



## Yearly PE Overview Lowercroft Primary School

Reception	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Topic</b>	<b>Fundamentals of Movement</b> Basic Gymnastic Movements	<b>Fundamentals of movement Skills</b> Dance	<b>Basic Gymnastics Movements</b> Fundamentals of Movement	<b>Dance</b> Fundamentals of Movement skills	<b>Fundamentals of Movement</b> Fundamentals of Movement Skills	<b>Sports Day Practice</b> Ball Games
<b>Learning Outcomes</b>	<ul style="list-style-type: none"> <li>1) Can find space when asked.</li> <li>2) Can travel safely in a variety of different ways.</li> </ul>	<ul style="list-style-type: none"> <li>1) Can throw, catch, kick and roll with a level of control.</li> </ul>	<ul style="list-style-type: none"> <li>1) Introduction to gymnastics, can perform basic skills such as travelling, balance, shapes, jumping, using apparatus.</li> </ul>	<ul style="list-style-type: none"> <li>1) Can perform a variety of dance actions/movements.</li> <li>2) Can follow a simple pattern/routine.</li> </ul>	<ul style="list-style-type: none"> <li>1) Can find space when asked.</li> <li>2) Can travel safely in a variety of different ways.</li> <li>3) Can respond to a variety of different instructions.</li> <li>4) Is able to turn take.</li> </ul>	<ul style="list-style-type: none"> <li>1) Can perform simple sports day events.</li> <li>2) Is able to take turns at each event.</li> <li>3) Can follow different instructions in different events.</li> </ul>
<b>Learning Outcomes</b>	<ul style="list-style-type: none"> <li>1) Introduction to gymnastics, can perform basic skills such as travelling, balance, shapes, jumping, using apparatus.</li> </ul>	<ul style="list-style-type: none"> <li>1) Can perform a variety of dance actions/movements.</li> <li>2) Can follow a simple pattern/routine.</li> </ul>	<ul style="list-style-type: none"> <li>1) Can find space when asked.</li> <li>2) Can travel safely in a variety of different ways.</li> <li>3) Can respond to a variety of different instructions.</li> </ul>	<ul style="list-style-type: none"> <li>1) Can throw, catch, kick and roll with a level of control.</li> <li>2) Can do the above towards a target.</li> </ul>	<ul style="list-style-type: none"> <li>1) Can throw, catch, kick and roll with a level of control.</li> <li>2) Can do the above towards a target.</li> <li>4) Is able to turn take.</li> </ul>	<ul style="list-style-type: none"> <li>1) Can throw and catch to self.</li> <li>2) Can throw and catch with a partner.</li> <li>3) Can throw at a target.</li> </ul>



Year 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Topic</b>	<b>Fundamentals of Movement</b> <b>Gymnastics</b>	<b>Fundamentals of movement skills</b> <b>Dance</b>	<b>Gymnastics</b> <b>Dance</b>	<b>Intro to Invasion Games</b> (Hockey and Basketball) <b>Intro to Net and Wall Games</b> (Volleyball and Tennis)	<b>Intro to Striking and Fielding</b> <b>Intro to Invasion games</b> (Tag Rugby and Handball)	<b>Intro to Athletics</b> <b>Multi-Sports</b>
<b>Learning Outcomes</b>	1) Continues to develop agility, balance and co-ordination skill. 2) Can use above skills in combination.	1) Continues to develop agility, balance and co-ordination skill, using them in combination 2) Can throw, catch, kick and roll with a level of control. 3) Can do the above towards a target.	1) Competent performing basic skills such as travelling, balance, shapes, jumping, using apparatus. 2) Starts to use the skills of travelling, balancing, shapes, jumping and using apparatus in combination.	1) Tries to perform the skills of travelling and passing correctly in a variety of invasion games. 2) Starts to understand how a variety of invasion games are played.	1) Tries to perform the basic skills correctly needed to play cricket and rounders in the future. 2) Starts to understand how cricket/rounders are played.	1) Tries to perform the basics of simple athletics events 2) Starts to understand each athletics event.
<b>Learning Outcomes</b>	1) Continues to develop skills in travelling, shapes, balancing, shapes, jumping and using apparatus.	1) Can copy a variety of dance actions/ movements to different types of music. 2) Can explore space at different directions/levels and speeds.	1) Can copy a variety of dance actions/ movements to different types of music. 2) Can explore space at different directions/levels and speeds.	1) Tries to perform the basic skills correctly of a variety of net/wall games. 2) Starts to understand how a variety of net/wall games are played.	1) Tries to perform the skills travelling and passing correctly in a variety of invasion games. 2) Starts to understand how a variety of invasion games are played.	1) Can perform a range of skills that can be linked to specific sports later on in child's development. 2) Can work well with others in a pair/group/team.



Year 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Topic</b>	<b>Fundamentals of Movement</b> <b>Gymnastics</b>	<b>Fundamentals of movement skills</b> <b>Dance</b>	<b>Gymnastics</b> <b>Dance</b>	<b>Intro to Invasion Games</b> <small>(Hockey and Basketball)</small> <b>Intro to Net and Wall Games</b>	<b>Intro to Striking and Fielding</b> <b>Intro to Invasion games</b> <small>(Tag Rugby and Handball)</small>	<b>Intro to Athletics</b> <b>Multi-Sports</b>
<b>Learning Outcomes</b>	1) Starts to master fundamental movements involving agility, balance and coordination and use in combination. 2) Can work well in isolation or with a partner.	1) Continues to master skills of throwing, catching, kicking and rolling and perform them with a level of control. 2) Can use the above skills in combination. 3) Can work well in isolation or with a partner.	1) Continues to develop ability at travelling, shapes, jumps, rolls and using apparatus. 2) Can perform the above in a simple sequence. 3) Works well with a partner, starts to identify positives in others technique.	1) Tries to perform the skills of travelling and passing correctly in a variety of invasion games. 2) Starts to understand how a variety of invasion games are played.	1) Tries to perform the basic skills correctly needed to play cricket and rounders in the future. 2) Starts to understand how cricket/rounders are played.	1) Tries to perform the basics of simple athletics events. 2) Starts to understand each athletics event. 3) Starts to improve/develop own technique at each athletics event.
<b>Learning Outcomes</b>	1) Continues to develop ability at travelling, shapes, jumps, rolls and using apparatus. 2) Can perform the above in a simple sequence.	1) Performs basic actions/movements with consistency and control at different speeds/levels. 2) Challenge themselves to move more imaginatively to music.	1) Performs basic actions/movements with consistency and control at different speeds/levels. 2) Challenge themselves to move more imaginatively to music.	1) Tries to perform the basic skills correctly of a variety of net/wall games. 2) Starts to understand how a variety of net/wall games are played.	1) Tries to perform the skills of travelling and passing correctly in a variety of invasion games. 2) Starts to understand how a variety of invasion games are played.	1) Can perform a range of skills that can be linked to specific sports later on in child's development. 2) Can work well with others in a pair/group/team.



Year 3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Topic</b>	<b>Invasion Games</b> (Hockey & Basketball) <b>Invasion Games</b> (Tag rugby & Handball)	<b>Fitness</b> <b>Dance</b>	<b>Gymnastics</b> <b>Gymnastics</b>	<b>Net &amp; Wall Games</b> (Tennis) <b>Net &amp; Wall Games</b> (Badminton and Volleyball)	<b>Ultimate Frisbee</b> <b>Athletics</b>	<b>Striking &amp; Fielding</b> <b>Lacrosse</b>
<b>Learning Outcomes</b>	<p>1) Can perform the skills of travelling, passing and tackling in combination in a variety of invasion games.</p> <p>2) Starts to understand the rules of a variety of invasion games.</p> <p>3) Demonstrates sporting values.</p>	<p>1) Can perform a variety of basic exercises.</p> <p>2) Understands and can perform a variety of different workouts.</p>	<p>1) Can perform a variety of travels, balance, shapes, rolls and jumps competently</p> <p>2) Can perform gymnastic movement using different levels/directions.</p> <p>3) Can perform gymnastic movement in combination in the form of sequences.</p>	<p>1) Can perform the basic skills of a variety of net/wall games with a level of control.</p> <p>2) Understands how different net/wall games are played and the rules needed to play them.</p> <p>3) Demonstrates sporting values.</p>	<p>1) Can perform basic passes of ultimate frisbee.</p> <p>2) Can intercept the frisbee correctly.</p> <p>3) Understands how the game of ultimate frisbee is played.</p> <p>4) Demonstrates sporting values.</p>	<p>1) Can perform the basic skills needed for cricket and rounders.</p> <p>2) Starts to understand how the two games are played and the rules.</p> <p>3) Demonstrates sporting values.</p>
<b>Learning Outcomes</b>	<p>1) Can perform the skills of travelling, passing and tackling in combination in a variety of invasion games.</p> <p>2) Starts to understand the rules of a variety of invasion games.</p> <p>3) Demonstrates sporting values.</p>	<p>1) Can create own imaginative movements to pieces of music.</p> <p>2) Can work in small groups to create and perform short sequences.</p>	<p>1) Can perform a variety of travels, balance, shapes, rolls and jumps competently.</p> <p>2) Can perform gymnastic movement using different levels/directions.</p> <p>3) Can perform gymnastic movements in combination in the form of sequences.</p>	<p>1) Can perform the basic skills of a variety of net/wall games with a level of control.</p> <p>2) Understands how different net/wall games are played and the rules needed to play them.</p> <p>3) Demonstrates sporting values.</p>	<p>1) Can perform a variety of athletics events with the correct technique.</p> <p>2) Understands the different techniques involved in each event.</p> <p>3) Demonstrates sporting values.</p>	<p>1) Understand the basics/rules of lacrosse.</p> <p>2) Perform basic skills needed, passing and catching the ball and also groundballs.</p> <p>3) Can perform the basic skills whilst moving.</p> <p>4) Demonstrates sporting values.</p>



Year 4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Topic</b>	<b>Invasion Games 1</b> (Hockey and Basketball) <b>Invasion Games 2</b> (Tag Rugby and Handball)	<b>Fitness</b> <b>Dance</b>	<b>Gymnastics</b> <b>Gymnastics</b>	<b>Swimming</b> <b>Net and Wall Games</b> (Badminton and Volleyball)	<b>Ultimate Frisbee</b> <b>Athletics</b>	<b>Striking &amp; Fielding</b> <b>Net and Wall Games</b> (Tennis)
<b>Learning Outcomes</b>	<p>1) Starts to master the skills of travelling, passing and tackling with a level of control in a variety of invasion games.</p> <p>2) Starts to understand the rules of a variety of invasion games.</p> <p>3) Demonstrates sporting values.</p>	<p>1) Can perform a variety of basic exercises.</p> <p>2) Understands and can perform a variety of different workouts.</p> <p>3) Shows determination to put in maximum effort.</p>	<p>1) Can perform a variety of travels, balance, shapes, rolls and jumps competently.</p> <p>2) Can perform gymnastic movements using different levels/directions.</p> <p>3) Can perform gymnastic movements in combination, creating own sequences.</p>		<p>1) Can perform basic passes of the frisbee.</p> <p>2) Can intercept the frisbee correctly.</p> <p>3) Can put together attacking and defensive skills in combination.</p> <p>4) Understands how the game of ultimate frisbee is played.</p> <p>5) Demonstrates sporting values.</p>	<p>1) Starts to master the basic skills needed for cricket and rounders.</p> <p>2) Starts to understand how the 2 games are played and the rules.</p> <p>3) Demonstrates sporting values.</p>
<b>Learning Outcomes</b>	<p>1) Starts to master the skills of travelling, passing and tackling with a level of control in a variety of invasion games.</p> <p>2) Starts to understand the rules of a variety of invasion games.</p> <p>3) Demonstrates sporting values.</p>	<p>1) Can create own imaginative movements to pieces of music.</p> <p>2) Can work in small groups to create and perform short sequences.</p> <p>3) Can perform dance routines involving a variety of formations.</p>	<p>1) Can perform a variety of travels, balance, shapes, rolls and jumps competently.</p> <p>2) Can perform gymnastic movements using different levels/directions.</p> <p>3) Can perform gymnastic movements in combination, creating own sequences.</p>	<p>1) Starts to master the basic skills of a variety of net/wall games with a level of control.</p> <p>2) Understands the how different net/wall games are played and the rules needed to play them.</p> <p>3) Demonstrates sporting values.</p>	<p>1) Starts to master a variety of athletics events with the correct technique.</p> <p>2) Understands the different techniques involved in each event.</p> <p>4) Can identify how to improve technique in different events.</p> <p>3) Demonstrates sporting values.</p>	<p>1) Starts to master the basic skills of a variety of net/wall games with a level of control.</p> <p>2) Understands how the different net/wall games are played and the rules needed to play them.</p> <p>3) Demonstrates sporting values.</p>



Year 5	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Topic</b>	<b>Hockey</b> <b>Tag Rugby</b>	<b>Gymnastics</b> <b>Fitness</b>	<b>Dance</b> <b>Fitness</b>	<b>Volleyball</b> <b>Badminton</b>	<b>Cricket/Rounders</b> <b>Athletics</b>	<b>Handball</b> <b>Basketball</b>
<b>Learning Outcomes</b>	<p>1) Understands hockey as a specific sport, rules and tactics etc.</p> <p>2) Can put attacking and defensive skills into practice in a match scenario.</p> <p>3) Starts to discuss and show different tactics during a game.</p> <p>4) Can show good sporting values.</p>	<p>1) Can create own gymnastic sequence using previously learnt movements.</p> <p>2) Performs gymnastic movements with control and good technique.</p> <p>3) Can peer assess others gymnastic performances.</p>	<p>1) Can adapt dances to involve space, rhythm and expression.</p> <p>2) Can perform a variety of dances fluently.</p> <p>3) Can work well in groups to compose simple dances.</p> <p>4) Can peer assess others when performing.</p>	<p>1) Understands volleyball as a specific sport, rules and tactics etc.</p> <p>2) Can perform a variety of different shots in a rally.</p> <p>3) Can perform a variety of different shots to score a point.</p> <p>4) Can show good sporting values.</p>	<p>1) Understands cricket/rounders as specific sports, rules and tactics etc.</p> <p>2) Can master fielding skills and stop an opponent scoring points.</p> <p>3) Start to discuss and show different tactics during a game.</p> <p>4) Can show good sporting values.</p>	<p>1) Understands handball as a specific sport, rules and tactics etc.</p> <p>2) Can put attacking and defensive skills into practice in a match scenario.</p> <p>3) Start to discuss and show different tactics during a game.</p> <p>4) Can show good sporting values.</p>
<b>Learning Outcomes</b>	<p>1) Understands tag rugby as a specific sport, rules and tactics etc.</p> <p>2) Can put attacking and defensive skills into practice in a match scenario.</p> <p>3 Start to discuss and show different tactics during a game.</p> <p>4) Can show good sporting values.</p>	<p>1) Can perform a variety of basic exercises with good technique.</p> <p>2) Understands and can perform a variety of different workouts.</p> <p>3) Shows determination to put in maximum effort.</p> <p>4) Can lead a mini workout showing leadership.</p>	<p>1) Can perform a variety of basic exercises with good technique.</p> <p>2) Understands and can perform a variety of different workouts.</p> <p>3) Shows determination to put in maximum effort.</p> <p>4) Can lead a mini workout showing leadership.</p>	<p>1) Understands badminton as a specific sport, rules and tactics etc.</p> <p>2) Can perform a variety of different shots in a rally.</p> <p>3) Can perform a variety of different shots to score a point.</p> <p>4) Can show good sporting values.</p>	<p>1) Can perform a variety of athletics events with the correct technique.</p> <p>2) Understands the different techniques involved in each event.</p> <p>3) Can identify how to improve the technique of themselves and others.</p> <p>3) Demonstrates sporting values.</p>	<p>1) Understands basketball as a specific sport, rules and tactics etc.</p> <p>2) Can put attacking and defensive skills into practice in a match scenario.</p> <p>3) Start to discuss and show different tactics during a game.</p> <p>4) Can show good sporting values.</p>



Year 6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Topic</b>	<b>Dance</b> <b>Tag Rugby</b>	<b>Gymnastics</b> <b>Fitness</b>	<b>Hockey</b> <b>Fitness</b>	<b>Volleyball</b> <b>Tennis</b>	<b>Cricket/Rounders</b> <b>Athletics</b>	<b>Lacrosse</b> <b>Basketball</b>
<b>Learning Outcomes</b>	<p>1) Can improve a routine by looking at different components of their performance.</p> <p>2) Can add their own individual input when creating a group performance.</p> <p>3) Can peer assess others when performing.</p>	<p>1) Can create own gymnastic sequence using previously learnt movements.</p> <p>2) Performs gymnastic movements with control and good technique.</p> <p>3) Can peer assess others gymnastic performances.</p>	<p>1) Can officiate a game showing leadership.</p> <p>2) Can put attacking and defensive skills into practice in a match scenario.</p> <p>3) Start to discuss and show different tactics during a game.</p> <p>4) Can show good sporting values.</p>	<p>1) Can officiate a game showing leadership.</p> <p>2) Can perform a variety of different shots in a rally.</p> <p>3) Can perform a variety of different shots to score a point.</p> <p>4) Can show good sporting values.</p>	<p>1) Can officiate a game showing leadership.</p> <p>2) Can master fielding skills and stop an opponent scoring points.</p> <p>3) Start to discuss and show different tactics during a game.</p> <p>4) Can show good sporting values.</p>	<p>1) Understands the basics/rules of lacrosse.</p> <p>2) Can perform the basic skills whilst moving.</p> <p>3) Starts to show skills in attacking and defensive situations.</p> <p>4) Can show good sporting values.</p>
<b>Learning Outcomes</b>	<p>1) Can officiate a game showing leadership.</p> <p>2) Can put attacking and defensive skills into practice in a match scenario.</p> <p>3) Start to discuss and show different tactics during a game.</p> <p>4) Can show good sporting values.</p>	<p>1) Can perform a variety of basic exercises with good technique.</p> <p>2) Understands and can perform a variety of different workouts.</p> <p>3) Shows determination to put in maximum effort.</p> <p>4) Can lead a mini workout showing leadership.</p>	<p>1) Can perform a variety of basic exercises with good technique</p> <p>2) Understands and can perform a variety of different workouts.</p> <p>3) Shows determination to put in maximum effort.</p> <p>4) Can lead a mini workout showing leadership.</p>	<p>1) Can officiate a game showing leadership.</p> <p>2) Can perform a variety of different shots in a rally.</p> <p>3) Can perform a variety of different taught to score a point.</p> <p>4) Can show good sporting values.</p>	<p>1) Can perform a variety of athletics events with the correct technique.</p> <p>2) Understands the different techniques involved in each event.</p> <p>3) Can identify how to improve the technique of themselves and others.</p> <p>3) Demonstrates sporting values.</p>	<p>1) Can officiate a game showing leadership.</p> <p>2) Can put attacking and defensive skills into practice in a match scenario.</p> <p>3) Start to discuss and show different tactics during a game.</p> <p>4) Can show good sporting values.</p>

