

BUDE PARK PRIMARY – PHYSICAL EDUCATION OVERVIEW

P.E. Overview	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
FS2 Indoor	Physical development				Fundamentals unit 1	Dance unit 1
FS2 Outdoor	Outdoor provision				Ball skills	Running, jumping and throwing
Year 1 Indoor	Fundamentals	Yoga	Gymnastics	Dance	Fitness	Gymnastics
Year 1 Outdoor	Ball skills	Sending and receiving	Invasion games	Target games	Athletics	Striking and fielding
Year 2 Indoor	Fundamentals	Yoga	Gymnastics	Dance	Gymnastics	Fitness
Year 2 Outdoor	Ball skills	Sending and receiving	Invasion games	Target Games	Athletics	Striking and fielding
Year 3 Indoor	Fundamentals	Gymnastics	Yoga	Dance	Gymnastics	Dance
Year 3 Outdoor	Ball skills	Hockey	Netball	Dodgeball	Athletics	Rounders
Year 4 Indoor	Dance	Handball	Gymnastics	Fitness	Gymnastics	Dance
Year 4 Outdoor	Netball	Swimming	Football	OAA	Athletics	Cricket
Year 5/6 Indoor	Dance	Gymnastics	Yoga	Gymnastics	Dance	Tennis
Year 5/6 Outdoor	Netball	Hockey	Dodgeball	OAA	Athletics	Rounders
Year 6 Indoor	Dance	Gymnastics	Handball	Fitness	Gymnastics	<u>Dance</u>

BUDE PARK PRIMARY – PHYSICAL EDUCATION OVERVIEW

Year 6 Outdoor	Netball	Football	OAA	Tennis	Athletics	Cricket
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Subject:	Year:	Unit 1	Unit 2	Unit 3
P.E.	FS2	Fundamentals Unit: Travelling and jumping Dance Unit: Movement Skills	Gymnastics Unit: Jumping and landing Gymnastics Unit: Using apparatus	Ball Skills Unit: Throwing and Catching Games Units:
		Curricular Goals		
		Can I perform a sequence which includes travelling and a jump? How do I use movement skills with developing strength, balance and co-ordination showing increasing control and grace to link movements?	Can I create and perform short sequences by linking actions together including jumping and landing safely? Can I create and perform a sequence using apparatus?	Can I throw and catch a bean bag and a large ball with increasing accuracy? Can I play a game showing an understanding of the different roles within it?
	Yr 1	Fundamentals: Running and Jumping Ball Skills: Throwing and Catching Yoga: Balances Ball Skills: Sending and Receiving	Gymnastics: Sequence Invasion Games: Sending and Receiving Dance: Short Dance Phrases Target Games: Throwing	Fitness: Physical activity Athletics: Running, Jumping and Throwing Gymnastics: Sequence Striking and Fielding: Throwing, Catching and Striking
		Curricular Goals		
		Fundamentals: Can I demonstrate agility, balance, co-ordination, speed and stamina when running and jumping? Ball Skills: Can I use a range of equipment to aim at a stationary partner or target and catch with two hands? Yoga: Can I copy and remember poses demonstrating control of balances? Sending and Receiving: Can I send and receive a ball over a longer distance?	Gymnastics: Can I link a balance, shape and travel to create a sequence? Invasion games: Can I send and receive balls between teammates, in a team game? Dance: Can I copy and repeat actions linking them together to make short dance phrases? Target games: Can I select the correct throw to reach a target and can I make the throw accurately?	Fitness: Can I engage in sustained physical activities? Athletics: Can I perform basic movements including running, jumping and throwing? Gymnastics: Can I link a roll, jump and travel to create a sequence? Striking and fielding: Can I throw, catch and strike a ball with increasing accuracy?
Yr 2	Fundamentals Unit: Ball Skills Unit: Yoga Unit: Sending and Receiving Unit:	Gymnastics Unit: Invasion Games Unit: Dance Unit: Target Games Unit:	Gymnastics Unit: Athletics Unit: Fitness Unit: Striking and Fielding Unit:	
	Curricular Goals			

BUDE PARK PRIMARY – PHYSICAL EDUCATION OVERVIEW

	<p>Fundamentals: Can I begin to turn and jump using an individual skipping rope? Can I show balance when changing direction? Can I hop, skip and jump with some balance and control?</p> <p>Ball skills unit: Can I dribble a ball with my hands and feet with some control? Can I roll and throw a ball to hit a target? Can I send and receive a ball using both kicking and throwing and catching skills?</p> <p>Yoga balances unit: Can I move from one pose to another thinking about my breath? Can I use clear shapes when performing poses? Can I work with others to create simple flows showing some control?</p> <p>Sending and receiving unit: Can I trap and cushion a ball? Can I accurately throw and kick a ball? Can I catch a ball with and without a bounce?</p>	<p>Gymnastics unit: Can I perform basic gymnastics actions, including planning and repeating simple sequences of actions, with some control and balance? Can I use directions and levels to make my work look interesting?</p> <p>Invasion games unit: Can I dodge and find a space away from the other team? Can I move with a ball towards the goal, including dribbling using my hands and feet?</p> <p>Dance unit: Can I copy, remember, repeat and create dance phrases, including working with a partner using mirroring and unison in our actions?</p> <p>Target games unit: Can I throw, roll or strike a ball to a target with some success, including working cooperatively with a partner or small group?</p>	<p>Gymnastics unit: Can I perform basic gymnastics actions (using apparatus), including planning and repeating simple sequences of actions, with some control and balance? Can I use directions and levels to make my work look interesting?</p> <p>Athletics unit: Can I jump and land with control? Can I use an overarm throw to help me throw for distance? Can I run with balance and coordination at different speeds?</p> <p>Fitness unit: Can I persevere when hopping and jumping showing balance and control? Do I understand that running at a slower speed will allow me to run for a longer period of time?</p>
Yr 3	<p>Fundamentals Unit:</p> <p>Ball Skills Unit:</p> <p>Gymnastics Unit:</p> <p>Hockey Unit:</p>	<p>Yoga Unit:</p> <p>Netball Unit:</p> <p>Dance Unit:</p> <p>Dodgeball Unit:</p>	<p>Gymnastics Unit:</p> <p>Athletics Unit:</p> <p>Dance Unit:</p> <p>Rounders Unit:</p>
Curricular Goals			
	<p>Fundamentals Unit: Can I jump, skip and change direction quickly when hopping and jumping?</p> <p>Ball Skills Unit: Can I catch different sized objects with increasing consistency with two hands? Can I dribble a ball with control and show a variety of throwing techniques?</p> <p>Gymnastics Unit: Can I choose actions to suit different types of apparatus that flow into one another? Can I complete actions with increasing balance and control?</p> <p>Hockey Unit: Can I dribble, pass, receive and shoot the ball with some control, understanding my role as an attacker and as a defender?</p>	<p>Yoga Unit: Can I copy and link yoga poses together to create a short flow? Can I move from one pose to another considering my breath?</p> <p>Netball Unit: Can I pass, receive and shoot the ball with some control, understanding my role as an attacker and as a defender?</p> <p>Dance Unit: Can I use counts to keep in time with a partner or groups? Can I use dynamic and expressive qualities when creating short dance phrases that communicate an idea?</p> <p>Dodgeball Unit: Can I throw with some accuracy, catch with some consistency and demonstrate an understanding of the aims of the game?</p>	<p>Gymnastics Unit: Can I use matching and contrasting actions in a partner sequence? Can I use a greater number of my own ideas for movements in response to a task?</p> <p>Athletics Unit: Can I take part in a relay, throw a variety of objects, including changing action for accuracy and distance and use different take off and landings when jumping? Can I improve my sprinting technique?</p> <p>Dance Unit: Can I use counts to keep in time with a partner or groups? Can I use dynamic and expressive qualities when creating short dance phrases that communicate an idea? Including working with a partner or small group.</p>

BUDE PARK PRIMARY – PHYSICAL EDUCATION OVERVIEW

				Rounders Unit: Can I strike a bowled ball? Can I use both overarm and underarm throwing and catching skills? Do I know the rules of the game?
Yr 4	Dance Unit: Netball Unit: Handball Unit: Swimming Unit:	Gymnastics Unit: Football Unit: Fitness Unit: OAA Unit:	Gymnastics Unit: Athletics Unit: Dance Unit: Cricket Unit:	
	Curricular Goals			
	Dance: Can I choreograph and perform a dance routine using actions, relationships and dynamics (The Spy and Carnival)? Netball: Can I apply the tactics and rules learned to play a competitive game of netball? Handball: Can I apply the tactics and rules learned to play a competitive game of handball? Swimming: Can I swim a distance of 10-25 metres using a chest stroke?	Gymnastics: Can I create and perform a sequence including balances and different shapes and levels and fluently moving between actions? Football: Can I apply the tactics and rules learned to play a competitive game of football? Fitness: Can I describe the different types of fitness and how they challenge my body? OAA: Can I orientate and navigate around a map and draw a route using directions.	Gymnastics: Can I create and perform a sequence including balances and different shapes and levels and fluently moving between actions? Athletics: Can I apply the techniques learned to perform throws and jumps and take part in running events? Dance: Can I choreograph and perform a dance routine using actions, relationships and dynamics (States of Matter and The Twist)? Cricket: Can I apply the skills, tactics and rules learned to play a competitive game of cricket?	
Yr 5	Dance Unit: Netball Unit: Gymnastics Unit: Hockey Unit:	Yoga Unit: Dodgeball Unit: Gymnastics Unit: OAA Unit:	Dance Unit: Athletics Unit: Tennis Unit: Rounders Unit:	
	Curricular Goals			
	Dance: Choreograph and perform a dance routine using actions, relationships and dynamics (Dance By Chance and Rock 'n' Roll). Netball: Apply the tactics and rules learned to play a competitive game of netball. Gymnastics: Create and perform a sequence including counter balances and different shapes and fluently moving between actions.	Yoga: Create and perform a yoga flow, moving with control between poses. Dodgeball: Apply the tactics and rules learned to play a competitive game of dodgeball. Gymnastics: Create and perform a sequence including counter balances and different shapes and fluently moving between actions.	Dance: Choreograph and perform a dance routine using actions, relationships and dynamics (Ancient Maya and Chinese Dance). Athletics: Apply the techniques learned to perform throws and jumps and take part in running events. Tennis: Apply the skills and rules learned to play a competitive game of tennis.	

BUDE PARK PRIMARY – PHYSICAL EDUCATION OVERVIEW

		Hockey: Apply the tactics and rules learned to play a competitive game of hockey.	OAA: Apply the skills learned to follow a key and route on a map.	Rounders: Apply the skills, tactics and rules learned to play a competitive game of rounders.
Yr 6		Dance Unit: Netball Unit: Gymnastics Unit: Football Unit:	Handball Unit: OAA Unit: Fitness Unit: Tennis Unit:	Gymnastics Unit: Athletics Unit: Dance Unit: Cricket Unit:
		Curricular Goals		
		<p>Dance: Can I choreograph and perform a dance routine using actions, relationships and dynamics (Stomp, Clap and Bhangra)?</p> <p>Netball: Can I apply the tactics and rules learned to play a competitive game of netball?</p> <p>Gymnastics: Can I create and perform a sequence including counter balances and different shapes and fluently moving between actions?</p> <p>Football: Can I apply the tactics and rules learned to play a competitive game of football?</p>	<p>Handball: Can I apply the tactics and rules learned to play a competitive game of handball?</p> <p>OAA: Can I apply the skills learned to complete an orienteering course?</p> <p>Fitness: Can I demonstrate knowledge of the different types of fitness and how to test and develop them?</p> <p>Tennis: Can I apply the skills and rules learned to play a competitive game of tennis?</p>	<p>Gymnastics: Can I create and perform a sequence including counter balances and different shapes and fluently moving between actions?</p> <p>Athletics: Can I apply the techniques learned to perform throws and jumps and take part in running events?</p> <p>Dance: Can I choreograph and perform a dance routine using actions, relationships and dynamics (Waiting For and 70s Disco)?</p> <p>Cricket: Can I apply the skills and rules learned to play a competitive game of cricket?</p>