

PE Termly Overview

Term	1.1	1.2	2.1	2.2	3.1	3.2
Year 3	Area/Topic: Gymnastics	Area/Topic: Games (Handball/ Cricket)	Area/Topic: Swimming	Area/Topic: Swimming	Area/Topic: Dance	Area/Topic: Athletics
	Plan and perform sequences including travelling in a variety of ways and using equipment to perform balances and jumps.	Practicing a range of throwing and catching techniques, including catching a ball with both hands. Strike a ball with a bat (or similar) with control. Know and experience that exercise increases the heart rate and breathing.	Get safely in and out of a pool. Swim between 10 and 20 metres unaided.		Plan, perform and repeat dance sequences with expression and using different levels in response to music. Know that exercise burns energy and fats, and explore some of the main food groups (carbs, fruit and veg, meat, dairy, fats).	Explore different methods of throwing, including javelin. Sprint over a short distance of up to 60m. Jump in a range of ways using a run up where necessary for the long jump.
Year 4	Area/Topic: Swimming	Area/Topic: Swimming	Area/Topic: Gymnastics	Area/Topic: Dance	Area/Topic: Games (Bench ball/Hockey)	Area/Topic: Net/Wall Games
	Swim between 10 and 20 metres unaided using more than one stroke (front crawl and backstroke). Swim on the surface and below the water with confidence.		Plan and perform sequences including using equipment to perform balances including an	Explore different styles of movement including strong movements to staccato (sharp) music or soft, lyrical	Know and play within the rules of a range of invasion games. Catch a ball with one hand and strike a ball	Know and play within the rules of a range of net/wall games. Shoot a ball into a hoop with accuracy.

			arabesque and to perform a range of jumps. Safely putting weight on the hands for handstands. Use kinaesthetic sense to improve alignment of the body.	movements to piano (soft) music. Perform a dance in unison (altogether).	accurately. Use throwing and catching techniques to maintain possession of a ball.	
Year 5	Area/Topic: Gymnastics	Area/Topic: Games (Netball)	Area/Topic: Net/Wall Games Tennis @ TSA	Area/Topic: Athletics	Area/Topic: Outdoor Activities/Orienteering	Area/Topic: Swimming/ Dance
	Create complex gymnastics sequences including a full range of movements. Perform a forward and backward roll. Use equipment to introduce levels into a routine.	Know and play within the rules of Netball, combining running, throwing, catching and passing techniques in a game situation. Field, defend and attack tactically.	Strike a bowled/volleyed ball using forehand and backhand with a tennis racket. Work collaboratively as a team to keep a rally going over a net. Perform a serve.	Throw a javelin using appropriate technique. Perform the long jump, analysing technique and body shape. Sprint for 100 and 200 metres. Adapt running technique for longer distance running (400m) and for hurdles over 60m.	Know how exercise contributes to a healthy lifestyle. Work collaboratively and effectively as a team to solve orienteering and outdoor activities.	Swimming - Swim between 25 and 50 metres unaided. Attempt a range of swimming strokes, including breast stroke and butterfly. Dance - Perform movements suited to a variation of time signatures, including fast and slow movements.
Year 6	Area/Topic: Games (Tag Rugby)	Area/Topic: Net/Wall Games (Basketball)	Area/Topic: Gymnastics	Area/Topic: Outdoor Activities/Orienteering	Area/Topic: Dance	Area/Topic: Striking and Fielding (Rounders)
	Work collaboratively as a team in a game	Know and play within the rules of basketball, working	Perform a routine including a range of movements,	Know the food groups (carbohydrates,	Perform routines including repeated signature	Work collaboratively as a team to field

	<p>situation, combining running throwing and catching techniques. Attack tactically, anticipating the direction of play.</p>	<p>collaboratively as a team to defend and attack, anticipating the direction of play. Choose and combine running, throwing, catching and passing techniques in a game situation.</p>	<p>equipment and levels and evaluate and refine movements. Put weight on the hands to perform a cartwheel and round off.</p>	<p>proteins, fats, fibre, vitamins and minerals), giving examples for each. Work collaboratively and effectively as a team to solve orienteering and outdoor activities.</p>	<p>movements suited to repeated rhythms in music. Perform as a group adapting timing to include canon. Perform with high energy, strength and stamina, maintaining throughout the routine.</p>	<p>tactically, anticipating the direction of play. Strike a bowled ball using forehand with accuracy.</p>
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