

# PE Spring Overview



EYFS	Year 1	Year 2	Year 3	Year 4 (or swimming)	Year 5	Year 6
	<b><u>Jungle Yoga</u></b> <ul style="list-style-type: none"> <li>• Intro lying/seated yoga poses</li> <li>• Standing yoga poses</li> <li>• Movement poses</li> <li>• Balancing poses</li> <li>• Breathing techniques</li> <li>• Complete a full routine</li> </ul>	<b><u>Jungle Yoga</u></b> <ul style="list-style-type: none"> <li>• lying/seated yoga poses</li> <li>• Standing yoga poses</li> <li>• Movement poses</li> <li>• Balancing poses</li> <li>• Breathing techniques</li> <li>• Complete a full routine</li> </ul>	<b><u>Hockey/Tag Rugby</u></b> <ul style="list-style-type: none"> <li>• Holding hockey stick correctly</li> <li>• Dribbling the ball at different speeds</li> <li>• Passing the ball</li> <li>• Dodging a defender</li> <li>• Defending and tagging an opponent</li> <li>• Passing accurately and with speed</li> </ul>	<b><u>Hockey/Tag Rugby</u></b> <ul style="list-style-type: none"> <li>• Develop dribbling technique</li> <li>• Develop passing techniques</li> <li>• Dribbling, passing and controlling the ball whilst moving</li> <li>• Dodging a defender</li> <li>• Tagging an opponent</li> </ul>	<b><u>Tag Rugby</u></b> <ul style="list-style-type: none"> <li>• Dodge a defender when running towards a target</li> <li>• Defend and tag opponent</li> <li>• Passing techniques</li> <li>• Pass ball accurately</li> <li>• Attack in teams of 3 or 4</li> <li>• Play 7-a-side games</li> </ul>	<b><u>Tag Rugby</u></b> <ul style="list-style-type: none"> <li>• Dodge a defender when running towards a target</li> <li>• Defend and tag opponent</li> <li>• Pass ball accurately with speed</li> <li>• Attack in teams of 3 or 4</li> <li>• To attack as a team</li> <li>• Play 7-a-side games</li> </ul>
<b><u>Animal Boogie Yoga</u></b> <ul style="list-style-type: none"> <li>• Intro sitting down poses</li> <li>• Standing up poses</li> <li>• Movement poses</li> <li>• Breathing techniques</li> <li>• Perform under control</li> <li>• Complete a full routine of poses</li> </ul>	<b><u>Intro to Games</u></b> <ul style="list-style-type: none"> <li>• Move and change direction quickly</li> <li>• Dodge an opponent whilst running and changing direction</li> <li>• Play games involving tagging</li> <li>• Rolling, bouncing, throwing and catching different sized balls</li> </ul>	<b><u>Football, basketball, handball</u></b> <ul style="list-style-type: none"> <li>• Dribble ball using feet</li> <li>• Dribble ball using hands</li> <li>• Turning using different surfaces</li> <li>• Types of passing, including chest pass, whilst moving</li> </ul>	<b><u>Yoga</u></b> <ul style="list-style-type: none"> <li>• breathing techniques</li> <li>• flexible poses</li> <li>• Balancing poses</li> <li>• Movement poses, using strength and control</li> <li>• Complete a full routine</li> </ul>	<b><u>Yoga</u></b> <ul style="list-style-type: none"> <li>• Develop breathing techniques</li> <li>• Develop flexible poses</li> <li>• Develop balancing poses</li> <li>• Develop movement poses with some confidence</li> <li>• Complete a full routine</li> </ul>	<b><u>Yoga</u></b> <ul style="list-style-type: none"> <li>• Perform breathing techniques</li> <li>• Perform flexible poses</li> <li>• Perform balancing poses</li> <li>• Perform movement poses with some confidence</li> <li>• Create own poses</li> <li>• Deliver a yoga lesson to a partner</li> </ul>	<b><u>Yoga</u></b> <ul style="list-style-type: none"> <li>• Perform breathing techniques</li> <li>• Perform flexible poses</li> <li>• Perform balancing poses</li> <li>• Perform movement poses with some confidence</li> <li>• Create own yoga routine</li> <li>• Deliver a yoga lesson to a small group</li> </ul>

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<b><u>Object Control</u></b> <ul style="list-style-type: none"> <li>• Roll a ball to target underarm</li> <li>• Throwing underarm</li> <li>• Bounce and catch a ball</li> <li>• Throwing overarm</li> <li>• Catch a small ball with both hands</li> <li>• Increasing control in pushing, patting, throwing, catching, kicking an object</li> </ul>	<b><u>Object Control</u></b> <ul style="list-style-type: none"> <li>• Dodge an opponent whilst running</li> <li>• Dribble a ball using hands when stationary</li> <li>• Dribble a ball using feet</li> <li>• Move the ball using a variety of techniques</li> <li>• Show accuracy and control</li> <li>• Play small games using learnt techniques</li> </ul>	<b><u>Object Control</u></b> <ul style="list-style-type: none"> <li>• Move and change direction quickly</li> <li>• Dribble using hands against an opponent</li> <li>• Dribble using feet against an opponent</li> <li>• Dodge an opponent and change direction</li> <li>• Roll, bounce, throw and catch various sized balls</li> <li>• Select equipment and create multi-skills games</li> </ul>	<b><u>Volleyball/Dodgeball</u></b> <ul style="list-style-type: none"> <li>• Intro to shots and rallies</li> <li>• Passing to a partner moving into a space</li> <li>• Small 2v2 games</li> <li>• Throwing, dodging, blocking and catching</li> <li>• Basic rules of dodgeball</li> <li>• Play small modified games of dodgeball</li> </ul>	<b><u>Volleyball/Dodgeball</u></b> <ul style="list-style-type: none"> <li>• Passing to a partner moving into a space</li> <li>• Small 2v2 games</li> <li>• Small volleyball tournaments</li> <li>• Develop the basic rules of dodgeball</li> <li>• To work as a team in dodgeball games</li> <li>• Develop skills needed to play small modified games</li> </ul>	<b><u>Volleyball</u></b> <ul style="list-style-type: none"> <li>• Ready position</li> <li>• Set the ball to a partner</li> <li>• Dig/forearm pass</li> <li>• Overarm serve</li> <li>• Set up an attack with a partner</li> <li>• Play small 4v4 games</li> <li>• Understand rotation of positions</li> <li>• Play small tournaments</li> </ul>	<b><u>Volleyball</u></b> <ul style="list-style-type: none"> <li>• Ready position</li> <li>• Set the ball to a partner</li> <li>• Overarm serve towards a partner</li> <li>• Set up an attack with a partner</li> <li>• Play small 4v4 games</li> <li>• Understand rotation of positions</li> <li>• Play small tournaments</li> </ul>
	<b><u>Locomotor Skills</u></b> <ul style="list-style-type: none"> <li>• Run and negotiate space skilfully and successfully</li> <li>• Safely move at different speeds and heights</li> <li>• Travel under, over and around various equipment</li> <li>• Balancing and climbing</li> <li>• Walk, run, jump, leap and land under control</li> </ul>	<b><u>Locomotor Skills</u></b> <ul style="list-style-type: none"> <li>• Run and negotiate space skilfully and successfully</li> <li>• Safely move at different speeds and heights</li> <li>• Travel under, over and around various equipment</li> <li>• Balancing and climbing</li> <li>• Walk, run, jump, leap and land under control</li> </ul>	<b><u>Outdoor Adventurous Activities</u></b> <ul style="list-style-type: none"> <li>• Solve challenges working cooperatively</li> <li>• Cooperation and listening skills</li> <li>• Follow instructions step-by-step</li> <li>• Introduce orienteering</li> <li>• Read, follow and understand maps</li> <li>• Simple map skills</li> </ul>	<b><u>Outdoor Adventurous Activities</u></b> <ul style="list-style-type: none"> <li>• Solve challenges working cooperatively</li> <li>• Cooperation and listening skills</li> <li>• Follow instructions step-by-step</li> <li>• Introduce orienteering</li> <li>• Read, follow and understand maps</li> <li>• Simple map skills</li> </ul>	<b><u>Outdoor Adventurous Activities</u></b> <ul style="list-style-type: none"> <li>• Problem solving activities in teams</li> <li>• Communicate effectively</li> <li>• Locate different areas of school on a map</li> <li>• Orient a map and find their updated position</li> <li>• Run a timed course and find each control point</li> </ul>	<b><u>Outdoor Adventurous Activities</u></b> <ul style="list-style-type: none"> <li>• Work as a team to complete a task</li> <li>• Read key map symbols</li> <li>• Orient a map and find control points</li> <li>• Use control cards and punch markers</li> <li>• Set up and complete a course or challenge</li> <li>• Complete a course with a partner</li> </ul>