

ALL FOR SPORT

HIGH QUALITY PHYSICAL EDUCATION

| Foundation Stage and KS1 P.E. Overview of Learning | | | | | | |
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| Year / Term | Autumn Term 1 | Autumn Term 2 | Spring Term 1 | Spring Term 1 | Summer Term 1 | Summer Term 2 |
| Foundation Stage | U1 Introduction to P.E. <ul style="list-style-type: none"> Follow simple instructions Introduce moving with control Introduce finding space Introduce using equipment Introduce playing games with a partner Introduce playing games in small groups | U2 Introduce Evasion skills <ul style="list-style-type: none"> Introduce moving with control Introduce finding space Introduce turning & changing direction Introduce acceleration and deceleration Introduce changing direction at different speeds Introduce evasion | U3 Introduce Running Dodging & Swerving skills <ul style="list-style-type: none"> Introduce running Introduce changing direction Introduce dodging, Turning & swerving Introduce changing direction at different speeds Introduce finding space Explore chasing games | U4 Introduce Moving with control <ul style="list-style-type: none"> Introduce running with control Introduce changing Direction with control Introduce hopping and jumping with control Introduce moving with equipment with control Introduce and apply controlled movement when playing a game | U5 Introduce Static & Dynamic Balancing <ul style="list-style-type: none"> Introduce static balancing; individuals and pairs Introduce dynamic balancing Explore balancing using apparatus Explore static and dynamic balancing on apparatus Introduce simple patterns and sequences when balancing | U6 Introduce Sending & Receiving skills <ul style="list-style-type: none"> Introduce sending skills Introduce receiving skills Introduce sending and receiving skills with equipment Introduce sending and receiving skills with a partner Introduce sending skills with accuracy Explore sending and receiving skills to win a games |
| Year 1 | U1 Explore Evasion & Acceleration / Deceleration <ul style="list-style-type: none"> Explore moving with control Explore acceleration & deceleration Explore finding space Explore turning & changing direction Explore evasion skills Explore evasion games using equipment | U2 Explore Running, Jumping and Leaping <ul style="list-style-type: none"> Introduce & explore running Introduce & explore jumping Introduce & explore Hopping and leaping Introduce & explore Moving at different speeds Introduce & explore Changing direction Introduce & explore evasion | U3 Explore Sending & Receiving skills <ul style="list-style-type: none"> Explore sending skills Explore receiving skills Combined sending & Receiving skills using equipment Sending & receiving skills, understanding control & accuracy Explore sending & receiving skills, with a partner Explore sending skills, to beat an opponent | U4 Explore Moving with control <ul style="list-style-type: none"> Explore balancing with control Explore balancing with a partner Explore running with control Explore different movements with control Explore jumping & leaping with control Explore moving with control | U5 Explore Throwing & Catching skills <ul style="list-style-type: none"> Explore throwing & catching skills as a individual and with a partner Explore throwing with accuracy, underarm and overarm Explore catching games Explore throwing games | U6 Explore Static & Dynamic Balancing <ul style="list-style-type: none"> Explore static balancing Individual and with a partner Explore dynamic Balancing Explore dynamic balancing using equipment Explore dynamic balancing within small games Evaluate and improve balancing |
| Year 2 | U1 Explore and Develop Lateral Movement, Turning & Changing Direction <ul style="list-style-type: none"> Explore & develop lateral movement Explore & develop turning and changing Develop turning and changing direction during evasion games Develop turning and changing direction when sending or receiving equipment Develop turning and changing direction when using equipment Use turning and changing direction to beat and opponent | U2 Explore and Develop Throwing & Catching skills <ul style="list-style-type: none"> Explore & develop throwing & catching skills as a Individual and with a partner Explore throwing with accuracy, underarm and overarm Explore throwing to beat an opponent | U3 Creating Games with a Partner <ul style="list-style-type: none"> Create a throwing & catching game With a Partner Create a kicking & hitting game with a partner Explore changing the rules of a game to make it more challenging. Create a game that includes keeping the score Develop a throwing & catching game with a partner using different equipment Create games with a partner; sharing ideas with other groups | U4 Creating and Inventing Rules <ul style="list-style-type: none"> Explore and create rules for a sending and receiving game Explore and create rules for a bouncing or kicking game Explore and create rules for a hitting or striking game Invent a point scoring system Create a game / point scoring system with a partner Create simple tactics to work as a team | U5 Refine Static & Dynamic Balancing <ul style="list-style-type: none"> Refine static balancing Refine dynamic balancing Develop dynamic balancing within small games Refine static and dynamic balancing using equipment Evaluate & improve static and dynamic balancing | U6 Explore and Develop Dribbling, Kicking Hitting <ul style="list-style-type: none"> Explore & develop dribbling, hitting, kicking skills Explore & develop sending and receiving skills with a partner Explore simple tactics used to beat your opponent during dribbling, kicking or hitting games Explore simple tactics to work as a team during dribbling, kicking or hitting games |