

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
AUTUMN	Agility Balance Coordination Individual work Working with others Competition with self Competition with others Cooperation	Master basic movements including running, jumping, throwing and catching as well as developing balance, coordination and agility. MULTI SKILLS AND GAMES	Perform dances using simple movement patterns DANCE Master basic movements developing balance, coordination and agility. MULTI SKILLS AND GAMES	Agility Balance Coordination Individual work Working with others Competition with self Competition with others Cooperation Linking actions Sequences Communicating Collaborating Evaluation Improvement	Perform dances using a range of movement patterns (Dance 1 lesson all term) Use running, jumping, throwing and catching in isolation and in combination (Multiskills/ Games 1 lesson all term))	Perform dances using a range of movements (Dance- 1 lesson all term) Play competitive games and apply basic principles for attacking and defending (Games- Hockey 1 lesson all term))	Swimming swim competently, confidently and 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. Swimming lesson all term develop flexibility, strength, technique, control and	Play competitive games modified where appropriate and apply basic principles suitable for attacking and defending. Netball/ basketball(all term 1 lesson) Develop flexibility, strength, technique, control and balance Gymnastics(all term 1 lesson)

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							balance [for example, through athletics and gymnastics (gymnastics 1 lesson all term)	
SPRING		<p>Perform dances using simple movement patterns</p> <p>DANCE</p> <p>Master basic movements including running, jumping, throwing and catching as well as developing balance, coordination and agility.</p> <p>GYMNASTICS</p>	<p>Master basic movements developing balance, coordination and agility.</p> <p>GYMNASTICS/ ATHLETICS</p>		<p>Play competitive games modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p>FOOTBALL</p> <p>Develop flexibility, strength, technique, control and balance</p> <p>Gymnastics</p>	<p>Develop flexibility, strength, technique, control and balance</p> <p>Gymnastics</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>Swimming lesson all term</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>Swimming lesson all term</p>	<p>Perform dances using a range of movement patterns</p> <p>(Dance)</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>Swimming lesson all term</p> <p>Play competitive games modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p>TRI GOLF</p>	<p>Perform dances using a range of movement patterns</p> <p>(Dance)</p> <p>Take part in outdoor and adventurous activities challenges both individually and in a team.</p>	
SUMMER		<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>TENNIS</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>GAMES/ ATHLETICS</p> <p>SPORTS DAY</p>	GAMES		<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>ATHLETICS</p>	<p>[for example, front crawl, backstroke and breaststroke]</p> <p>perform safe self-rescue in different water-based situations.</p> <p>Swimming lesson all term</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>ATHLETICS</p>	<p>demonstrate improvement to achieve their personal best.</p> <p>ATHLETICS</p> <p>Play competitive games modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p>CRICKET/ ROUNDERS</p>	<p>achieve their personal best.</p> <p>ATHLETICS</p> <p>Play competitive games modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p>CRICKET/ ROUNDERS</p>
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