Newberries Primary School – PE Overview

	Foundation Stage		
Year R	**Autumn**	**Spring**	**Summer**
	Multi-skills – balance Multi-skills - balance	Multi-skills – jumping and landing Multi-skills – jumping and landing,	Multi-skills – propelling a ball in different ways Multi-skills - propelling a ball in different ways

KS1			
Year 1	**Autumn**	**Spring**	**Summer**
	1st Half Term Sports: Multi Skills • Use agility balance and co-ordination when performing activities Fitness: Boot Camp • Develop simple patterns of movements • Perform simple patterns of movement 2nd Half term Sports: Story time Dance • Perform a dance in time to music with fluency Fitness: Mighty Movers (Running • Run at different speeds and directions with control • Understand what happens to our breathing during exercise and why it changes.	1st Half Term Sports: Groovy Gymnastics • Create and perform sequences • Link combinations of movements and shapes with control. Fitness: Skip to the beat • Perform skipping circuit with knowledge and understanding 2nd Half Term Sports: Brilliant Ball skills • Use ball skills in game based activities Fitness: Gymfit circuits • Perform a sequence of movements within a circuit with increased accuracy • Evaluate performance	1st Half Term Sports: Throwing and catching (field games) • Make contact with a ball using different bats and rackets • Use tactics and skills ato fairly play a game Fitness: Cool core • Use techniques to improve core strength and agility 2nd Half Term Sports: Active athletics • Complete obstacle course with control and agility Fitness: Fitness Frenzy • Use agility, balance and co-ordination to improve core strength.
Year 2	**Autumn**	**Spring**	**Summer**
	1st Half Term Sports: Multi Skills • Explore different ways of twisting and turning Fitness: Boot Camp • Complete circuits to develop agility and co ordination 2nd Half term Sports: Ugly bug Dance • Develop a range of dance movements to improve timing. Fitness: Mighty Movers (Running) • Develop good running technique wit hbalance and co ordination	1st Half Term Sports: Groovy Gymnastics • Use a variety of actions to make a sequence • Explore ways of safely travelling on large apparatus. Fitness: Skip to the beat • Skip with control and balance 2nd Half Term Sports: Brilliant Ball skills • Develop hand eye co ordination • Develop different ways of travellig with a ball. Fitness: Gymfit circuits • Perform a sequence with gymnastics moves wit hincreased accuracy	1st Half Term Sports: Throwing and catching (field games) Use fielding skills to play different games. Fitness: Cool core • Develop and improve core strength and agility. 2nd Half Term Sports: Active athletics • Complete obstacle course with increased control andand agility Fitness:Fitness Frenzy • Improve core strength agility and balance.

KS2			
Year 3	**Autumn**	**Spring**	**Summer**
	1st Half Term Sports: Multi Skills • Practice using agility, balance and co ordination Fitness: Boot Camp • Complete circuits based on balance and co ordination 2nd Half term Sports: African Dance • Create a story using African dance Fitness: Mighty Movers (Running) • Use the correct running technique to complete circuits	1st Half Term Sports: Groovy Gymnastics • Work with partners and small groups to create a sequence that involves jumping. Fitness: Skip to the beat • Develop skipping techniques with control and balance. 2nd Half Term Sports: Brilliant Ball skills • Demonstrate good catching technique • Demonstrate good throwing technique • Demonstrate good control of ball and body Fitness: Gymfit circuits • Perform a sequence of gymnastic moves within a circuit	1st Half Term SWIMMING • Introduce techniques for different strokes and water survival. Fitness: Cool core • Improve core strength and agility and understand why they are important 2nd Half Term Sports: Active athletics • Choose and understand different running techniques • Running in different directions and at different speeds. SWIMMING • Intorduce techniques for different strokes and water survival.
Year 4	**Autumn**	**Spring**	**Summer**
	1st Half Term Sports: Invaders • Learn concept of attacking and defending. SWIMMING • Develop techniques for different strokes and water survival. 2nd Half term SWIMMING • Develop techniques for different strokes and water survival. Fitness: Mighty Movers (boxercise) • Learn how to build an anaerobic exercise routine including skilled moves.	1st Half Term Sports: Gym sequences • Construct sequences using balances and linking movements Fitness: Skip to the beat • Develop co ordination and balance • Understand the importance of warm up 2nd Half Term Sports: Striking and fielding • Use hand eye co ordination to strike a moving ball • Develop fielding skills and understand their importance in a game situation. Fitness: Gymfit circuits • Complete different sport specific circuits e.g. cricket based, athletics based etc	1st Half Term Sports: Nimble nets • Introduce the knowledge, understanding and principles of tactics within a tennis game Fitness: Cool core (Pilates) • Sustain balance and concentration when performing a variety of moves. 2nd Half Term Sports: Young Olympians • Understand different techniques for jumping • Develop and use effective running techniques. Fitness: Fitness Frenzy • Master basic movements to develop balance, agility and co ordination

Year 5	Autumn	Spring	Summer
	1st Half Term Sports: Invaders- Netball • Take part in playing netball in different positions on the court Fitness: Boot Camp • Complete circuits using balance and co-ordination **2nd Half term** Sports: Dynamic Dance- Bollywood • Complete a dance routine using Bollywood Fitness: Mighty Movers (Boxercise) • Perform a fitness circuit using boxercise movements together to make a routine	**1st Half Term** Sports: Gym sequences • Use counterbalance skills in a short sequence SWIMMING • Master techniques for different strokes and water survival. **2nd Half Term** SWIMMING • Master techniques for different strokes and water survival. Fitness: Gymfit circuits • Perform obstacle style circuits to improve strength and stamina	**1st Half Term** Sports: Nimble nets • Develop the knowledge, understanding and principles of tactics within a tennis game Fitness: Cool core (Pilates) • Identify techniques to improve balance and core strength • Perform a sequences of Pilates moves with fluency and accuracy **2nd Half Term** • Sports: Young Olympians • Develop and use effective jumping techniques. • Develop and use effective running techniques. • Develop and use effective throwing techniques. Fitness: Fitness Frenzy • Use a range of skills and ideas to perform a routine to improve co ordination
Year 6	Autumn	Spring	Summer
	1st Half Term Sports: Invaders- Tag Rugby • Use ball handling, dodging and passing play Tag rugby Fitness: Boot Camp • Complete circuits using agility and co-ordination **2nd Half term** Sports: Dynamic Dance- Street Dance • Complete a dance routine using street dance Fitness: Mighty Movers (Boxercise) • Link boxercise movements together to make a routine	**1st Half Term** Sports: Gym sequences • Complete sequences in canon and in unison • Construct sequences using balancing and counterbalancing Fitness: Step to the beat • Devise a sequence of step based movements to music **2nd Half Term** Sports: Striking and fielding- Rounders • Play rounders using tactics and show an understanding of the rules Fitness: Gymfit circuits • Create a personal programme based on fitness sessions	**1st Half Term** Sports: Nimble nets- Tennis • Develop the knowledge, understanding and principles of tactics within a tennis game Fitness: Cool core (Pilates) • Demonstrate sequences of pilates with control and balance **2nd Half Term** Sports: Young Olympians • Understand and use effective jumping techniques. • Understand and use effective running techniques. • Understand and use effective throwing techniques. •

			Fitness: Fitness Frenzy • Use a range of skills and ideas to perform a routine • Master and develop their agility, balance and co ordination.