

Whole School PE Overview

Using Complete PE, we deliver a bespoke PE curriculum that meets the needs of all of our pupils. All lessons are active but learning focused and have a clear purpose, building on knowledge and skills from previous sessions and year groups. We aim to develop children's skills and confidence in a variety of sports and physical activity whilst simultaneously developing the whole child. Improving physical, cognitive, social and emotional well-being.

Throughout their time in school children will partake in a variety of different sports and physical activities, these include: Invasion games, striking and fielding games, net/wall games, athletics, dance, gymnastics and outdoor adventurous activities. Children in Year 3 will also visit a local pool in order to develop their swimming skills. The skills that they develop throughout these activities will be built upon year on year due to our progressive approach to learning. Children will begin to develop base skills, such as throwing and catching, in foundation stage and Key Stage One, which will then be applied into game situations in a variety of sports as they progress throughout school.

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	<p>Use large muscle movements to wave flags and streamers.</p> <p>Be increasingly independent as they get dressed and undressed, for example, putting coats on and doing up zips.</p>	<p>Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.</p> <p>Be increasingly independent as they get dressed and undressed, for example, putting coats on and doing up zips.</p>	<p>Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width.</p> <p>Be increasingly independent as they get dressed and undressed, for example, putting coats on and doing up zips.</p>	<p>Increasingly able to use and remember sequences and patterns of movements which are related to music and rhythm.</p> <p>Skip, hop, stand on one leg and hold a pose for a game like musical statues.</p> <p>Be increasingly independent as they get dressed and undressed, for example, putting coats on and doing up zips.</p>	<p>Go up steps and stairs, or climb up apparatus, using alternate feet.</p> <p>Collaborate with others to manage large items, such as moving along a plank safely, carrying large, hollow blocks.</p> <p>Be increasingly independent as they get dressed and undressed, for example, putting coats on and doing up zips.</p>	<p>Start taking part in some group activities which they make up for themselves or in teams.</p> <p>Be increasingly independent as they get dressed and undressed, for example, putting coats on and doing up zips.</p>
Reception	<p>Locomotion: Walking and Jumping</p> <p>Walking</p> <p>Explore/develop walking Explore walking in different pathways Sustain walking Explore marching Apply walking into a game</p> <p>Jumping</p> <p>Explore/develop jumping Apply jumping into a game Jumping for distance Explore jumping high Explor</p>	<p>Ball Skills Hands 1</p> <p>Explore pushing Explore rolling Explore bouncing Explore bouncing into space Combine pushing and rolling Combine rolling, pushing and bouncing</p> <p>Ball skills hands 2</p> <p>Explore throwing overarm Explore throwing underarm Explore rolling Explore stopping a ball Explore catching</p>	<p>Gymnastics: High, Low, Over, Under</p> <p>Introduction to high, low, over and under Introduction to the apparatus Applying high and low on apparatus</p>	<p>Dance Nursery Rhymes</p> <p>Moving in sequence Creating our own movements Creating simple movement sequences Responding in movement to words and music Exploring contrasting tempos Exploring character movements</p>	<p>Ball Skills Feet</p> <p>Explore moving with a ball using our feet Develop moving with a ball using our feet Understand dribbling Develop dribbling against an opponent</p>	<p>Games For Understanding</p> <p>Taking turns/keeping the score Understanding and playing by the rules Avoiding a defender Preventing an attacker from scoring Applying attacking and defending into a game</p>

Year 1	<p>Locomotion: Running</p> <p>Explore running into a game Apply running at different speeds Running for speed: Acceleration Explore running in a team Consolidate running, apply running into a competitive game</p>	<p>Gymnastics: Wide, Narrow, Curled</p> <p>introduction to wide, narrow and curled Exploring the difference between wide, narrow and curled Transitioning between wide, narrow and curled movements Linking two movements together</p>	<p>Ball Skills Hands 1</p> <p>Introduce sending (bouncing) with control Introduce aiming with accuracy Introduce power and speed when sending a ball Introduce/develop stopping, combining sending skills Combine sending and receiving skills</p>	<p>Gymnastics: Body Parts</p> <p>Introduction to big/small body parts Combining big and small with wide, narrow and curled Transition between wide narrow and curled using big and small body parts Adding (linking) movements together</p>	<p>Ball Skills Feet</p> <p>Develop moving the ball using the feet Apply dribbling into games Consolidate dribbling Explore kicking (passing) Apply kicking (passing) to score a point</p>	<p>Dance: Growing</p> <p>Responding to rhythm Developing the growing plant 'dance' Introduction to motifs Creating movement sequences Relationships and performance</p>	<p>Ball Skills Hands 2</p> <p>Introduce throwing with accuracy Apply throwing with accuracy in a team Introduce stopping a ball Develop sending (rolling) skills to score a point Consolidate sending and stopping to win a game</p>	<p>Dance: The Zoo</p> <p>Exploring expression Developing our movements, adding movements together Responding to a rhythm: Introducing partner work Creating an animal sequence motifs Exploring relationships within our motifs</p>	<p>Locomotion: Jumping</p> <p>Explore/develop jumping Apply jumping into a game Jumping for distance Explore jumping high Explore hopping</p>	<p>Games For Understanding</p> <p>Understanding the principles of attack/defence Applying attacking/defending principles into a game Consolidate attacking/defending</p>	<p>Team building</p> <p>Introducing teamwork Develop teamwork Building trust and developing communication Cooperation and communication Explore simple strategies Problem solving: Consolidate teamwork</p>	<p>Health and Wellbeing</p> <p>Introduce and explore agility Introduce and explore balance Introduce and explore coordination: Bouncing, rolling and throwing</p>
	Year 2	<p>Locomotion: Dodging</p> <p>Explore dodging Develop dodging Apply dodging: Explore attacking and defending Apply dodging in teams</p>	<p>Gymnastics: Linking</p> <p>Developing linking Linking on apparatus Jump, roll, balance sequences/on apparatus Creation of sequences Completion of sequences and performance</p>	<p>Ball Skills Hands 1</p> <p>Develop dribbling/passing and receiving Combine dribbling, passing and receiving, keeping possession Develop dribbling/passing and receiving to score a point Combine dribbling, passing and receiving to score a point</p>	<p>Gymnastics: Pathways</p> <p>Explore/develop zig-zag pathways/on apparatus Explore/develop curved pathways/ on apparatus Creation of pathway sequences Completion of pathways sequences and performance</p>	<p>Ball Skills Feet</p> <p>Develop dribbling/passing/ receiving, keeping possession Combine dribbling, passing and receiving, keeping possession/to score a point Apply dribbling, passing and receiving as a team to score a point</p>	<p>Dance: Water</p> <p>Responding to stimuli Developing whole group movement Improvisation and physical descriptions Creating contrasting movement sequences Sequences, relationships and performance</p>	<p>Ball Skills Hands 2</p> <p>Introduce throwing with accuracy Apply throwing with accuracy in a team Introduce stopping a ball Develop sending (rolling) skills to score a point Consolidate sending and stopping to win a game</p>	<p>Dance: Explorers</p> <p>Responding to stimuli Developing our motif with expression and emotion Applying choreography in our motifs Extending our motifs Sequences, relationships and performance</p>	<p>Locomotion: Jumping</p> <p>Consolidate jumping Apply jumping into a game Linking jumping Explore jumping combinations Develop jumping combinations</p>	<p>Games For Understanding</p> <p>Attacking/defending as a team Understanding the transition between defence and attack Create and apply attacking/defensive tactics</p>	<p>Team building</p> <p>Introducing teamwork Develop teamwork Building trust and developing communication Cooperation and communication Explore simple strategies Problem solving: Consolidate teamwork</p>

Year 3	<p>Invasion: Netball Introduce passing, receiving and creating space Develop/combine passing and moving Combine/develop passing and shooting</p>	<p>Gymnastics: Symmetry & Asymmetry Introduction to symmetry Introduction to asymmetry Application of learning onto apparatus Sequence formation Sequence completion</p>	<p>Invasion: Handball Introduce passing, receiving and creating space Develop passing and moving Combine passing and moving Introduce shooting Develop passing and shooting</p>	<p>OAA: Communication Creating and applying Simple tactics Developing leadership Developing communication as a team / collaborate effectively as a team Create defending and attacking tactics as a team</p>	<p>Invasion: Basketball Introduce dribbling; keeping control Introduce passing and receiving Combine dribbling and passing to create space Develop passing, receiving and dribbling Introduce shooting</p>	<p>Dance Wild Animals Responding to stimuli Developing character dance into a motif Developing sequences with a partner in character that show relationships Extending sequences with a partner in character</p>	<p>Invasion: Tag Rugby Introduce moving with the ball, passing and receiving Introduce tagging Create space when attacking Develop passing and moving Combine passing/moving to create attacking opportunities</p>	<p>Dance: Weather Responding to stimuli, extreme weather Developing thematic dance into a motif Extending dance to create sequences with a partner Developing sequences with a partner</p>	<p>Net / Wall Tennis Introduction tennis, outwitting an opponent Creating space to win a point Consolidate how to win a game introduce rackets Introduce the forehand</p>	<p>OAA: Problem Solving Benches and mats challenge Round the clock card challenge The pen challenge The river rope challenge Caving challenges</p>	<p>Striking & Fielding Rounders Introduce rounders Introduce overarm throwing Apply overarm and underarm throwing Introduce stopping the ball Application of stopping the ball in a game</p>	<p>Athletics – Explore running for speed Explore acceleration Introduce /develop relay: Running for speed in a team Throwing: Accuracy vs distance Standing long jump</p>
Year 4	<p>Invasion: Netball Refine passing and receiving Develop passing and dribbling creating space Develop passing, moving and shooting Refine passing and shooting Develop footwork</p>	<p>Gymnastics: Bridges Introduction to bridges Application of bridge learning onto apparatus Develop sequences with bridges Sequence formation Sequence completion</p>	<p>Invasion: Handball Introduce passing, receiving and creating space Develop passing and moving Combine passing and moving Introduce shooting Develop passing and shooting</p>	<p>OAA: Communication Creating and applying Simple tactics Developing leadership Developing communication as a team / collaborate effectively as a team Create defending and attacking tactics as a team</p>	<p>Invasion: Basketball Refine dribbling Refine passing and receiving Refine passing and dribbling creating space Refine passing and dribbling creating shooting opportunities Introduce marking</p>	<p>Dance: Cats Responding to stimuli working together Extending sequences with a partner in character Exploring two contrasting Relationships and interlinking dance moves</p>	<p>Invasion: Tag Rugby Develop passing, moving and creating space Apply learning to 3v3 mini games Develop defending in game situations Combine passing and moving to create an attack and score</p>	<p>Dance: Space Extending sequences with a partner in character Developing sequences with a partner in character that show relationships and interlinking dance moves Sequences, relationships, choreography and performance</p>	<p>Net / Wall Tennis Developing the forehand Creating space to win a point using a racket Introduce the backhand Applying the forehand and backhand in game situations Applying the forehand and backhand creating space to win a point</p>	<p>OAA: Problem Solving Benches and mats challenge Round the clock card challenge The pen challenge The river rope challenge Caving challenges</p>	<p>Striking & Fielding Rounders Develop fielding bowling with a backstop Introduce batting; how Develop batting; where and why Introduce and apply basic fielding tactics</p>	<p>Athletics – Develop running at speed Exploring our stride pattern Exploring running at pace Understand and apply tactics when running for distance Javelin Standing triple jump</p>
Year 5	<p>Invasion: Netball Refine passing and receiving Apply passing, footwork and</p>	<p>Gymnastics: Counter Balance and Counter Tension</p>	<p>Invasion: Football Refine dribbling and passing to maintain possession</p>	<p>Health Related Exercise Explore and understand cardio fitness Explore and</p>	<p>Invasion: Tag Rugby Refine passing and moving to create attacking</p>	<p>Dance: The Circus Developing character movements linked to</p>	<p>Invasion: Hockey Develop defending; block and tacking</p>	<p>OAA: Orienteering Face orienteering Cone orienteering</p>	<p>Striking & Fielding Rounders Develop fielding tactics maximising</p>	<p>Net / Wall Tennis Introduce/develop the volley Controlling the game</p>	<p>Striking & Fielding Cricket Refine batting, understand and develop batting and</p>	<p>Athletics – Atheletics Finishing a race Evaluating our performance Sprinting: My</p>

	shooting into mini games, introduce officiating Introduce defending Explore the function of other passing styles	Introduction to counter balance Application of counter balance learning onto apparatus Sequence formation Counter Tension Sequence completion	Introduce and develop defending Develop shooting Refine attacking skills, passing, dribbling and shooting, introduce officiating	understand flexibility fitness Explore and understand strength fitness	opportunities Explore different passes that can be used to outwit defenders Refine defending as a team Create and apply defending tactics. Develop officiating	19th Century prejudices Creating movements to represent different characters and performers in a 19th Century circus Extending our Performance incorporating props and apparatus linked to the variety of performers	Recap and refine dribbling and passing to create attacking opportunities Refine attacking skills, passing dribbling and shooting Refine defending skills developing transition from defence to attack	Point and return Point to point Timed course Orienteering competition	players Understand what happens if the batter misses the ball Refine fielding tactics, what players where? Applying tactics in mini games	from the serve Doubles, understanding and applying tactics to win a pint	bowling tactics Refine fielding stooping, catching and throwing Combine bowling and fielding creating and applying tactics Introduce umpiring and scoring	personal best Relay changeovers Shot Put Introducing the hurdles
Year 6	Invasion: Netball Consolidate keeping possession, develop officiating Consolidate defending Create, understand and apply attacking/defending tactics in game situations	Health Related Exercise Develop a secure understanding of cardio fitness Develop a secure understanding of flexibility fitness Develop a secure understanding of strength fitness	Invasion: Football Consolidate keeping possession, develop officiating Consolidate defending Organise formations and manage teams Organise formations decide tactics, manage teams and officiate games	Gymnastics: Matching & Mirroring Introduction to matching/mirroring Application of matching/mirroring learning onto apparatus Sequence development	Invasion: Basketball Consolidate keeping possession, develop officiating Consolidate defending Create, understand and apply attacking tactics in game situations Create, understand and apply defending tactics in game situations	Dance: Carnival Performing with technical control and rhythm in a group Creating rhythmic patterns using the body Experiencing dance from a different culture Chorographical elements including still imagery	Invasion: Hockey Consolidate keeping possession, develop officiating Consolidate defending Create, understand and apply attacking/defending tactics in game situations	OAA: Leadership Understanding what makes an effective leader Communicating as a leader Introducing the STEP principle: Space, Task, Equipment and People	Striking & Fielding Rounders Introduction to full rounders Consolidate fielding tactics Refine our understanding of what happens if the batter misses or hits the ball backwards Batting considerations	Net / Wall Tennis Game application Game application, mixed ability doubles, round robin games	Striking & Fielding Cricket Consolidate batting/fielding/bowling Create, understand and apply attacking/defensive tactics in game	Athletics – Competitions Running for speed competition Running for distance competition Throwing competition Jumping competition

- The colours show the progression of key skills and sports between year groups.

	Invasion games
	Athletics
	Gymnastics
	Dance

	Net/Wall games
	Striking and fielding games
	Outdoor Adventurous Activities
	Early Learning Goals