



St Matthew's Catholic Primary School P.E. Planning Overview 2022-2023



PE	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Rec	Introduction to PE: 2	Gymnastics 1	Fundamentals 1	Ball Skills 1	Games 1	Dance 1
	<p><u>Physical Development: Moving and Handling</u></p> <ul style="list-style-type: none"> Experiments with different ways of moving. Jumps off an object and lands appropriately. Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. Travels with confidence and skill around, under, over and through balancing and climbing equipment. Shows increasing control over an object in pushing, patting, throwing, catching or kicking it. <p><i>Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space.</i></p>					
Year 1	Fundamentals	Gymnastics	Fitness	Net and Wall	Dance	Target Games
	Team Building		Sending and Receiving	Yoga	Athletics	Invasion
	<p><u>Copy and repeat simple skills</u></p> <p>Throw and catch a ball with a partner move fluently, changing direction and speed easily and avoiding collisions. Show control and accuracy with the basic actions for rolling, underarm throwing, striking a ball and kicking.</p> <p><u>Pupils link simple actions and skills</u></p> <p>Choose and use skills effectively for particular games. Understand the concepts of aiming, hitting into space, and taking the ball to a good position for aiming. Use skills in different ways in different games, and try to win by changing the way they use skills in response to their opponent's actions.</p> <p><u>Technique</u></p> <p>Perform basic gymnastic actions like traveling, rolling and jumping. Manage the space safely, showing good awareness of each other, mats and apparatus.</p>					

	<u>Skill</u> Make up simple movement phrases in response to simple tasks. Link & repeat basic gymnastic actions perform movement phrases with control and accuracy.					
Year 2	Fundamentals	Gymnastics	Fitness	Net and Wall	Dance	Target Games
	Team Building		Sending and Receiving	Yoga	Athletics	Invasion
<u>Copy, remember and repeat simple skills with control and co-ordination</u> Pass a ball accurately to a partner over a variety of distances perform a range of rolling, throwing, striking, kicking, catching and gathering skills, with control. Show a good awareness of others in running, chasing and avoiding games, making simple decisions about when and where to run <u>Pupils vary skills, actions and ideas. They begin to show some understanding of simple tactics</u> They vary skills and show some understanding of simple tactics. Choose and use tactics to suit different situations. React to situations in a way that helps their partners and makes it difficult for their opponents <u>Technique</u> Perform a variety of actions with increasing control. Repeat accurately sequences of gymnastic. Actions move smoothly from a position of stillness to a travelling movement. Move smoothly and in a controlled way from one position of stillness to another. <u>Skill</u> Choose, use and vary simple compositional ideas to create and perform a sequence. Devise, repeat and perform a short sequence in which there is a clear beginning, middle and end. Adapt the sequence to include apparatus or a partner. Use different combinations of floor, mats and apparatus, showing control, accuracy and fluency.						
Year 3	Fundamentals	Gymnastics	Yoga	OAA	Swimming	Dance:2
	Fitness		Basketball	Dance:1	Athletics	Hockey
<u>Pupils show that they understand tactics and composition by starting to vary how they respond</u> In pairs, make up a game and play a simple rallying game. Use a range of skills to keep possession and make progress towards a goal, on their own and with others. Choose good places to stand when receiving, and give reasons for their choice. Choose and use throwing skills to make the game hard for their opponents. <u>Technique</u> Perform a competent forward roll, rug roll, shoulder roll Explore combinations of mats and apparatus, and find different ways of using a shape, balance or travel practise an action or short sequence of movements, and improve the quality of the actions and transitions. Show control, accuracy and fluency of movement when performing actions on their own and with a partner. <u>Skill</u>						

	Plan and perform a movement sequence showing contrasts in speed, level and direction Devise and perform a gymnastic sequence, showing a clear beginning, middle and end. Adapt a sequence to include different levels, speeds or directions. Work well on their own and contribute to pair sequences.					
Year 4	Fitness	Gymnastics	Yoga	OAA	Golf	Dance:2
	Swimming		Netball	Dance:1	Athletics	Rounders
<p style="text-align: center;"><u>Technique</u></p> <p>Perform a range of rolls including backwards roll consistently. Perform a range of actions and agilities with consistency, fluency and clarity of movement. Make similar or contrasting shapes on the floor and apparatus, working with a partner combine actions and maintain the quality of performance when performing at the same time as a partner.</p> <p style="text-align: center;"><u>Skill</u></p> <p>Develop a longer and more varied movement sequence demonstrating smooth transitions between actions. Combine actions to make sequences with changes of speed, level and direction, and clarity of shape gradually increase the length of sequences. Work with a partner to make up a short sequence using the floor, mats and apparatus, showing consistency, fluency and clarity of movement.</p>						
Year 5	Basketball	Gymnastics	OAA	Dance:1	Yoga	Dance:2
	Fitness		Swimming	Volleyball	Athletics	Hockey
<p style="text-align: center;"><u>Consistent performance showing precision, control and fluency</u></p> <p>Dribble effectively around obstacles. Show precision and accuracy when sending and receiving. Perform skills with accuracy, confidence and control combine and perform skills with control, adapting them to meet the needs of the situation. Play shots on both sides of the body and above their heads in practices.</p> <p style="text-align: center;"><u>Pupils select and combine skills, techniques and ideas demonstrating their knowledge of tactics, strategies and composition</u></p> <p>Respond consistently in the games they play, choosing and using skills which meet the needs of the situation. Choose when to pass or dribble, so that they keep possession and make progress towards the goal. Hit the ball with purpose, varying the speed, height and direction. Hit the ball from both sides of the body.</p> <p style="text-align: center;"><u>Technique</u></p> <p>Perform a range of rolls showing different entrances and exits. Perform combinations of actions and agilities that show clear differences between levels, speeds and directions, with fluency and accuracy. Perform actions, shapes and balances clearly, consistently and fluently, with good body tension and extension.</p> <p style="text-align: center;"><u>Skill</u></p> <p>Plan and perform with precision, control and fluency, a movement sequence showing a wide range of actions including variations in speed, levels and directions. Repeat accurately a longer sequence with more difficult actions, with an emphasis on extension, clear body shape and changes in direction. Adapt sequences to include a partner or a small group.</p>						
Year 6	Netball	Gymnastics	Yoga	Dance:1	Gymnastics:2	Dance:2

	Fitness		OAA	Rounders	Athletics	Handball
<p style="text-align: center;"><u>Consistent performance showing precision, control and fluency</u></p> <p>Dribble effectively around obstacles. Show precision and accuracy when sending and receiving. Perform skills with accuracy, confidence and control combine and perform skills with control, adapting them to meet the needs of the situation. Play shots on both sides of the body and above their heads in practices.</p> <p style="text-align: center;"><u>Pupils select and combine skills, techniques and ideas demonstrating their knowledge of tactics, strategies and composition</u></p> <p>Respond consistently in the games they play, choosing and using skills which meet the needs of the situation. Choose when to pass or dribble, so that they keep possession and make progress towards the goal. Hit the ball with purpose, varying the speed, height and direction. Hit the ball from both sides of the body.</p> <p style="text-align: center;"><u>Technique</u></p> <p>Perform a range of rolls showing different entrances and exits. Perform combinations of actions and agilities that show clear differences between levels, speeds and directions, with fluency and accuracy. Perform actions, shapes and balances clearly, consistently and fluently, with good body tension and extension.</p> <p style="text-align: center;"><u>Skill</u></p> <p>Plan and perform with precision, control and fluency, a movement sequence showing a wide range of actions including variations in speed, levels and directions. Repeat accurately a longer sequence with more difficult actions, with an emphasis on extension, clear body shape and changes in direction. Adapt sequences to include a partner or a small group.</p>						