	PE Subject Overview								
	Aut	υmn	Spi	ing	Summer				
Preschool	Balancing movements	Dance, yoga and fitness	Skip, hop, stand on one leg and hold a pose Use one handed tools and equipment	Pencil grip and control	Team Games	Use cutlery correctly Dressing and undressing			
Reception	Coordination & Static Balance In this unit, children will develop and apply their footwork and on leg balance through focused thematic stories, songs and games. Negotiate space and obstacles safely, with	Dynamic Balance to Agility & Static Balance In this unit, the children will develop and apply their jumping and landing and seated balance through focused thematic stories, songs and games.	Dynamic Balance & Static Balance In this unit, the children will develop and apply their dynamic balance on a line and stance through focused thematic stories, songs and games. Negotiate space and	Coordination & Counter Balance In this unit, the children will develop and apply their ball skills and counter balance with a partner through focused thematic stories, songs and games. Negotiate space and	Coordination & Agility In this unit, the children will develop and apply their sending and receiving and reaction and response through focused thematic stories, songs and games. Negotiate space and	Agility & Static Balance In this unit, the children will develop and apply their ball chasing and floor work balance through focused thematic stories, songs and games. Negotiate space and obstacles safely. Demonstrate			



	thomsolves and	Nogotists	Domonstrata	Domonstrata	Domonstrata	balance and
	themselves and	Negotiate	Demonstrate	Demonstrate	Demonstrate	balance and
	others	space and	balance.	strength,	strength,	coordination.
	Demonstrate	obstacles safely	Explain the	balance and	balance and	Move ,,
	strength,	Demonstrate	reasons for rules	coordination	coordination.	energetically,
	balance and	strength,	and try to		Move	such as running,
	coordination	balance and	behave		energetically,	jumping,
	when playing.	coordination.	accordingly.		such as running,	dancing,
	Move	Move	Show an ability		jumping,	hopping,
	energetically,	energetically,	to follow		dancing,	skipping and
	such as running,	such as jumping.	instructions		hopping,	climbing.
	jumping,	Listen attentively	involving several		skipping and	Move
	dancing,	and respond	ideas or actions.		climbing.	energetically,
	hopping,	when they hear	Express their			such as running,
	skipping and	with relevant	ideas and			jumping,
	climbing.	questions,	feelings about			dancing,
	Listen attentively	comments and	their			hopping,
	and respond	actions.	experiences.			skipping and
	when they hear.	Participate in				climbing.
	Show an ability	small group				Show an
	to follow	discussions.				understanding
	instructions	Work and play				of their feelings.
	involving several	cooperatively				
	ideas or actions.	with others.				
	Show	Show sensitivity				
	independence,	to their own and				
	resilience, and	other's needs.				
	perseverance in					
	the face of a					
	challenge.					
Year 1	Coordination &	Dynamic	Dance	Coordination &	Coordination &	Agility & Static
	Static Balance	Balance to	In this unit, the	Counter Balance	Agility	Balance
	In this unit, the	Agility &	children will	In this unit, the	In this unit, the	In this unit, the
	children will	Static Balance	learn and	children will	children will	children will



develop and
apply their
footwork and
one leg balance
through focused
skill
development
sessions,
thematic stories
and games.

Master basic movements including running, as well as develop balance, agility and coordination, and begin to apply these in a range of activities.

Engage in activities in a range of increasingly challenging situations. In this unit, the children will develop and apply their jumping and landing and seated balance through focused skill development sessions, thematic stories and games.

Master basic movements including running, as well as develop balance, agility and coordination. and begin to apply these in a range of activities. Engage in cooperative physical activities.

develop shapes and circles and create sequences of movement with these through partnering and artistry.

Master basic

movements and apply these in a range of activities.
Engage in cooperative physical activities.
Perform dances using simple movement patterns.

develop and apply their ball skills and counter balance with a partner through focused skill development sessions, thematic stories and games.

Develop
balance, agility
and
coordination
and begin to
apply these in a
range of
activities
individually and
with others.

Engage in activities in a range of increasingly challenging situations.

develop and apply their sending and receiving and reaction and response through focused skill development sessions, thematic stories and games.

Develop basic movements including running, iumpina, throwing and catchina, as well as develop balance, agility and coordination, and begin to apply these in a range of activities individually and with others.

Engage in

activities in a

develop and apply their ball chasing and floor work balance through focused skill development sessions, thematic stories and games.

Develop
balance, agility
and
coordination
and begin to
apply these in a
range of
activities
individually and
with others.

Engage in activities in a range of increasingly challenging situations.

Engage in both competitive (both against



					range of increasingly challenging situations. Engage in both competitive (both against self and others) and cooperative physical	self and others) and cooperative physical activities.
Year 2	Coordination &	Dance	Dynamic	Coordination &	activities. Coordination &	Agility and Static
10012	Static Balance	In this unit, the	Balance & Static	Counter Balance	Agility	Balance
	In this unit, the	children will	Balance	In this unit, the	In this unit, the	In this unit, the
	children will	learn and	Static Balance	children will	children will	children will
	develop and	develop shapes	In this unit, the	develop and	develop and	develop and
	apply their	and circles and	children will	apply their ball	apply their	apply their ball
	footwork and	create	develop and	skills and	sending and	chasing and
	one leg balance	sequences of	apply their	counter	receiving and	floor work
	through focused	movement with	dynamic	balance with a	reaction and	balance
	skill	these through	balance on a	partner through	response	through focused
	development	partnering and	line and stance	focused skill	through focused	skill
	sessions,	artistry.	through focused	development	skill	development
	cooperative	Master basic	skill	sessions,	development	sessions,
	and competitive	movements and	development	cooperative	sessions,	cooperative
	development	apply these in a	sessions,	and competitive	cooperative	and competitive
	games.	range of	cooperative	development	and competitive	development
		activities.	and competitive	games.	development	games.
	Master basic	Engage in	development		games.	
	movements	cooperative	games.	Extend balance,		Extend balance,
	including			agility and		agility and



running, as well	physical	Develop	coordination	Develop basic	coordination
as develop	activities.	balance, agility	and begin to	movements	and begin to
balance, agility	Perform dances	and	apply these in a	including	apply these in a
and	using simple	coordination	range of	running,	range of
coordination,	movement	and begin to	activities,	jumping,	activities,
and begin to	patterns.	apply these in a	individually and	throwing and	individually and
apply these in a		range of	others.	catching, as well	others.
range of		activities	Engage in	as develop	Engage in
activities.		individually and	competitive and	balance, agility	activities in a
Engage in		with others.	cooperative	and	range of
competitive and		Engage in	physical	coordination,	increasingly
cooperative		competitive and	activities.	and begin to	challenging
physical		cooperative	Participate in	apply these in a	situations.
activities.		physical	team games,	range of	Engage in both
		activities.	developing	activities	competitive
			simple tactics for	individually and	(both against
			attaching and	with others.	self and others)
			defending	Engage in	and
			derending	activities in a	cooperative
				range of	physical
				increasingly	activities.
				challenging 	
				situations.	
				Engage in both	
				competitive	
				(both against	
				self and others)	
				and	
				cooperative	
				physical	
				activities.	
				Participate in	
				team games,	



		1	1		1 , , .	
					developing	
					simple tactics for	
					attaching and	
					defending.	
Year 3	Coordination &	Dance	Dynamic &	Coordination &	Agility & Static	Agility & Static
	Static Balance	In this unit, the	Coordination	Counter Balance	Balance	Balance
	In this unit, the	children will	In this unit, the	In this unit, the	In this unit, the	In this unit, the
	children will	learn and	children will	children will	children will	children will
	develop and	develop shapes	develop and	develop and	develop and	develop and
	apply their	and circles and	apply their	apply their	apply their	apply their ball
	footwork and	create	dynamic	sending and	reaction and	chasing and
	one leg balance	sequences of	balance on a	receiving and	response and	stance through
	through focused	movement with	line and ball skills	counter	floor work	focused skill
	skill	these through	through focused	balance with a	balance	development
	development	partnering and	skill	partner through	through focused	sessions, healthy
	sessions, healthy	artistry.	development	focused skill	skill	competition,
	competition,		sessions, healthy	development	development	cooperative
	cooperative	Apply and	competition,	sessions, healthy	sessions, healthy	games and
	games and	develop a	cooperative	competition,	competition,	Personal Best
	Personal Best	broad range of	games and	cooperative	cooperative	challenges.
	challenges.	skills and link	Personal Best	games and	games and	
		them to make	challenges.	Personal Best	Personal Best	Develop and
	Use running and	actions and		challenges.	challenges.	apply control
	jumping in	sequences of	Develop and			and balance in
	isolation and in	movements.	apply control	Use throwing	Develop and	different ways.
	combination	Develop	and balance in	and catching in	apply control	Learn how to
	and develop	flexibility,	different ways.	isolation and in	and balance in	use skills in
	control, balance	strength,	Enjoy	combination	different ways.	different ways
	and technique.	technique,	communicating,	and develop	Learn how to	and to link them
	Enjoy	control and	collaborating	and apply	use skills in	to make actions
	communicating,	balance.	and competing	control and	different ways	and sequences
	collaborating		with each other.		and to link them	of movement.



r						
	, ,	rform dances	Compare their	balance in	to make actions	Enjoy
with 6	each other. usir	ng a range of	performance	different ways.	and sequences	communicating,
Com	npare their	movement	with previous	Learn how to	of movement.	collaborating
per	formance	patterns.	ones and	use skills in	Enjoy	and competing
with	n previous		demonstrate	different ways	communicating,	with each other.
Ol	nes and		improvement to	and to link them	collaborating	Compare their
der	monstrate		achieve their	to make actions	and competing	performances
impro	ovement to		personal best.	and sequences	with each other.	with previous
ach	nieve their			of movement.	Compare their	ones and
pers	onal best.			Enjoy	performances	demonstrate
				communicating,	with previous	improvement to
				collaborating	ones and	achieve their
				and competing	demonstrate	personal best.
				with each other.	improvement to	
				Compare their	achieve their	
				performance	personal best.	
				with previous		
				ones and		
				demonstrate		
				improvement to		
				achieve their		
				personal best.		
Year 4 Coo	rdination &	Dance	Dynamic	Coordination &	Agility & Static	Agility & Static
Stati	c Balance In	this unit, the	Balance &	Counter Balance	Balance	Balance
In th	is unit, the	children will	Coordination	In this unit, the	In this unit, the	In this unit, the
ch	ildren will	learn and	In this unit, the	children will	children will	children will
dev	elop and de	velop shapes	children will	develop and	develop and	develop and
· ·	' '	d circles and	develop and	apply their	apply their	apply their ball
foo	twork and	create	apply their	sending and	reaction and	chasing and
one le	eg balance se	equences of	dynamic	receiving and	response and	stance through
throu	gh focused ma	ovement with	balance on a	counter	floor work	focused skill
	_					
I I	_	ese through	line and ball skills	balance with a	balance	development



sessions, healthy	partnering and	skill	focused skill	skill	competition,
competition,	artistry.	development	development	development	cooperative
cooperative		sessions, healthy	sessions, healthy	sessions, healthy	games and
games and	Apply and	competition,	competition,	competition,	group Personal
group Personal	develop a	cooperative	cooperative	cooperative	Best challenges.
Best challenges.	broad range of	games and	games and	games and	
	skills and link	group Personal	group Personal	group Personal	Develop and
Use running and	them to make	Best challenges.	Best challenges.	Best challenges.	apply control
jumping in	actions and				and balance in
isolation and in	sequences of	Develop and	Use throwing	Develop and	different ways.
combination	movements.	apply control	and catching in	apply control	Learn how to
and develop	Develop	and balance in	isolation and in	and balance in	use skills in
control, balance	flexibility,	different ways.	combination	different ways.	different ways
and technique.	strength,	Enjoy	and develop	Learn how to	and to link them
Enjoy	technique,	communicating,	and apply	use skills in	to make actions
communicating,	control and	collaborating	control and	different ways	and sequences
collaborating	balance.	and competing	balance in	and to link them	of movement.
and competing	Perform dances	with each other.	different ways.	to make actions	Enjoy
with each other.	using a range of	Compare their	Learn how to	and sequences	communicating,
Compare their	movement	performance	use skills in	of movement.	collaborating
performance	patterns.	with previous	different ways	Enjoy	and competing
with previous		ones and	and to link them	communicating,	with each other.
ones and		demonstrate	to make actions	collaborating	Compare their
demonstrate		improvement to	and sequences	and competing	performance
improvement to		achieve their	of movement.	with each other.	with previous
achieve their		personal best	Enjoy	Compare their	ones and
personal best.			communicating,	performances	demonstrate
			collaborating	with previous	improvement to
			and competing	ones and	achieve their
			with each other.	demonstrate	personal best.
			Compare their	improvement to	
			performance 	achieve their	
			with previous	personal best.	



				ones and		
				demonstrate	Swimming	
				improvement to	Swim	
				achieve their	competently,	
				personal best.	confidently and	
				personal besi.	proficiently over	
					a distance of at	
					least 25 metres.	
					Use a range of	
					strokes	
					effectively (for	
					example, front	
					crawl,	
					backstroke and	
					breaststroke)	
					Perform safe	
					self-rescue in	
					different water-	
					based situations.	
Year 5	Coordination &	Dynamic	Dance	Static Balance	Dynamic	Coordination
	Agility	Balance &	In this unit, the	In this unit, the	Balance to	and Agility
	In this unit, the	Counter Balance	children will	children will	Agility & Static	In this unit, the
	children will	In this unit, the	learn and	develop and	Balance	children will
	develop and	children will	develop shapes	apply their	In this unit, the	develop and
	apply their ball	develop and	and circles and	seated balance	children will	apply their
	skills and	apply their	create	and floor work	develop and	sending and
	reaction and	dynamic	sequences of	balance	apply their	receiving and
	response	balance on a	movement with	through focused	jumping and	ball chasing
	through focused	line and counter	these through	skill	landing and one	through focused
	skill	balance with a	partnering and	development	leg balance	skill
	development	partner through	artistry.	sessions,	through focused	development
	sessions,	focused skill		modified/non-	skill	sessions,
	modified/non-	development		traditional	development	modified/non-



actions and

Develop

flexibility,

strength,

technique,

balance.

movement

patterns.

traditional games and sports and healthy competition.

Enjoy competing with each other and develop an understanding of how to improve in an activity. Use throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.

sessions, modified/nontraditional games and sports and healthy competition.

Enjoy communicating, collaboratina and competing with each other, and develop an understanding of how to improve in an activity. Develop strenath, control and balance. Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.

Apply and develop a broad range of skills and link them to make

sequences of movements. control and Perform dances using a range of

games and sports and healthy competition.

Enjoy communicating, collaborating and competing with each other and develop an understanding of how to improve in an activity. Develop strenath, control and balance, and technique. Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.

sessions, modified/nontraditional games and sports and healthy competition.

Enjoy communicating, collaboratina and competing with each other and develop an understanding of how to improve in an activity. Develop strength, control and balance, and technique. Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.

traditional games and sports and healthy competition. Use running, jumping, throwing and catching in isolation and in combination. Enjoy communicating, collaborating and competing with each other and develop an understanding of how to improve in an activity. Develop strength, control and balance, and technique. Play competitive games, modified where appropriate, and apply basic principles suitable for



						attacking and defending.
Year 6	Coordination &	Dynamic	Static Balance	Static Balance	Dynamic	Coordination &
Todi o	Agility	Balance and	and	In this unit, the	Balance to	Agility
	In this unit, the	Counter Balance	Coordination	children will	Agility & Static	In this unit, the
	children will	In this unit, the	In this unit, the	develop and	Balance	children will
	develop and	children will	children will	apply their	In this unit, the	develop and
	apply their ball	develop and	develop and	seated balance	children will	apply their
	skills and	apply their	apply their	and floor work	develop and	sending and
	reaction and	dynamic	stance and	balance	apply their	receiving and
	response	balance on a	footwork	through focused	jumping and	ball chasing
	through focused	line and counter	through focused	skill	landing and one	through focused
	skill	balance with a	skill	development	leg balance	skill
	development	partner through	development	sessions,	through focused	development
	sessions,	focused skill	sessions,	modified/non-	skill	sessions,
	modified/non-	development	modified/non-	traditional	development	modified/non-
	traditional	sessions,	traditional	games and	sessions,	traditional
	games and	modified/non-	games and	sports and	modified/non-	games and
	sports and	traditional	sports and	healthy	traditional	sports and
	healthy	games and	healthy	competition.	games and	healthy
	competition.	sports and	competition.		sports and	competition.
		healthy		Enjoy	healthy	
	Enjoy	competition.	Enjoy	communicating,	competition.	Use running,
	competing with	F . • .	communicating,	collaborating		jumping,
	each other and	Enjoy	collaborating	and competing	Enjoy	throwing and
	develop an	communicating,	and competing	with each other	communicating,	catching in
	understanding	collaborating	with each other	and develop an	collaborating	isolation and in
	of how to	and competing	and develop an	understanding	and competing	combination.
	improve in an	with each other	understanding	of how to	with each other	Enjoy
	activity.	and develop an	of how to	improve in an	and develop an	communicating,
		understanding		activity.	understanding	collaborating



Use throwing	of how to	improve in an	Develop	of how to	and competing
and catching in	improve in an	activity.	strength, control	improve in an	with each other
isolation and in	activity.	Develop	and balance,	activity.	and develop an
combination.	Develop	strength, control	and technique.	Develop	understanding
Play competitive	strength, control	and balance,	Play competitive	strength, control	of how to
games,	and balance.	and technique.	games,	and balance,	improve in an
modified where	Play competitive	Play competitive	modified where	and technique.	activity.
appropriate,	games,	games,	appropriate,	Play competitive	Develop
and apply basic	modified where	modified where	and apply basic	games,	strength, control
principles	appropriate,	appropriate,	principles	modified where	and balance,
suitable for	and apply basic	and apply basic	suitable for	appropriate,	and technique.
attacking and	principles	principles	attacking and	and apply basic	Play competitive
defending.	suitable for	suitable for	defending.	principles	games, modified
	attacking and	attacking and		suitable for	where
	defending.	defending.		attacking and	appropriate,
				defending.	and apply basic
					principles
					suitable for
					attacking and
					defending.
					Outdoor
					Adventurous
					Activity
					Take part in
					outdoor and
					adventurous
					activity
					challenges both
					individually and
					within a team.