

PE Yearly Overview - Session 2—2022-2023

	Autumn Term		Spring Term		Summer Term	
Year 1	<p><u>Gymnastics</u> The children will learn different movements including balances and rolls and develop a sequence of movements.</p>	<p><u>Team Building:</u> Use developed communication skills to solve a set challenge in a group.</p>	<p><u>Dance:</u> How can we make a dance routine interesting and exciting?</p>	<p><u>Striking and Field-ing:</u> Learn how to play against an opponent and be able to hit the ball over a net.</p>	<p><u>Invasion Games:</u> What skills do you need to develop to be able to play an invasion game?</p>	<p><u>Yoga:</u> Can we discover ways to connect our body and our mind through exercise?</p>
Year 2	<p><u>Team building:</u> Develop their communication and problem-solving skills. They work individually, in pairs and in small groups.</p>	<p><u>Ball skills/ Striking and fielding:</u> Develop their fundamental ball skills such as throwing and catching, rolling, hitting a target, dribbling.</p>	<p><u>Sending and Receiving/ Invasion:</u> What skills do you need to develop to be able to send and receive a ball?</p>	<p><u>Striking and Field-ing:</u> Learn how to play against an opponent and be able to hit the ball over a net.</p>	<p><u>Dance:</u> Create a short dance phrase with a partner to express an idea, mood or feeling with clear changes of speed on the theme rainforest.</p>	<p><u>Yoga:</u> Can we discover ways to connect our body and our mind through exercise? What activities/ techniques do we need to do to relax?</p>
Year 3	<p><u>Net and wall ball skills:</u> Develop their accuracy and consistency when tracking a ball. Explore a variety of throwing techniques and will learn to select the appropriate throw for the situation.</p>	<p><u>Dance:</u> Create dances with a partner and in small groups in relation to an idea including historical, cultural and scientific sources.</p>	<p><u>Gymnastics:</u> They will create a balancing routine with a partner, exploring matching and contrasting sequences and also incorporating a range of equipment.</p>	<p><u>Invasion- Hockey:</u> Play uneven and even sided games and learn how to score points in these types of games and how to play to the rules.</p>	<p><u>Invasion Dodgeball:</u> Work independently, with a partner and in a small group and begin to self-manage their own games, showing respect and kindness towards their teammates and opponents.</p>	<p><u>Striking and fielding- Cricket:</u> Play games/matches independently following the rules of the game and work collaboratively with a partner and compete against others.</p>
Year 4	<p><u>Team Building OAA:</u> Pupils develop problem solving skills. Pupils work as a pair and small group to plan, solve, reflect and improve on strategies.</p>	<p><u>Invasion- Basketball:</u> To apply defending and attacking principles and skills in a tournament.</p>	<p><u>Yoga:</u> Learn about mindfulness and body awareness. They learn yoga poses and techniques that will help them to connect their mind and body</p>	<p><u>Dance:</u> Perform dances clearly and fluently by creating characters and narrative through movement and gesture.</p>	<p><u>Invasion- Handball:</u> Select and apply skills of throwing, catching, dribbling, shooting and principles of defending and attacking.</p>	<p><u>Net and wall- Tennis:</u> Use simple tactics in a game to outwit an opponent and to demonstrate honesty and fair play when competing against others in matches.</p>
Year 5	<p><u>Gymnastics:</u> To create a partner sequence with matching and mirroring, using apparatus.</p>	<p><u>Dance:</u> Create, perform and observe dances in a range of themes from historical and cultural origins.</p>	<p><u>Invasion - Handball:</u> To apply the rules, skills and tactics with increasing control and fluency that they have learnt to play in a tournament.</p>	<p><u>Invasion- Basketball:</u> To apply the rules, skills and tactics with increasing control and fluency that they have learnt to play in a tournament.</p>	<p><u>Invasion - Dodgeball:</u> To apply the rules, skills and tactics with increasing control and fluency that they have learnt to play in a tournament.</p>	<p><u>Striking and fielding-</u> - Work collaboratively with a partner to compete against others using tactics to outwit opponents.</p>
Year 6	<p><u>OAA:</u> Create plans and strategies to solve problems by deciding on roles in a team to collaboratively navigate around a course.</p>	<p><u>Yoga:</u> Improve well-being by building strength, flexibility and balance. The learning includes breathing and meditation</p>	<p><u>Gymnastics:</u> In Gymnastics as a whole, pupils develop performance skills considering the quality and control of their actions.</p>	<p><u>Dance:</u> Creating and developing an idea or theme into dance choreography. Final theme – anti-bullying.</p>	<p><u>Invasion- Handball:</u> Continue to develop key skills of attacking and defending such as throwing, catching, dribbling, intercepting and shooting.</p>	<p><u>Net and wall- Badminton:</u> Work collaboratively with a partner to compete against others in mini doubles matches.</p>