St Jude's Catholic Primary School

PE Subject Overview						
	Autumn		**Spring**		**Summer**	
Early Years	**Coordination & Static Balance** In this unit, children will develop and apply their footwork and on leg balance through focused thematic stories, songs and games. *Negotiate space and obstacles safely, with consideration for themselves and others* *Demonstrate strength, balance and coordination when playing.*	**Dynamic Balance to Agility & Static Balance** In this unit, the children will develop and apply their jumping and landing and seated balance through focused thematic stories, songs and games. *Negotiate space and obstacles safely* *Demonstrate strength, balance and coordination.*	**Dynamic Balance & Static Balance** In this unit, the children will develop and apply their dynamic balance on a line and stance through focused thematic stories, songs and games. *Negotiate space and obstacles safely.* *Demonstrate balance.* *Explain the reasons for rules and try to behave accordingly.*	**Coordination & Counter Balance** In this unit, the children will develop and apply their ball skills and counter balance with a partner through focused thematic stories, songs and games. *Negotiate space and obstacles safely.* *Demonstrate strength, balance and coordination*	**Coordination & Agility** In this unit, the children will develop and apply their sending and receiving and reaction and response through focused thematic stories, songs and games. *Negotiate space and obstacles safely.* *Demonstrate strength, balance and coordination.* *Move energetically, such as running,*	**Agility & Static Balance** In this unit, the children will develop and apply their ball chasing and floor work balance through focused thematic stories, songs and games. *Negotiate space and obstacles safely.* *Demonstrate strength, balance and coordination.* *Move energetically, such as running, jumping, dancing,*

	Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. Listen attentively and respond when they hear. Show an ability to follow instructions involving several ideas or actions. Show independence, resilience, and perseverance in the face of a challenge.	*Move energetically, such as jumping. Listen attentively and respond when they hear with relevant questions, comments and actions. Participate in small group discussions. Work and play cooperatively with others. Show sensitivity to their own and other's needs.*	*Show an ability to follow instructions involving several ideas or actions. Express their ideas and feelings about their experiences.*		*jumping, dancing, hopping, skipping and climbing.*	*hopping, skipping and climbing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. Show an understanding of their feelings.*
Year 1	**Coordination & Static Balance** In this unit, the children will develop and apply their footwork and one leg balance through focused skill development	**Dynamic Balance to Agility & Static Balance** In this unit, the children will develop and apply their jumping and landing and seated balance	**Dance** In this unit, the children will learn and develop shapes and circles and create sequences of movement with these through	**Coordination & Counter Balance** In this unit, the children will develop and apply their ball skills and counter balance with a partner through focused skill	**Coordination & Agility** In this unit, the children will develop and apply their sending and receiving and reaction and response through focused	**Agility & Static Balance** In this unit, the children will develop and apply their ball chasing and floor work balance through focused skill

	sessions, thematic stories and games. *Master basic movements including running, as well as develop balance, agility and coordination, and begin to apply these in a range of activities.* *Engage in activities in a range of increasingly challenging situations.*	through focused skill development sessions, thematic stories and games. *Master basic movements including running, as well as develop balance, agility and coordination, and begin to apply these in a range of activities.* *Engage in cooperative physical activities.*	partnering and artistry. *Master basic movements and apply these in a range of activities.* *Engage in cooperative physical activities.* *Perform dances using simple movement patterns.*	development sessions, thematic stories and games. *Develop balance, agility and coordination and begin to apply these in a range of activities individually and with others.* *Engage in activities in a range of increasingly challenging situations.*	skill development sessions, thematic stories and games. *Develop basic movements including running, jumping, throwing and catching, as well as develop balance, agility and coordination, and begin to apply these in a range of activities individually and with others.* *Engage in activities in a range of increasingly challenging situations.* *Engage in both competitive*	development sessions, thematic stories and games. *Develop balance, agility and coordination and begin to apply these in a range of activities individually and with others.* *Engage in activities in a range of increasingly challenging situations.* *Engage in both competitive (both against self and others) and cooperative physical activities.*

					(both against self and others) and cooperative physical activities.	
Year 2	**Coordination & Static Balance** In this unit, the children will develop and apply their footwork and one leg balance through focused skill development sessions, cooperative and competitive development games. *Master basic movements including running, as well as develop balance, agility and coordination, and begin to apply these in a*	**Dance** In this unit, the children will learn and develop shapes and circles and create sequences of movement with these through partnering and artistry. *Master basic movements and apply these in a range of activities.* *Engage in cooperative physical activities.* *Perform dances using simple movement patterns.*	**Dynamic Balance & Static Balance** Static Balance In this unit, the children will develop and apply their dynamic balance on a line and stance through focused skill development sessions, cooperative and competitive development games. *Develop balance, agility and coordination and begin to apply these in a range of*	**Coordination & Counter Balance** In this unit, the children will develop and apply their ball skills and counter balance with a partner through focused skill development sessions, cooperative and competitive development games. *Extend balance, agility and coordination and begin to apply these in a range of activities, individually and others.*	**Coordination & Agility** In this unit, the children will develop and apply their sending and receiving and reaction and response through focused skill development sessions, cooperative and competitive development games. *Develop basic movements including running, jumping, throwing and catching, as well as develop*	**Agility and Static Balance** In this unit, the children will develop and apply their ball chasing and floor work balance through focused skill development sessions, cooperative and competitive development games. *Extend balance, agility and coordination and begin to apply these in a range of activities, individually and others.*

	range of activities. Engage in competitive and cooperative physical activities.		activities individually and with others. Engage in competitive and cooperative physical activities.	Engage in competitive and cooperative physical activities. Participate in team games, developing simple tactics for attaching and defending	balance, agility and coordination, and begin to apply these in a range of activities individually and with others. Engage in activities in a range of increasingly challenging situations. Engage in both competitive (both against self and others) and cooperative physical activities. Participate in team games, developing simple tactics for attaching and defending.	Engage in activities in a range of increasingly challenging situations. Engage in both competitive (both against self and others) and cooperative physical activities.

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Year 3	**Coordination & Static Balance** In this unit, the children will develop and apply their footwork and one leg balance through focused skill development sessions, healthy competition, cooperative games and Personal Best challenges. *Use running and jumping in isolation and in combination and develop control, balance and technique. Enjoy communicating, collaborating and competing with each other. Compare their performance with previous*	**Dance** In this unit, the children will learn and develop shapes and circles and create sequences of movement with these through partnering and artistry. *Apply and develop a broad range of skills and link them to make actions and sequences of movements. Develop flexibility, strength, technique, control and balance. Perform dances using a range of movement patterns.*	**Dynamic & Coordination** In this unit, the children will develop and apply their dynamic balance on a line and ball skills through focused skill development sessions, healthy competition, cooperative games and Personal Best challenges. *Develop and apply control and balance in different ways. Enjoy communicating, collaborating and competing with each other. Compare their performance with previous ones and demonstrate*	**Coordination & Counter Balance** In this unit, the children will develop and apply their sending and receiving and counter balance with a partner through focused skill development sessions, healthy competition, cooperative games and Personal Best challenges. *Use throwing and catching in isolation and in combination and develop and apply control and balance in different ways. Learn how to use skills in different ways and to link them*	**Agility & Static Balance** In this unit, the children will develop and apply their reaction and response and floor work balance through focused skill development sessions, healthy competition, cooperative games and Personal Best challenges. *Develop and apply control and balance in different ways. Learn how to use skills in different ways and to link them to make actions and sequences of movement. Enjoy communicating,*	**Agility & Static Balance** In this unit, the children will develop and apply their ball chasing and stance through focused skill development sessions, healthy competition, cooperative games and Personal Best challenges. *Develop and apply control and balance in different ways. Learn how to use skills in different ways and to link them to make actions and sequences of movement. Enjoy communicating, collaborating and competing with each other.*

	ones and demonstrate improvement to achieve their personal best.		*improvement to achieve their personal best.*	*to make actions and sequences of movement. Enjoy communicating, collaborating and competing with each other. Compare their performance with previous ones and demonstrate improvement to achieve their personal best.*	*collaborating and competing with each other. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.*	*Compare their performances with previous ones and demonstrate improvement to achieve their personal best.*
Year 4	**Coordination & Static Balance** In this unit, the children will develop and apply their footwork and one leg balance through focused skill development sessions, healthy competition, cooperative games and group Personal Best challenges.	**Dance** In this unit, the children will learn and develop shapes and circles and create sequences of movement with these through partnering and artistry. *Apply and develop a broad range of skills and link*	**Dynamic Balance & Coordination** In this unit, the children will develop and apply their dynamic balance on a line and ball skills through focused skill development sessions, healthy competition, cooperative games and	**Swimming** *Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively (for example, front crawl, backstroke and breaststroke) Perform safe self-rescue in*	**Swimming** *Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively (for example, front crawl, backstroke and breaststroke) Perform safe self-rescue*	**Swimming** *Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively (for example, front crawl, backstroke and breaststroke) Perform safe self-rescue in*

	Use running and jumping in isolation and in combination and develop control, balance and technique. Enjoy communicating, collaborating and competing with each other. Compare their performance with previous ones and demonstrate improvement to achieve their personal best.	*them to make actions and sequences of movements. Develop flexibility, strength, technique, control and balance. Perform dances using a range of movement patterns.*	group Personal Best challenges. *Develop and apply control and balance in different ways. Enjoy communicating, collaborating and competing with each other. Compare their performance with previous ones and demonstrate improvement to achieve their personal best*	*different water-based situations.*	*in different water-based situations.*	*different water-based situations.*
Year 5	**Swimming** *Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively (for example, front crawl,*	**Swimming** *Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively (for example, front crawl,*	**Swimming** *Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively (for example, front crawl,*	**Static Balance** In this unit, the children will develop and apply their seated balance and floor work balance through focused skill development sessions,	**Dynamic Balance to Agility & Static Balance** In this unit, the children will develop and apply their jumping and landing and one leg balance through focused	**Coordination and Agility** In this unit, the children will develop and apply their sending and receiving and ball chasing through focused skill development

	backstroke and breaststroke) Perform safe self-rescue in different water-based situations.	*backstroke and breaststroke) Perform safe self-rescue in different water-based situations.*	*backstroke and breaststroke) Perform safe self-rescue in different water-based situations.*	modified/non-traditional games and sports and healthy competition. *Enjoy communicating, collaborating and competing with each other and develop an understanding of how to improve in an activity. Develop strength, control and balance, and technique. Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.*	skill development sessions, modified/non-traditional games and sports and healthy competition. *Enjoy communicating, collaborating and competing with each other and develop an understanding of how to improve in an activity. Develop strength, control and balance, and technique. Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.*	sessions, modified/non-traditional games and sports and healthy competition. *Use running, jumping, throwing and catching in isolation and in combination. Enjoy communicating, collaborating and competing with each other and develop an understanding of how to improve in an activity. Develop strength, control and balance, and technique. Play competitive games, modified where appropriate, and apply basic principles*

						suitable for attacking and defending.
Year 6	**Coordination & Agility** In this unit, the children will develop and apply their ball skills and reaction and response through focused skill development sessions, modified/non-traditional games and sports and healthy competition. *Enjoy competing with each other and develop an understanding of how to improve in an activity.*	**Dynamic Balance and Counter Balance** In this unit, the children will develop and apply their dynamic balance on a line and counter balance with a partner through focused skill development sessions, modified/non-traditional games and sports and healthy competition. *Enjoy communicating, collaborating and competing with each other and develop an understanding*	**Static Balance and Coordination** In this unit, the children will develop and apply their stance and footwork through focused skill development sessions, modified/non-traditional games and sports and healthy competition. *Enjoy communicating, collaborating and competing with each other and develop an understanding of how to*	**Static Balance** In this unit, the children will develop and apply their seated balance and floor work balance through focused skill development sessions, modified/non-traditional games and sports and healthy competition. *Enjoy communicating, collaborating and competing with each other and develop an understanding of how to improve in an activity.*	**Dynamic Balance to Agility & Static Balance** In this unit, the children will develop and apply their jumping and landing and one leg balance through focused skill development sessions, modified/non-traditional games and sports and healthy competition. *Enjoy communicating, collaborating and competing with each other and develop an understanding*	**Coordination & Agility** In this unit, the children will develop and apply their sending and receiving and ball chasing through focused skill development sessions, modified/non-traditional games and sports and healthy competition. *Use running, jumping, throwing and catching in isolation and in combination. Enjoy communicating, collaborating*

	Use throwing and catching in isolation and in combination. Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. **Swimming** *Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively (for example, front crawl, backstroke and breaststroke) Perform safe self-rescue in different water-based situations.*	*of how to improve in an activity. Develop strength, control and balance. Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.* **Swimming** *Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively (for example, front crawl, backstroke and breaststroke) Perform safe self-rescue in*	*improve in an activity. Develop strength, control and balance, and technique. Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.*	*Develop strength, control and balance, and technique. Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.*	*of how to improve in an activity. Develop strength, control and balance, and technique. Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.*	*and competing with each other and develop an understanding of how to improve in an activity. Develop strength, control and balance, and technique. Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.* **Outdoor Adventurous Activity** *Take part in outdoor and adventurous activity challenges both individually and within a team.* **Swimming**

		different water-based situations.				*Swim competently, confidently and proficiently over a distance of at least 25 metres.* *Use a range of strokes effectively (for example, front crawl, backstroke and breaststroke)* *Perform safe self-rescue in different water-based situations.*