

Halesowen CE Primary School  
PE overview



TERM/ CLASS	Key stage 1 skills list	Year 1	Year 2	Key stage 2 skills list	Year 3	Year 4	Year 5	Year 6
<b>AUTUMN</b>	<p>Agility Balance Coordination Individual work Working with others Competition with self Competition with others Cooperation</p>	<p>Master basic movements including running, jumping, throwing and catching as well as developing balance, coordination and agility.</p> <p><b>MULTI SKILLS AND GAMES</b></p>	<p>Perform dances using simple movement patterns</p> <p style="text-align: center;"><b>DANCE</b></p> <p>Master basic movements developing balance, coordination and agility.</p> <p><b>MULTI SKILLS AND GAMES</b></p>	<p>Agility Balance Coordination Individual work Working with others Competition with self Competition with others Cooperation Linking actions Sequences Communicating Collaborating Evaluation Improvement</p>	<p>Perform dances using a range of movement patterns</p> <p style="text-align: center;"><b>(Dance 1 lesson all term)</b></p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p style="text-align: center;"><b>(Multiskills/ Games 1 lesson all term))</b></p>	<p>Perform dances using a range of movements</p> <p style="text-align: center;"><b>(Dance- 1 lesson all term)</b></p> <p>Play competitive games and apply basic principles for attacking and defending</p> <p style="text-align: center;"><b>(Games- Hockey 1 lesson all term))</b></p>	<p>Swimming</p> <p>swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>perform safe self-rescue in different water-based situations.</p> <p style="text-align: center;"><b>Swimming lesson all term</b></p> <p>develop flexibility, strength, technique, control and</p>	<p>Play competitive games modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p style="text-align: center;"><b>Netball/ basketball( all term 1 lesson)</b></p> <p>Develop flexibility, strength, technique, control and balance</p> <p style="text-align: center;"><b>Gymnastics( all term 1 lesson)</b></p>

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							balance [for example, through athletics and gymnastics  (gymnastics 1 lesson all term )	
<b>SPRING</b>		<p>Perform dances using simple movement patterns</p> <p><b>DANCE</b></p> <p>Master basic movements including running, jumping, throwing and catching as well as developing balance, coordination and agility.</p> <p><b>GYMNASTICS</b></p>	<p>Master basic movements developing balance, coordination and agility.</p> <p><b>GYMNASTICS/ ATHLETICS</b></p>		<p>Play competitive games modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p><b>FOOTBALL</b></p> <p>Develop flexibility, strength, technique, control and balance</p> <p><b>Gymnastics</b></p>	<p>Develop flexibility, strength, technique, control and balance</p> <p><b>Gymnastics</b></p> <p>Swimming</p> <p>swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>perform safe self-</p>	<p>Swimming</p> <p>swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>perform safe self-rescue in different water-based situations.</p> <p><b>Swimming lesson all term</b></p>	<p>Perform dances using a range of movement patterns</p> <p><b>(Dance)</b></p> <p>Take part in outdoor and adventurous activities challenges both individually and in a team.</p>

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						<p>rescue in different water-based situations.</p> <p><b>Swimming lesson all term</b></p> <p>Play competitive games modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p><b>TRI GOLF</b></p>	<p>Perform dances using a range of movement patterns</p> <p><b>(Dance)</b></p> <p>Take part in outdoor and adventurous activities challenges both individually and in a team.</p>	
<b>SUMMER</b>		<p>Master basic movements including running, jumping, throwing and catching</p> <p>Participate in</p>	<p>Participate in team games developing simple tactics for attacking and defending</p>		<p>Play competitive games modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p><b>TENNIS</b></p> <p>Develop flexibility,</p>	<p>Swimming</p> <p>swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>use a range of strokes effectively</p>	<p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Compare their performances with previous ones and</p>	<p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Compare their performances with previous ones and demonstrate improvement to</p>

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		<p>team games</p> <p><b>GAMES/ ATHLETICS</b></p> <p><b>SPORTS DAY</b></p>	<b>GAMES</b>		<p>strength, technique, control and balance</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p><b>ATHLETICS</b></p>	<p>[for example, front crawl, backstroke and breaststroke]</p> <p>perform safe self-rescue in different water-based situations.</p> <p><b>Swimming lesson all term</b></p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p><b>ATHLETICS</b></p>	<p>demonstrate improvement to achieve their personal best.</p> <p><b>ATHLETICS</b></p> <p>Play competitive games modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p><b>CRICKET/ ROUNDERS</b></p>	<p>achieve their personal best.</p> <p><b>ATHLETICS</b></p> <p>Play competitive games modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p><b>CRICKET/ ROUNDERS</b></p>
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