

## Whole School P.E Overview Rolling Programme 2.

| Year Group | Terms   |  |  |  |   |   |
|------------|---|--|--|--|---|---|
|            | Autumn Term<br>1 <sup>st</sup> half   | Autumn Term<br>2 <sup>nd</sup> half  | Spring Term<br>1 <sup>st</sup> half  | Spring Term<br>2 <sup>nd</sup> half  | Summer Term<br>1 <sup>st</sup> half   | Summer Term<br>2 <sup>nd</sup> half   |
| Reception  | Travelling and balancing.<br>Use of small and large equipment.  |  | Travelling and balancing.<br>Moving with confidence.<br>Importance of keeping healthy.   |  | Use if small and large equipment.   |   |
| Year 1     | <b>Games Unit 1</b> -Travelling using body parts and equipment to control a ball.<br><b>Games Unit 2</b> -Sending different objects with control and accuracy.<br><b>Dance Unit 1</b> -Loud and soft percussive sounds.<br><b>Dance Unit 2</b> -Moods and characters.<br><b>Dance Unit 3</b> -Directed beats and rhythms.<br><b>Dance 4</b> -Copying and following. |  | <b>Gymnastics Unit 1</b> -Stretching and curling.<br><b>Gymnastics Unit 2</b> -Use changes of direction with changes of action.<br><b>Gymnastics Unit 3</b> -Partner work.<br><b>Gymnastics Unit 4</b> -Sequencing |  | <b>Games Unit 3</b> - Fielding games.<br><b>Sports Day skills</b>   |   |
| Year 2     | <b>Games Unit 4</b> - Passing, dodging and marking.<br><b>Dance Unit 5</b> - Rhythmic phrases using body sounds.<br><b>Dance Unit 6</b> -Pathways.<br><b>Dance Unit 7</b> -Contrasts in shape.<br><b>Dance unit 8</b> -Moving and stillness.  |  | <b>Gymnastics-Unit 5</b> -Changes of speed.<br><b>Gymnastics Unit 6</b> -Four basic body shapes.<br><b>Gymnastics Unit 7</b> -Partner sequencing(following an matching)  |  | <b>Games Unit 5</b> -Effective passing<br><b>Games Unit 6</b> -Developing different game types.<br><b>Sports Day skills</b> |   |
| Year 3     | <b>Games unit 7</b> -<br>Introduction to net/racket games-tennis.<br><br><b>Dance Unit 9</b> -Moods and feelings.<br><b>Dance Unit 10</b> -Moving at different levels.<br><br>Swimming-Unit SW1.  | <b>Dance Unit 11</b> -<br>Linking like and unlike actions.<br><br><b>Dance unit 12</b> -<br>Traditional Folk dances.<br><br>Swimming-Unit SW2. | <b>Gymnastics Unit 8</b> -<br>Linking travelling actions and balance.<br><br>Swimming-Unit SW3.  | <b>Gymnastics Unit 9</b> -<br>Jumping and Springing.<br><b>Gymnastics Unit 10</b> -Partner as an obstacle.<br><br>Swimming-Unit SW4. | <b>Games Unit 8-Striking and fielding games-</b><br>Cricket.<br><br>Swimming-unit SW5.                                      | <b>Games Unit 9</b> -<br>Passing and Catching in invasive games-<br>Basketball.<br><br>Swimming-Unit SW6. |

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| <b>Year 4</b>                                     | <p><b>Games Unit 10-</b>Stroke development-Tennis.</p> <p><b>Games Unit 11-</b> Retaining possession in an invasive games-Hockey.</p> <p>Swimming-Unit SW1</p>  | <p><b>OAA Unit 1- Navigation and adventure games.</b></p> <p><b>Dance Unit 13-</b> Angular and curved body shapes.</p> <p>Swimming Unit SW2</p> | <p><b>Dance Unit 14-</b> Contrasts in actions.</p> <p><b>Dance Unit 15-</b> Continuity of movement.</p> <p>Swimming Unit SW3</p>                                  | <p><b>Gymnastics Unit 11-</b>Moving in and out of a balance.</p> <p><b>Gymnastics Unit 12-</b>Inversion mirroring and matching.</p> <p>Swimming Unit SW4</p> | <p><b>Games Unit 12-</b> Regaining possession in an invasive game-netball.</p> <p><b>Games Unit 13-</b>Batting within striking/fielding games-cricket and Tri-golf.</p> <p>Swimming-Unit SW5</p> | <p><b>Athletics Unit 1</b><br/>- Simple running, jumping and throwing skills.</p> <p>Swimming-Unit SW6.</p> |
| <b>Year 5/6</b><br><br><b>Rolling Programme 1</b> | <p><b>Games Unit 14-</b> Changing roles-attack and defence within an invasive game-football</p> <p><b>Games Unit 15-</b> Attack and defence in short tennis.</p>  | <p><b>Orienteering Unit OAA2-</b> Simple orienteering and problem solving.</p> <p><b>Dance Unit 16-</b> Conflict and opposition.</p>            | <p><b>Dance Unit 17-</b> Contrasts in body shape.</p> <p><b>Dance Unit 18-</b> Contrasts in speed.</p>  | <p><b>Gymnastics Unit 14-</b> Symmetry and asymmetry.</p> <p><b>Gymnastics Unit 13-</b> Partner sequencing.</p>  | <p><b>Games Unit 16-</b> Bowling within a striking and fielding game-mini rounders.</p>  | <p><b>Athletics Unit 2-</b> More advanced running, jumping and throwing skills.</p>                         |
| <b>Year 5/6</b><br><br><b>Rolling Programme 2</b> | <p><b>Games Unit 17b-</b>Tag Rugby.</p> <p><b>Games unit 17d-</b> football</p> <p><b>Dance Unit-Da19-</b>developing contrasts in speed and tension.</p> <p><b>Dance Unit 20-</b>Using dance actions to develop characters within a story.</p> | <p><b>Orienteering Unit OAA3-</b> Orienteering and problem solving.</p>   | <p><b>Dance Unit 21-</b> Dances of the British Isles/Historical Dance/Cultural Dance,</p> <p><b>Orienteering Unit OAA3-</b> Orienteering and problem solving.</p> | <p><b>Gymnastics Unit 15-</b>Counterbalance.</p> <p><b>Gymnastics Unit 16-</b> Flight.</p> <p><b>Games Unit 17c-</b> Hockey.</p>                             | <p><b>Games Unit 17f-</b> Cricket.</p> <p><b>Games Unit 17g-</b> basketball. Netball</p>   | <p><b>Athletics Unit3-</b> Developing and consolidating athletics skills.</p>                               |

N.B These topics maybe subject to change. (The order of coverage in each phase.)

Up-to date information regarding topics covered, can be found in each year groups' curriculum overview.