



# Elton Primary School and Nursery

## PE Overview 2022 - 2023

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Nursery</b>	<u>Fundamental skills</u> Explore and develop the following skills individually, with a partner and as part of a small group: Agility, Balance, Coordination, Throwing, Catching, Jumping and Kicking.		<u>Gymnastics</u> Explore and develop skills, actions and movements in the following areas: travelling, jumping, balancing, rocking and rolling.		<u>Dance activities</u> Themed activities linked to the development of controlled movements and actions with changes in speed and direction.	
<b>Reception</b>	<u>Physical development</u> Develop the skills needed to get through the school day e.g. lining up  Revise and use fundamental movement skills	<u>Physical development</u> Use core muscle strength to achieve good posture (start to develop handwriting posture)	<u>Physical development</u> Negotiate space and obstacles safely  Use a range of tools effectively	<u>Physical development</u> Demonstrate strength, balance and co-ordination and experiment and use different ways of moving- bikes/ scooters	<u>Physical development</u> Demonstrate different ways of moving	<u>Physical development</u> Use a range of small tools effectively
	<u>Walking one</u> Explore/develop walking Explore walking in different pathways Sustain walking Explore marching Apply walking into a game	<u>Hands one</u> Explore pushing Explore rolling Explore bouncing Explore bouncing into space Combine pushing and rolling Combine rolling, pushing and bouncing	<u>High, Low, Over, Under.</u> Introduction to high, low, over and under Introduction to the apparatus Applying high and low on apparatus	<u>Nursery Rhymes</u> Moving in sequence Creating our own movements Creating simple movement sequences Responding in movement to words and music Exploring contrasting tempos Exploring character	<u>Feet one</u> Explore moving with a ball using our feet Develop moving with a ball using our feet Understand dribbling Develop dribbling against an opponent	<u>Games For Understanding</u> Taking turns/keeping the score Understanding and playing by the rules Avoiding a defender Preventing an attacker from scoring Applying attacking and defending into a game
<b>Year 1</b>	<u>Ball skills - hands part 1</u>   <u>Ball skills - feet</u>	<u>Jumping</u>   <u>Health and Wellbeing</u>	<u>Dance - Growing</u>   <u>Gymnastics - Body parts</u>	<u>Dance - The Zoo</u>   <u>Gymnastics - part 2</u>	<u>Athletics - sports day practice</u>   <u>Attacking and defending - games for understanding</u>	<u>Team building</u>   <u>Ball skills - hands part 2</u>

<b>Year 2</b>	<u>Ball skills</u> - hands  <u>Ball skills</u> - feet	<u>Locomotion - Jumping</u>  <u>Health and Wellbeing</u>	<u>Dance</u> - Explorers  <u>Gymnastics</u> - Linking	<u>Dance</u> - Water  <u>Gymnastics</u> - pathways	<u>Athletics</u> - sports day practice  <u>Attacking and defending</u> - games for understanding	<u>Team building</u>  <u>Ball skills</u> - hands part 2
<b>Year 3</b>	<u>Games</u> Invasion games - Tag rugby **  <u>Games</u> Invasion games - Football **	<u>Dance</u> - Wild animals  <u>Games</u> Invasion games -hockey	<u>Games</u> -handball  <u>Gymnastics</u> - symmetry and asymmetry Developing actions, skills and movements and sequences. **	<u>Games</u> Racket games to include skill development through adapted version of tennis.**  <u>Games</u> Team striking and fielding games to include adapted version of cricket. **	<u>Games</u> Team striking and fielding games to include adapted version of rounders.  <u>OAA - problem solving</u> Individual and team activities focusing on problem solving and team work.	<u>Athletic activities</u> - <u>running, throwing and jumping</u> Developing running, jumping and throwing skills with improvements in flexibility, strength, technique, control and balance.
<b>Year 4</b>	<u>Games</u> Invasion games - Tag rugby **  <u>Games</u> Invasion games - Football **	<u>Games</u> Dodgeball  <u>Dance</u> - Cats	<u>Games</u> Invasion games - Netball **  <u>Gymnastics</u> - bridges Developing actions, skills and movements and sequences. **	<u>Games</u> Racket games to include skill development through adapted version of tennis. **  <u>Games</u> Team striking and fielding games to include adapted version of cricket. **	<u>Games</u> Team striking and fielding games to include adapted version of rounders.  <u>OAA</u> Individual and team activities focusing on	<u>Athletic activities</u> - <u>running, throwing and jumping</u> Developing running, jumping and throwing skills with improvements in flexibility, strength, technique, control and balance.

					problem solving and team work.	
<b>Year 5</b>	<p><u>OAA</u> Individual and team activities focusing on problem solving and team work. **</p> <p><u>Games</u> Invasion games - Tag rugby **</p>	<p><u>Healthy lives and healthy habits</u> Fitness lessons to improve strength in core muscles, flexibility and fitness. Improve knowledge of importance of healthy eating.</p> <p><u>Games</u> Invasion games - Football **</p>	<p><u>Dance</u> Street dance</p> <p><u>Games</u> Invasion games - Basketball **</p>	<p><u>Games</u> team striking and fielding games to include adapted version of rounders</p> <p><u>Games</u> Team striking and fielding games to include adapted version of cricket.</p>	<p><u>Games</u> Racket games to include skill development through adapted version of tennis.</p> <p><u>Games</u> Invasion games - hockey</p>	<p><u>Athletic activities</u> Developing running, jumping and throwing skills with improvements in flexibility, strength, technique, control and balance.</p>
<b>Year 6</b>	<p><u>Games</u> Team striking and fielding games to include adapted version of cricket.</p> <p><u>Games</u> <u>Invasion games</u> netball</p>	<p><u>Healthy lives and healthy habits</u> Fitness lessons to improve strength in core muscles, flexibility and fitness. Improve knowledge of importance of healthy eating.</p> <p><u>Dance - Titanic</u> Develop actions and phrases of movements, linking them to a theme using expression and choreography.</p>	<p><u>Swimming</u></p>	<p><u>Swimming</u></p>	<p><u>Games</u> Team striking and fielding games to include adapted version of rounders.</p> <p><u>OAA</u> Individual and team activities focusing on problem solving and team work.</p>	<p><u>Athletic activities</u> Developing running, jumping and throwing skills with improvements in flexibility, strength, technique, control and balance</p>