

PE Yearly Overview—Session 1

	Autumn Term		Spring Term		Summer Term	
Year 1	<p>Fundamentals Why are different jumps used within PE and sport? Why is it important to be able to jump effectively?</p>	<p>Fitness How can you develop fitness? What can you do to make body and mind healthy?</p>	<p>Games – Striking and Fielding Ball Skills This half term will focus on children using their hands to manipulate/send and receive a ball</p>	<p>Games – Invasion, Sending and Receiving This half term will focus on children using their feet to manipulate/send and receive a ball.</p>	<p>Athletics Children will be exposed to a variety of athletic activities that consolidate the fundamental movement skills previously taught.</p>	<p>Target Games/Net and Wall How can you develop accuracy and power to be able to throw a ball towards a target effectively?</p>
Year 2	<p>Fundamentals: Pupils will develop the fundamental skills of balancing, running, changing direction, jumping, hopping and skipping</p>	<p>Fitness: Are you able to improve your fitness in lots of different ways? Why is it important to keep our body and mind healthy?</p>	<p>Gymnastics: Can you create a gymnastic sequence, using newly learnt gymnastic skills?</p>	<p>Games – Net and wall: What skills will you need to be able to keep getting the ball over the net?</p>	<p>Athletics: Can you use a variety of skills to take part in athletics activities?</p>	<p>Games – Target Games/net and wall: Can you use your throwing skills to play in a variety of target games?</p>
Year 3	<p>Fundamentals: Pupils develop problem solving skills through a range of challenges. Pupils work in a small group to plan, solve, reflect and improve on strategies.</p>	<p>Fitness: Take part in a range of fitness challenges. Learn about different components of fitness; speed, stamina, strength, coordination, balance and agility.</p>	<p>Invasion -Football To apply defending and attacking principles and skills in a tournament.</p>	<p>Invasion- Tag Rugby: To apply defending and attacking principles and skills in a tournament.</p>	<p>Athletics: What skills will you need to develop in order to compete in a variety of athletic events?</p>	<p>Net and wall – Tennis: Play games/matches independently following the rules of the game and work collaboratively with a partner and compete against others.</p>
Year 4	<p>Gymnastics Can you perform a sequence, with a partner, using a range of quality movements?</p>	<p>Fitness They will learn about different components of fitness; speed, stamina, strength, coordination, balance and agility.</p>	<p>Invasion-Netball: Pupils will learn about defending and attacking play as they begin to play even-sided versions of 5-a-side Netball. They will learn key rules of the game.</p>	<p>Invasions-Hockey: What skills will you need to be able to play an invasion game?</p>	<p>Athletics: Achieve their greatest possible speed, height, distance or accuracy in running, sprinting, relay, long jump, vertical jump and javelin.</p>	<p>Striking and fielding - Rounders: What skills will you need to develop to be able to play a striking and fielding game?</p>
Year 5	<p>Invasion - Tag Rugby: To apply the rules, skills and tactics with increasing control and fluency that they have learnt to play in a tournament.</p>	<p>Invasion Hockey: To apply the rules, skills and tactics with increasing control and fluency that they have learnt to play in a tournament.</p>	<p>Invasion- Netball: To apply the rules, skills and tactics with increasing control and fluency that they have learnt to play in a tournament.</p>	<p>Invasion- Football: To apply the rules, skills and tactics with increasing control and fluency that they have learnt to play in a tournament.</p>	<p>Athletics: Achieve their greatest possible speed, height, distance or accuracy in a variety of athletic activities.</p>	<p>Net and wall- Tennis: Work collaboratively with a partner to compete against others using tactics to outwit opponents.</p>
Year 6	<p>Invasion - Football: How can I develop the skills and tactical understanding to effectively take part in a football match?</p>	<p>Fitness: How can I train my body and mind? How can you develop different components of fitness?</p>	<p>Swimming: How can I develop my confidence and competence to be able to swim effectively?</p>	<p>Net and wall- Tennis: What skills will you need to develop to be able to play a net/wall game?</p>	<p>Athletics: What skills will you need to develop in order to compete in a variety of athletic events?</p>	<p>Striking and fielding - Rounders: What skills will you need to develop to be able to play a striking and fielding game?</p>