



Broadacre Primary School

PE Overview

EYFS	<p>Gymnastics</p> <p>Show stillness in static shapes Travel with control in a variety of ways Explore rolling as a way of travelling Jump and land safely</p>	<p>Games</p> <p>Dribble an object along the floor Strike a static object with some control Recall and attempt basic catching technique Understand the concept of a pass Know there are different roles in games</p>	<p>Athletics</p> <p>Move in a variety of speeds, levels and directions Experiment with different movements for different purposes (most careful, fastest, furthest, highest etc) Run effectively in a straight line Experiment with how far you can run for. Jump and land safely (2 feet to 2 feet) Experiment with throwing different things in different ways</p>	<p>Dance</p> <p>Move freely to music Show awareness of changes in environment (light/dark, music, space) Perform a short sequence Move at different speeds and directions Isolate and move all parts of your body- some at the same time Identify what you like about a performance.</p>
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	Autumn	Spring	Summer
Year 1	<p>Gymnastics-</p> <p>Show stillness and tension in static shapes Know principles of effective movements Know and describe effective rolling technique, rolling with control Demonstrate effective jumping and landing technique Invasion Games Understand shooting as a method of scoring in a game Know the difference between attack and defence Apply multiple skills to a game Pass a variety of objects in a variety of ways</p>	<p>Dance</p> <p>Respond appropriately to stimuli Perform sequence in time with others with precision and fluency Move using a range of movements at different speeds and directions with music Identify areas of strength and development in own group and other groups Invasion Games Understand shooting as a method of scoring in a game Know the difference between attack and defence Apply multiple skills to a game Pass a variety of objects in a variety of ways</p>	<p>Striking and Fielding Games</p> <p>Stop a moving ball in a variety of ways Demonstrate good technique when rolling and underarm throwing Perform movements to react to a stimulus (ball coming towards, noise, command) Strike a static, rolling and bouncing ball Demonstrate effective catching technique Net/Wall Games Perform movements to react to a stimulus (ball coming towards, noise, command) Strike a static, rolling and bouncing ball Apply multiple skills to a game Athletics Change direction whilst moving (curve, sidestep, change move) Select appropriate speed when moving. Move effectively in all directions and at all levels. Link two or more movements together without pausing Know and use basic sprinting technique Know the difference between walk, jog, sprint. Demonstrate a variety of jumps</p>
Year 2	<p>Gymnastics</p> <p>Show tension and stillness in a wide variety of shapes Show tension and control in gymnastic movements Demonstrate control in a variety of sideways rolls (log, egg, teddy bear, sideroll) Jump effectively in a variety of ways</p>	<p>Dance</p> <p>Respond appropriately and creatively to stimuli Perform sequence in time with others with control and expression Show creativity and originality in movements Give specific feedback to improve a performance Invasion Games</p>	<p>Striking and Fielding Games</p> <p>Move to stop a moving ball consistently Show accuracy when rolling and underarm throwing Demonstrate improved reactions when reacting to stimulus Strike a static, rolling and bouncing ball with control and accuracy. Move to catch an object</p>



	<p>Invasion Games Pass effectively in a variety of ways Show awareness of teammates in a game Understand shooting as a method of scoring in a game Use basic attacking and defending skills (evasion, shadowing, goalkeeping, spatial awareness)</p>	<p>Pass effectively in a variety of ways Show awareness of teammates in a game Understand shooting as a method of scoring in a game Use basic attacking and defending skills (evasion, shadowing, goalkeeping, spatial awareness)</p>	<p>Net/Wall Games Demonstrate improved reactions when reacting to stimulus Strike a static, rolling and bouncing ball with control and accuracy. Show awareness of teammates in a game Athletics Show agility when changing direction. Select appropriate speed in a given situation. Link 2 or more balances with agility and balance Apply changes in speed and direction to different situations Evaluate and improve sprinting technique Select appropriate speed to 'keep going' over a prolonged distance Know and use effective technique when jumping Self select appropriate technique when throwing different objects</p>
<p>Year 3</p>	<p>Gymnastics Show creativity when performing effective balances Move with fluency and control when moving Demonstrate control in a variety of sideways and forward rolls (log, egg, teddy bear, sideroll, forward roll) Change shape and direction whilst jumping Invasion Games Demonstrate effective passing technique Show good understanding of gameplay and rules Shoot with accuracy Quickly recognise and move into space when appropriate. Understand concept of marking</p>	<p>Dance Translate stimuli to repeatable dance moves or phrases Perform an extended sequence using change of level, speed and direction Perform movements with control, precision and expression Communicate feedback effectively within your own group Invasion Games Demonstrate effective passing technique Show good understanding of gameplay and rules Shoot with accuracy Quickly recognise and move into space when appropriate. Understand concept of marking</p>	<p>Striking and Fielding Games Take control of a bouncing and rolling ball Demonstrate accuracy in underarm and overarm throw Apply coordination in game situations Strike a ball using a variety of techniques Use effective catching technique to catch a variety of sized balls Net/Wall Games Apply coordination in game situations Strike a ball using a variety of techniques Show good understanding of gameplay and rules Athletics Move with agility and speed in a variety of ways. Hop with control Consistently use effective sprinting technique Demonstrate good acceleration from a static position Run fluently at different speeds Use correct technique to maximise power Perform 1 step run and jump Know and evaluate different throwing techniques</p>
<p>Year 4</p>	<p>Gymnastics Demonstrate good technique when balancing independently/using a partner/ apparatus Move with fluency and control when moving at different levels Show control when rolling in all directions Perform a variety of jumps and leaps with control Invasion Games Demonstrate effective passing technique under pressure Adapt to stimuli in a game (time, defence, score etc) Shoot with accuracy and power Develop game reading and interception skills</p>	<p>Dance Show awareness of expression and movement to convey meaning. Perform an extended sequence with control, energy and flair Use high quality movements to perform and move Communicate feedback effectively within your own group and others group Invasion Games Demonstrate effective passing technique under pressure Adapt to stimuli in a game (time, defence, score etc) Shoot with accuracy and power Develop game reading and interception skills</p>	<p>Striking and Fielding Games Select appropriate technique to take control of a ball Select appropriate throw and use effective technique Apply coordination using multiple parts of the body at the same time. Combine power and control when striking Use good technique when catching with left hand, right hand and two hands Net/Wall Games Apply coordination using multiple parts of the body at the same time. Combine power and control when striking Adapt to stimuli in a game (time, defence, score etc) Athletics Understand how changes of speed affects agility. Move with agility at a variety of speeds. Link movements together with complete fluency Demonstrate acceleration and speed over an increased distance Evaluate different starting positions Select appropriate speed for a race.</p>



			<p>Adapt speed to race conditions. Understand the term 'maintain a constant pace' Evaluate and developing preferred jumping technique (spring or rock) Perform 3 step run up and jump Develop power when throwing for distance Know where power comes from when throwing</p>
<p>Year 5</p>	<p>Gymnastics Demonstrate creativity and good technique when balancing using a partner and apparatus Demonstrate change of speed, levels and direction whilst moving with control Show high levels of control when rolling Demonstrate power and control when leaping and jumping Invasion Games Know when to pass to a teammate and when to pass into space Demonstrate knowledge of different tactics Identify opportunities to shoot and execute a shot effectively Demonstrate different forms of attack and defence</p>	<p>Dance Use dance for different purposes. Understand cultural relevance of dance Perform a sequence to convey a meaning or story Use a variety of appropriate movements in a variety of contexts Adapt work and make changes quickly and effectively based on self evaluation Invasion Games Know when to pass to a teammate and when to pass into space Demonstrate knowledge of different tactics Identify opportunities to shoot and execute a shot effectively Demonstrate different forms of attack and defence</p>	<p>Striking and Fielding Games Fluently link receiving and sending Combine accurate throwing and fielding skills Demonstrate effective reactions and coordination in a range of activities Show power and accuracy when striking a static, rolling, bouncing and no bounce (volley) ball Develop reactions to catch instinctively with left hand, right hand and two hands Net/Wall Games Demonstrate effective reactions and coordination in a range of activities Show power and accuracy when striking a static, rolling, bouncing and no bounce (volley) ball Demonstrate knowledge of different tactics (eg. Throwing to 5th base, setting field for a left hand batter etc) Athletics Combine speed, agility and power. Apply changes of direction and sidestepping to a game Fluently use correct sprinting technique Run with high levels of agility, speed and competitiveness Know and use correct baton passing technique for shuttle and track relay Adapt pace to experiment with different race tactics (sprint finish, fast start etc) Combine explosion and control whilst jumping Know and use effective Triple Jump technique Throw using correct technique with a short run up</p>
<p>Year 6</p>	<p>Gymnastics Know the importance of core strength when balancing Show creativity and control in movements. Show flair and creativity in leaps and jumps Adapt rolls creatively Invasion Games Develop own methods of attack and defence and coordinate with others Shoot in a variety of ways Evaluate and reflect on a team's tactics and performance Show fluency and accuracy when passing (1 touch, passing after pivot etc)</p>	<p>Dance Use imagination and originality to react to a variety of different stimulus Perform a routine with high levels of fluency, expression and flair Show originality and creativity in movements Effectively communicate areas of improvement and suggest practical solutions Respond effectively and appropriately to feedback Invasion Games Develop own methods of attack and defence and coordinate with others Shoot in a variety of ways Evaluate and reflect on a team's tactics and performance Show fluency and accuracy when passing (1 touch, passing after pivot etc)</p>	<p>Striking and Fielding Games Adapt receiving techniques to different situations Fluently combine accurate throwing and fielding skills Apply high levels of coordination and combine actions to effectively perform skills Select appropriate shot in a given situation Fluently link catching and throwing Net/Wall Games Apply high levels of coordination and combine actions to effectively perform skills Select appropriate shot in a given situation Evaluate and reflect on a team's tactics and performance Athletics Apply changes of direction and sidestepping to a game Know what agility means in a range of contexts (athletics, games) Show power and correct technique when running at speed Maintain fair competitive attitude</p>



			<p>Fluently pass the baton for track and shuttle relays Show high levels of determination. Can sustain an appropriate pace for a race Apply tactics to a race Isolate parts of triple jump in order to improve Perform standing and 3 step run and jump with precise technique Adapt throwing technique to different competitions (kneeling, seated etc)</p>
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