

PE Long Term Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 3</b>	<p><b>Outdoor adventurous activities</b> Following simple trails, relating to map symbols and following four compass directions.</p> <p><b>Football</b> Developing ball skills such as dribbling, passing and shooting.</p>	<p><b>Dance</b> Creating different shapes using heights, repetition and refining movements.</p> <p><b>Netball</b> Developing passing and defending skills.</p>	<p><b>Gymnastics</b> Utilising equipment and floor space to create different shapes and ways to travel.</p> <p><b>Hockey</b> Developing passing, dribbling and shooting skills.</p>	<p><b>Dance</b> Using 'Explorers' as a theme, creating and designing a small routine to music, exploring different shaped pathways.</p> <p><b>Tennis</b> Developing striking of the ball, the hold of the racket and aim.</p>	<p><b>Gymnastics</b> Utilising larger equipment and floor space to create asymmetrical shapes.</p> <p><b>Cricket</b> Developing bat holding technique, bowling and the rules of the game.</p>	<p><b>Athletics</b> Developing running techniques, a range of jumps and throwing skills.</p> <p><b>Rounders</b> Developing striking and fielding skills, developing an understanding of the rules.</p>
<b>Year 4</b>	<p><b>Dance</b> Using the stimuli of Ancient Greek Myths, creating a short dance using unison, levels, repetition and the refinement of movements.</p> <p><b>Netball</b> Developing the basic skills of netball, including passing, pivoting, marking and shooting, while learning some of the basic rules.</p>	<p><b>Outdoor adventurous activities</b> Developing map reading skills and working as a team to achieve goals.</p> <p><b>Hockey</b> Developing hockey skills including: passing, dribbling and hitting as well as beginning to apply the concepts of attacking and defending to small match scenarios.</p>	<p><b>Gymnastics</b> Using the apparatus to explore a range of balances.</p> <p><b>Tennis</b> Developing basic tennis skills such as ball control and forehand.</p>	<p><b>Dance</b> Creating a water-themed dance using unison, levels, repetition and the refinement of movements.</p> <p><b>Football</b> Developing football skills such as passing and shooting and applying learning through games.</p>	<p><b>Gymnastics</b> Learning how to develop movement on the apparatus including different types of movement and changes in direction, creating a short piece utilising these skills.</p> <p><b>Rounders</b> Developing bat holding techniques, hitting, throwing, bowling and the rules of the game.</p>	<p><b>Athletics</b> Developing a range of athletics skills including: running over different distances and hurdles and throwing.</p> <p><b>Cricket</b> Further develop bat holding skills, starting to develop accuracy when striking a ball with a cricket bat, learning how to bowl accurately at a target.</p>
<b>Year 5</b>	<p><b>Dance</b> Creating a Space based dance using motif, canon, repetition and refining of movements.</p> <p><b>Netball</b> Developing attacking, defending and passing skills in an invasion game.</p>	<p><b>Gymnastics</b> Utilising equipment and floor space to create a sequence of jumps and twists in the air.</p> <p><b>Tag Rugby</b> Developing attacking, defending and passing as well as interception skills in an invasion game.</p>	<p><b>Outdoor adventurous activities</b> Refining team skills, paired skills and communication in the context of outdoor activities.</p> <p><b>Hockey</b> Developing attacking, defending and dribbling skills in a small sided invasion game of hockey.</p>	<p><b>Dance</b> Telling a story through the medium of dance and exaggerated movements based on the Anglo-Saxons and Vikings.</p> <p><b>Tennis</b> Developing control and manipulation of the ball through the use of a racket leading into 1 on 1 matches.</p>	<p><b>Swimming</b> Improving swimming to be competent, confident and proficient over a distance of at least 25 metres, using a range of strokes effectively as well as performing safe self-rescue in different water-based situations.</p> <p><b>Athletics</b> Developing running, jumping and throwing</p>	<p><b>Swimming</b> Improving swimming to be competent, confident and proficient over a distance of at least 25 metres, using a range of strokes effectively as well as performing safe self-rescue in different water-based situations.</p> <p><b>Rounders</b> Developing striking and fielding skills in small</p>

					skills with inter and intra team competitions.	sided and larger scale matches of rounders.
<b>Year 6</b>	<p><b>Gymnastics</b> Combining and performing sequences, including balances and effective transitions.</p> <p><b>Rugby</b> Developing fluent co-ordination and control to maintain possession of the ball, working as a team to develop attack and defence strategies.</p>	<p><b>Dance</b> Developing and performing routines with expression and fluency.</p> <p><b>Netball</b> Strengthening knowledge of positions, rules and tactics within attack and defence through mini-games and matches.</p>	<p><b>Gymnastics</b> Choreographing linked movements fluently including shapes and using space.</p> <p><b>Hockey</b> Strengthening use of effective stick skills to attack and defend through mini-games and matches.</p>	<p><b>Outdoor adventurous activities</b> Demonstrating use of problems solving techniques to interpret maps and follow trails.</p> <p><b>Tennis</b> Developing accuracy when striking a ball with a tennis racket and use tactical awareness during matches.</p>	<p><b>Dance</b> Exploring use of exaggerated movements to create Haka routines.</p> <p><b>Cricket</b> Developing accuracy when striking a ball with a cricket bat using tactical awareness during matches.</p>	<p><b>Athletics</b> Developing running techniques, a range of jumps and throwing skills.</p> <p><b>Rounders</b> Demonstrating tactical awareness to select the appropriate throw when fielding.</p>