

Physical Education (Coach) - Yearly Overview

		Term					
		Autumn		Spring		Summer	
Foundation	N	Travelling What does it mean to travel?	Spatial Awareness Can I travel in a different direction?	Travelling and Moving Can I adapt to different paces?	Balance Can I perform a balance?	Sending / Receiving Can I control a ball?	Spatial Awareness Can I use my space safely?
	R	Travelling Can I travel around in space?	Spatial Awareness Can I travel safely?	Travelling and Moving Can I Control my body whilst moving?	Balance Can I perform a balance using an object?	Sending / Receiving Can I control a ball/piece of equipment with my feet?	Climbing Can I climb safely on different pieces of equipment?
KS1	Y1	Fundamental Movements Can I travel in a range of different ways?	Invasion Games What is the difference between an attacker and defender?	Gymnastics Can I link simple travelling combinations?	Sending /Receiving Can I send and receive a ball with control?	Invasion Games Can I apply skills of an attacker / defender into a game?	Athletics Can I perform athletic events?
	Y2	Fundamental Movements Can I travel in different ways using the correct technique?	Sending / Receiving Can I send and receive a ball using different techniques?	Gymnastics Can I describe a short travelling sequence?		Invasion Games Can I use different movements to avoid a defender?	Invasion Games Can I understand the rules of an invasion game?
Lower KS2	Y3	Invasion Games Can I apply the rules into a game?		Gymnastics Can I combine rolls, balances and travelling into a sequence?		Net / Wall Can I identify equipment used in racket sports?	Striking / Fielding Can I understand the rules of an invasion game?
	Y4	Invasion Games Can I understand the importance of decision making in a game?		Gymnastics Can I evaluate my own and other's performance?	Net / Wall Can I understand how to use a different techniques with different grips?	Feilding / Striking Can I effectively play as part of a cricket or rounders team?	Athletics How can I improve my athletic achievements?
Upper KS2	Y5	Invasion Games Can I perform different skills linked to invasion games?		Gymnastics Can I evaluate my strengths and weaknesses during a performance?		Net / Wall Can I perform and understand the difference between forehand, backhand and a serve?	Striking / Fielding Can I display different techniques in batting and bowling?
	Y6	Invasion Games Can I identify my strengths in a team?		Gymnastics Can I perform a sequence using apparatus and explain the key components?		Net / Wall Can I use the appropriate shot during a game?	Striking / Fielding Can I use different techniques to make the game difficult for opponents?



Physical Education (Teacher/Dance) - Yearly Overview

Age Phase		Term					
		Autumn		Spring		Summer	
		1	2	1	2	1	2
Foundation	R	Dance Magic Toymaker What shapes can my body make?		Dance The 3 Bears/Animals Can I move like an animal?		Dance Grandads Island/Journeys Can I dance in travelling different ways	
	KS1	Y1	Dance Cheerleading Can I use gestures and arm movements to cheer?		Dance Polar Animals Can I use the space around me?		Dance Ourselves/Hobbies Can I use different moves to create a dance?
Lower KS2	Y2	Dance Rock n Roll Dance Can I connect shapes to create a dance?		Dodgeball	Orienteering	Athletics	Athletics
	Y3	Dance	Dance	Dodgeball	Orienteering	Athletics	Athletics
Upper KS2	Y4	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
	Y5	Dance African Dance How is dance used in tribes and by warriors?		Dodgeball	Orienteering	Athletics	Athletics
	Y6	Dance Street Dance Can I take inspiration from things around me to create my own motifs and choreography?		Dodgeball	Orienteering	Athletics	Athletics