

Physical Education Long Term Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	<p>Dance Creating different shapes using heights, repetition and refining movements</p> <p>Fundamentals Developing fundamental skills of balancing, running, jumping, hopping and skipping</p>	<p>Dance Using canon, unison and formation to represent an idea</p> <p>Ball Skills Developing tracking a ball when dribbling with hands, feet and when throwing, catching and kicking</p>	<p>Gymnastics Developing balancing, rolling and jumping, creating sequences that flow smoothly using contrasting actions and shapes</p> <p>Football Developing an understanding of attacking and defending roles in an invasion sport</p>	<p>Gymnastics Utilising apparatus to create sequences and developing rolls and jumps, considering shape</p> <p>Hockey Developing passing, dribbling and shooting skills</p>	<p>Athletics Developing running techniques, a range of jumps and throwing skills</p> <p>Yoga Developing strength, balance and flexibility</p>	<p>Rounders Developing striking and fielding skills and developing an understanding of the rules</p> <p>Tennis Developing racket control and an understanding of net and wall games</p>
Year 4	<p>Dance Choreographing considering structure individually, with a partner and in a group</p> <p>Outdoor Adventurous Activities (OAA) Working independently, in groups and pairs to plan, explore, solve, reflect and improve on strategies</p>	<p>Dance Using action and reaction to represent an idea</p> <p>Rugby Utilising speed and direction to outwit an opponent and considering the roles of the attacker and defender in invasion games</p>	<p>Gymnastics Demonstrating control in movements and collaborating with others to create and develop sequences</p> <p>Netball Developing the basic skills of netball, including passing, pivoting, marking and shooting, while learning some of the basic rules</p>	<p>Gymnastics Using the apparatus to explore a range of balances</p> <p>Basketball Developing moving skills to lose a defender and effectively using movements to gain possession</p>	<p>Athletics Developing a range of athletics skills including: running over different distances and hurdles and throwing</p> <p>Dodgeball Improving throwing, catching and dodging techniques in a target game</p>	<p>Cricket Further developing bat holding skills, starting to develop accuracy when striking a ball with a cricket bat and learning how to bowl accurately at a target</p> <p>Fitness Developing agility, balance, co-ordination and speed through running, jumping and throwing</p>
Year 5	<p>Dance Accurately copying and repeating set choreography in different styles of dance, showing a good sense of timing</p>	<p>Dance Choreographing phrases individually and with others, considering actions, dynamics, space and relationships</p>	<p>Gymnastics Creating symmetrical and asymmetrical balances, using rotation in jumps and movements to create fluid sequences</p>	<p>Gymnastics Utilising equipment and floor space to create a sequence of jumps and twists in the air</p> <p>Tennis</p>	<p>Athletics Developing running, jumping and throwing skills with inter and intra team competitions</p> <p>Yoga</p>	<p>Rounders Developing striking and fielding skills in small sided and larger scale matches of rounders</p> <p>Handball</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>Football Developing attacking, defending and passing skills in an invasion game</p>	<p>in response to a stimulus</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>Hockey Developing attacking, defending and dribbling skills in a small sided invasion game of hockey</p>	<p>Outdoor Adventurous Activities (OAA) Refining team skills, paired skills and communication in the context of outdoor activities</p>	<p>Developing control and manipulation of the ball through the use of a racket, leading into 1 on 1 matches</p>	<p>Identifying and utilising balance when exploring poses and creating flow</p>	<p>Defending as a team and using space to gain possession of the ball</p>
Year 6	<p>Dance Working creatively and imaginatively individually, with a partner and in a group to choreograph longer phrases and structure dance, considering actions, space, relationship and dynamics in relation to a theme</p> <p>Rugby Selecting the appropriate skills and choosing when to run and when to pass and working collaboratively to defend and gain possession</p>	<p>Dodgeball Selecting and applying tactics to a game in order to outwit an opponent</p> <p>Outdoor Adventurous Activities (OAA) Demonstrating use of problem-solving techniques to interpret maps and follow trails</p>	<p>Gymnastics Choreographing linked movements fluently including shapes and using space</p> <p>Netball Strengthening use of effective skills to attack and defend during mini-games and matches</p>	<p>Gymnastics Utilising equipment and floor space to create a sequence of jumps, including in the air turns and rolls</p> <p>Basketball Developing accuracy when passing a ball and using tactical awareness during matches</p>	<p>Dance Performing dances confidently and fluently with accuracy and good timing</p> <p>Athletics Developing running techniques, a range of jumps and throwing skills</p>	<p>Cricket Developing accuracy when striking a ball with a cricket bat, using tactical awareness during matches</p> <p>Fitness Developing strength using body weight and developing balance with controlled movements</p>