PE Long Term Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Motor Competence (Fundamentals)	Motor Competence (Dance)	Striking and Fielding (Skills)	Net and Wall Games (Skills)	Invasion Games (Skills)	Athletics Ball Skills- NUFC (Football)
Year 2	Motor Competence (Fundamentals)	Motor Competence (Gymnastics)	Invasion Games (Skills)	Net and Wall Games (Skills)	Striking and Fielding (Skills)	Athletics Striking and Fielding- NUFC (Rounders)
Year 3	Motor Competence (fitness)	Motor Competence (Gymnastics)	Target games (Basketball)	Net and Wall Games (tennis)	Invasion Games (tag rugby)	Athletics
Year 4	Motor Competence (Body Strengthening)	Motor Competence (Dance)	Target Game (Dodgeball)	Outdoor Adventurous Activities	Invasion Game (Football) Swimming	Athletics
Year 5	Motor Competence (Body Strengthening) Fitness - DC	Motor Competence (Gymnastics) Net and Wall Game (Badminton) DC	Net and Wall Games (Volleyball) Motor Competence (Dance) DC	Outdoor Adventurous Activities Invasion Game (Netball) - DC	Invasion Game (Hockey) - DC Invasion Games (Tag Rugby)	Athletics - DC Striking and Fielding (Rounders)
Year 6	Motor Competence (Body Strengthening) Fitness - DC	Motor Competence (Gymnastics) Net and Wall Game (Badminton) DC	Net and Wall Game (Volleyball) Motor Competence (Dance) DC	Outdoor Adventurous Activities Invasion Game (Hockey) - DC	Invasion Game (Netball) Invasion Games (Tag Rugby) - DC	Athletics - DC Striking and Fielding (Rounders)

PE Long Term Overview

Key knowledge

	Year 1	Year 2
Motor Competence	• Catch a small/medium ball • Use your overarm to throw. • Dribble a ball with feet. • Gallop. • Skip. • Jump for height. • Move and change direction. • Try and catch a ball. • Pass to a teammate.	• Catch a medium/large ball • Use both your underarm and overarm to throw. • Dribble a ball with hands and feet. • Hop. • Sprint run. • Jump for height and distance. • Use agility to move and change direction. • Use different ways to throw accurately. • Catch with confidence. • Use a range of different passes to teammates. • Use hand-eye coordination to strike an object with accuracy.
Striking and Fielding	• Underarm roll. • Understand the rules of games. • Collaborate with 1 other teammate. • Receive and throw a small ball. • Kick a static object. • Stop a ball in motion.	• Underarm throw and underarm roll with accuracy. • Understand the rules of games. • Collaborate and cooperate with up to 2 teammates. • Receive and throw a medium ball. • Strike a static object. • Use an underarm throw to pass to peers. • Adapt body position to suit technique. • Stop a ball in motion by changing body motion and position. • Use a range of sending and receiving.
Net and Wall Games	• Use the correct technique for holding equipment • Use underarm sending and receiving techniques • Develop hand-eye coordination • Use a range of different ball types	• Independently control equipment • Use underarm and two-handed sending and receiving techniques • Develop hand-eye coordination • Predict how a ball bounces/reacts • Use a range of different ball types • Change technique of strike/send to match ball e.g. a dodgeball • Adapt body shape to send/receive objects using a variety of techniques
Invasion Games	• Can travel by running and jumping • Receives a ball with basic control • Understand the importance of rules in games • Beginning to apply and combine a variety of skills	• Can travel in a range of different ways • Confident to send the ball to others in a range of ways • Develop strong spatial awareness • Beginning to apply and combine a variety of skills • Show an understanding of simple tactics and use them appropriately • Begin to develop an understanding of attacking/ defending
Athletics	• Take off in different ways and land in coordinated ways (walk, fast walk, slow jog, running, hop.) • Walk and run with good posture and balance (head straight, back straight, keep on your toes) • Jump: - 2 feet to 2 feet, 1 foot to 1 foot, 1 foot -1 foot Left to right • Run with a tall body on balls of the feet, picking feet up high, head held high	• Take off in different ways and land in coordinated ways (walk, fast walk, side step, slow jog, running, walking backwards, jump from 2 feet to 2 feet, hop.) • Jump forwards and sideways on two feet, then hop on one foot • Throw a ball into a target (buckets, hoop, wall targets, boxes etc) using overarm (javelin) and push (shot put) techniques • Jump: - 2 feet to 2 feet - 1 foot to 2 feet - 2 feet to 1 foot - 1 foot to 1 foot • Jump: -2 feet to 2 feet -1 foot to 2 feet -2 feet to 1 foot -1 foot to 1 foot -Left to right
Gymnastics		• Perform different shapes with my body, having different points touching the floor (star, straight, tuck shapes) with good technique • Perform a minimum of 3 shapes with good technique • Perform travelling movements on my feet and with weight on my hands, following different pathways (zig-zag, L shape etc.)

PE Long Term Overview

		• ump using a skipping rope • Create and perform a sequence of movements including rotation

	Year 3	Year 4
Motor Competence	• Use agility to move and change direction • Discover different ways to throw accurately • Dribble a ball with feet	• Use agility to move and change direction at speed to avoid others and opponents • To be able to catch under pressure • Use a range of different passes to pass and move as a team • Dribble a ball with hands and feet • Use hand eye coordination to be able to strike an object with accuracy
Net and Wall Games	• Increase confidence and competence in using underarm strike in a range of contexts • Develop spatial awareness and positioning • Explore the use of over-arm strikes	• Keep an active foot position to move swiftly around the court • Increase confidence and competence in using underarm strike in a range of contexts • Develop spatial awareness and positioning • Develop the use of over-arm strikes
Invasion Games	• Beginning to communicate with others during game situations • Develops own rules for new games • Beginning to select resources independently to carry out different skills • Works well in a group to develop various games • Apply basic skills for attacking and defending. • Uses running, jumping, throwing and catching in isolation	• Understands tactics and composition by starting to vary how they respond • Vary skills, actions and ideas and link these in ways that suit the activity of the game • Beginning to understand how to compete with each other in a controlled manner • Show confidence in using ball skills in various ways, and can link these together. e.g. dribbling, bouncing, kicking • Uses skills with coordination, control and fluency. • Take part in competitive games with a strong understanding of tactics and composition • Compares and comments on skills to adapt games • Can make suggestions as to what resources can be used to differentiate a game. • Uses running, jumping, throwing and catching in isolation and combination
Athletics	• Perform a one handed push throw with accuracy towards a target • Say which throw was the easiest and most difficult to achieve, and how I can/ have improved my accuracy and distance	• Perform a one handed push throw and a pull throw with accuracy towards a target from my dominant hand • Maintain a good running technique when sprinting and running over obstacles • Use a short run to jump from one to two feet
Outdoor Adventurous Activities	• Develop understanding for how a map is orientated (facing north) • Give and follow verbal instructions • Read a basic legend • Problem solve collaboratively	• Give, receive and follow written and verbal instructions • Problem solve collaboratively and independently • Complete start and loop maps • Explore different methods of communication • Complete tasks quickly within certain restrictions/instructions • Identify start and end points on a map
Gymnastics	• Successfully perform 2 different types of rolls safely (pencil roll, tuck roll) • Link and develop two different jumps • Perform all gymnastics shapes on different body parts/levels • Use a wide range of gymnastic actions • Create and perform a sequence in a pathway	
Dance		• Improvise freely on their own and with a partner, translating ideas from a stimulus to a movement • Keep up an activity over a period of time and know what they need to warm up and cool down for dance • Explore and create characters and narratives in response to a range of stimuli • Describe, interpret and evaluate their own and others' dances, taking account of character and narrative

PE Long Term Overview

	Year 5	Year 6
Net and Wall Games	• Develop spatial awareness when competing with a partner • Use the over-arm strike in a range of shot types e.g. overhead clear and smash • Communicate efficiently with peers using a clear set of instructions	• Change play type based on positioning of an opponent • Use the over-arm strike in a range of shot types e.g. overhead clear and smash • Use a range of shots to use the entire playing area and move the opponent • Communicate effectively with peers using a clear set of instructions
Outdoor adventurous activities	• Orientate themselves within a map using known locations • Give, receive and follow complex verbal instructions • Develop own confidence and encourage others to try tasks outside of their comfort zone • Complete start and loop maps • Ensure interactions within teams are positive to overcome challenges	• Orientate themselves within a map using unknown locations • Give, receive and follow complex written and verbal instructions • Read a detailed legend highlighting points of interest • Develop own confidence and encourage others to try tasks outside of their comfort zone • Complete start and loop maps • Apply different methods of communication to work in teams to decide different approaches to meet a challenge. • Ensure interactions within teams are positive to overcome challenges • Take part in further outdoor and adventurous activities
Invasion Games	• Vary skills, actions and ideas • Show confidence in using ball skills in various ways • Consistently use skills with coordination, control and fluency • Take part in competitive games with a strong understanding of tactics and composition. • Continue to develop their knowledge of skills for attacking and defending • Continue to develop running, jumping, throwing and catching skills in isolation and in combination	• Vary skills, actions and ideas and link these in ways that suit the activity of the game • Show confidence in using ball skills in various ways, and can link these together effectively .e.g. dribbling, bouncing, kicking • Consistently use skills with coordination, control and fluency • Take part in competitive games with a strong understanding of tactics and composition • Compares and comments on skills to modify competitive games • Can make suggestions as to what resources can be used to differentiate a game
Athletics	• Demonstrate the ability to accelerate from a variety of static positions • Sustain jogging and running at a consistent pace for over a minute • Develop a one handed push throw and a pull throw with accuracy towards a target from my dominant hand	• Demonstrate the ability to accelerate from a variety of static positions • Perform triple jump combination sequences with balance and control • Develop a one handed push throw and a pull throw with accuracy towards a target from my dominant hand • Identify the preferred throwing technique to match an athletics event • Sustain jogging and running at a consistent pace for over a minute
Striking and Fielding		• Work cooperatively to put strategies and solutions into actions • Change the rules to increase challenge • Strike a moving object with intent into space • Communicate formation changes to maximise effectiveness e.g. fielding wider when a good striker enters play • Develop an understanding of a range of scoring techniques • Plan, assess and evaluate the effectiveness of a formation/tactic