



Physical Education Overview - KS1 and KS2

KS1

	Year 1	Year 2
Aut 1	<p style="text-align: center;"><u>Games Skills</u></p> <ol style="list-style-type: none"> 1. Demonstrate co-ordination when passing a range of equipment around the different parts of the body. 2. To be able to move fluently, changing direction and speed easily and avoiding collisions. 3. To be able to respond to the teachers instructions, changing speed, direction and control. 	<p style="text-align: center;"><u>Games Skills</u></p> <ol style="list-style-type: none"> 1. To develop their basic game playing skills. 2. To be able to link a combination of skills, anticipating actions and reacting with increased speed. 3. Make choices that benefit the team and not just themselves.
Aut 2	<p style="text-align: center;"><u>Gymnastics</u></p> <ol style="list-style-type: none"> 1. Use a range of equipment to move on/off, over, under, along and through safety. 2. Will be able to investigate movement, stillness and how to use space safely. 3. To copy or create, remember or repeat short movement phrases. 	<p style="text-align: center;"><u>Gymnastics</u></p> <ol style="list-style-type: none"> 1. Remember, repeat and link combinations of gymnastic actions, body shapes and balances with control and accuracy. 2. To be able to jump and land from height safely and accurately. 3. To be able to use a range of equipment safely and understand how to use it in a variety of ways.

Spr 1	<p style="text-align: center;"><u>Orienteering</u></p> <ol style="list-style-type: none"> 1. To be able to explain the 4 points on a compass. 2. To be able to locate themselves on a map. 3. To be able to direct themselves and locate items on a map 	<p style="text-align: center;"><u>Net/Wall Games</u></p> <ol style="list-style-type: none"> 1. To be able to make simple decisions on how to use space and to avoid opponents. 2. To improve and apply their basic skills during games. 3. To be able to direct a piece of equipment towards a target area.
Spr 2	<p style="text-align: center;"><u>Net/Wall Games</u></p> <ol style="list-style-type: none"> 1. To be able to balance a ball on a bat confidently either stationery or whilst moving. 2. To be able to send a ball along the ground or through the air accurately to a partner to receive. 3. To be able to hit a ball with a bat with control. 	<p style="text-align: center;"><u>Athletic Skills</u></p> <ol style="list-style-type: none"> 1. To develop their sprinting technique. 2. To be able to improve their personal best and fitness levels. 3. To be able to identify different pieces of equipment and what they are used for.
Sum 1	<p style="text-align: center;"><u>Athletic Skills</u></p> <ol style="list-style-type: none"> 1. To develop their running and jumping skills. 2. To learn how to run in a co-ordinated way over obstacles. 3. To be able to use their bodies and variety of equipment with greater control and co-ordination. 	<p style="text-align: center;"><u>Swimming</u></p> <ol style="list-style-type: none"> 1. To be able to swim competently, confidently and proficiently over a distance of at least 25 metres 2. To be able to use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] 3. To be able to perform safe self-rescue in different water-based situations.
Sum 2	<p style="text-align: center;"><u>Games</u></p> <ol style="list-style-type: none"> 1. To develop basic game playing skills. 2. To be able to think about outwitting the opposition. 3. Show control when sending and receiving a range of equipment. 	<p style="text-align: center;"><u>Striking and Fielding Games</u></p> <ol style="list-style-type: none"> 1. To be able to send and receive a ball with consistency and control. 2. To be able to demonstrate accuracy when using different parts of the body. 3. To be able to steer and direct the ball accurately to evade opponents.

Y2 Swimming is dependent on availability and may need to change which term it is completed within.

This needs to be arranged through Mr Coley.

Lower KS2

	Year 3	Year 4
Aut 1	<p style="text-align: center;"><u>Invasion Games</u></p> <ol style="list-style-type: none"> 1. To be able to pass and receive the ball with control and keep possession and score goals. 2. To be able to work as a team, support team mates and make it hard for the opposition. 3. Know how to use space in games. 	<p style="text-align: center;"><u>Invasion Games</u></p> <ol style="list-style-type: none"> 1. To learn simple attacking tactics with a variety of equipment. 2. To think about how to use tactics, skills and strategies to outwit the opponent. 3. To watch and describe others' performances, as well as their own, and suggest practices that will help them and others to play better.
Aut 2	<p style="text-align: center;"><u>Gymnastics</u></p> <ol style="list-style-type: none"> 1. To improve their quality of movement. 2. To develop flow by linking actions smoothly and planning variations in speed. 3. Aim to show as much speed and precision as possible when performing different movements. 	<p style="text-align: center;"><u>Gymnastics</u></p> <ol style="list-style-type: none"> 1. To perform skills and actions more fluently. 2. To describe how the body reacts during different types of activity. 3. To be able to make various shapes from pictures given individually and with a partner.
Spr 1	<p style="text-align: center;"><u>Net/Wall Games</u></p> <ol style="list-style-type: none"> 1. Can describe what they are doing and what they have seen others doing. 2. To be able to confidently work as a team and show encouragement towards each other. 3. To be able to understand what tactics and shots to use in different situations. 	<p style="text-align: center;"><u>Net/Wall Games</u></p> <ol style="list-style-type: none"> 1. Understand, plan and combine skills to play 1v1 net games co-operatively with a partner. 2. To be able to attempt to send a piece of equipment to a target area/court which an opponent is defending. 3. To focus on developing the skills they need for net/wall games and how to use them to make the game difficult for the opponent.

<p>Spr 2</p>	<p style="text-align: center;"><u>Athletic Skills</u></p> <ol style="list-style-type: none"> 1. To develop the pupils athletic ability. 2. To be able to improve their personal best. 3. To develop good basic running, jumping and throwing techniques. 	<p style="text-align: center;"><u>Athletic Skills</u></p> <ol style="list-style-type: none"> 1. To develop running, jumping and throwing skills using a variety of equipment. 2. Beat their personal best. 3. Set different challenges for distance and time.
<p>Sum 1</p>	<p style="text-align: center;"><u>Swimming</u></p> <ol style="list-style-type: none"> 1. To be able to swim competently, confidently and proficiently over a distance of at least 25 metres 2. To be able to use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] 3. To be able to perform safe self-rescue in different water-based situations. 	<p style="text-align: center;"><u>Swimming</u></p> <ol style="list-style-type: none"> 1. To be able to swim competently, confidently and proficiently over a distance of at least 25 metres 2. To be able to use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] 3. To be able to perform safe self-rescue in different water-based situations.
<p>Sum 2</p>	<p style="text-align: center;"><u>Striking and Fielding Games (Cricket)</u></p> <ol style="list-style-type: none"> 1. Learn to hit or strike the ball into space. 2. When fielding learn to work as a team. 3. Develop different skills and understanding of the game, play different roles during a game. 	<p style="text-align: center;"><u>Striking and Fielding Games (Rounders)</u></p> <ol style="list-style-type: none"> 1. To develop different ways of bowling. 2. To develop their games skills by participating in every role on the field. 3. Bat effectively using a variety of shots.

Swimming is dependent on availability and may need to change which term it is completed within.

This needs to be arranged through Mr Coley.

Upper KS2

	Year 5	Year 6
Aut 1	<p style="text-align: center;"><u>Invasion Games</u></p> <ol style="list-style-type: none"> 1. To begin to understand when the best time is to pass, dribble, shoot etc. 2. To begin to use attacking and defending skills effectively. 3. To reinforce the pass and move tactic. 	<p style="text-align: center;"><u>Invasion Games</u></p> <ol style="list-style-type: none"> 1. Choose when to pass or dribble, so that they keep possession and make progress towards a goal. 2. Recognise and describe the best points in an individual's and a team's performance. 3. To develop teamwork and make effective decisions together not just individually.
Aut 2	<p style="text-align: center;"><u>Gymnastics</u></p> <ol style="list-style-type: none"> 1. To perform longer sequences to perform in front of a group. 2. To learn a wider range of actions and explore more difficult ways to perform. 3. To use skills and abilities individually, in combination and in sequence, with the aim of showing as much control and precision as possible. 	<p style="text-align: center;"><u>Gymnastics</u></p> <ol style="list-style-type: none"> 1. To use skills and abilities individually. 2. Arrange the apparatus safely to suit the need of the task. 3. To use their own criteria to judge performance; suggest different ideas that will lead to individuals improving their performance in small group sequences.
Spr 1	<p style="text-align: center;"><u>Swimming</u></p> <ol style="list-style-type: none"> 1. To be able to swim competently, confidently and proficiently over a distance of at least 25 metres 2. To be able to use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] 3. To be able to perform safe self-rescue in different water-based situations. 	<p style="text-align: center;"><u>Net/Wall Games</u></p> <ol style="list-style-type: none"> 1. Use forehand, backhand and overhead shots increasingly well in the games they play. 2. To begin to understand why we have tactics in sport. 3. To be able to organise themselves in a game and be able to explain the rules to others.

Spr 2	<p style="text-align: center;"><u>Net/Wall Games</u></p> <ol style="list-style-type: none"> 1. To be able to direct the ball comfortably towards a target area. 2. Play games using a variety of equipment, getting their body into a good position, hitting a ball fed to them accurately and keeping a rally going by doing so. 3. To perform the basic skills needed for the games with control and consistency. 	<p style="text-align: center;"><u>Athletics</u></p> <ol style="list-style-type: none"> 1. To improve personal best. 2. To be able to sustain their pace over long distances. For example spring for 7 seconds, jog on the spot for 2 minutes. 3. To measure and record performance.
Sum 1	<p style="text-align: center;"><u>Athletics</u></p> <ol style="list-style-type: none"> 1. To focus on developing the technical understanding of the athletic activity. 2. To set own targets. 3. To improve personal best. 	<p style="text-align: center;"><u>Swimming</u></p> <ol style="list-style-type: none"> 1. To be able to swim competently, confidently and proficiently over a distance of at least 25 metres 2. To be able to use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] 3. To be able to perform safe self-rescue in different water-based situations.
Sum 2	<p style="text-align: center;"><u>Striking and Fielding Games (Cricket)</u></p> <ol style="list-style-type: none"> 1. Provide children of all levels a fun introduction to the game of cricket. 2. To be able to participate in a team sport confidently and work well as a team. 3. To develop batting and bowling skills by participation in all roles on the field. 	<p style="text-align: center;"><u>Striking and Fielding Games (Rounders)</u></p> <ol style="list-style-type: none"> 1. To be able to confidently bowl and understand all the different aspects of bowling. 2. Gauge when to run after hitting the ball either as an individual or as a team player. 3. Hit the ball from both sides of the body.

Swimming is dependent on availability and may need to change which term it is completed within.

This needs to be arranged through Mr Coley.