



	Autumn Term	Spring Term	Summer Term
Reception	<p>Personal Skills Pupils should be taught to:</p> <ul style="list-style-type: none"> Stay on task with help. To enjoy working on simple tasks with help. <p>Social Skills Pupils should be taught to:</p> <ul style="list-style-type: none"> Play sensibly with others with help. To take turns and share with help. <p>Co-ordination – Floor Movement Patterns Pupils should be taught to:</p> <ul style="list-style-type: none"> March, hop gallop, skip, jump and land. <p>One Leg Standing Pupils should be taught to:</p> <ul style="list-style-type: none"> Balance on one leg (either) and squatting. <p>Dynamic Balance to Agility Pupils should be taught to:</p> <ul style="list-style-type: none"> Jumping and landing in different ways whilst maintaining balance and changing 	<p>Cognitive Skills Pupils should be taught to:</p> <ul style="list-style-type: none"> Follow simple instructions. <p>Creative Skills Pupils should be taught to:</p> <ul style="list-style-type: none"> Observe and copy others. <p>Dynamic Balance Pupils should be taught to:</p> <ul style="list-style-type: none"> March, walk and jump with balance and fluidity. <p>Static Balance - Small Base Pupils should be taught to:</p> <ul style="list-style-type: none"> Balance from a small base and maintain stability. <p>Co-ordination - Ball Skills Pupils should be taught to:</p> <ul style="list-style-type: none"> Master the movement of a ball from a seated or standing position. <p>Static Balance Seated Pupils should be taught to:</p> <ul style="list-style-type: none"> Maintain a counter balance with a 	<p>Physical Skills Pupils should be taught to:</p> <ul style="list-style-type: none"> Move confidently in different ways. <p>Health and Fitness Skills Pupils should be taught to:</p> <ul style="list-style-type: none"> Be aware of the changes to the way they feel when exercising. <p>Co-ordination with equipment Pupils should be taught to:</p> <ul style="list-style-type: none"> Roll and catch a moving ball, whilst coordinating feet to the ball position. <p>Agility – Reaction/Response Pupils should be taught to:</p> <ul style="list-style-type: none"> To respond and react quickly to a moving ball. <p>Agility – Ball Chasing Pupils should be taught to:</p> <ul style="list-style-type: none"> Chase and collect a moving/bouncing ball. <p>Static Balance – Floor work Pupils should be taught to:</p> <ul style="list-style-type: none"> Maintain a balance with various points



	<p>direction.</p> <p>Static Balance - Seated Pupils should be taught to:</p> <ul style="list-style-type: none">• Have core stability whilst balancing on their bottom and performing various tasks.	<p>partner.</p>	<p>and manipulate objects.</p> <p>Athletics Pupils should be able to apply running, jumping, throwing and catching skills in organised events, within a basic structure.</p>
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	Autumn Term	Spring Term	Summer Term
Year 1	<p>Personal Skills Pupils should be taught to:</p> <ul style="list-style-type: none"> Follow instructions, practice safely and work on simple tasks on their own. <p>Social Skills Pupils should be taught to:</p> <ul style="list-style-type: none"> Work sensibly with others, taking turns and sharing. <p>Co-ordination – Floor Movement Patterns Pupils should be taught to:</p> <ul style="list-style-type: none"> March, hop gallop, skip, jump and land. <p>One Leg Standing Pupils should be taught to:</p> <ul style="list-style-type: none"> Balance on one leg (either) and squatting. <p>Dynamic Balance to Agility Pupils should be taught to:</p> <ul style="list-style-type: none"> Jumping and landing in different ways whilst maintaining balance and changing direction. <p>Static Balance - Seated Pupils should be taught to:</p>	<p>Cognitive Skills Pupils should be taught to:</p> <ul style="list-style-type: none"> Understand and follow simple rules and name some things that they are good at. <p>Creative Skills Pupils should be taught to:</p> <ul style="list-style-type: none"> Explore and describe different movements. <p>Dynamic Balance Pupils should be taught to:</p> <ul style="list-style-type: none"> March, walk and jump with balance and fluidity. <p>Static Balance - Small Base Pupils should be taught to:</p> <ul style="list-style-type: none"> Balance from a small base and maintain stability. <p>Co-ordination - Ball Skills Pupils should be taught to:</p> <ul style="list-style-type: none"> Master the movement of a ball from a seated or standing position. <p>Static Balance Seated Pupils should be taught to:</p>	<p>Physical Skills Pupils should be taught to:</p> <ul style="list-style-type: none"> Perform a single skill or movement with some control. They can perform a small range of skills and link two movements together. <p>Health and Fitness Skills Pupils should be taught to:</p> <ul style="list-style-type: none"> Be aware of why exercise is important for good health. <p>Co-ordination with equipment Pupils should be taught to:</p> <ul style="list-style-type: none"> Roll and catch a moving ball, whilst co-ordinating feet to the ball position. <p>Agility – Reaction/Response Pupils should be taught to:</p> <ul style="list-style-type: none"> To respond and react quickly to a moving ball. <p>Agility – Ball Chasing Pupils should be taught to:</p> <ul style="list-style-type: none"> Chase and collect a moving/bouncing ball. <p>Static Balance – Floorwork Pupils should be taught to:</p>



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	<ul style="list-style-type: none">• Have core stability whilst balancing on their bottom and performing various tasks.	<ul style="list-style-type: none">• Maintain a counter balance with a partner.	<ul style="list-style-type: none">• Maintain a balance with various points and manipulate objects. <p>Athletics Pupils should be able to apply running, jumping, throwing and catching skills in organised events, within a basic structure.</p>
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	Autumn Term	Spring Term	Summer Term
Year 2	<p>Personal Skills Pupils should be taught to:</p> <ul style="list-style-type: none"> Try several times if at first they don't succeed and ask for help when appropriate. <p>Social Skills Pupils should be taught to:</p> <ul style="list-style-type: none"> Help, praise and encourage others in their learning. <p>Co-ordination – Floor Movement Patterns Pupils should be taught to:</p> <ul style="list-style-type: none"> March, hop gallop, skip, jump and land. <p>One Leg Standing Pupils should be taught to:</p> <ul style="list-style-type: none"> Balance on one leg (either) and squatting. <p>Dynamic Balance to Agility Pupils should be taught to:</p> <ul style="list-style-type: none"> Jumping and landing in different ways whilst maintaining balance and changing direction. <p>Static Balance - Seated Pupils should be taught to:</p>	<p>Cognitive Skills Pupils should be taught to:</p> <ul style="list-style-type: none"> Begin to order instructions, movements and skills. With help they can recognise similarities and differences in performance and explain why someone is working or performing well. <p>Creative Skills Pupils should be taught to:</p> <ul style="list-style-type: none"> Begin to compare my movements and skills with those of others. They can select and link movements together to fit a theme. <p>Dynamic Balance Pupils should be taught to:</p> <ul style="list-style-type: none"> March, walk and jump with balance and fluidity. <p>Static Balance - Small Base Pupils should be taught to:</p> <ul style="list-style-type: none"> Balance from a small base and maintain stability. <p>Co-ordination - Ball Skills Pupils should be taught to:</p>	<p>Physical Skills Pupils should be taught to:</p> <ul style="list-style-type: none"> Perform a range of skills with some control and consistency. I can perform a sequence of movements with some changes in level, direction or speed. <p>Health and Fitness Skills Pupils should be taught to:</p> <ul style="list-style-type: none"> Say how their body feels before, during and after exercise. They can use equipment appropriately and move and land safely. <p>Co-ordination with equipment Pupils should be taught to:</p> <ul style="list-style-type: none"> Roll and catch a moving ball, whilst co-ordinating feet to the ball position. <p>Agility – Reaction/Response Pupils should be taught to:</p> <ul style="list-style-type: none"> To respond and react quickly to a moving ball. <p>Agility – Ball Chasing Pupils should be taught to:</p> <ul style="list-style-type: none"> Chase and collect a moving/bouncing ball. <p>Static Balance – Floorwork Pupils should be taught to:</p>



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	<ul style="list-style-type: none">• Have core stability whilst balancing on their bottom and performing various tasks.	<ul style="list-style-type: none">• Master the movement of a ball from a seated or standing position. <p>Static Balance Seated Pupils should be taught to:</p> <ul style="list-style-type: none">• Maintain a partner counter balance.	<ul style="list-style-type: none">• Maintain a balance with various points and manipulate objects. <p>Athletics Pupils should be able to apply running, jumping, throwing and catching skills in organised events, within a basic structure.</p>
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	Autumn Term	Spring Term	Summer Term
Year 3	<p>Aerobic Fitness: Pupils should recap on how to:</p> <ul style="list-style-type: none"> • Know how to pace efficiently. <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • Maintain long distances, to accelerate during and to time the sprint finish and how to run as part of a team. • Learn the hamstrings, quadriceps and neck muscle groups, how to stretch them both dynamically and statically and the importance of why to stretch them. To run a team warm up. <p>Netball: Pupils should be taught to:</p> <ul style="list-style-type: none"> • play an adapted form of Netball, gradually building up the rules and tactics. • Learn and apply Netball Specific skills such as Chest and overarm pass, pivoting, position restrictions. • Learn and apply general invasion games skills such as possession and creating space. • Compare their performances with previous ones and demonstrate improvement to achieve their personal best 	<p>Badminton: Pupils should be taught to:</p> <ul style="list-style-type: none"> • Understand how to score • Maintain a rally. • Understand and perform the 'Stroke Cycle'. <p>Gymnastics: Pupils should be taught to:</p> <ul style="list-style-type: none"> • Perform more advanced balances, symmetrical and asymmetrical partner balance/tension, vaulting, take off, vaulting aerial shapes with landing and rotations. • Build Links, refine performance and build a partner routine. <p>Outdoor Adventurous Activities: Pupils should be taught to:</p> <ul style="list-style-type: none"> • Navigate using compass directions. • Develop their teamwork skills • Perform and adapt to logical puzzles. 	<p>Athletics: Pupils should be taught to:</p> <ul style="list-style-type: none"> • Develop event specific techniques to help efficiency of performance • Review performance and assist other pupils in improving performance. • Increase efficiency of movement, increase power and compete. <p>Tag Rugby: Pupils should be taught to:</p> <ul style="list-style-type: none"> • play an adapted form of Tag Rugby, gradually building the rules and tactics. • Learn and apply Tag Rugby Specific skills such as spin pass, direction of pass, tagging and running forwards. . • Learn and apply general invasion games skills such as support and cover. • Compare their performances with previous ones and demonstrate improvement to achieve their best • Use their imagination to make decisions in the game based on creativity and experience. <p>Cricket: Pupils should be taught to:</p> <ul style="list-style-type: none"> • Understand basic cricket rules.



	<ul style="list-style-type: none">• Use their imagination to make decisions in the game based on creativity and experience. <p>Dance: Pupils should be taught to:</p> <ul style="list-style-type: none">• perform group dances using a range of movement patterns.• Compare their performances with previous ones and demonstrate improvement to achieve their personal best.		<ul style="list-style-type: none">• Hold a cricket bat, back lift a bat and follow through.• Bowl a ball underarm and overarm with a straight arm.• Retrieve a ball and deliver efficiently back to the wicket.
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	Autumn Term	Spring Term	Summer Term
Year 4	<p>Aerobic Fitness: Pupils should recap on how to:</p> <ul style="list-style-type: none"> Know how to pace efficiently and to run a team warm up. <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> Breathe efficiently whilst running, set small mental goals to increase motivation and running low maintenance. Learn the Gastrocnemius, soleus, biceps, triceps muscle groups and ankle ligaments, how to stretch them both dynamically and statically and the importance of why to stretch them. <p>Football: Pupils should be taught to:</p> <ul style="list-style-type: none"> play an adapted form of Football, gradually building up the rules and tactics. Learn and apply Football Specific skills such as dribbling and turning, controlling/trapping, passing, and tackling. Learn and apply general invasion games skills such as pressing (defending). Compare their performances with previous and demonstrate improvement to achieve their best 	<p>Badminton: Pupils should be taught to:</p> <ul style="list-style-type: none"> Move feet to the pitch of the ball/shuttle. Learn about how to angle the racket to play different shots. <p>Gymnastics: Pupils should be taught to:</p> <ul style="list-style-type: none"> Perform more advanced balances, symmetrical and asymmetrical partner balance/tension, vaulting, take off, vaulting aerial shapes with landing and rotations. Build links, refine performance and build a partner routine. <p>Outdoor Adventurous Activities: Pupils should be taught to:</p> <ul style="list-style-type: none"> Navigate using compass directions. Develop their teamwork skills Perform and adapt to logical puzzles. 	<p>Athletics: Pupils should be taught to:</p> <ul style="list-style-type: none"> Develop event specific techniques to help efficiency of performance Review performance and assist other pupils in improving performance. Increase efficiency of movement, increase power and compete. <p>Hockey: Pupils should be taught to:</p> <ul style="list-style-type: none"> play an adapted form of Hockey, gradually building the rules and tactics. Learn and apply Hockey Specific skills such as stick position, controlling and tapping, Indian dribble and tackling. Learn and apply general invasion games skills such as Wall Pass (one-two). Compare their performances with previous ones and demonstrate improvement to achieve their best Use their imagination to make decisions in the game based on creativity and experience. <p>Rounders: Pupils should be taught to:</p> <ul style="list-style-type: none"> Understand basic rounders rules, know when to run and how to score.



	<ul style="list-style-type: none">• Use their imagination to make decisions in the game based on creativity and experience. <p>Dance: Pupils should be taught to:</p> <ul style="list-style-type: none">• perform group dances using a range of movement patterns.• Compare their performances with previous ones and demonstrate improvement to achieve their personal best.		<ul style="list-style-type: none">• Hold a rounders bat, back lift a bat and follow through.• Bowl underarm at the correct height.• Back up a fielder's throw and adapt fielding position to changes in the game.
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	Autumn Term	Spring Term	Summer Term
Year 5	<p>Aerobic Fitness: Pupils should recap on how to:</p> <ul style="list-style-type: none"> Know how to pace efficiently, how to set small mental goals and to run a team warm up. <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> Overtake efficiently and quickly whilst understanding the balance of winning and development. Learn the rotator cuffs and groin muscle groups, how to stretch them both dynamically and statically and the importance of why to stretch them. To learn the benefits and limitations of a game style warm up. <p>Netball: Pupils should be taught to:</p> <ul style="list-style-type: none"> play Hi-5 Netball, developing their understanding of more complex rules and tactics. Learn and apply general invasion games skills such as movement (creating space), marking, interception and keeping the ball moving. Compare their performances with previous and demonstrate improvement to achieve their best 	<p>Badminton: Pupils should be taught to:</p> <ul style="list-style-type: none"> Use wrist to generate power Make decisions to outwit opponent Learn more advanced shots and gain consistency in applying them. <p>Gymnastics: Pupils should be taught to:</p> <ul style="list-style-type: none"> Review and polish individual and partner balances and rotations. Develop full vaulting process. Learn the neck spring, more advanced rotations. Building fluent links within a routine, refine performance and build a partner routine. Use equipment to extend routines. <p>Outdoor Adventurous Activities: Pupils should be taught to:</p> <ul style="list-style-type: none"> Navigate using compass directions. Develop their teamwork skills Perform and adapt to logical puzzles. 	<p>Athletics: Pupils should be taught to:</p> <ul style="list-style-type: none"> Develop event specific techniques to help efficiency of performance Review performance and assist other pupils in improving performance. Increase efficiency of movement, increase power and compete. <p>Tag Rugby: Pupils should be taught to:</p> <ul style="list-style-type: none"> play a 6v6/7v7 game of Tag Rugby, developing their understanding of more complex rules and tactics. Learn and apply general invasion games skills such as creating space, decision making, predicting and disguise/dummy. compare their performances with previous ones and demonstrate improvement to achieve their best use imagination to make decisions based on creativity and experience. <p>Cricket: Pupils should be taught to:</p> <ul style="list-style-type: none"> Play in a 6v6/7v7 game. Adapt to different responsibilities within the team. Play the bat through straight.



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	<ul style="list-style-type: none">• use their imagination to make decisions in the game based on creativity and experience. <p>Dance: Pupils should be taught to:</p> <ul style="list-style-type: none">• Perform complex group dances using a range of movement patterns and sets.• Compare their performances with previous ones and demonstrate improvement to achieve their personal best.		<ul style="list-style-type: none">• Adapt to the pitch of the ball.• Adapt bowling technique to increase power and accuracy.• Adapt fielding decisions and backing up according to the opposition movements.
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	Autumn Term	Spring Term	Summer Term
Year 6	<p>Aerobic Fitness: Pupils should recap on how to:</p> <ul style="list-style-type: none"> Know how to pace efficiently, how to set small mental goals, to run a team warm up and the benefits and limitations of a game style warm up. <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> Know how to pursue and stay close to another runner and how to vary intensity. Learn lower back and hip flexors muscle groups, how to stretch them both dynamically and statically and the importance of why to stretch them. To warm up individually. <p>Football: Pupils should be taught to:</p> <ul style="list-style-type: none"> play 6v6/7v7 Football, to develop understanding of more complex rules and tactics. Learn and apply Football Specific skills such as jockeying and shielding. Learn and apply general invasion games skills such as defending and positioning. Compare their performances with previous and demonstrate improvement to achieve their best 	<p>Badminton: Pupils should be taught to:</p> <ul style="list-style-type: none"> Move opponent around by playing the shuttle into space Learn more advanced shots and gain consistency in applying them. <p>Gymnastics: Pupils should be taught to:</p> <ul style="list-style-type: none"> Review and polish individual and partner balances and rotations. Develop full vaulting process. Learn the neck spring, more advanced rotations. Building fluent links within a routine, refine performance and build a partner routine. Use equipment to extend routines. <p>Outdoor Adventurous Activities: Pupils should be taught to:</p> <ul style="list-style-type: none"> Navigate using compass directions. Develop their teamwork skills Perform and adapt to logical puzzles. 	<p>Athletics: Pupils should be taught to:</p> <ul style="list-style-type: none"> Develop event specific techniques to help efficiency of performance Review performance and assist other pupils in improving performance. Increase efficiency of movement, increase power and compete. <p>Hockey: Pupils should be taught to:</p> <ul style="list-style-type: none"> play a 6v6/7v7 form of Hockey, developing their understanding of more complex rules and tactics. Learn and apply general invasion games skills such as penetration (through ball), condensing (in defence) and weighting (a pass or roll). compare their performances with previous ones and demonstrate improvement to achieve their best use imagination to make decisions based on creativity and experience. <p>Rounders: Pupils should be taught to:</p> <ul style="list-style-type: none"> Play in a 6v6/7v7 game. Adapt to different responsibilities within the team.



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	<ul style="list-style-type: none">• use their imagination to make decisions in the game based on creativity and experience. <p>Dance: Pupils should be taught to:</p> <ul style="list-style-type: none">• Perform complex group dances using a range of movement patterns and sets.• Compare their performances with previous ones and demonstrate improvement to achieve their personal best.		<ul style="list-style-type: none">• Aim to hit the ball away from fielders and/or to help runners.• Bowl in different ways.• Adapt fielding decisions and backing up according to the opposition movements.
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