

PE Whole School Overview 2022 - 2023

Half Term Year Group	Autumn 1 7 weeks	Autumn 2 8 weeks	Spring 1 7 weeks	Spring 2 5 weeks	Summer 1 6 weeks	Summer 2 6 weeks
Pre - School Teacher Led & Child Initiated	<p>Fundamental Movement Skills - Move in different ways e.g. skipping, crawling hopping, jumping, and landing on two feet. Start and stop on a tricycle. Explore using a balance bike with alternative feet, steering around a simple route. Gain confidence using alternate feet on a balance bike. Move across obstacles on the Adventure Playground. Make a choice about how to move across an object e.g. walk, hop, crawl across a plank or beam. Compete in simple races - running at speed, following instructions to complete an obstacle course. Begin to explore space, recognising the position of their body in relation to others.</p> <p>Dance - Move their body to music, showing control when to stop and start. Moving their body to music and follow instructions to move to the rhythm of the music (gallop, slither etc). Take part in Diddi Dance sessions.</p> <p>Ball Skills - Explore use of large and small balls. Focus on throwing and catching.</p> <p>Participate in simple team games - linked to Sports Day.</p>					
EYFS F&F	<p>Fundamental Movement Skills - revise and refine the skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping, climbing etc.</p>	<p>Dance - develop the overall body strength, co-ordination, balance and agility needed to engage successfully engage in dance using simple movement patterns, including moving to music.</p>	<p>Gymnastics - Developing overall body-strength, balance, co-ordination and agility using a range of equipment.</p>	<p>Combine different movements with ease and fluency - Create obstacle courses that demand a range of movements to complete, provide opportunities to move that require quick changes of speed and direction.</p>	<p>Ball skills - Develop and refine a range of skills e.g. throwing, catching, kicking, passing, batting, and aiming. Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</p>	<p>Participate in simple team games - linked to Sports Day.</p>
1 Teacher Led REAL PE	<p><u>Multi Ability Focus</u></p> <p style="background-color: #c8e6c9; padding: 2px;">Personal</p> <p><u>FMS Focus</u></p> <ul style="list-style-type: none"> • Coordination: Footwork • Static Balance: One leg 	<p><u>Multi Ability Focus</u></p> <p style="background-color: #ffcdd2; padding: 2px;">Social</p> <p><u>FMS Focus</u></p> <ul style="list-style-type: none"> • Dance using simple movement patterns 	<p><u>Multi Ability Focus</u></p> <p style="background-color: #fff9c4; padding: 2px;">Cognitive</p> <p><u>FMS Focus</u></p> <ul style="list-style-type: none"> • Dynamic Balance: On a Line • Static Balance: Stance 	<p><u>Multi Ability Focus</u></p> <p style="background-color: #e1bee7; padding: 2px;">Creative</p> <p><u>FMS Focus</u></p> <ul style="list-style-type: none"> • Coordination: Ball Skills • Counter Balance: With a Partner 	<p><u>Multi Ability Focus</u></p> <p style="background-color: #bbdefb; padding: 2px;">Applying Physical</p> <p><u>FMS Focus</u></p> <ul style="list-style-type: none"> • Coordination: Sending and Receiving • Agility: Reaction/Response 	<p><u>Multi Ability Focus</u></p> <p style="background-color: #bbdefb; padding: 2px;">Health and Fitness</p> <p><u>FMS Focus</u></p> <ul style="list-style-type: none"> • Agility: Ball Chasing • Static Balance: Floor Work
1 F&F	<p>Fundamental Movement Skills - developing running, jumping, throwing, catching, balance, agility and coordination.</p>	<p>Team games - developing simple tactics for attacking and defending</p>	<p>Gymnastics - developing body shape, balance and travel.</p>	<p>Team games - developing simple tactics for attacking and defending</p>	<p>Athletics - developing flexibility, strength, technique, control and balance (focus on jumping and landing)</p>	<p>Outdoor Adventurous Activity - including Sports Day preparation.</p>
2 Teacher Led REAL PE	<p>Fundamental Movement Skills - developing running, jumping, throwing, catching, balance, agility and coordination</p>	<p><u>Multi Ability Focus</u></p> <p style="background-color: #ffcdd2; padding: 2px;">Social</p> <p><u>FMS Focus</u></p> <p>Dance using simple movement patterns</p>	<p><u>Multi Ability Focus</u></p> <p style="background-color: #fff9c4; padding: 2px;">Cognitive</p> <p><u>FMS Focus</u></p> <ul style="list-style-type: none"> • Dynamic Balance: On a Line • Static Balance: Stance 	<p><u>Multi Ability Focus</u></p> <p style="background-color: #e1bee7; padding: 2px;">Creative</p> <p><u>FMS Focus</u></p> <ul style="list-style-type: none"> • Coordination: Ball Skills • Counter Balance: With a Partner 	<p><u>Multi Ability Focus</u></p> <p style="background-color: #bbdefb; padding: 2px;">Applying Physical</p> <p><u>FMS Focus</u></p> <ul style="list-style-type: none"> • Coordination: Sending and Receiving • Agility: Reaction/Response 	<p><u>Multi Ability Focus</u></p> <p style="background-color: #bbdefb; padding: 2px;">Health and Fitness</p> <p><u>FMS Focus</u></p> <ul style="list-style-type: none"> • Agility: Ball Chasing • Static Balance: Floor Work
2 F&F (with Y3)	<p><u>Multi Ability Focus</u></p> <p style="background-color: #fff9c4; padding: 2px;">Cognitive</p> <p><u>FMS Focus</u></p> <ul style="list-style-type: none"> • Dynamic Balance: On a Line • Coordination: Ball Skills 	<p><u>Multi Ability Focus</u></p> <p style="background-color: #c8e6c9; padding: 2px;">Personal</p> <p><u>FMS Focus</u></p> <ul style="list-style-type: none"> • Coordination: Footwork • Static Balance: One leg 	<p>Gymnastics - developing body shape, balance and travel.</p>	<p>Team games - developing simple tactics for attacking and defending (football, bench ball, hockey, rounders, cricket)</p>	<p>Athletics - developing flexibility, strength, technique, control and balance (focus on jumping and landing)</p>	<p>Outdoor Adventurous Activity - including Sports Day preparation.</p>
3 Teacher Led REAL PE	<p style="background-color: #e0ffe0; padding: 5px;">SWIMMING</p>	<p style="background-color: #e0ffe0; padding: 5px;">SWIMMING</p>	<p><u>Multi Ability Focus</u></p> <p style="background-color: #ffcdd2; padding: 2px;">Social</p> <p><u>FMS Focus</u></p> <ul style="list-style-type: none"> • Dance using a range of movement patterns 	<p><u>Multi Ability Focus</u></p> <p style="background-color: #e1bee7; padding: 2px;">Creative</p> <p><u>FMS Focus</u></p> <ul style="list-style-type: none"> • Coordination: Sending and Receiving • Counter Balance: With a Partner 	<p><u>Multi Ability Focus</u></p> <p style="background-color: #bbdefb; padding: 2px;">Applying Physical</p> <p><u>FMS Focus</u></p> <ul style="list-style-type: none"> • Agility: Reaction/Response • Static Balance: Floor Work 	<p><u>Multi Ability Focus</u></p> <p style="background-color: #bbdefb; padding: 2px;">Health and Fitness</p> <p><u>FMS Focus</u></p> <ul style="list-style-type: none"> • Agility: Ball Chasing • Static Balance: Stance

3 F&F (with Y2)	<u>Multi Ability Focus</u> <u>Cognitive</u> <u>FMS Focus</u> <ul style="list-style-type: none"> Dynamic Balance: On a Line Coordination: Ball Skills 	<u>Multi Ability Focus</u> <u>Personal</u> <u>FMS Focus</u> <ul style="list-style-type: none"> Coordination: Footwork Static Balance: One leg 	Gymnastics – developing flexibility, strength, technique, control and balance.	Competitive games – Invasion and striking/fielding focus e.g. football, bench ball, hockey, rounders, cricket.	Athletics – developing flexibility, strength, technique, control and balance (focus on jumping and landing)	Outdoor Adventurous Activity - including Sports Day preparation.
4 Teacher Led REAL PE	SWIMMING	SWIMMING	<u>Multi Ability Focus</u> <u>Social</u> <u>FMS Focus</u> <ul style="list-style-type: none"> Dance using a range of movement patterns 	<u>Multi Ability Focus</u> <u>Creative</u> <u>FMS Focus</u> <ul style="list-style-type: none"> Coordination: Sending and Receiving Counter Balance: With a Partner 	<u>Multi Ability Focus</u> <u>Applying Physical</u> <u>FMS Focus</u> <ul style="list-style-type: none"> Static Balance: Floor Work Agility: Reaction/Response 	<u>Multi Ability Focus</u> <u>Health and Fitness</u> <u>FMS Focus</u> <ul style="list-style-type: none"> Agility: Ball Chasing Static Balance: Stance
4 F&F	<u>Multi Ability Focus</u> <u>Cognitive</u> <u>FMS Focus</u> <ul style="list-style-type: none"> Dynamic Balance: On a Line Coordination: Ball Skills <p>*Include competitive games – Invasion focus e.g. football, bench ball, hockey, basketball*</p>	<u>Multi Ability Focus</u> <u>Personal</u> <u>FMS Focus</u> <ul style="list-style-type: none"> Coordination: Footwork Static Balance: One leg <p>*Include competitive games – Invasion focus e.g. football, bench ball, hockey, basketball*</p>	Gymnastics – developing flexibility, strength, technique, control and balance.	Competitive games – Net and wall focus e.g. tennis, badminton.	Athletics – developing flexibility, strength, technique, control and balance (focus on jumping and landing)	Competitive games – Striking and fielding focus e.g. rounders, cricket. Sports Day preparation.
5 Teacher Led REAL PE	<u>Multi Ability Focus</u> <u>Personal</u> <u>FMS Focus</u> <ul style="list-style-type: none"> Agility: Ball Chasing Coordination: Sending and Receiving 	<u>Multi Ability Focus</u> <u>Social</u> <u>FMS Focus</u> <ul style="list-style-type: none"> Dance using a range of movement patterns 	<u>Multi Ability Focus</u> <u>Cognitive</u> <u>FMS Focus</u> <ul style="list-style-type: none"> Coordination: Ball Skills Agility: Reaction/Response 	<u>Multi Ability Focus</u> <u>Creative</u> <u>FMS Focus</u> <ul style="list-style-type: none"> Static Balance: Seated Static Balance: Floor Work 	<u>Multi Ability Focus</u> <u>Applying Physical</u> <u>FMS Focus</u> <ul style="list-style-type: none"> Static Balance: One leg Dynamic Balance and Agility: Jumping and Landing 	<u>Multi Ability Focus</u> <u>Health and Fitness</u> <u>FMS Focus</u> <ul style="list-style-type: none"> Static Balance: Stance Coordination: Footwork
5 F&F	Competitive games – Invasion focus e.g. football, bench ball, hockey, basketball.	Competitive games – Net and wall focus e.g. tennis, badminton.	Gymnastics – developing flexibility, strength, technique, control and balance.	Competitive games – Striking and fielding focus e.g. rounders, cricket.	Athletics – developing flexibility, strength, technique, control and balance	Outdoor Adventurous Activity - including Sports day preparation.
6 Teacher Led REAL PE	<u>Multi Ability Focus</u> <u>Personal</u> <u>FMS Focus</u> <ul style="list-style-type: none"> Agility: Ball Chasing Coordination: Sending and Receiving 	<u>Multi Ability Focus</u> <u>Social</u> <u>FMS Focus</u> <ul style="list-style-type: none"> Dance using a range of movement patterns 	<u>Multi Ability Focus</u> <u>Cognitive</u> <u>FMS Focus</u> <ul style="list-style-type: none"> Coordination: Ball Skills Agility: Reaction/Response 	<u>Multi Ability Focus</u> <u>Creative</u> <u>FMS Focus</u> <ul style="list-style-type: none"> Static Balance: Seated Static Balance: Floor Work 	<u>Multi Ability Focus</u> <u>Applying Physical</u> <u>FMS Focus</u> <ul style="list-style-type: none"> Static Balance: One leg Dynamic Balance and Agility: Jumping and Landing 	<u>Multi Ability Focus</u> <u>Health and Fitness</u> <u>FMS Focus</u> <ul style="list-style-type: none"> Static Balance: Stance Coordination: Footwork
6 F&F	Competitive games – Invasion focus e.g. football, bench ball, hockey, basketball.	Competitive games – Net and wall focus e.g. tennis, badminton.	Gymnastics – developing flexibility, strength, technique, control and balance.	Competitive games – Striking and fielding focus e.g. rounders, cricket.	Athletics – developing flexibility, strength, technique, control and balance	Competitive games – Invasion focus e.g. football, bench ball, hockey, basketball. Sports Day preparation.
Other	<ul style="list-style-type: none"> Years 3 and 4 attend weekly swimming sessions every Tuesday morning in the Autumn Term. Year 2 and 3 will have mixed PE lessons with F&F (when REAL PE is taught by F&F, this will be from the Year 3 teaching section). EYFS will develop physical skills elsewhere e.g. fine motor skills in handwriting, using bikes in the outdoor area, developing posture by sitting at tables more frequently. Ahead of Sports Day children will have a chance to practice particular skills and games. After school and lunch time clubs to be ran, to support select children with competitive games and enrichment that goes beyond our curriculum. F&F to start week beginning 05/09 (Year 6's @ JCA) – Year 5's to have both sessions. 					

National Curriculum Subject Content

Key stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

Key stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.