



## Tacolneston & Morley CE VA Primary Schools Federation



*As each has received a gift, use it to serve one another, as good stewards of God's varied grace*

**1 Peter 4:10**

*Work together, learn together, grow together...*

# PE YEARLY OVERVIEW

YEAR GROUP	Core Skills	Invasion Games	Strike and Field Games	Athletics	Dance/Movement	Gymnastics
EYFS	<p>ELG: They move confidently in a range of ways, safely negotiating space.</p> <p>ELG: Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.</p> <p>ELG: They manage their own basic</p>	<ul style="list-style-type: none"> <li>Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.</li> </ul>		<ul style="list-style-type: none"> <li>Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.</li> </ul>	<ul style="list-style-type: none"> <li>Experiments with different ways of moving.</li> </ul> <p>ELG: Children show good control and co-ordination in large and small movements.</p>	<ul style="list-style-type: none"> <li>Jumps off an object and lands appropriately</li> <li>Travels with confidence and skill around, under, over and through balancing and climbing equipment.</li> </ul>

	<p>hygiene and personal needs successfully, including dressing ... independently.</p> <p>ELG: Children play cooperatively, taking turns with others.</p> <p>ELG: Children are confident to try new activities, and say why they like some activities more than others.</p>					
<b>1</b>	<ul style="list-style-type: none"> <li>• Participate in warm up activities.</li> <li>• Exercise safely and with some control.</li> <li>• Follow rules and demonstrate 'fair play'.</li> <li>• Show awareness of good sportsmanship.</li> <li>• Discuss own performance.</li> <li>• Begin to describe how the body</li> </ul>	<ul style="list-style-type: none"> <li>• Begin to move at different speeds.</li> <li>• Starts and stops quickly.</li> <li>• Tap/kick a ball accurately.</li> <li>• Stop a rolling ball with one or two hands.</li> <li>• Begin to change speed and direction</li> </ul>	<ul style="list-style-type: none"> <li>• Is beginning to demonstrate eye/hand and eye/foot co-ordination.</li> <li>• Roll or throw a ball accurately.</li> <li>• Begin to catch larger balls with one or two hands.</li> </ul>	<ul style="list-style-type: none"> <li>• Understands speed in simple terms.</li> <li>• Performs basic components of movement e.g. run, jump, hop.</li> </ul>	<ul style="list-style-type: none"> <li>• Explore different body shapes.</li> <li>• Use movements to communicate ideas.</li> <li>• Move smoothly from a position of stillness to a travelling movement with some control.</li> <li>• Copy simple sequences of movement.</li> </ul>	<ul style="list-style-type: none"> <li>• Jump off from one or two feet and land on one or two feet.</li> <li>• Show control and co-ordination when moving.</li> <li>• Copy simple actions/movements.</li> <li>• Holds body weight/position of stillness for short periods of time.</li> </ul>

	feels during and after activities.	<p>to gain an advantage</p> <ul style="list-style-type: none"> <li>Follow simple tactics</li> </ul>	<ul style="list-style-type: none"> <li>Begin to show control and accuracy with apparatus.</li> <li>Is aware of personal space and can identify suitable spaces to move in to.</li> </ul>		<ul style="list-style-type: none"> <li>Begin to show improvements in an action or movement.</li> <li>Begin to engage in a group performance.</li> </ul>	
<b>2</b>	<ul style="list-style-type: none"> <li>Copy/follow warm up activities correctly.</li> <li>Exercise safely by finding appropriate spaces and using apparatus safely.</li> <li>Follow a number of rules and routinely show 'fair play'</li> <li>Show an understanding of good sportsmanship.</li> </ul>	<ul style="list-style-type: none"> <li>Show control and co-ordination when moving at different speeds.</li> <li>Maintains balance whilst changing direction quickly.</li> <li>Show control and accuracy in order to keep possession.</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrates eye/hand and eye/foot co-ordination.</li> <li>Throw a ball underarm.</li> <li>Catch a large ball with one or two hands.</li> <li>Is aware of the space around them and the space of others and</li> </ul>	<ul style="list-style-type: none"> <li>Adopt a basic technique for running long and short distances.</li> <li>Performs movement skills in simple activities e.g. skipping.</li> </ul>	<ul style="list-style-type: none"> <li>Move smoothly from a position of stillness to a travelling movement.</li> <li>Change height and direction with control</li> <li>Use dance movements to communicate ideas.</li> <li>Copy longer sequences of actions/movements.</li> </ul>	<ul style="list-style-type: none"> <li>Jump off from one or two feet and land on one or two feet with control.</li> <li>Holds individual balances using a variety of body parts.</li> <li>Is developing postural control when performing physical actions.</li> </ul>

	<ul style="list-style-type: none"> <li>Describe own performance as well as what others have done.</li> <li>Describe how the body feels during and after activities.</li> </ul>	<ul style="list-style-type: none"> <li>Combine changes in speed and direction to gain an advantage.</li> <li>Use simple tactics to attack or defend.</li> </ul>	<p>is beginning to use this information to choose suitable spaces to move to.</p>		<ul style="list-style-type: none"> <li>Put together simple dance steps to form a sequence.</li> <li>Make changes to an action or movement to make simple improvements.</li> </ul>	
3	<ul style="list-style-type: none"> <li>Begin to explain why it is important to warm up.</li> <li>Explain how to stay safe when exercising.</li> <li>Follow a set of rules and engage in 'fair play'.</li> <li>Begin to demonstrate good sportsmanship.</li> <li>Describe differences between own and others' performances.</li> </ul>	<ul style="list-style-type: none"> <li>Use changes in speed, direction or height effectively.</li> <li>Accelerates quickly from a stationary position.</li> <li>Move into appropriate spaces to pass and receive.</li> <li>Use tactics to keep possession.</li> <li>Work as part of a team, communicating</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrates eye/hand and eye/foot coordination to execute movement skills e.g. striking a ball with a bat.</li> <li>Throw a ball overarm.</li> <li>Catch a ball accurately with one or two hands.</li> <li>Moves efficiently</li> </ul>	<ul style="list-style-type: none"> <li>Sprint over a short distance and conserve energy for a longer distance.</li> <li>Begins to perform specialised movement skills/techniques.</li> </ul>	<ul style="list-style-type: none"> <li>Choose movements to communicate a mood or feeling.</li> <li>Perform dance sequences with control, coordination and rhythm.</li> <li>Move in time to music.</li> <li>Create dance sequences using a variety of steps and actions.</li> <li>Suggest ways that others could improve their actions or performances.</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate different types of jumps with one and two feet take-offs and landings.</li> <li>Holds individual and partner balances with control.</li> <li>Describes what the core is and demonstrates how it supports the body.</li> </ul>

		<p>ng to gain advantages.</p> <ul style="list-style-type: none"> <li>• Copy tactics to attack or defend effectively.</li> </ul>	<p>into suitable spaces.</p>			
4	<ul style="list-style-type: none"> <li>• Explain why it is important to warm up and the effect it has on the body.</li> <li>• Explain how to stay safe when exercising, applying basic safety principles.</li> <li>• Follow rules competitively, but fairly and appropriately.</li> <li>• Demonstrate good sportsmanship.</li> <li>• Compare own performance with others' performance.</li> </ul>	<ul style="list-style-type: none"> <li>• Use a range of changes in speed, direction or height effectively.</li> <li>• Accelerates quickly from a stationary position in response to movement challenges e.g. moves quickly to close down opponent.</li> <li>• Work as part of a team to create space.</li> <li>• Use a range of tactics to keep possession.</li> </ul>	<ul style="list-style-type: none"> <li>• Use eye/hand and eye/foot coordination as part of skilful performance.</li> <li>• Throw with accuracy to hit a target.</li> <li>• When throwing for distance throw accurately.</li> <li>• Catch a ball accurately with one hand.</li> <li>• Uses space effectively to improve</li> </ul>	<ul style="list-style-type: none"> <li>• Use a different style for running short and long distances.</li> <li>• Performs specialised movement skills/techniques.</li> </ul>	<ul style="list-style-type: none"> <li>• Choose and combine movements to communicate mood or feeling.</li> <li>• Refine movements to create and perform a sequence.</li> <li>• Perform dance sequences effectively and in time with music.</li> <li>• Evaluate and compare other people's work to improve own performance.</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate a number of basic jumps showing control when taking off and landing.</li> <li>• Combine partner balances with linking movements.</li> <li>• Explains and demonstrates how to make a balance more stable.</li> </ul>

		<ul style="list-style-type: none"> <li>• Work effectively as part of a team, communicating to gain advantages.</li> <li>• Choose effective tactics to attack or defend.</li> </ul>	performance.			
5	<ul style="list-style-type: none"> <li>• Explain why it is important/necessary to warm up / cool down.</li> <li>• Explain why physical exercise is good for health.</li> <li>• Follow a set of advanced rules.</li> <li>• Encourage good sportsmanship in others.</li> <li>• Modify and refine skills to improve performance.</li> </ul>	<ul style="list-style-type: none"> <li>• Use a wide range of changes in speed, direction or height effectively and with control.</li> <li>• Consistently accelerates quickly from a stationary position to contribute to successful performance.</li> </ul>	<ul style="list-style-type: none"> <li>• Consistently use eye/hand and eye/foot coordination as part of skilful performance.</li> <li>• Throw with greater control, accuracy and efficiency.</li> <li>• Catch a small ball</li> </ul>	<ul style="list-style-type: none"> <li>• Select appropriate pace for running various distances.</li> <li>• Performs specialised movement skills/techniques with precision.</li> </ul>	<ul style="list-style-type: none"> <li>• Express emotion and feeling through dance.</li> <li>• Begin to perform with precision, control and fluency.</li> <li>• Refine movements further to perform in sequence with a change in direction, level or speed.</li> <li>• Plan and perform to an audience.</li> <li>• Describe how one's self or</li> </ul>	<ul style="list-style-type: none"> <li>• Use a range of jumps showing increasing height and distance.</li> <li>• Perform counterbalances with a partner; demonstrate control.</li> <li>• Demonstrates good postural control when performing balances.</li> </ul>

		<ul style="list-style-type: none"> <li>• Work individually or as part of a team to exploit space and gain an advantage.</li> <li>• Choose effective tactics to keep possession.</li> <li>• Show consistency and control in team games: play with greater speed and flow.</li> <li>• Choose different tactics to attack or defend accurately.</li> </ul>	with one or two hands accurately (e.g. tennis ball).		others could improve an action or performance.	
6	<ul style="list-style-type: none"> <li>• Begin to effectively lead a warm up.</li> <li>• Explain why regular, safe</li> </ul>	<ul style="list-style-type: none"> <li>• Staying in control, change speed, height or direction</li> </ul>	<ul style="list-style-type: none"> <li>• Use a variety of techniques to throw for accuracy</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate accurate control, technique, speed and</li> </ul>	<ul style="list-style-type: none"> <li>• Express a range of emotions and feelings through dance.</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate different jumps showing power, control and consistency in</li> </ul>

	<p>exercise is good for fitness and health.</p> <ul style="list-style-type: none"> <li>• Follow a set of advanced rules competitively, but fairly.</li> <li>• Encourage and model good sportsmanship for others.</li> <li>• Evaluate, model and refine skills to improve performance.</li> </ul>	<p>to maintain advantage.</p> <ul style="list-style-type: none"> <li>• Adopt tactics to create space and exploit space individually and as part of teams.</li> <li>• Use a variety of tactics to keep possession and progress towards eg. a goal.</li> <li>• Use a range of tactics as part of a team to gain an advantage.</li> <li>• Devise own tactics to attack or defend effectively.</li> </ul>	<p>and distance.</p> <ul style="list-style-type: none"> <li>• Catch a small ball with one or two hands and return it efficiently.</li> </ul>	<p>stamina in running.</p> <ul style="list-style-type: none"> <li>• Consistently performs specialised movement skills / techniques in practice and performance environments.</li> </ul>	<ul style="list-style-type: none"> <li>• Perform with precision, control and fluency.</li> <li>• Devise complex sequences that include changes in direction, level and speed.</li> <li>• Create, prepare and perform confidently and effectively for an audience.</li> <li>• Demonstrate and model how an action or performance could be improved.</li> </ul>	<p>taking off and landing.</p> <ul style="list-style-type: none"> <li>• Perform sequences of counterbalance with consistency, fluidity and good body tension.</li> </ul>
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**TRIPS AND VISITS**

Year 4 – Eaton Vale – See OAA document

Year 4 (plus any from subsequent years who do not meet 25m objective) – Swimming



- Enter the water carefully in a variety of ways.
- Enter a pool of safe depth with a jumping entry.
- Move freely in the water
- Float and move without swimming aids
- Propel themselves in water using different swimming aids, arms and leg actions and basic strokes
- Use recognised arm and leg actions, lying on their front and back
- Swim unaided for a sustained period of time over a distance of at least 25 metres using arms and legs to move.
- Swim between 50 and 100 metres and keep swimming for 45 to 90 seconds
- Use a range of recognised strokes [for example, front crawl, back crawl, breaststroke, sculling, floating and surface diving].
- Swim confidently and fluently on the surface and under water.
- Pace themselves in floating and swimming challenges related to speed, distance and personal survival
- Suggest activities and practices to help improve their own performance
- Recognise how swimming affects their body, and pace their efforts to meet different challenges.
- Explain effects of swimming on temperature and appearance; breathing and heart-rate.