

Physical Education Long Term Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	<p>Outdoor adventurous activities Following simple trails, relating to map symbols and following four compass directions.</p> <p>Football Developing ball skills such as dribbling, passing and shooting.</p>	<p>Dance Creating different shapes using heights, repetition and refining movements.</p> <p>Netball Developing passing and defending skills.</p>	<p>Gymnastics Utilising equipment and floor space to create different shapes and ways to travel.</p> <p>Hockey Developing passing, dribbling and shooting skills.</p>	<p>Dance Using 'Explorers' as a theme, creating and designing a small routine to music, exploring different shaped pathways.</p> <p>Tennis Developing striking of the ball, the hold of the racket and aim.</p>	<p>Gymnastics Utilising larger equipment and floor space to create asymmetrical shapes.</p> <p>Cricket Developing bat holding technique, bowling and the rules of the game.</p>	<p>Athletics Developing running techniques, a range of jumps and throwing skills.</p> <p>Rounders Developing striking and fielding skills, developing an understanding of the rules.</p>
Year 4	<p>Dance Using the stimuli of Ancient Greek Myths, creating a short dance using unison, levels, repetition and the refinement of movements.</p> <p>Netball Developing the basic skills of netball, including passing, pivoting, marking and shooting, while learning some of the basic rules.</p>	<p>Outdoor adventurous activities Developing map reading skills and working as a team to achieve goals.</p> <p>Hockey Developing hockey skills including: passing, dribbling and hitting as well as beginning to apply the concepts of attacking and defending to small match scenarios.</p>	<p>Gymnastics Using the apparatus to explore a range of balances.</p> <p>Football Developing football skills such as passing and shooting and applying learning through games.</p>	<p>Dance Creating a water-themed dance using unison, levels, repetition and the refinement of movements.</p> <p>Tennis Developing basic tennis skills such as ball control and forehand.</p>	<p>Gymnastics Learning how to develop movement on the apparatus including different types of movement and changes in direction, creating a short piece utilising these skills.</p> <p>Rounders Developing bat holding techniques, hitting, throwing, bowling and the rules of the game.</p>	<p>Athletics Developing a range of athletics skills including: running over different distances and hurdles and throwing.</p> <p>Cricket Further develop bat holding skills, starting to develop accuracy when striking a ball with a cricket bat, learning how to bowl accurately at a target.</p>

<p>Year 5</p>	<p>Dance Creating a Space based dance using motif, canon, repetition and refining of movements.</p> <p>Netball Developing attacking, defending and passing skills in an invasion game.</p>	<p>Gymnastics Utilising equipment and floor space to create a sequence of jumps and twists in the air.</p> <p>Tag Rugby Developing attacking, defending and passing as well as interception skills in an invasion game.</p>	<p>Outdoor adventurous activities Refining team skills, paired skills and communication in the context of outdoor activities.</p> <p>Swimming Improving swimming to be competent, confident and proficient over a distance of at least 25 metres, using a range of strokes effectively as well as performing safe self-rescue in different water-based situations.</p> <p>Dance Telling a story through the medium of dance and exaggerated movements based on Mexico.</p>	<p>Tennis Developing control and manipulation of the ball through the use of a racket leading into 1 on 1 matches.</p> <p>Swimming Improving swimming to be competent, confident and proficient over a distance of at least 25 metres, using a range of strokes effectively as well as performing safe self-rescue in different water-based situations.</p> <p>Dance Telling a story through the medium of dance and exaggerated movements based on Mexico.</p>	<p>Athletics Developing running, jumping and throwing skills with inter and intra team competitions.</p> <p>Hockey Developing attacking, defending and dribbling skills in a small sided invasion game of hockey.</p>	<p>Athletics Developing running, jumping and throwing skills with inter and intra team competitions.</p> <p>Rounders Developing striking and fielding skills in small sided and larger scale matches of rounders.</p>
<p>Year 6</p>	<p>Gymnastics Combining and performing sequences, including balances and effective transitions.</p> <p>Tag Rugby Developing fluent co-ordination and control to maintain possession of the ball, working as a team to develop attack and defence strategies.</p>	<p>Dance Developing and performing routines with expression and fluency.</p> <p>Netball Strengthening knowledge of positions, rules and tactics within attack and defence during mini-games and matches.</p>	<p>Gymnastics Choreographing linked movements fluently including shapes and using space.</p> <p>Hockey Strengthening use of effective stick skills to attack and defend during mini-games and matches.</p>	<p>Outdoor adventurous activities Demonstrating use of problems solving techniques to interpret maps and follow trails.</p> <p>Basketball Developing accuracy when passing a ball and using tactical awareness during matches.</p>	<p>Dance Exploring use of exaggerated movements to create Haka routines.</p> <p>Cricket Developing accuracy when striking a ball with a cricket bat, using tactical awareness during matches.</p>	<p>Athletics Developing running techniques, a range of jumps and throwing skills.</p> <p>Rounders Demonstrating tactical awareness to select the appropriate throw when fielding.</p>