

KING STREET PRIMARY SCHOOL
PHYSICAL EDUCATION OVERVIEW 2022-23

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	<ul style="list-style-type: none"> To know and talk about the different factors that support overall health and wellbeing: regular physical activity, healthy eating, toothbrushing, sensible amounts of screen time, having a good sleep routine and being a safe pedestrian. To further develop the skills they need to manage the school day successfully: lining up, mealtimes, personal hygiene. Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting and aiming. 	<ul style="list-style-type: none"> Revise and refine the fundamental movements they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping and climbing. Develop their overall body strength, co-ordination, balance, and agility needed to engage with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming. To develop their fine motor skills so that they can use a range of tools competently, safely and confidently. E.g. pencils, paintbrushes, knives, forks and spoons. 	<ul style="list-style-type: none"> To use their core strength to achieve a good posture when sitting at a table or sitting on the floor. To confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. To develop the foundations of a handwriting style which is fast, accurate and efficient. 	<ul style="list-style-type: none"> To progress towards a more fluent style of moving with developing control and grace. To combine different movements with ease and fluency. To develop overall body strength, balance, co-ordination and agility. To develop confidence, competence, precision and accuracy when engaging in activities that involve a ball. 	<ul style="list-style-type: none"> To negotiate space and obstacles safely, with consideration for themselves and others. To move energetically such as running, jumping, dancing, hopping, skipping and climbing. To use a range of small tools including scissors, paintbrushes and cutlery. 	<ul style="list-style-type: none"> To demonstrate strength, balance and co-ordination when playing. To hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases.

Year 1	<p><i>Fundamental Skills</i> End point To explore combination jumping and skipping in an individual rope.</p> <p>-----</p> <p><i>Sending and Receiving</i> End point To understand how to send, receive and stop a moving ball and to know the key elements needed for throwing and catching.</p>	<p><i>Dance</i> End point To copy, repeat, create and perform actions that represent the theme.</p>	<p><i>Gymnastics</i> End point To link gymnastic actions to create a sequence..</p> <p>-----</p> <p><i>Yoga</i> End point To develop an awareness of yoga movements, strength and flexibility.</p>	<p><i>Target Games</i> End point To develop underarm throwing, throwing for accuracy and distance.</p> <p>-----</p> <p><i>Invasions</i> End point To understand terms linked to Invasion and know how to support a teammate.</p>	<p><i>Striking & Fielding</i> End point To develop decision making and understand how to score points.</p> <p>-----</p> <p><i>Athletics</i> End point To develop throwing for accuracy.</p>	<p><i>Net & Wall</i> End point To develop hitting over a net.</p> <p>-----</p> <p><i>Team Building</i> End point To communicate with a group to solve challenges.</p>
		Outdoor Ed				
Year 2	<p><i>Dance</i> End point To know what perform means and to perform a dance with a partner to an audience</p> <p>-----</p> <p><i>Fundamentals</i> End point To develop combination jumping and skipping in an individual rope.</p>	<p><i>Ball Skills</i> End point To develop control and co-ordination when dribbling a ball with your hands.</p> <p>-----</p> <p><i>Invasion</i> End point To learn to apply simple tactics for attacking and defending.</p>	<p><i>Gymnastics</i> End Point To develop sequence work on apparatus and work safely with others on apparatus.</p> <p>-----</p> <p><i>Target Games</i> End Point To select an appropriate skill to play a game.</p>	<p><i>Sending and Receiving</i> End point To send and receive a ball using a racket.</p> <p>-----</p> <p><i>Yoga</i> End point To explore poses and create a yoga flow.</p>	<p><i>Athletics</i></p> <p>-----</p> <p><i>Net and Wall</i></p>	<p><i>Team Building</i></p> <p>-----</p> <p><i>Striking and Fielding</i></p>

			Outdoor Ed			
Year 3	<p><i>Dance</i> End Point To use choreographing ideas to develop our dance.</p>	<p><i>Dodgeball</i> End Point To understand the rules of dodgeball and use them to play in a tournament.</p> <p>-----</p> <p><i>Fundamentals</i> End Point To apply fundamental skills to a variety of challenges.</p>	<p><i>Gymnastics</i> End Point To create a partner sequence incorporating equipment</p> <p>-----</p> <p><i>Netball</i> End Point To develop playing using netball rules.</p>	<p><i>Rounders</i> End Point To apply skills and rules learnt to play rounders.</p> <p>-----</p> <p><i>Hockey</i> End Point To apply defending and attacking principles and skills in a hockey tournament</p>	<p><i>Athletics</i> End Point To develop officiating and performing skills.</p>	<p><i>Tennis</i> End Point To work collaboratively with a partner and compete against others</p> <p>-----</p> <p><i>Football</i> End Point To be able to apply the rules and tactics you have learnt to play in a football tournament.</p>
	Outdoor Ed				Swimming	
Year 4	<p><i>Dance</i> End point To develop a dance phrase and perform as part of a class performance.</p> <p>-----</p> <p><i>Ball Skills</i> End Point To use tracking, sending and dribbling skills with both feet and hands.</p>	<p><i>Gymnastics</i> End Point To be able to create a partner sequence to include apparatus.</p> <p>-----</p> <p><i>Fitness</i> End point To complete actions to develop stamina</p>	<p><i>Handball</i> End Point To maintain possession when in attack.</p> <p>-----</p> <p><i>Cricket</i> End Point To apply the skills learnt in mini cricket</p>	<p><i>Basketball</i> End Point To be able to apply the skills, rules and tactics learnt in basketball in a mini tournament</p>	<p><i>Athletics</i> End Point To develop a pull throw for distance and accuracy</p> <p>-----</p> <p><i>Tag Rugby</i> End Point To be able to apply the rules and tactics you have learnt to play in a tag rugby tournament.</p>	<p><i>Tennis</i> End Point To demonstrate honesty and fair play when competing against others.</p>

				Outdoor Ed		Swimming
Year 5	<p><i>Dance</i> End point To work collaboratively with a group to create a dance in the style of Rock 'n' Roll.</p> <p>-----</p> <p><i>Football</i> End point To be able to apply the rules and tactics you have learnt to play in a football tournament.</p>	<p><i>Dodgeball</i> End point To develop officiating skills and referee a dodgeball game.</p> <p>-----</p> <p><i>Gymnastics</i> End point To be able to create a partner sequence using apparatus.</p>	<p><i>Netball</i> End point To use and apply skills and tactics to small sided games.</p>	<p><i>Rounders</i> End point To apply the rules and skills learnt to play in a rounders tournament.</p>	<p><i>Athletics</i> End point To know what makes a high-quality throw and to throw with greater control and technique</p>	<p><i>Tennis</i> End point To use a variety of strokes to outwit opponent during a game of tennis.</p> <p>-----</p> <p><i>Hockey</i> End point To apply the rules and skills you have learnt to play in a hockey tournament.</p>
			Swimming		Outdoor Ed	
Year 6	<p><i>Dance</i> End point To use feedback to develop and refine a 1940s dance performance.</p>	<p><i>Handball</i> End point To apply skills, tactics and rules in game situations and to self-manage our games.</p>	<p><i>Gymnastics</i> End point To know what makes a high quality performance and to create a group sequence using formations and apparatus.</p> <p>-----</p> <p><i>Basketball</i> End Point To be able to apply the rules and tactics you</p>	<p><i>Cricket</i> End Point Develop long and short barriers and apply them to a game situation.</p> <p>-----</p> <p><i>Fitness</i> End Point To develop control whilst balancing.</p>	<p><i>Athletics</i> End Point To work collaboratively in a team to develop the officiating skills of measuring, timing and recording.</p> <p>-----</p> <p><i>Tag Rugby</i> End Point To be able to apply the rules and tactics you have learnt to play in a tag rugby tournament.</p>	<p><i>Badminton</i> End Point To show respect, honesty and fair play when competing against an opponent.</p>

			have learnt to play in a basketball tournament			
	Swimming					Outdoor Ed