



P.E Yearly Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	<p>Movement development/ Hoops and improving jumping skills</p> <p>Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running and jumping, hopping. Develop their core strength, stability, balance, spatial awareness, co-ordination and agility.</p>	<p>Attention and reaction Games Bean bag activities.</p> <p>Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination.</p>	<p>Activities with big ball Coordination skills Explosive power Reaction skills</p> <p>Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination.</p>	<p>Dance Gymnastics sticks Improving flexibility Perform dances using simple movement patterns.</p> <p>Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as dancing. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination.</p>	<p>Football Activities Improving Coordination and Precision skills</p> <p>Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination.</p>	<p>Athletics/ Physical tests Outdoor games</p> <p>Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination.</p>



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Year 1	<p>Swimming</p> <p>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.</p>	<p>Football</p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending.</p>	<p>Football/ Dodgeball</p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending.</p>	<p>Ball Games</p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending.</p>	<p>Running outdoor games</p> <p>Master basic movements including running and jumping, as well as developing agility and co-ordination, and begin to apply these in a range of activities.</p>	<p>Athletics/ Physical tests</p> <p>Master basic movements including running and jumping, as well as developing agility and co-ordination, and begin to apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending.</p>
Year 2	<p>Swimming</p> <p>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]</p>	<p>Football</p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. Participate in team</p>	<p>Football/ Dodgeball</p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. Participate in team</p>	<p>Ball Games</p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. Participate in team</p>	<p>Running outdoor games</p> <p>Master basic movements including running and jumping, as well as developing agility and co-ordination, and begin to apply these in a range of activities.</p>	<p>Athletics/ Physical tests</p> <p>Master basic movements including running and jumping, as well as developing agility and co-ordination, and begin to apply these in a range of activities. Participate in team games, developing</p>



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	Perform safe self-rescue in different water-based situations.	games, developing simple tactics for attacking and defending.	games, developing simple tactics for attacking and defending.	games, developing simple tactics for attacking and defending.		simple tactics for attacking and defending.
Year 3	<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>Football</p> <p>Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where and apply basic principles suitable for attacking and defending.</p> <p>Develop flexibility, strength, technique, control and balance compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Football/ Dodgeball</p> <p>Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p>Develop flexibility, strength, technique, control and balance a range of movement patterns. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Handball</p> <p>Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p>Develop flexibility, strength, technique, control and balance a range of movement patterns. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Running outdoor games</p> <p>Use running in isolation and in combination. Develop flexibility, strength, technique, control and balance a range of movement patterns. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Athletics/ Physical tests</p> <p>Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate. Develop flexibility, strength, technique, control and balance a range of movement patterns. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>



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<p>Year 4</p>	<p>Swimming</p> <p>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.</p>	<p>Football</p> <p>Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where and apply basic principles suitable for attacking and defending. Develop flexibility, strength, technique, control and balance compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Football/ Dodgeball</p> <p>Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. Develop flexibility, strength, technique, control and balance a range of movement patterns. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Handball</p> <p>Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. Develop flexibility, strength, technique, control and balance a range of movement patterns. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Running outdoor games</p> <p>Use running in isolation and in combination. Develop flexibility, strength, technique, control and balance a range of movement patterns. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Athletics/ Physical tests</p> <p>Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate. Develop flexibility, strength, technique, control and balance a range of movement patterns. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>
<p>Year 5</p>	<p>Swimming</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres.</p>	<p>Football</p> <p>Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where and</p>	<p>Football/ Dodgeball</p> <p>Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where</p>	<p>Handball</p> <p>Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where</p>	<p>Running outdoor games</p> <p>Use running in isolation and in combination. Develop flexibility, strength, technique, control</p>	<p>Athletics/ Physical tests</p> <p>Use running, jumping, throwing and catching in isolation and in combination. Play competitive games,</p>



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	Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] Perform safe self-rescue in different water-based situations.	apply basic principles suitable for attacking and defending. Develop flexibility, strength, technique, control and balance compare their performances with previous ones and demonstrate improvement to achieve their personal best.	appropriate and apply basic principles suitable for attacking and defending. Develop flexibility, strength, technique, control and balance a range of movement patterns. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	appropriate and apply basic principles suitable for attacking and defending. Develop flexibility, strength, technique, control and balance a range of movement patterns. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	and balance a range of movement patterns. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	modified where appropriate. Develop flexibility, strength, technique, control and balance a range of movement patterns. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
Year 6	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.	Football Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where and apply basic principles suitable for attacking and defending. Develop flexibility, strength, technique, control and balance compare their performances with	Football/ Dodgeball Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. Develop flexibility, strength, technique, control and balance a range of movement	Handball Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. Develop flexibility, strength, technique, control and balance a range of movement	Running outdoor games Use running in isolation and in combination. Develop flexibility, strength, technique, control and balance a range of movement patterns. Compare their performances with previous ones and demonstrate improvement to	Athletics/ Physical tests Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate. Develop flexibility, strength, technique, control and balance a range of movement patterns. Compare their performances

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		previous ones and demonstrate improvement to achieve their personal best.	patterns. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	patterns. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	achieve their personal best.	with previous ones and demonstrate improvement to achieve their personal best.
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