

Alma Park Primary School – Long-Term Overview for P.E.

<u>Year Group</u>	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
Nursery	<p>Working towards the Early Learning Goals, children are expected to have the following skills by the end of Nursery</p> <p>Fine Motor</p> <ul style="list-style-type: none"> ▮ I can use one-handed tools and equipment, for example, making snips in paper with scissors. ▮ I can use a comfortable grip with good control when holding pens and pencils. ▮ I can eat independently and use a knife and fork. ▮ I show a preference for a dominant hand. ▮ I am increasingly independent: can get dressed and undressed, for example, putting my coat on and doing up zips. <p>Gross Motor</p> <ul style="list-style-type: none"> ▮ I can continue to develop my movement, balancing, riding (scooters, trikes and bikes) and ball skills. ▮ I can go up steps and stairs, or climb up apparatus, using alternate feet. ▮ I can skip, hop, stand on one leg and hold a pose for a game like musical statues. ▮ I can use large-muscle movements to wave flags and streamers, paint and make marks ▮ I am increasingly able to use and remember sequences and patterns of movements which are related to music and rhythm. ▮ I can match my developing physical skills to tasks and activities in the setting. For example, decide whether to crawl, walk or run across a plank, depending on its length and width. ▮ I can collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks 					
Reception	<p>Early Learning Goals to be met at the end of Reception</p> <p>Fine Motor</p> <ul style="list-style-type: none"> ▮ Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases. ▮ Use a range of small tools, including scissors, paintbrushes and cutlery. ▮ Begin to show accuracy and care when drawing <p>Gross Motor</p> <ul style="list-style-type: none"> ▮ Negotiate space and obstacles safely, with consideration for themselves and others. ▮ Demonstrate strength, balance and coordination when playing. ▮ Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. 					

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Year 1	Outdoor Games <ul style="list-style-type: none"> ▫ Travel with ball ▫ Ball control whilst moving in a range of ways ▫ Staying within a game area 	Outdoor Games <ul style="list-style-type: none"> ▫ Travel with a quoit ▫ Roll and throw whilst moving ▫ Following instructions to stop 	Outdoor Games <ul style="list-style-type: none"> ▫ Send and receive a medium ball ▫ Rolling, throwing and bouncing to a partner ▫ Catching or stopping a ball 	Outdoor Games <ul style="list-style-type: none"> ▫ Aim a bean bag ▫ Aiming for a target ▫ Different ways of controlling an item 	Outdoor Games <ul style="list-style-type: none"> ▫ Skipping ▫ Alternative ways of moving 	Outdoor Games <ul style="list-style-type: none"> ▫ Bat and ball ▫ Exploring different ways to bounce a ball
	Gymnastics <ul style="list-style-type: none"> ▫ Travelling, rolling jumping and putting weight on hands Joining 2 basic actions Working quietly and safely 	Dance <ul style="list-style-type: none"> ▫ Levels Sequence 	Dance <ul style="list-style-type: none"> ▫ Levels Sequence 	Gymnastics <ul style="list-style-type: none"> ▫ Travelling, rolling jumping and putting weight on hands ▫ Joining basic actions ▫ Working quietly and safely 	Dance <ul style="list-style-type: none"> ▫ Levels Sequence 	Gymnastics <ul style="list-style-type: none"> ▫ Travelling, rolling jumping and putting weight on hands ▫ Joining basic actions ▫ Working quietly and safely
Year 2	Outdoor Games <ul style="list-style-type: none"> ▫ Travelling Games with a ball ▫ Travelling with a ball ▫ Accurate sending and returning 	Outdoor Games <ul style="list-style-type: none"> ▫ Travelling Games with a Quoit ▫ Travelling with an item ▫ Accurate sending and returning 	Outdoor Games <ul style="list-style-type: none"> ▫ Games with a Medium Ball and a Partner ▫ Games have rules ▫ Scoring points 	Outdoor Games <ul style="list-style-type: none"> ▫ Games with a Bean Bag and a Partner ▫ Improving performance 	Outdoor Games <ul style="list-style-type: none"> ▫ Catching Game over a line with a Partner ▫ Throwing and Catching over a line ▫ Games have rules ▫ Scoring Points 	Outdoor Games <ul style="list-style-type: none"> ▫ Intro to Invasion Games ▫ Passing and receiving while travelling ▫ Scoring points with targets ▫ Scoring and target distance
	Gymnastics <ul style="list-style-type: none"> ▫ Performing basic actions Joining 3 basic actions Working quietly and safely	Dance <ul style="list-style-type: none"> ▫ Body Shapes ▫ Balance 	Dance <ul style="list-style-type: none"> ▫ Body Shapes ▫ Balance 	Gymnastics <ul style="list-style-type: none"> ▫ Performing basic actions ▫ Joining 3 basic actions ▫ Working quietly and safely 	Dance <ul style="list-style-type: none"> ▫ Body Shapes ▫ Balance 	Gymnastics <ul style="list-style-type: none"> ▫ Performing basic actions ▫ Joining 3 basic actions ▫ Working quietly and safely

Year 3	Outdoor Games Orienteering <ul style="list-style-type: none"> ▢ Maps represent a set area ▢ Maps have a key ▢ Directionality in regards to maps ▢ North East South West 	Outdoor Games Football <ul style="list-style-type: none"> ▢ Using rules fairly ▢ Invasion Games 	Outdoor Games Basketball <ul style="list-style-type: none"> ▢ Using rules fairly ▢ Invasion games 	Outdoor Games Tennis <ul style="list-style-type: none"> ▢ Games set-up for 1v1 or 2v2 ▢ Using a simple scoring system 	Outdoor Games Cricket <ul style="list-style-type: none"> ▢ Hitting a ball in different directions 	Outdoor Games Athletics <ul style="list-style-type: none"> ▢ Running, jumping and throwing skills ▢ Sports can be won by the fastest, longest jump, furthest throw, etc
	Gymnastics <ul style="list-style-type: none"> ▢ Working quietly and safely ▢ Joining pairs of basic actions ▢ Contrasting shapes ▢ Turns ▢ Planning a sequences with transitions 	Dance <ul style="list-style-type: none"> ▢ Leaps and Turns ▢ Changing Dynamics 	Dance <ul style="list-style-type: none"> ▢ Leaps and Turns ▢ Changing Dynamics 	Gymnastics <ul style="list-style-type: none"> ▢ Working quietly and safely ▢ Joining pairs of basic actions ▢ Contrasting shapes ▢ Turns ▢ Planning a sequences with transitions 	Dance <ul style="list-style-type: none"> ▢ Leaps and Turns ▢ Changing Dynamics 	Gymnastics <ul style="list-style-type: none"> ▢ Working quietly and safely ▢ Joining pairs of basic actions ▢ Contrasting shapes ▢ Turns ▢ Planning a sequences with transitions
Year 4	Outdoor Games Netball <ul style="list-style-type: none"> ▢ Passing a ball ▢ 3 step footwork focus 	Outdoor Games Rugby <ul style="list-style-type: none"> ▢ Attacking and defending ▢ Passing a ball sideways and backwards ▢ Passing rules 	Outdoor Games Hockey <ul style="list-style-type: none"> ▢ Intercepting a ball ▢ Attacking and defending ▢ Passing the ball in different ways 	Outdoor Games Volleyball <ul style="list-style-type: none"> ▢ Targeting a ball ▢ Using a net in a game 	Outdoor Games Rounders <ul style="list-style-type: none"> ▢ Running to posts ▢ Hitting the ball in different directions 	Outdoor Games Orienteering/ Athletics <ul style="list-style-type: none"> ▢ Running, Jumping, Throwing ▢ Individual sports where the fastest, longest, highest wins ▢ Maps represent areas ▢ A Map has a key ▢ Rotating a map for directions

						<ul style="list-style-type: none"> North South East West
	Gymnastics <ul style="list-style-type: none"> Basic movements and joining 4 of them Different ways of moving 	Dance <ul style="list-style-type: none"> Canon and Unison Spacing 	Dance <ul style="list-style-type: none"> Canon and Unison Spacing 	Gymnastics <ul style="list-style-type: none"> Basic movements and joining 4 of them Different ways of moving 	Dance <ul style="list-style-type: none"> Canon and Unison Spacing 	Gymnastics <ul style="list-style-type: none"> Basic movements and joining 4 of them Different ways of moving
Year 5	Outdoor Games Orienteering <ul style="list-style-type: none"> Maps represent areas A Map has a key Rotating a map for directions North South East West Using a scale for distance 	Outdoor Games Football <ul style="list-style-type: none"> Attacking and defending 	Outdoor Games Basketball <ul style="list-style-type: none"> Intercepting and tackling Games rules 	Outdoor Games Tennis <ul style="list-style-type: none"> Bouncing a ball once Keeping a ball within an area 	Outdoor Games Cricket <ul style="list-style-type: none"> Game rules 	Outdoor Games Athletics <ul style="list-style-type: none"> Body position and speed Practising and evaluating performance
	Gymnastics <ul style="list-style-type: none"> Basic movements and joining four of them Linking movements and actions Changing pathways 	Dance <ul style="list-style-type: none"> Motif Call/ Response/ Phase 	Dance <ul style="list-style-type: none"> Motif Call/ Response/ Phase 	Gymnastics <ul style="list-style-type: none"> Basic movements and joining four of them Linking movements and actions Changing pathways 	Dance <ul style="list-style-type: none"> Motif Call/ Response/ Phase 	Gymnastics <ul style="list-style-type: none"> Basic movements and joining four of them Linking movements and actions Changing pathways
Year 6	Outdoor Games Netball <ul style="list-style-type: none"> Pivoting on one foot Changing direction Intercepting a ball 	Outdoor Games Rugby <ul style="list-style-type: none"> Attacking and defending Passing sideways and backwards Intercepting a ball 	Outdoor Games Hockey <ul style="list-style-type: none"> Intercepting a ball Attacking and defending Passing a ball 	Outdoor Games Volleyball <ul style="list-style-type: none"> Games rules 	Outdoor Games Rounders <ul style="list-style-type: none"> Games rules 	Outdoor Games Orienteering /Athletics <ul style="list-style-type: none"> Body positions for speed over barriers Practising and

	Passing a ball Attacking and defending					evaluating own performance
	Gymnastics Using and joining four to eight movements Altering movements and direction Accelerating and decelerating pace	Dance Full Dynamics Safe Weight Bearing	Dance ▫ Full Dynamics ▫ Safe Weight Bearing	Gymnastics ▫ Using and joining four to eight movements ▫ Altering movements and direction ▫ Accelerating and decelerating pace	Dance ▫ Full Dynamics ▫ Safe Weight Bearing	Gymnastics ▫ Using and joining four to eight movements ▫ Altering movements and direction ▫ Accelerating and decelerating pace