

# PE Autumn Overview



EYFS	Year 1	Year 2	Year 3	Year 4 (or swimming)	Year 5	Year 6
	<b><u>Body Control</u></b> <ul style="list-style-type: none"> <li>Confidently travel in different ways</li> <li>Change the way of travelling</li> <li>Use fast and slow movements</li> <li>Use small and large body parts</li> <li>Jump, land, sink down and turning jumps</li> <li>Link a variety of movements</li> </ul>	<b><u>Movement to Music</u></b> <ul style="list-style-type: none"> <li>Move in a range of ways</li> <li>Perform and develop the basic actions of travel</li> <li>Move at speed with varying patterns of movement</li> <li>Experiment with different movements</li> <li>Join a set of movements into a small sequence</li> </ul>	<b><u>Basketball and football</u></b> <ul style="list-style-type: none"> <li>Dribble a basketball under control whilst stationary</li> <li>Rules of dribbling</li> <li>Passing basketball whilst stationary</li> <li>Dribbling football</li> <li>Changing direction whilst against a defender</li> <li>Passing the ball over a short distance</li> </ul>	<b><u>Basketball and football</u></b> <ul style="list-style-type: none"> <li>Dribbling under pressure</li> <li>Passing the ball</li> <li>Shooting in basketball</li> <li>Turning/changing direction against a defender</li> <li>Passing a short distance</li> <li>Shooting at goal using the correct technique</li> </ul>	<b><u>Dance</u></b> <ul style="list-style-type: none"> <li>Different movements to a regular beat</li> <li>Sort sequence with partner</li> <li>Practise and perform dance sequence</li> <li>Group sequences using different movement patterns</li> <li>Full dance routine</li> </ul>	<b><u>Dance</u></b> <ul style="list-style-type: none"> <li>Explore different movement patterns</li> <li>Develop a short sequence with partner</li> <li>Practise and perform</li> <li>Group sequence</li> <li>Rehearse full dance routine</li> <li>Perform full dance routine</li> </ul>
<b><u>Movement to Music</u></b> <ul style="list-style-type: none"> <li>Move freely in a range of ways</li> <li>Perform basic actions of travelling, jumping and making shapes</li> <li>Develop basic actions</li> <li>Move at speed</li> <li>Different ways of moving</li> <li>Make a small sequence</li> </ul>	<b><u>Movement to Music</u></b> <ul style="list-style-type: none"> <li>Move freely in a range of ways</li> <li>Perform basic actions of travelling, jumping and making shapes</li> <li>Develop basic actions</li> <li>Move at speed</li> <li>Different ways of moving</li> <li>Join a set of patterns to make a small sequence</li> </ul>	<b><u>Object Control</u></b> <ul style="list-style-type: none"> <li>Roll ball back and forth</li> <li>Throw and catch underarm</li> <li>Kick a ball to a moving target</li> <li>Control and accuracy</li> <li>Throwing and kicking tactics and rules</li> <li>Select equipment and create multi-skill games</li> </ul>	<b><u>Dance</u></b> <ul style="list-style-type: none"> <li>Introduce working to a regular beat</li> <li>Develop a short sequence</li> <li>Practise and perform</li> <li>Develop a short partner sequence</li> <li>Practise and perform group sequences</li> <li>Perform full dance sequence</li> </ul>	<b><u>Dance</u></b> <ul style="list-style-type: none"> <li>Develop and explore different movement patterns</li> <li>Develop and perform a short partner sequence</li> <li>Develop and perform group sequences</li> <li>Develop, practise and perform a full dance routine</li> </ul>	<b><u>Basketball</u></b> <ul style="list-style-type: none"> <li>Dribble under control whilst under pressure from defender</li> <li>Footwork</li> <li>Pass accurately</li> <li>Shoot using the set shot</li> <li>Play a small sided game</li> <li>Follow rules of the game</li> </ul>	<b><u>Basketball</u></b> <ul style="list-style-type: none"> <li>Dribble under control whilst under pressure from defender</li> <li>Footwork</li> <li>Pass using different techniques</li> <li>Shoot using the set shot/lay-up shot</li> <li>Play small modified games</li> <li>Follow rules of the game</li> </ul>

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	<b><u>Gymnastics</u></b> Balance on small and large body parts Various types of rolls Move from balance to roll Vary the shape of balances Balance with different body parts being closest/highest from the ground	<b><u>Games - hockey, tag rugby, dodgeball</u></b> <ul style="list-style-type: none"> <li>Dodge and opponent</li> <li>Tag an opponent</li> <li>Holding hockey stick correctly</li> <li>Passing whilst stationary</li> <li>Throwing in dodgeball</li> <li>Avoiding being hit</li> </ul>	<b><u>Volleyball/Dodgeball</u></b> <ul style="list-style-type: none"> <li>Intro to the ready position</li> <li>Set the ball to a partner</li> <li>Dig/forearm pass</li> <li>Keeping a rally going</li> <li>Throwing technique</li> <li>Catching technique</li> <li>Avoiding being hit</li> </ul>	<b><u>Volleyball/Dodgeball</u></b> <ul style="list-style-type: none"> <li>Keeping a rally going with different shots</li> <li>Pass to a partner on the move</li> <li>Small 2v2 games</li> <li>Throwing and catching skills</li> <li>Blocking skills</li> <li>Avoiding being hit</li> </ul>	<b><u>Dodgeball</u></b> <ul style="list-style-type: none"> <li>Throwing the ball</li> <li>Avoiding being hit</li> <li>Blocking skills</li> <li>Catching a ball</li> <li>Rules and modified games</li> <li>Playing small modified games</li> </ul>	<b><u>Dodgeball</u></b> <ul style="list-style-type: none"> <li>Throw with precision and speed</li> <li>Dodge with control</li> <li>Blocking to protect yourself or teammate</li> <li>Catch during the game</li> <li>Work as a team</li> <li>Complete a tournament</li> </ul>
<b><u>Gymnastics</u></b> <ul style="list-style-type: none"> <li>Balance on small and large body parts</li> <li>Move between different balances under control</li> <li>Sideways rolls</li> <li>Curled and stretched shapes</li> <li>Wide, thin and tall shapes</li> <li>Link together 2-3 movements</li> </ul>	<b><u>Object control</u></b> <ul style="list-style-type: none"> <li>Roll a ball back and fourth</li> <li>Throw and catch overarm and underarm</li> <li>Judge the flight of an object and catch</li> <li>Kick a ball over different distances</li> <li>Control and accuracy with throwing, kicking and rolling a ball</li> </ul>	<b><u>Gymnastics</u></b> <ul style="list-style-type: none"> <li>Confidently travel in different ways, making different shapes</li> <li>Balance on small and large body parts</li> <li>Various types of rolls</li> <li>Vary the shape of balances</li> <li>Jump, land, sink down and add turning jumps</li> <li>Link 4-5 basic moves in a sequence</li> </ul>	<b><u>Gymnastics</u></b> <ul style="list-style-type: none"> <li>Confidently travel in different ways, making different shapes</li> <li>Balance on small and large body parts</li> <li>Various types of rolls</li> <li>Vary the shape of balances</li> <li>A variety of controlled turning jumps</li> <li>Introduce, plan and practise a short sequence</li> </ul>	<b><u>Gymnastics</u></b> <ul style="list-style-type: none"> <li>Develop balances upon small and large body parts</li> <li>Landing safely</li> <li>Jumping from one to two feet or two to one</li> <li>Various rolls</li> <li>Controlled turning jumps</li> <li>Various balances</li> <li>Develop, plan and practise a short sequence</li> </ul>	<b><u>Gymnastics</u></b> <ul style="list-style-type: none"> <li>Point and patch balances</li> <li>Link moves together</li> <li>Variety of rolls in different directions</li> <li>Patch balances with different body parts high and low</li> <li>Put moves together</li> <li>Into short sequence</li> <li>Perform and evaluate planned sequences</li> </ul>	<b><u>Gymnastics</u></b> <ul style="list-style-type: none"> <li>Patch balances with different body parts high and low</li> <li>Link moves together</li> <li>Variety of rolls in differing directions</li> <li>Link short sequences with travelling moves</li> <li>Perform planned sequence and self-evaluate/evaluate others</li> </ul>