

PE Overview	EYFS	Year 1	Year 2
Gym	Children will develop their basic gymnastic skills. Children explore basic movements, creating shapes, balances, and jumps and begin to develop rocking and rolling. They show an awareness of space and how to use it safely and perform basic skills on both floor and apparatus. They copy, create, remember and repeat short sequences. They begin to understand using levels and directions when travelling and balancing.	In this unit, pupils are reminded how to stay safe when doing gym. They start to use space safely and effectively. They explore and develop basic gymnastic actions on the floor, recalling the main body shapes and rolls taught last year. They refine the basic skills of jumping, rolling, balancing and holding shapes. Pupils are given opportunities to select their own actions to build short sequences and develop their confidence in performing. Pupils begin to understand the use of levels, directions and shapes when travelling and balancing. They are encouraged to give feedback on their progress and give constructive feedback to others. Throughout the unit, children are reminded how to carry mats and simple apparatus safely.	In this unit, pupils recall and develop basic gymnastic actions on the floor and using apparatus. They develop gymnastic skills of jumping, rolling, balancing and travelling individually and in combination to create short sequences and movement phrases. Pupils develop an awareness of compositional devices when creating sequences to include the use of shapes, levels and directions. They learn to work safely with and around others and whilst using apparatus. Pupils are given opportunities to provide feedback to others and recognise elements of high quality performance.
Dance	Children will develop their expressive movement. Children explore space and how to use space safely. They explore travelling movements, shapes and balances. Children choose their own actions in response to a stimulus. They are given the opportunity to copy, repeat and remember actions. They are introduced to counting to help them keep in time with the music. They perform to others and begin to provide simple feedback.	Pupils will explore travelling actions, movement skills and balancing. They will understand why it is important to count to music and use this in their dances. Pupils will copy and repeat actions linking them together to make short dance phrases. Pupils will work individually and with a partner to create ideas in relation to the theme. Pupils will be given the opportunity to perform and also to provide feedback, beginning to use dance terminology to do so.	Pupils will explore space and how their body can move to express an idea, mood, character or feeling. They will expand their knowledge of travelling actions and use them in relation to a stimulus. They will build on their understanding of dynamics and expression. They will use counts of 8 consistently to keep in time with the music and a partner. Pupils will also explore pathways, levels, shapes, directions, speeds and timing. They will be given the opportunity to work independently and with others to perform and provide feedback beginning to use key terminology.
Introduction to PE / Fundamental Movement Skills Football	Children will be introduced to Physical Education and structured movement. They will spend time learning basic principles of a PE lesson such as finding space, freezing on command, using and sharing equipment and working individually, with a partner and group. They will take part in multi skills, which will develop fundamental movement skills such as running, jumping and balance, throwing,	In this unit, pupils continue to develop their fundamental movement skills through a series of ball skills. They learn how to control their bodies and move a variety of different sized balls with both hands and feet. They also explore stopping and moving balls in different directions with their feet, aiming at targets with their feet and dribbling around obstacles. They will work independently, in	In this unit, pupils will develop their fundamental ball skills such as rolling, hitting a target, dribbling with feet and aiming and kicking a ball. They continue to develop the basic principles of defending and attacking. Pupils will have the opportunity to work independently, in pairs and small groups, understanding how to achieve

<p>Rugby (Year 1)</p>	<p>catching and co-ordinating their bodies to move and stop various equipment of different shapes and sizes. They will explore moving a ball with feet and kicking a ball. Children will also play simple games and begin to understand and use rules.</p>	<p>pairs and small groups to complete challenges in which they will sometimes need to persevere to achieve their personal best.</p> <p>In this unit, pupils continue to develop fundamental movement skills through a variety of different ball skills. They begin to move their body at increased speed to tag, pass, dodge and travel around obstacles. They start to understand the concept of moving into space and how to find it. They explore passing a ball sideways and behind with their hands, remembering skills to ensure they are ready to receive a ball. Children will work independently, in pairs and small groups to complete challenges in which they will sometimes need to persevere to achieve their personal best.</p>	<p>success by challenging themselves further or adapting the task when required.</p>
<p>Fundamental Movement Skills <i>Co-ordination, Running Ball skills/netball/basketball</i></p>	<p>Children will continue to develop their fundamental movement skills through ball skills. Whilst learning to negotiate space safely and at different speeds, children will develop fundamental ball skills such as throwing and catching various sized balls, bouncing, balancing and moving balls around obstacles. Children will be able to develop their fine and gross motor skills through a range of game play using a variety of equipment. Children will be given opportunities to work independently, with a partner and in groups.</p>	<p>In this unit, pupils will explore their fundamental ball skills such as throwing and catching, bouncing, rolling and hitting a target. They begin to understand the different types of passes. They are introduced to the concept of dodging. Pupils will have the opportunity to work independently, in pairs and small groups. Pupils will be able to explore their own ideas in response to tasks, challenging themselves when successful and adjusting the task when they find it too challenging. The unit culminates with a House Netball competition when children aim and shoot at a goal with their hands, working together as a team.</p>	<p>In this unit, pupils will develop their fundamental ball skills such as throwing and catching, rolling, hitting a target, dribbling with both hands and feet and aiming and kicking a ball. They continue to develop the basic principles of defending and attacking. Pupils will have the opportunity to work independently, in pairs and small groups, understanding how to achieve success by challenging themselves further or adapting the task when required.</p>
<p>Agility (FMS)</p>	<p>Children will develop their fundamental movement skills through a range of multi-skill activities. Fundamental skills will include balancing, running, jumping, hopping, throwing and catching. Children will develop gross motor skills through a range of activities and equipment. They will learn how to stay safe using space, working independently, with a partner and in groups.</p>	<p>In this unit, children develop their understanding of the benefits of exercise and a healthy lifestyle on their physical body, their mood and their overall health. They will work independently, in pairs and in small groups to complete challenges in which they will sometimes need to persevere in order to achieve their personal best.</p>	

<p>Striking and fielding</p>	<p>Children will develop fundamental movement skills by using and learning to control different sized balls. Children will develop fundamental ball skills such as rolling and receiving, throwing, bouncing and catching. Children will be able to develop their fine and gross motor skills through a range of game play using a variety of equipment and understand how they should move their bodies to control balls. Children will be given opportunities to work independently, with a partner and in groups.</p>	<p>Pupils will be introduced to the basic skills required in Net and Wall games. They use equipment such as rackets to balance, control and move small and larger balls in different directions. They will start to hit a beanbag/ball back to a partner using equipment correctly, adjusting the challenge of their tasks in response to their success. They will develop throwing, catching and racket skills, learning to track and hit a ball. They will be encouraged to demonstrate good sportsmanship and show respect towards other. Children understand the concept of turn-taking with equipment. They will work independently, in pairs and small groups to complete challenges in which they will sometimes need to persevere to achieve their personal best.</p> <p>Pupils develop their basic understanding of striking and fielding games such as Rounders and Cricket. They learn skills including throwing (overarm and underarm techniques) and catching, stopping a rolling ball, retrieving a ball and striking a ball. They are given opportunities to play one against one, one against two, and one against three. They learn the basic rules of the games and use these to play fairly. They show respect towards others when playing competitively and develop communication skills.</p>	<p>In this unit, pupils develop their understanding of the principles of striking and fielding games such as cricket and rounders. They develop the skills of throwing and catching, tracking and retrieving a ball and striking a ball. They begin to self-manage small sided games. Pupils learn how to score points and play to the rules. Pupils will begin to think about how to use skills, strategies and tactics to outwit the opposition appropriate to the situation.</p> <p>Children will be reminded about Sports Day and recall what is involved by practising races in teams (Houses), understanding what is meant by successful teamwork and personal best.</p>
<p>Athletics</p>	<p>Children will continue to develop their fundamental movement skills. Children will develop skills of balancing, aiming, running, hopping and jumping. Children will develop fine and gross motor skills, through handling equipment. They will learn how to stay safe using space. They work independently, in groups and with a partner to complete tasks.</p> <p>Children will be introduced to Sports Day and understand what is involved by practising races in teams (Houses).</p>	<p>In this unit, pupils will develop skills required in athletic activities such as running at different speeds, changing direction, jumping, hopping, skipping and throwing. In all athletic based activities, pupils will engage in performing skills and measuring performance, competing to improve on their own score and against others. They are given opportunities to work collaboratively as well as independently.</p>	<p>In this unit, pupils will develop skills required in athletic activities such as running at different speeds, jumping and throwing. In all athletic based activities, pupils will engage in performing skills and measuring performance, competing to improve on their own score and against others. They are given opportunities to work collaboratively as well as independently. They learn how to improve by identifying areas of strength as well as areas to develop.</p>

	<p>Healthy Week – Children will be able to experience a variety of new physical activities. They will also learn why exercise is important to stay healthy and what other factors contribute to a healthy lifestyle (Zones of regulation, sleep and diet).</p>	<p>Children will be reminded about Sports Day and recall what is involved by practising races in teams (Houses).</p> <p>Healthy Week – Children will be able to experience a variety of new physical activities. They will also learn why exercise is important to stay healthy and what other factors contribute to a healthy lifestyle (Zones of regulation, sleep and diet).</p>	<p>Children will be reminded about Sports Day and recall what is involved by practising races in teams (Houses).</p> <p>Healthy Week – Children will be able to experience a variety of new physical activities. They will also learn why exercise is important to stay healthy and what other factors contribute to a healthy lifestyle (Zones of regulation, sleep and diet).</p>
Simple Games	<p>Children will develop their understanding of playing games. Children will practise and further develop fundamental movement skills through a variety of games. They will also learn how to play by simple rules and begin to understand what a team is, as well as learning how to respond when winning and losing.</p>	<p>Children will develop their understanding of playing games. Children will practise and further develop fundamental movement skills through a variety of games. They will also learn how to play by simple rules and begin to work well in a team. In this unit, pupils develop their communication and problem solving skills. They work individually, in pairs and in small groups, learning to take turns, work collaboratively and lead each other. They are given the opportunity to discuss and plan their ideas to get the most successful outcome. They learn how to deal with winning and losing in team games.</p>	
Swimming			<p>See Swim School Levels</p> <p>https://theswimschool.co.uk/swim-grades</p>