

Whole School P.E Overview 2014/15

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

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