

St. Philip Neri with St. Bede CVA PE Overview 2021 – 2022

	Advent 1	Advent 2	Lent 1	Lent 2	Pentecost 1	Pentecost 2
FS1	<p>Body and space Awareness</p> <p>Children are building awareness of body positions during physical activities and where and when to move</p>	<p>Body and space awareness</p> <p>Children develop their awareness of body positions. To include rolling, crawling, running and body balance</p>	<p>Introduction to PE</p> <p>Introduced to principles of freezing on command, finding space, and working as a team. Building on previous skills and developing an understanding of rules and games</p>	<p>Fundamentals</p> <p>Fundamental skills will include balancing, running, changing direction, jumping, hopping, and travelling. Children will develop gross motor skills through a range of activities</p>	<p>Ball Skills</p> <p>Children will develop fundamental ball skills such as rolling and receiving a ball, throwing to a target, bouncing, and catching, dribbling with feet, and kicking a ball</p>	<p>Dance</p> <p>Children explore space and how to use space safely. They explore travelling movements, shapes and balances. Children choose their own actions in response to a stimulus</p>
FS2	<p>Fundamentals</p> <p>Further developing fundamental skills will include balancing, running, changing direction, jumping, hopping, and travelling</p>	<p>Introduction to PE</p> <p>Developing principles of freezing on command, finding space, and working as a team</p>	<p>Games</p> <p>Children will practise and further develop fundamental movement skills through games. They will also learn how to score and play by the rules, how to work with a partner and begin to understand what a team is, as well as learning how to behave when winning and losing</p>	<p>Games</p> <p>Children will continue to practise and further develop fundamental movement skills through games. They will also learn how to score and play by the rules, how to work with a partner and begin to understand what a team is, as well as learning how to behave when winning & losing</p>	<p>Dance</p> <p>Children further explore space and how to use space safely. They explore travelling movements, shapes, and balances. Children choose their own actions in response to a stimulus</p>	<p>Dance</p> <p>Children are given the opportunity to copy, repeat and remember actions. They continue to use counting to help them keep in time with the music. They explore dance through the world around them</p>
	<p>Introduction to PE</p> <p>Further development of previous skills and understanding of rules and games, whilst introducing skipping</p>	<p>Fundamentals</p> <p>Further developing fundamental skills will include balancing, running, changing direction, jumping, hopping, and travelling</p>	<p>Gymnastics</p> <p>Children explore basic movements, creating shapes, balances, and jumps and begin to develop rocking and rolling. They show an awareness of space and how to use it safely and perform basic skills on both floor and apparatus</p>	<p>Gymnastics</p> <p>Children will copy, create, remember and repeat short sequences. They begin to understand using levels and directions when traveling and balancing</p>	<p>Ball Skills</p> <p>Children will further develop fundamental ball skills such as rolling and receiving a ball, throwing to a target, bouncing, and catching, dribbling with feet, and kicking a ball</p>	<p>Ball Skills</p> <p>Children will further develop fundamental ball skills such as rolling and receiving a ball, throwing to a target, bouncing, and catching, dribbling with feet, and kicking a ball</p>
Year 1	<p>Gymnastics</p> <p>Understand gymnastic movement safely</p>	<p>Fundamentals</p> <p>Explore running, balancing, jumping, hopping & skipping</p>	<p>Ball Skills</p> <p>Explore fundamental ball skills such as throwing, catching, dribbling, use of hands and feet to kick a ball</p>	<p>Net & Wall</p> <p>Introducing skills and tactics needed for net and wall games. Using hands, racquets and throwing</p>	<p>Striking & Fielding</p> <p>Introduce basic understanding of the skills needed in rounders and cricket</p>	<p>Athletics</p> <p>Develop agility, balance, and control of speed</p>
	<p>Team Building</p> <p>Pupils develop their communication and problem-solving skills</p>	<p>Dance</p> <p>Understanding short dance phrases and ideas around themes</p>	<p>Fitness</p> <p>Understand the impact of exercise on physical health and mood</p>	<p>Sending & receiving</p> <p>Building on ball skills to develop tracking and applying these skills to different sized balls and discipline</p>	<p>Target Games</p> <p>Applying aim to underarm and overarm throwing in diff. scenarios</p>	<p>Invasion Games</p> <p>Develop understanding of attacking and defending</p>
Year 2	<p>Gymnastics</p> <p>Develop gymnastic movement using further apparatus</p>	<p>Dance</p> <p>Developing how to express idea, mood and feeling building on different movement and timings</p>	<p>Fitness</p> <p>Develop fitness and explore agility and co-ordination</p>	<p>Team Building</p> <p>Pupils develop their communication and problem-solving skills, there is an emphasis on teamwork</p>	<p>Target Games</p> <p>Developing aim and communication to underarm and overarm throwing in diff. scenarios and target games</p>	<p>Athletics</p> <p>Build on previous skills introducing competition and personal progress</p>
	<p>Fundamentals</p> <p>Develop running, balancing, jumping, hopping, skipping and changes of direction</p>	<p>Ball Skills</p> <p>Develop fundamental ball skills such as throwing, catching, dribbling, use of hands and feet to kick a ball and hit targets</p>	<p>Sending & receiving</p> <p>Developing ball skills and applying these skills to different sized balls and disciplines</p>	<p>Invasion Games</p> <p>Develop understanding of attacking and defending. Thinking about even and uneven games and point scoring</p>	<p>Net & Wall</p> <p>Children will use the ready position to defend their space and sending the ball away from an opponent to maximise their chances of scoring</p>	<p>Yoga</p> <p>Pupils learn about mindfulness and body awareness. They begin to learn yoga poses and techniques that will help them to connect their mind and body</p>
	<p>Orienteering</p> <p>Children explore map, compass and locations using navigational skills</p>					

Year 3	Gymnastics Develop quality gymnastic movement to include extension and body tension		Ball Skills Throwing and catching with accuracy & consistency & skills into small games		Tag Rugby Develop possession skills to keep the ball and attack space and area		Netball Applying tactics and ball skills	OAA Communication and map skills	Handball Dribbling, shooting & ball movement	OAA Communication and map skills	Athletics Develop skills and challenge	Tennis Ready position, control & hitting
	Fundamentals Develop further skills implementing control when accounting for speed and direction		Dance Develop dances based on stimuli, focusing on rhythm and formation		Fitness Maximise and use challenge to build on personal best and persevere		Swimming To develop swimming techniques using kicking, floating and changes of direction		Swimming Developing swimming further distances on front and back, object retrieval		Swimming Develop competency of strokes and travel further whilst sculling, swimming, and gliding	
Year 4	Fitness Opportunities to push themselves and maximise potential	Gymnastics Develop quality gymnastic movements into complex sequences	Ball Skills Developing diff. throwing techniques for chosen situations	Dance Deepening expression to be able to communicate ideas and conf.	Fundamentals Develop previous skills whilst being able to identify areas for personal progress	Handball Develop control, shooting & ball movement and applying skills	Yoga Pupils will improve well-being by building strength, flexibility, and balance. The learning includes breathing and meditation taught through fun and engaging activities		Basketball Dribbling, passing, intercepting, shooting and communication are applied to small sided games. Applying rules and understanding of space		Athletics Further development of skills, considering style and technique	Tag Rugby Develop poss. skills to keep the ball and attack space and area and outwit opponents
	Swimming Develop breaststroke arms and further distances up to 15m		Swimming Develop all strokes and be able to confidently swim up to 25m		Swimming Swim competently up to 50m, treading water and adopt H.E.L.P position		Football Application of skills to team games		Tennis Ready position, control & tactical hitting		OAA Further communication and map skills	
Year 5	Gymnastics Develop longer individual and team sequences, using inverted movements and seq.		Dance Different styles of dance are performed in small groups and individually, taking influence from different cultures		Rounders Develop the quality and consistency of their fielding. Playing different roles in the team		Yoga Pupils will develop and improve well-being by building strength, flexibility and balance. The learning includes breathing and meditation taught through fun and engaging activities		Athletics Pupils build on challenge to develop their own skills, identifying strengths and weakness in themselves and others		Cricket Pupils develop the range and quality of striking and fielding skills and their understanding of cricket. They learn how to play the different roles of bowler, wicket keeper, fielder, and batter	
	Basketball Further develop attacking skills to maintain possession as well as defending skills to gain possession. Focus on teamwork and tactics		OAA Further communication and map skills. Introducing challenge and problem solving		Fitness Building on fitness levels and develop a further understanding on when to push themselves and when to rest		Hockey Pupils will start to show control and fluency in dribbling, sending and receiving a ball in a small game situation and under some pressure		Football Utilise improvements in defending and attacking play and develop tactical application and consistency		Netball Pupils will develop defending and attacking play during even-sided 5-a-side netball. Pupils will learn to use a range of different passes to keep possession and attack towards a goal	
Year 6	Tai Chi Building on the ancient discipline of Chinese martial arts. Graceful, deliberate and meditative forms are made in a relaxing environment		Fitness Recording information on their own performance to build and challenge themselves.		Badminton Developing ready position, control & serving. Applying tactical positioning to outwit their opponents and using use of space		Athletics Building on skills gained and applying new disciplines and maximising potential		Dance Developing choreography to convey and express ideas, emotion, and character		Cricket Pupils further develop the range and quality of striking and fielding skills and their understanding of cricket. They learn how to play the different roles of bowler, wicket keeper, fielder and batter	
	OAA Developing further communication and map skills. Introducing challenge, problem solving and leadership skills				Tag Rugby Develop key skills and principles such as defending, attacking, throwing, catching, running and dodging. When attacking, pupils will support the ball carrier using width and drawing defence		Gymnastics Focusing on the quality and control of movements during performance and aesthetics		Orienteering Children will further explore map work, using a compass and locations using navigational skills. Focus will be placed on teamwork and leadership skills		Handball Develop key skills of attacking and defending such as throwing, catching, dribbling, intercepting, and shooting. Pupils use these skills to maintain possession of the ball	