

PE Summer Overview



EYFS	Year 1	Year 2	Year 3	Year 4 (or swimming)	Year 5	Year 6
	<u>Intro to striking and fielding</u> <ul style="list-style-type: none"> • Judge flight of a ball • Make contact with a ball • Strike a ball • Retrieve a ball that is travelling towards • Retrieve a ball that is travelling away • Make contact and strike ball 	<u>Striking and fielding</u> <ul style="list-style-type: none"> • Judge flight of a ball • Hold bat and contact ball from self-feed • Strike a ball that is bounced towards them • Retrieve a ball that is travelling towards • Make contact and strike ball • Play modified game 	<u>Net and wall games (playing tennis, badminton)</u> <ul style="list-style-type: none"> • Holding tennis racket and balance ball • Bouncing tennis ball on racket • Hit ball to partner with tennis racket • Grip badminton racket • Forehand shot in badminton • Footwork for badminton 	<u>Net and wall games (playing tennis, badminton)</u> <ul style="list-style-type: none"> • Developing techniques of shots in tennis • Hitting ball over a net in tennis • Short tennis rallies • Backhand grip in badminton • Changing between forearm and backhand in badminton • Footwork for badminton 	<u>Rounders</u> <ul style="list-style-type: none"> • Underarm throwing and catching • Overarm throwing and catching • Underarm bowling • Fielding techniques • Batting skills • Small games 	<u>Rounders</u> <ul style="list-style-type: none"> • Overarm and underarm throwing and catching • Underarm bowling technique • Batting skills • Fielding techniques • Rules and scoring methods • Small games
<u>Sports day events</u> <ul style="list-style-type: none"> • Running and changing direction • Throwing for distance • Race through obstacles • Jump for distance • Race in teams • Mini sports day 	<u>Sports day events</u> <ul style="list-style-type: none"> • Running and changing direction • Throwing for distance • Race through obstacles • Jump for distance • Race in teams • Mini sports day 	<u>Sports day events</u> <ul style="list-style-type: none"> • Running and changing direction • Throwing for distance • Race through obstacles • Jump for distance • Race in teams • Mini sports day 	<u>Athletics</u> <ul style="list-style-type: none"> • Speed and agility training • Sprint technique • Throwing for distance • Jumping for distance • Running for distance • Mini sports day 	<u>Athletics</u> <ul style="list-style-type: none"> • Speed and agility training • Sprint technique • Throwing for distance • Jumping for distance • Running for distance • Mini sports day 	<u>Athletics</u> <ul style="list-style-type: none"> • Speed, agility and quickness • Sprint correctly and efficiently • Throw different equipment for distance • Jump for distance • Run for distance • Sports day 	<u>Athletics</u> <ul style="list-style-type: none"> • Speed, agility and quickness • Sprint correctly and efficiently • Throw different equipment for distance • Jump for distance • Run for distance • Sports day

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EYFS	Year 1	Year 2	Year 3	Year 4 (or swimming)	Year 5	Year 6
<u>Intro to racket skills</u> <ul style="list-style-type: none"> • Holding tennis racket and balance ball • Bouncing tennis ball on racket • Hold racket and make contact with ball • Hit bouncing ball to partner • Understand forearm shot • Hit ball over net to a partner 	<u>Intro to racket skills</u> <ul style="list-style-type: none"> • Make contact with ball and small piece of equipment • Hold tennis racket correctly and balance ball • Keep ball off floor by balancing on racket • Hit a bouncing ball to partner • Hit ball over net to target area • Rallies over net with partner 	<u>Racket skills</u> <ul style="list-style-type: none"> • Hold tennis racket correctly • Contact tennis ball from self feed • Hit bouncing ball towards partner • Hit ball over net to target area • To move and play a shot in tennis • To play short rallies over net with partner 	<u>Net and wall games (competing – tennis and badminton)</u> <ul style="list-style-type: none"> • Play rally using forearm shot • Underarm serve over a net • Game of doubles in tennis • Serving technique in badminton • Ready position and rally in badminton • Rules of badminton and game of doubles 	<u>Net and wall games (competing – tennis and badminton)</u> <ul style="list-style-type: none"> • Develop rally using forearm shot • Develop underarm serve over a net • Game of doubles in tennis • Develop serving technique in badminton • Develop ready position and rally in badminton • Develop understanding of rules of badminton and game of doubles 	<u>Tennis</u> <ul style="list-style-type: none"> • Hold the racket and be ready • Play forearm shot under control • Play rally using forearm shot • Introduce backhand shot • Underarm serve over net • Play game of doubles 	<u>Tennis</u> <ul style="list-style-type: none"> • Hold the racket and be ready • Play forearm and backhand shot under control • Play rally using correct technique • Underarm serve over net • Understand the scoring system and rules • Play game of doubles
	<u>Intro to games (competing)</u> <ul style="list-style-type: none"> • Dodge an opponent in tag rugby • Introduce 'tagging' • Hold hockey stick and move round • Passing ball while stationary in hockey • Throwing in dodgeball • Avoid being hit in dodgeball 	<u>Intro to games (moving- hockey, tag rugby, dodgeball)</u> <ul style="list-style-type: none"> • Dodge an opponent in tag rugby • Introduce 'tagging opponent' • hold hockey stick and move with and without the ball • passing the ball while stationary in hockey • throwing technique in dodgeball • Avoid being hit in dodgeball 	<u>Striking and fielding (playing)</u> <ul style="list-style-type: none"> • Underarm throwing and catching in rounders • Overarm throwing and catching in rounders • Develop fielding techniques in rounders • throwing cricket ball overarm and underarm • Fielding in cricket • Bowling overarm in cricket 	<u>Striking and fielding (playing)</u> <ul style="list-style-type: none"> • Develop overarm throwing and catching in rounders • Develop fielding techniques in rounders • Develop underarm bowling in rounders • Develop fielding in cricket • Develop bowling overarm in cricket • Develop batting shots 	<u>Cricket (competing)</u> <ul style="list-style-type: none"> • Field the ball in different ways • Play correct batting techniques • Bowl overarm to batter • Play correct batting shots • Understand rules of kwik cricket • Play small modified game of cricket 	<u>Cricket</u> <ul style="list-style-type: none"> • Field the ball in different ways • Play correct batting techniques • Bowl overarm to batter • Play correct batting shots • Decide what shots to play • Understand rules of cricket • Play small, modified games of cricket