


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	Gymnastics: To be able to vary actions by focusing on different body shapes – tuck, pike, straddle	Dance: Year 2 Unit Get Set 4PE.	Gymnastics: To be able to link one balanced position into another on a different part of the body	Gymnastics: link actions together in a short sequence of at 3 actions which can be repeated on	Gymnastics: To be able to perform individual actions or a sequence of at least 3 actions with a clear

	<p>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.</p> <p>Outdoor Games: Fundamental Skills</p>	<p>on both floor and apparatus. To be able to explore and perform the five basic jumps with controlled landing. star, straight, tuck, split, straddle.</p> <p>Outdoor Games: Ball skills</p>	<p>Outdoor Games: Invasion Games</p>	<p>keeping control and holding balances for at least 3 seconds</p> <p>Outdoor Games: Sending and Receiving</p>	<p>both floor and apparatus.</p> <p>Outdoor Games: Striking and Fielding</p>	<p>start and finish position. To ensure the sequence has clear shapes and is performed with a degree of fluency</p> <p>Outdoor Games: Athletics</p>
Year 3	<p>Gymnastics: To know how to safely select and perform at least three actions in a sequence and improve control and fluency of performance both on the floor and the apparatus (PM)</p> <p>Outdoor Games: Ball skills</p>	<p>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.</p> <p>Outdoor Games: Football</p>	<p>Dance: Year 3 Unit Get Set 4PE.</p> <p>Outdoor Games: Handball</p>	<p>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</p> <p>Outdoor Games: Tennis</p>	<p>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</p> <p>Outdoor Games: Cricket</p>	<p>Gymnastics: To demonstrate control and fluency in performance</p> <p>Outdoor Games: Athletics</p>
Year 4	<p>Gymnastics: Get Set 4 PE Year 4 Gym Unit: To focus on different types of balances with differing points of contact. To reduce the level of contact with the floor when moving</p>	<p>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</p>	<p>Dance: Year 4 Unit Get Set 4PE.</p>	<p>Swimming</p>	<p>Swimming</p>	<p>Swimming</p>

	from one balance to another Outdoor Games: Football	fluency on both floor and apparatus Outdoor Games: Basketball/Netball	Outdoor Games: Handball	Outdoor Games: Tennis	Outdoor Games: Cricket	Outdoor Games: Athletics
Year 5	Gymnastics: To select and link at least four 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/Netball 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