>Tag Rugby: Pupils will attempt to outwit their opponent using skills and strategies.</p>	<p>Yoga: Pupils will develop key principles of Yoga whilst creating yoga flows.</p> <p>Hockey: Pupils will learn how to play a game and keep possession of the ball by defending and winning the ball.</p>	<p>Athletics: Pupils will set challenges for distance and time using a variety of styles and techniques.</p> <p>Football: Pupils develop key skills in football and start to play uneven sided games.</p>	<p>Rounders: Pupils explore the basics in fielding and striking in rounders and apply these to skill-based games.</p> <p>Tennis: Pupils will develop basic skills for tennis and begin to use strategies to outwit their opponent.</p>



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<p>UKS2 Year 5 and 6</p>	<p>Basketball: Pupils will develop tactics to maintain possession, whilst self-managing games and developing honesty and fair play.</p> <p>Gymnastics: Pupils will develop trust in large groups whilst using formations to improve performance.</p>	<p>Handball: Pupils will develop principles in gaining possession working collaboratively within a team.</p> <p>OAA: Pupils are encouraged to be inclusive and share ideas to lead small activities for their peers.</p>	<p>Netball: Pupils will apply tactics to outwit their opponents in order to win a game.</p> <p>Volleyball: Pupils will develop the skills to be able to hold a continuous rally and match.</p>	<p>Dance: Pupils will develop choreography whilst working individually and with a group.</p> <p>Tag Rugby: Pupils will learn how to carry the ball to draw a defence and apply these tactics to a game in order to outwit their opponents.</p>	<p>Swimming: Pupils will develop fluency with an increased confidence and learn the basics of survival.</p> <p>Athletics: Pupils are given the chance to officiate and competently complete a range of field and track events.</p>	<p>Cricket: Pupils use tactics to outwit an opponent whilst playing fairly and demonstrating an understanding of the rules.</p> <p>Fitness: Pupils will test, monitor and record data from their performance whilst seeking opportunities to maximise their fitness.</p>
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