**Subject Overview: PE**

**2022-2023**

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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| Reception | Fundamental Movement Skills through  Physical Development sessions with MCFC all year | Fundamental Movement Skills through  Physical Development sessions with MCFC all year | Fundamental Movement Skills through  Physical Development sessions with MCFC all year | Fundamental Movement Skills through  Physical Development sessions with MCFC all year | Fundamental Movement Skills through  Physical Development sessions with MCFC all year | Fundamental Movement Skills through  Physical Development sessions with MCFC all year |
| Year 1 | **Gymnastics:**  To be introduced to all **the basic actions** – rolling, travelling, jumping, weight on hands and balancing.  **Outdoor Games:** (Mixed baskets) and fundamental skills | **Gymnastics:**  To be able to safely perform each of **the basic actions** in at least 3 ways showing increasing body control and developing stability skills. To be able to make different shapes and hold them.  **Outdoor Games:** (Mixed baskets) and fundamental skills | **Dance:**  Year 1 Dance Unit Get Set 4PE  **Outdoor Games:** Invasion games | **Gymnastics:**  To be aware of the directions in which the basic actions are being performed – forwards, backwards, sideways, diagonal  **Outdoor Games:** Sending and Receiving | **Gymnastics:**  To be able to show different balanced starting and finishing positions. To be able to perform some actions more slowly than others  **Outdoor Games:** Striking and Fielding | **Gymnastics:**  To be able to perform a sequence of paired actions focusing on the transition from one action to the other with fluency. To be able to perform and link at least 3 balances on the floor including one inverted balance.  **Outdoor Games:** Athletics |
| Year 2 | **Gymnastics:**  To be able to perform the **basic actions**: travel, jump, roll, and take the weight of the body on the hands and develop balance  To be able to perform each of these basic actions in at least 4 different ways on floor and apparatus.  **Outdoor Games:**   Fundamental Skills | **Gymnastics:**  To be able to vary actions by focusing on different body shapes – tuck, pike, straddle on both floor and apparatus.  To be able to explore and **perform the 5 basic jumps with controlled landing.**  **star, straight, tuck, split, straddle**  **Outdoor Games:** Ball skills | **Dance:**  Year 2 Unit Get Set 4PE  **Outdoor Games:**   Invasion Games | **Gymnastics:**  To be able to link one balanced position into another on a different part of the body keeping control and holding balances for at least 3 seconds  **Outdoor Games:**  Sending and Receiving | **Gymnastics:**  link actions together in a short sequence of at 3 actions which can be repeated on both floor and apparatus  **Outdoor Games:**  Striking and Fielding | **Gymnastics:**  To be able to perform individual actions or a sequence of at least 3 actions with a clear start and finish position. To ensure the sequence has clear shapes and is performed with a degree of fluency  **Outdoor Games:**  Athletics |
| Year 3 | **Gymnastics:**  To know how to safely select and perform at least 3 actions in a sequence and improve control and fluency of performance both on the floor and the apparatus (PM)  **Outdoor Games:** Ball skills | **Gymnastics:**  To select and safely link at least 3 actions in a sequence demonstrating contrasting speed. To show tension and clarity of shape when balancing.  **Outdoor Games:** Football | **Dance:**  Year 3 Unit Get Set 4PE  **Outdoor Games:**Handball | **Gymnastics:**  To demonstrate a clarity of shape and fluent links to other actions. To link at least 3 actions with at least one being a stable balance  **Outdoor Games:**Tennis | **Gymnastics:**  To perform a sequence with a minimum of 3 actions with a focus on contrasting body shapes and changes of direction and dynamics. To demonstrate control and fluency in performance  **Outdoor Games:** Cricket | **Gymnastcs:**  To demonstrate control and fluency in performance  **Outdoor Games:**  Athletics |
| Year 4 | **Gymnastics:**  Get Set 4 PE Year 4 Gym Unit:  To focus on different types of balances with differing pints of contact. To reduce the level of contact with the floor when moving from one balance to another  **Outdoor Games:**  Football | **Gymnastics:**  To select and link at least 3 actions in a sequence and improve control and fluency of performance to perform with increasing control and fluency on both floor and apparatus  **Outdoor Games:**  Basketball/Netball | **Dance:**  Year 4 Unit Get Set 4PE  **Outdoor Games:**  Handball | **Swimming**  **Outdoor Games:**  Tennis | **Swimming**  **Outdoor Games:**  Cricket | **Swimming**  **Outdoor Games:**  Athletics |
| Year 5 | **Gymnastics:**  To select and link at least 4 actions in a sequence and ensure control and fluency of performance. To perform sequence with a start and finish position and focus on challenging oneself  **Outdoor Games:**  Football | **Gymnastics:**  To link together a 4+ actions showing changes in speed and/or acceleration or deceleration whilst demonstrating a high degree of control and fluency. To perform this sequence demonstrating different pathways.  **Outdoor Games:**  Basketball/Netball | **Dance:**  Year 5 Unit Get Set 4PE  **Outdoor Games:**  Handball | **Gymnastics:**  To use different basic actions to move in and out of a range of stable balances with contrasting body shapes and differing points of contact.  **Outdoor Games:**  Tennis | **Gymnastics:**  To perform a sequence of at least 4 actions with a focus on contrasting body shapes, symmetry and asymmetry. To demonstrate control fluency and precision in performance  **Outdoor Games:**  Cricket | **Gymnastics:**  To demonstrate control fluency and precision in performance  **Outdoor Games:**  Athletics |
| Year 6 | **Outdoor Games:**  Football  **OOA**  Ghyll Head Residential | **Outdoor Games:**  Basketball/Netballl  **Gymnastics:**  Get Set 4 PE Year 6 Unit | **Dance:**  Year 6 Unit Get Set 4PE  **Outdoor Games:**  Handball | **Yoga:**  Get Set 4 PE Year 6 Unit  **Outdoor Games:**  Tennis | **Outdoor Games:**  Cricket  **Leadership:** Sports Day design and lead | **Outdoor Games:**  Athletics  **Leadership:** Sports Day design and lead |