



Whole School Subject Overview **P.E. 2019 2020**

SUBJECT: P.E.							
<p>Whole school 2 hours of Physical Education per week (1 hour outdoors if possible) Resources</p> <ul style="list-style-type: none"> • LCP File Y1/2 • LCP File Lower KS1 • LCP File Upper KS2 <p>Go Noodle (Daily Top up) Sports Day Summer 2 * June 30th 2020 Active-Travel programme Autumn Term - October 7th 2019 Launch Daily Mile (Autumn 1 2019)</p>							
<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <p><u>After-School clubs 2019- 2020</u> Autumn Y3/4 Boys Football KS2 Girls Football Spring Y5/6 Boys Football KS2 Girls Multisport Summer KS2 Boys Athletics KS2 Girls Athletics</p> </div>							
Class	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Possible Trips & Visits
Y1 Tuesday	SUFC	SUFC	SUFC	SUFC	SUFC	SUFC	SUFC Primary Stars Festival
Thursday	<u>Dance</u> Ourselves Perform dances using simple movement patterns	<u>Dance</u> Firebird Perform dances using simple movement patterns	<u>Gymnastics 1</u> Unit 5 Basic movements and develop balance	<u>Games</u> Unit 3 Participate in team games developing simple tactics for attacking and defending.	<u>Healthy life styles</u> Can describe the effect exercise has on the body Can explain the importance of exercise and a healthy lifestyle.	<u>Athletics</u> Can run at different speeds. Can jump from a standing position Performs a variety of throws with basic control?	



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Y2 Tuesday	SUFC	SUFC	SUFC	SUFC	SUFC	SUFC	SUFC Primary Stars
Friday	<u>Dance</u> Magic Toys Perform dances using simple movement patterns	<u>Games</u> Confident to send the ball to others in a range of ways. Beginning to apply and combine a variety of skills (to a game situation)	<u>Gymnastics 2</u> Unit 6 Explores and creates different pathways and patterns. Increase range of basic gymnastics	<u>Ball games</u> Football skills Understand the importance of rules in games. Beginning to develop an understanding of attacking/defending	<u>Gymnastics</u> Uses equipment in a variety of ways to create a sequence Link movements together to create a sequence	<u>Athletics</u> Can change speed and direction whilst running. Can jump from a standing position with accuracy.	
Class	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Possible Trips & Visits
Y3 Monday	<u>Striking and fielding</u> Vary skills, actions and ideas and link these in ways that suit the games activity. Beginning to communicate with others during game	<u>Healthy life style</u> Looking at healthy lifestyles, and practical based sessions focused around multi skills.	<u>Invasion games</u> <u>Throwing and catching with control under some pressure</u>	<u>Gymnastics 4</u> Unit 15 Develop flexibility, technique, strength and control	<u>Striking and Fielding</u> Rounders Works well in a group to develop various games. Beginning to understand how to compete with each other in a controlled	<u>Athletics</u> Can perform a running jump with some accuracy Performs a variety of throws using a selection of equipment. Can use equipment safely	Healthy Schools 6 week project SUFC Primary Stars



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	situations. (Football)				manner.	and with good control.	
Thursday	<u>Dance</u> <u>Diwali</u> Beginning to improvise independently to create a simple dance. Beginning to improvise with a partner to create a simple dance. Translates ideas from stimuli into movement with support.	<u>Healthy life styles</u> Can describe the effect exercise has on the body Can explain the importance of exercise and a healthy lifestyle. Understands the need to warm up and cool down.	<u>Gymnastics 3</u> Unit 14 Applies compositional ideas independently and with others to create a sequence. Copies, explores and remembers a variety of movements and uses these to create their own sequence.	<u>Games</u> <u>Play competitive games and modify where appropriate games</u> Beginning to understand how to compete with each other in a controlled manner. Beginning to select resources independently to carry out different skills.	<u>Dance</u> During the blitz Beginning to compare and adapt movements and motifs to create a larger sequence. Uses simple dance vocabulary to compare and improve work.	<u>Athletics</u> Performs a variety of throws using a selection of equipment. Can use equipment safely and with good control.	
Class	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Possible Trips & Visits
Y4 Friday	<u>Dance</u> Life on the Nile Perform dances using a range of movement patterns Confidently improvises with a partner or on	<u>Invasion games</u> Vary skills, actions and ideas and link these in ways that suit the games activity. Shows confidence in	<u>Gymnastics</u> Links skills with control, technique, co-ordination and fluency. Understands composition by performing	<u>Net/wall games</u> Takes part in competitive games with a strong understanding of tactics and composition. Can create their	<u>Healthy Life Styles</u> Can describe the effect exercise has on the body Can explain the importance of exercise and a	<u>Athletics</u> Beginning to build a variety of running techniques and use with confidence. Can perform a running jump	SUFC Primary Stars Cricket festival/competition



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	their own. Beginning to create longer dance sequences in a larger group.	using ball skills in various ways, and can link these together. <i>e.g. dribbling, bouncing, kicking</i>	sequences that are more complex. Beginning to use gym vocabulary to describe how to improve and refine performances.	own games using knowledge and skills. Works well in a group to develop various games.	healthy lifestyle. Understands the need to warm up and cool down.	with more than one component. <i>e.g. hop skip jump (triple jump)</i>	
Thursday	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming	
Class	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Possible Trips & Visits
Y5 Tuesday	<p><u>Dance</u> Space topic Beginning to exaggerate dance movements and motifs (using expression when moving)</p> <p>Demonstrates strong movements throughout a dance sequence.</p> <p>Combines flexibility, techniques and</p>	<p><u>Healthy Life styles</u> <u>SUFC</u> Looking at healthy lifestyles, and practical based sessions focused around multi skills.</p>	<p><u>Gymnastics</u> Select and combine their skills, techniques and ideas. Apply combined skills accurately and appropriately, consistently showing precision, control and fluency. Draw on what they know about strategy, tactics and composition when performing</p>	<p><u>Dance Vikings</u> Moves appropriately and with the required style in relation to the stimulus. <i>e.g using various levels, ways of travelling and motifs.</i> Beginning to show a change of pace and timing in their movements. Uses the space</p>	<p><u>Striking and Fielding</u> Cricket Vary skills, actions and ideas and link these in ways that suit the games activity. Shows confidence in using ball skills in various ways, and can link these together. Uses skills with co-ordination,</p>	<p><u>Athletics Team Games</u> Beginning to build a variety of running techniques and use with confidence. Can perform a running jump with more than one component. <i>e.g. hop skip jump (triple jump)</i> Beginning to record peers performances, and evaluate</p>	<p>SUFC Festival Girls Football SUFC Mixed Football festival</p> <p>Healthy Schools 6 week project</p>



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	movements to create a fluent sequence.		and evaluating. Analyse and comment on skills and techniques and how these are applied in their own and others' work.	provided to his maximum potential. Improvises with confidence, still demonstrating fluency across their sequence.	control and fluency. Takes part in competitive games with a strong understanding of tactics and composition.	these.	
Thursday	SUFC	SUFC	SUFC	SUFC	SUFC	<u>SUFC</u>	
Class	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Possible Trips & Visits
Y6	Invasion Games	<u>Gymnastics Partner balancing</u> Plan and perform with precision, control and fluency, a movement sequence showing a wide range of actions including variations in speed, levels and directions. Performs difficult	<u>Dance Ancient Greeks</u> Exaggerate dance movements and motifs (using expression when moving) Performs with confidence, using a range of movement patterns. Demonstrates a strong	<u>Striking and Fielding</u> Cricket Consistently use skills with co-ordination, control and fluency. Takes part in competitive games with a strong understanding of tactics and composition.	<u>Gymnastics Mirroring</u> Gradually increases the length of sequence work with a partner to make up a short sequence using the floor, mats and apparatus, showing consistency, fluency and clarity of movement.	<u>Athletics</u> Demonstrates accuracy and confidence in throwing and catching activities. Describes good athletic performance using correct vocabulary. Can use equipment safely and with good control.	Mixed Football festival



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		<p>actions, with an emphasis on extension, clear body shape and changes in direction.</p> <p>Adapts sequences to include a partner or a small group.</p>	<p>imagination when creating own dance sequences and motifs.</p> <p>Demonstrates strong movements throughout a dance sequence.</p>	<p>Can create their own games using knowledge and skills.</p> <p>Modifies competitive games.</p> <p>Compares and comments on skills to support creation of new games.</p>	<p>Draw on what they know about strategy, tactics and composition when performing and evaluating.</p> <p>Analyse and comment on skills and techniques and how these are applied in their own and others' work.</p>		
Thursday	SUFC	SUFC	SUFC	SUFC	SUFC	SUFC	