**Subject Overview: PE**

**2022-2023**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **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 balanceTo 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 |