|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| http://www.elton.cheshire.sch.uk/uploads/284/logo.png | Elton Primary School and Nursery  PE Overview 2024 - 2025 | | | | | | | | |
| **Autumn 1** | | **Autumn 2** | | **Spring 1** | | **Spring 2** | **Summer 1** | **Summer 2** |
| **Nursery/**  **Reception** | Fundamental skills  Explore and develop the following skills individually, with a partner and as part of a small group: Agility, Balance, Coordination, Throwing, Catching, Jumping and Kicking. | | | Gymnastics  Explore and develop skills, actions and movements in the following areas: travelling, jumping, balancing, rocking and rolling. | | | | Dance activities  Themed activities linked to the development of controlled movements and actions with changes in speed and direction. | |
| **Reception** | **Physical development** Develop the skills needed to get through the school day e.g. lining up  Revise and use fundamental movement skills | **Physical development** Use core muscle strength to achieve good posture (start to develop handwriting posture) | | **Physical development** Negotiate space and obstacles safely  Use a range of tools effectively | | **Physical development** Demonstrate strength, balance and co-ordination and experiment and use different ways of moving- bikes/ scooters | | **Physical development** Demonstrate different ways of moving | **Physical development** Use a range of small tools effectively |
|  | Walking one  Explore/develop walking  Explore walking in  different pathways  Sustain walking  Explore marching  Apply walking into a game | Hands one  Explore pushing  Explore rolling  Explore bouncing  Explore bouncing into space  Combine pushing and rolling  Combine rolling,  pushing and bouncing | | High, Low, Over, Under.  Introduction to high, low,  over and under  Introduction to the apparatus  Applying high and low on  apparatus | | Nursery Rhymes  Moving in sequence  Creating our own movements  Creating simple movement  sequences  Responding in movement to  words and music  Exploring contrasting tempos  Exploring character | | Feet one  Explore moving with a ball  using our feet  Develop moving with a ball  using our feet  Understand dribbling  Develop dribbling against  an opponent | Games For  Understanding  Taking turns/keeping the score  Understanding and  playing by the rules  Avoiding a defender  Preventing an attacker from scoring  Applying attacking and defending into a game |
| **Year 1** | Ball skills – hands part 1  Ball skills - feet | Jumping  Health and Wellbeing | | Dance – Growing  Gymnastics – Body parts | | Dance – The Zoo  Gymnastics - part 2 | | Athletics – sports day practice  Attacking and defending – games for understanding | Team building  Ball skills – hands part 2 |
| **Year 2** | Ball skills – hands  Ball skills - feet | | Locomotion - Jumping    Health and Wellbeing | | Dance – Explorers  Gymnastics - Linking | | Dance – Water  Gymnastics – pathways | Athletics – sports day practice  Attacking and defending – games for understanding | Team building  Ball skills – hands part 2 |
| **Year 3** | Games  Invasion games –  Tag rugby \*\*  Games  Invasion games –  Football \*\* | | Dance – Wild animals  Games  Invasion games -hockey | | Games -handball  Gymnastics – symmetry and asymmetry  Developing actions, skills and movements and sequences. \*\* | | Games  Racket games to include skill development through adapted version of tennis.\*\*  Games  Team striking and fielding games to include adapted version of cricket. \*\* | Games  Team striking and fielding games to include adapted version of rounders.  OAA – problem solving  Individual and team activities focusing on problem solving and team work. | Athletic activities - running, throwing and jumping  Developing running, jumping and throwing skills with improvements in flexibility, strength, technique, control and balance. |
| **Year 4** | Games  Invasion games –  Tag rugby \*\*  Games  Invasion games –  Football \*\* | | Games  Dodgeball  Dance – Cats | | Games  Invasion games - Netball \*\*  Gymnastics – bridges  Developing actions, skills and movements and sequences. \*\* | | Games  Racket games to include skill development through adapted version of tennis.  \*\*  Games  Team striking and fielding games to include adapted version of cricket. \*\* | Games  Team striking and fielding games to include adapted version of rounders.  OAA  Individual and team activities focusing on problem solving and team work. | Athletic activities - running, throwing and jumping  Developing running, jumping and throwing skills with improvements in flexibility, strength, technique, control and balance. |
| **Year 5** | OAA  Individual and team activities focusing on problem solving and team work. \*\*  Games  Invasion games –  Tag rugby \*\* | | Healthy lives and healthy habits  Fitness lessons to improve strength in core muscles, flexibility and fitness. Improve knowledge of importance of healthy eating.  Games  Invasion games –  Football \*\* | | Dance  Street dance  Games  Invasion games –  Basketball \*\* | | Games  team striking and fielding games to include adapted version of rounders  Games  Team striking and fielding games to include adapted version of cricket. | Games  Racket games to include skill development through adapted version of tennis.  Games  Invasion games - hockey | Athletic activities  Developing running, jumping and throwing skills with improvements in flexibility, strength, technique, control and balance. |
| **Year 6** | Games  Team striking and fielding games to include adapted version of cricket.  Games  Invasion games  netball | | Healthy lives and healthy habits  Fitness lessons to improve strength in core muscles, flexibility and fitness. Improve knowledge of importance of healthy eating.  Dance –Titanic  Develop actions and phrases of movements, linking them to a theme using expression and choreography. | | Swimming | | Swimming | Games  Team striking and fielding games to include adapted version of rounders.  OAA  Individual and team activities focusing on problem solving and team work. | Athletic activities  Developing running, jumping and throwing skills with improvements in flexibility, strength, technique, control and balance |