# Subject Overview: EYFS PE

| FMS baseline<br>Autumn 1 | FMS – Hungry Caterpillar<br>Autumn 2 | Dance –Jungle<br>Spring 1 | FMS – Mini Beasts<br>Spring 2 | FMS - Elmer<br>Summer 1 | FMS - Seaside<br>Summer 2 |
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| • To jump for distance<br>• To land appropriately<br>• To hop on both feet<br>• To underarm throw for distance<br>• To overarm throw for distance<br>• To catch with increasing accuracy<br>• To climb under, over and through with confidence | • To perform the skill of jumping<br>• To travel in a variety of ways, low to the ground<br>• To travel under, over and through with confidence<br>• To balance on a range of body parts<br>• To throw under arm<br>• To roll in a variety of ways | • To use my body to create simple shapes, movements and actions based on a theme<br>• To use my body to make shapes and movements to express feelings<br>• To travel safely and creatively<br>• To show different levels when I travel<br>• To create shapes, movements and actions inspired by a picture<br>• To remember and perform a basic sequence, led by an adult | • To perform the skill of jumping<br>• To travel under, over and through with confidence<br>• To catch a large sponge ball<br>• To catch with increasing accuracy<br>• To roll in a variety of ways | • To make a range of shapes on small body parts<br>• To travel in a range of ways and negotiate space successfully<br>• To throw with increasing accuracy underarm<br>• To throw for distance overarm<br>• To perform a range of gymnastic rolls<br>• To move freely and with confidence when rolling<br>• To balance on one leg<br>• To perform a range of gymnastic jumps | • To balance on small body parts<br>• To travel on hands and feet<br>• To show increasing control over an object, pushing and patting it<br>• To perform a variety of gymnastic rolls<br>• To throw with some accuracy overarm |
| **Pippa and Eddie - Fantasy Fairy Tale<br>Autumn 1** | **Pippa and Eddie - An adventure with the Emergency Services<br>Autumn 2** | **Pippa and Eddie - A Visit to the Zoo<br>Spring 1** | **Pippa and Eddie - An Encounter with Pirates<br>Spring 2** | **Pippa and Eddie - A Day on the Farm<br>Summer 1** | **Pippa and Eddie - Under the Sea<br>Summer 2** |
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# Subject Overview: Year 1 and 2 PE - MAP A

| FMS - Supertato<br>Autumn 1 | Dance - Travel<br>Autumn 2 | Dance – Three Little Pigs<br>Spring 1 | Dance - Robots<br>Spring 2 | Athletics<br>Summer 1 | Games – Piggy in the Middle<br>Summer 2 |
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| • To show an egg roll with some coordination<br>• To show a pencil roll with some coordination<br>• To demonstrate jumping off a bench and land on two feet<br>• To demonstrate bouncing a ball with some control<br>• To demonstrate rolling a ball through a target with some accuracy and control | • To be able to create travelling patterns using a stimulus<br>• To be able to select effective movements<br>• To be able to develop and improve my work<br>• To be able to work effectively within a group<br>• To be able to remember work and recreate it repetitively<br>• To be able to participate in a whole-class performance | • To convey a character linking two movement ideas<br>• To convey a character, linking movement ideas<br>• To work with a partner to convey contrasting characters<br>• To work with a partner to convey contrasting characters<br>• To link travelling actions with a stillness to convey events within the story<br>• To link sequences together to retell a story | • To explore the qualities of robots and copy and repeat movements precisely<br>• To explore travelling, use of levels and different settings as a robot and try mirroring with a partner<br>• To create a mirroring dance with your partner to perform to the class<br>• To explore Transformers characters and work with others to create interesting Transformers shapes<br>• To link all our dances together and perform as a whole class | • To show a hopping skill with rhythm<br>• To demonstrate rolling a ball with some accuracy<br>• To show running and changing direction quickly<br>• To demonstrate underarm throw with some accuracy<br>• To demonstrate jumping as far as possible and landing safely with control<br>• To show good posture when running fast<br>• To complete a running and jumping sequence | • To demonstrate underarm throw with some accuracy<br>• To show catching a ball with control<br>• To throw underarm and then move into space<br>• To demonstrate passing a ball with some accuracy<br>• To show a simple tactic in a game |
| **FMS – Rolling a ball<br>Autumn 1** | **FMS – Catching and bouncing a ball<br>Autumn 2** | **FMS – Underarm throw<br>Spring 1** | **Orienteering (Y1)<br>Spring 2** | **Striking and fielding games<br>Summer 1** | **OAA – The Great Outdoors<br>Summer 2** |
| • To demonstrate rolling a ball with some accuracy<br>• To demonstrate rolling different equipment with some accuracy<br>• To show the skill of rolling in different ways<br>• To demonstrate a simple tactic in a rolling game<br>• To show two simple tactics in a game | • To demonstrate catching a ball with some accuracy<br>• To demonstrate catching and bouncing a ball with some accuracy<br>• To show a simple tactic in a game<br>• To apply a simple tactic in a game | • To demonstrate an underarm throw with some accuracy<br>• To show a side gallop<br>• To demonstrate an underarm throw with some accuracy at different targets<br>• To demonstrate a simple tactic in a game<br>• To show two simple tactics in a game | • To understand that symbols in a legend represent real-world features.<br>• To interpret a simple map & transfer their understanding to real-world concrete materials<br>• To recognise a variety of common orienteering map symbols & match them to their real-world features<br>• To recognise the school orienteering map as a representation of the school grounds<br>• To begin to use known features on the orienteering map to help navigate from the start to controls | • To demonstrate an overarm throw for distance<br>• To demonstrate striking a ball<br>• To strike a ball for distance<br>• To play a simple striking and fielding game<br>• To strike a ball with accuracy for distance<br>• To play a simple striking and fielding game using a simple tactic | • To be able to take responsibility for self and others<br>• To be able to respect, trust and care for each other<br>• To remember objects on a trail<br>• To cooperate and work as a team<br>• To work with a partner to undertake an adventurous journey<br>• To work with others to complete a journey within the school grounds |

# Subject Overview: Years 3 and 4 PE - MAP A

| Judo<br>Autumn 1 | Dance – Sparks might fly<br>Autumn 2 | Invasion games through netball<br>Spring 1 | Invasion games through handball<br>Spring 2 | Athletics<br>Summer 1 | Net and wall games<br>Core Task 1<br>Summer 2 |
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| • | • To think creatively and create their own movements with words as inspiration<br>• To create their own dance moves from given inspiration<br>• To perform in canon and unison<br>• To demonstrate performance skills<br>• To create a duet using increased choreographed skills | • To demonstrate passing a ball using a chest pass<br>• To move into space to receive a pass<br>• To demonstrate passing a ball using a bounce pass<br>• To apply a feint to outwit a defender<br>• To apply a simple tactic to outwit a defender<br>• To perform a chest or bounce pass in a game situation | • To demonstrate passing a ball using a handball pass<br>• To demonstrate passing a ball using a bounce pass<br>• To move into space after passing<br>• To perform a one-handed pass and a bounce pass in a game<br>• To apply a feint to outwit a defender<br>• To perform a pass in an invasion game using a one-handed or a bounce pass | • To throw using a pull action<br>• To explore different running techniques<br>• To perform the sling throw action<br>• To develop jumping actions<br>• To use a push throw<br>• To throw for distance using push, pull, sling throws<br>• To pass a baton in a relay<br>• To perform a hop, step and jump<br>• To perform a combination of 5 jumps | • To know why warming us is important<br>• To consolidate throwing actions<br>• To strike a ball using either hand or bat<br>• To strike develop a range of striking skills suitable for net/wall activities |
| **Orienteering (Y3)<br>Autumn 1** | **Gymnastics 1<br>Autumn 2** | **Gymnastics 2<br>Spring 1** | **Target games through boccia<br>Spring 2** | **Archery<br>Summer 1** | **Striking and Fielding through Rounders<br>Summer 2** |
| • To hold a simple map in both hands.<br>• To know how to set/orientate a simple map and keep it set whilst on the move<br>• To use the legend to become familiar with features on an orienteering map.<br>• To understand the purpose of thumbing the map<br>• To set / orientate the orienteering map at the start using known features.<br>• To understand STAR and SCORE orienteering | • To demonstrate travelling on 4 points<br>• To show 2- and 3-point balances<br>• To show balances with stillness for 1-, 2-, 3- and 4-point balances<br>• To combine travelling and balance actions<br>• To basic demonstrate rolls with accuracy and control<br>• To demonstrate safe jumping and landing<br>• To create a sequence with a partner<br>• To create a gymnastic of at least 6 actions with a partner | • To adapt and demonstrate a gymnastic sequence of at least 6 actions<br>• To show different travelling and balancing actions using apparatus<br>• To use apparatus to perform jumping actions<br>• To use the apparatus to perform rolling actions<br>• To demonstrate transitions between travelling, balancing on small body parts, jumping and rolling<br>• To evaluate our own routines | • To show different ways of how to propel a boccia ball towards a target<br>• To demonstrate sending a ball into a target with accuracy<br>• To play simple boccia-style games using simple tactics<br>• To send a boccia ball towards a target with accuracy<br>• To play boccia using simple tactics | • | • To demonstrate an underarm throw with accuracy<br>• To catch a ball in a striking and fielding game<br>• To strike a ball from a tee or a drop feed<br>• To catch a ball in a striking and fielding game<br>• To apply a simple tactic in a striking and fielding game<br>• To demonstrate bowling a ball underarm with accuracy |

# Subject Overview: Years 5 and 6 PE - MAP A

| Orienteering (6)<br>Autumn 1 | Invasion games through rugby<br>Autumn 2 | Invasion games through hockey<br>Spring 1 | Invasion games through football<br>Spring 2 | Athletics<br>Summer 1 | Net and wall games through tennis<br>Summer 2 |
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| • To know how to use a compass.<br>• To know when it's appropriate to use a compass<br>• To work together to complete outdoor & adventurous activities which require communication, cooperation and trust.<br>• To apply appropriate orienteering skills.<br>• To work together to complete outdoor & adventurous activities which require communication, cooperation and patience. | • To demonstrate passing and catching a rugby ball with consistency, accuracy and control<br>• To pass and catch a rugby ball with consistency, accuracy and control<br>• To apply simple tactics I a rugby-style game<br>• To apply simple attacking and defending tactics in a rugby-style game | • To show passing to a teammate using a hockey stick<br>• To demonstrate dribbling and passing a ball using a hockey stick<br>• To demonstrate shooting a ball at a goal<br>• To select attacking tactics when playing a game<br>• To demonstrate dribbling and shooting a ball using a hockey stick<br>• To play a role in a competitive modified game<br>• | • To develop travelling with a ball<br>• To develop sending skills<br>• To develop shooting skills<br>• To develop tactics in a modified invasion game<br>• To evaluate success | • To perform running techniques for short and long distances<br>• To perform pull and push throws<br>• To take off and land one foot to one foot<br>• To develop running for distance<br>• To develop running for speed<br>• To take off and land a combination of jumps<br>• To develop running techniques for different speeds<br>• To take off and land using hop, step, jump<br>• To perform a heave throw<br>• To take part in an athletics event | • To demonstrate a forehand shot with some accuracy<br>• To demonstrate a forehand and backhand shot with some accuracy<br>• To direct a ball reasonably well to their partner to continue a rally<br>• To demonstrate a simple tactic in a net-type game<br>• To incorporate tactics in a game to score points |

| Invasion games through netball<br>Autumn 1 | Max Whitlock Gymnastics<br>Autumn 2 | Creative games<br>Spring 1 | Dance – heroes and villains<br>Spring 2 | Striking and fielding through cricket<br>Summer 1 | Striking and fielding through rounders<br>Summer 2 |
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| • To demonstrate passing and catching a netball with consistency, accuracy and control<br>• To demonstrate a shoulder pass and shoot with some accuracy<br>• To apply simple tactics when playing a netball-type game<br>• To apply simple tactics with and without the ball<br>• To apply simple tactics, including defending<br>• To apply simple attacking and defending tactics | • | • To pass and receive a ball using a variety of skills<br>• To dribble a ball<br>• To select and apply appropriate tactics<br>• To create rugby-type game and apply tactics to outwit an opponent<br>• To work as a team to solve a tactical problem<br>• To adapt an invasion game to include positions and attack / defend options<br>• To apply simple attacking and defending tactics | • To understand how to construct a dance and share their own creation<br>• To create a group dance using a range of dynamics, accurately timed<br>• To develop a well-rehearsed duet demonstrating choreographed techniques<br>• To create and perform different dances from different stimuli<br>• To make decisions about performance structure | • To demonstrate bowling underarm with accuracy<br>• To catch a ball when fielding<br>• To strike a ball off a tee<br>• To bowl overarm with accuracy<br>• To strike a ball off a tee with consistency<br>• To bowl overarm accurately in a game<br>• To apply a tactic in a cricket-style game<br>• To strike a bowled ball in a game | • To demonstrate bowling underarm with accuracy<br>• To catch a ball when fielding<br>• To strike a ball with a bat<br>• To throw a ball overarm when fielding<br>• To strike a ball off a tee with consistency<br>• To explain where to strike a ball in a game<br>• To apply a tactic in a rounders-style game<br>• To strike a bowled ball in a game |