



Whole School Overview Physical Education

Strands						
Athletics	Games			Gymnastics	Dance	Outdoor Adventurous Activities
	Invasion	Net/Wall	Striking and Fielding			

EYFS

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Fundamental Movement Skills I can stand in a space	Fundamental Movement Skills I can stand on one foot for 5 seconds	Fundamental Movement Skills I can dance to familiar action songs	Fundamental Movement Skills I can move in different ways- gallop, slither	Fundamental Movement Skills I can respond to rhythm, music and story by movement	Fundamental Movement Skills I can match physical skills to tasks e.g. decide whether to crawl, walk or run across a plank, depending on its length and width
	I can jump with two feet together	I can hop on one foot	I can skip, hop, stand on one leg and hold a pose for a game like musical statues	I can bounce a large ball	I can catch a ball using the body	I can remember sequences and patterns of movements which are related to music and rhythm
	I can walk on tip toes	I can run around obstacles	I can throw a ball overarm	I can catch a ball that has been bounced	I can kick ball with one foot	I can start taking part in made up group/team games
	I can walk on a line	I can move safely by hopping, skipping, jumping and crawling	I can catch a ball by chasing	I can use foot to tap a static ball a small distance	I can walk towards and kick a ball	
	I can use large-muscle movements to wave flags and streamers	I can climb up steps or climbing equipment using alternative feet	I can use feet to scoot a balance bike and maintain balance	I can maintain balance while manoeuvring around corners	I can use pedals on a bike and maintain balance	
	I can ride a trike	I can walk a balance bike				



Reception	<u>Gymnastics</u>	<u>Dance</u>	<u>Games</u>	<u>Gymnastics</u>	<u>Dance</u>	<u>Games</u>
	<p>I can travel using different parts of my body.</p> <p>I can make shapes using my body.</p> <p>I can balance on different parts of my body.</p> <p>I can jump with control and land safely, on two feet.</p> <p>I can hop with control and land safely, on one foot.</p> <p>I can talk about ways to keep healthy and safe.</p>	<p>I can move confidently in a range of ways.</p> <p>I can safely negotiate space.</p> <p>I can show good control and co-ordination in small and large movements.</p> <p>I can copy, remember and repeat movements.</p> <p>I know the importance of good health and physical activity.</p>	<p>I can roll a ball.</p> <p>I can track a ball.</p> <p>I can throw a ball (at a target).</p> <p>I can bounce a ball.</p> <p>I can dribble a ball with my feet.</p> <p>I can kick a ball.</p> <p>I can talk about ways to keep healthy and safe.</p>	<p>I can carry out a straight roll with control.</p> <p>I can use my core muscles to rock and roll to stand.</p> <p>I can begin to practise the steps of a forward roll – chin to chest, hands on floor, head on floor, knees bent and push.</p> <p>I know the importance of good health and physical activity.</p>	<p>I can copy, remember and repeat movements.</p> <p>I can use different parts of my body by themselves and together.</p> <p>I can work with others to share ideas and movements.</p> <p>I can perform my movements.</p> <p>I can talk about ways to keep healthy and safe.</p>	<p>I can run safely, negotiating space.</p> <p>I can change direction when I run.</p> <p>I can throw a ball to somebody else.</p> <p>I can catch a ball knees bent hands cupped track the ball</p> <p>I can strike a ball using my feet and equipment. I can handle equipment correctly.</p> <p>I know the importance of good health and physical activity.</p>



St. Anthony's Catholic Primary School

Whole School Overview Physical Education

KS1

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Assessment of... Fundamental Movement skills	Athletics Developing running, jumping and throwing	Athletics Exploring ways of travelling	Athletics Developing target throwing	Games – Invasion Rolling a ball	Athletics Developing more efficiency when running jumping or throwing
	Assessment of... Fundamental Movement skills	Gymnastics Exploring body management	Dance Exploring dance actions based on mini bugs	Gymnastics Creative gymnastics	Athletics Overarm throw	Games – Invasion Catching and bouncing a ball
Year 2	Games - Invasion Exploring rolling balls and target throwing	Athletics Target throw Fundamental Movement Skills	Athletics Bouncing balls and throwing and catching	Athletics Mastering basic movements including running, jumping and throwing	Mastering... Fundamental Movement Skills	Mastering... Fundamental Movement Skills
	Gymnastics Developing Fundamental Movement Skills focussing on body management	Dance Linking dance actions based on the Fire of London	Athletics Piggy in the middle games	Gymnastics Creative gymnastics	Mastering... Fundamental Movement Skills	Mastering... Fundamental Movement Skills

Let your words teach and your actions speak

Whole School Overview Physical Education

KS2

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	Athletics Playground games of 20 th century	Games – Invasion Exploring 3 touch ball games	Outdoor Adventurous Activities Team work and Problem solving	Games - Invasion Handball	Athletics Participate in full range of running activities	Games – Striking and fielding Cricket sending and receiving skills
	Gymnastics Linking skills to create sequences	Dance Create a short dance based on the Ancient Egyptians	Games – Invasion Tag and Target games	Gymnastics Creative gymnastics	Games - Net/Wall Developing sending and receiving skills	Games - Net/Wall Developing sending and receiving skills
Year 4	Games - Invasion Throwing and catching	Games – Invasion Creative exploration of games activities	Games - Invasion Football	Outdoor Adventurous Activities Working with a partner to solve trust challenges	Athletics Safely performing a range of throwing actions	Games – Striking and Fielding Cricket sending and receiving skills
	Gymnastics Developing strength and flexibility through a range of skills	Dance Creating a short dance based on the Romans	Games – Invasion Tag and Target activities	Gymnastics Creative gymnastics	Games – Striking and Fielding Lacrosse	Games – Net/Wall Tennis Applying sending and receiving skills
Year 5	Athletics Endurance running Cardiovascular fitness Muscular endurance	Games - Invasion Football	Games - Invasion Basketball	Swimming And water safety	Swimming And water safety	Swimming And water safety
	Gymnastics Extend range of skills and create more complex sequences	Dance Create a dance based on the Highway Man	Outdoor Adventurous Activities Challenge and Trust activities in small groups	Games Tennis Developing tactics and strategies	Athletics Range of jumps and comparing scores	Games – Striking and Fielding Cricket accuracy and control
Year 6	Outdoor Adventurous Activities Orienteering	Athletics Endurance running Cardiovascular fitness Muscular endurance	Games – Net/Wall Net ball Principles of attack and defence	Athletics Apply principles and techniques in running, jumping and throwing	Games – Striking and Fielding Rounders principles and techniques	Games – Sticking and Fielding Cricket principles and techniques
	Gymnastics Sequences on floor and apparatus with fluency and control	Dance Collaborate with a small group to create a dance based on the haka	Games - Invasion Football	Gymnastics Creative gymnastics	Games – Net/Wall Tennis tactics and strategies	Games – Net/Wall Tennis tactics and strategies

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