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| 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 skillsExplore and develop the following skills individually, with a partner and as part of a small group: Agility, Balance, Coordination, Throwing, Catching, Jumping and Kicking. | GymnasticsExplore and develop skills, actions and movements in the following areas: travelling, jumping, balancing, rocking and rolling.  | Dance activitiesThemed 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 upRevise 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 safelyUse 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 oneExplore/develop walkingExplore walking indifferent pathwaysSustain walkingExplore marchingApply walking into a game | Hands oneExplore pushingExplore rollingExplore bouncingExplore bouncing into spaceCombine pushing and rollingCombine rolling,pushing and bouncing | High, Low, Over, Under.Introduction to high, low,over and underIntroduction to the apparatusApplying high and low onapparatus | Nursery RhymesMoving in sequenceCreating our own movementsCreating simple movementsequencesResponding in movement towords and musicExploring contrasting temposExploring character | Feet oneExplore moving with a ballusing our feetDevelop moving with a ballusing our feetUnderstand dribblingDevelop dribbling againstan opponent | Games ForUnderstandingTaking turns/keeping the scoreUnderstanding andplaying by the rulesAvoiding a defenderPreventing an attacker from scoringApplying attacking and defending into a game |
| **Year 1**  | Ball skills – hands part 1Ball skills - feet | JumpingHealth and Wellbeing  | Dance – GrowingGymnastics – Body parts  | Dance – The ZooGymnastics - part 2 | Athletics – sports day practice Attacking and defending – games for understanding | Team buildingBall skills – hands part 2 |
| **Year 2** | Ball skills – handsBall skills - feet | Locomotion - Jumping Health and Wellbeing  | Dance – ExplorersGymnastics - Linking  | Dance – WaterGymnastics – pathways  | Athletics – sports day practice Attacking and defending – games for understanding  | Team buildingBall skills – hands part 2 |
| **Year 3** | Games Invasion games –Tag rugby \*\*Games Invasion games –Football \*\* | Dance – Wild animalsGamesInvasion games -hockey | Games -handballGymnastics – symmetry and asymmetryDeveloping 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 solvingIndividual and team activities focusing on problem solving and team work.  | Athletic activities - running, throwing and jumpingDeveloping 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 DodgeballDance – 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.OAAIndividual and team activities focusing on problem solving and team work.  | Athletic activities - running, throwing and jumpingDeveloping running, jumping and throwing skills with improvements in flexibility, strength, technique, control and balance. |
| **Year 5**  | OAAIndividual 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 \*\* | DanceStreet danceGames Invasion games –Basketball \*\* | Gamesteam striking and fielding games to include adapted version of roundersGames Team striking and fielding games to include adapted version of cricket.  | Games Racket games to include skill development through adapted version of tennis.GamesInvasion 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. GamesInvasion 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. OAAIndividual 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  |