



## Physical Education Long Term Overview

|        | Autumn 1   | Autumn 2   | Spring 1  | Spring 2  | Summer 1  | Summer 2  |
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| Year R | <p><b>Introduction to PE</b><br/>Exploring how to use space safely while travelling in different ways, developing early movement skills such as running, jumping and stopping and learning how to handle and share equipment and take part in simple individual activities</p> <p><b>Introduction to PE</b><br/>Using space with control and awareness, exploring stopping safely, simple rules and taking turns and working with a partner to use equipment and play basic structured games</p> | <p><b>Dance</b><br/>Exploring travelling movements, shapes and balances inspired by everyday actions, choosing movements in response to a theme and developing confidence in copying and repeating simple sequences</p> <p><b>Dance</b><br/>Creating movements linked to different places, exploring shapes, pathways and balances, then building short sequences to perform to others and beginning to give simple feedback on performances</p> | <p><b>Gymnastics</b><br/>Exploring shapes, balances and jumps linked to animal movements, developing early rolling and rocking skills and using the floor and apparatus safely to create short sequences.</p> <p><b>Gymnastics</b><br/>Creating shapes, balances and jumps inspired by traditional stories and developing rolling, travelling and simple sequences using levels and directions on floor and apparatus</p> | <p><b>Fundamentals</b><br/>Developing movement skills including balancing, running, hopping, jumping and changing direction and learning how to stay safe in space and work independently or with a partner on simple tasks</p> <p><b>Fundamentals</b><br/>Exploring balance, travelling and changing direction while moving around different types of spaces, developing fine and gross motor control and working with a partner to complete short movement challenges</p> | <p><b>Ball Skills</b><br/>Exploring rolling, throwing, catching and dribbling through games, developing control and coordination using hands and feet and applying skills in simple ball activities</p> <p><b>Ball Skills</b><br/>Improving throwing, catching, rolling and dribbling skills through challenges and beginning to make simple decisions and use basic tactics when working independently or with a partner</p> | <p><b>Games</b><br/>Exploring fundamental skills through simple games, learning to follow rules, score points and work cooperatively with a partner</p> <p><b>Games</b><br/>Developing teamwork and turn-taking through a variety of small-sided games, building understanding of scoring and playing against an opponent and following agreed rules</p>  |
| Year 1 | <p><b>Dance</b><br/>Exploring travelling actions, movement patterns and balances, developing rhythm by counting to music, linking movements to create short dance phrases and working individually and in pairs to explore ideas and perform simple sequences</p> <p><b>Fundamentals</b><br/>Exploring core movement skills such as balancing, running, jumping, hopping and changing direction,</p>   | <p><b>Dance</b><br/>Exploring travelling movements, balances and expressive action, creating and repeating short movement phrases and performing to others and beginning to use simple dance vocabulary</p> <p><b>Ball Skills</b><br/>Exploring throwing, catching, rolling and dribbling with increasing control, using hands and feet to move a ball in different ways and</p>   | <p><b>Gymnastics</b><br/>Exploring jumps, rolls, balances and travelling actions on floor and apparatus, selecting and linking movements to create short sequences and using shapes, directions and levels to improve control</p> <p><b>Sending and Receiving</b><br/>Developing control when sending and receiving balls of different sizes, exploring rolling, throwing, kicking and stopping a ball and</p>            | <p><b>Gymnastics</b><br/>Developing basic gymnastic movements including travelling, rolling, jumping and balancing, creating short sequences using shapes, pathways and levels and beginning to refine actions through performance</p> <p><b>Target Games</b><br/>Exploring aiming skills using underarm and overarm actions, choosing appropriate ways to send a ball towards a target and</p>   | <p><b>Athletics</b><br/>Developing running, jumping and throwing skills, exploring how to change speed, height or distance, measuring simple performances and working both independently and collaboratively to improve</p> <p><b>Striking and Fielding Games</b><br/>Exploring striking, throwing and catching skills, learning how to work as a fielder or batter in small-sided activities and</p>                         | <p><b>Fitness</b><br/>Exploring a range of activities that develop stamina, agility, coordination and strength, understanding how exercise affects the body and persevering to achieve personal goals.</p> <p><b>Net and Wall Games</b><br/>Exploring sending and returning a ball using basic striking actions, developing ready-position skills and placing the ball into space while working individually,</p> |

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|               | combining movements in different ways and working with others to share ideas and improve control  | developing coordination through individual, partner and small-group tasks  | using skills in small activities that require simple organisation and cooperation.   | beginning to use simple tactics while working independently, in pairs and in small groups   | beginning to apply simple rules and tactics  | with a partner and in small groups.  |
| <b>Year 2</b> | <p><b>Dance</b><br/>Exploring how the body can show ideas, moods and characters through movement, using travelling actions, pathways, shapes and levels to create expressive sequences, developing timing through counting in 8s and working with a partner or group to perform and refine short phrases</p> <p><b>Team Building</b><br/>Developing cooperation and communication through shared problem-solving tasks, planning and reviewing simple strategies, leading a partner safely, demonstrating honesty and fair play and beginning to use basic map-based activities to navigate simple challenges</p> | <p><b>Dance</b><br/>Exploring expressive movement, using dynamics, direction and speed to vary actions and create short sequences, working independently and collaboratively to perform and offer simple feedback using appropriate vocabulary</p> <p><b>Ball Skills</b><br/>Developing control when throwing, catching, rolling, dribbling and kicking, using hands and feet to move a ball accurately, exploring how to apply these skills in pairs and small groups and building coordination through individual challenges and simple combined tasks</p> | <p><b>Gymnastics</b><br/>Exploring jumps, rolls, balances and travelling actions on floor and apparatus, creating short sequences using shapes, levels and directions and beginning to refine movements for clarity and control, working safely with others and recognising features of high-quality performance</p> <p><b>Sending and Receiving</b><br/>Developing accuracy when sending and receiving using hands, feet and different sized balls, exploring tracking, stopping and controlling a ball in varied situations and applying skills in small-group activities that require simple organisation and cooperation</p> | <p><b>Gymnastics</b><br/>Building confidence in combining balances, jumps, rolls and linking movements smoothly, creating short movement phrases that use direction, shape and level and working safely with apparatus and offering constructive feedback to others</p> <p><b>Invasion Games</b><br/>Exploring attacking and defending by sending, receiving and dribbling with hands and feet, beginning to play small-sided games, applying simple rules and scoring methods, learning how to use space effectively and make basic tactical choices</p> | <p><b>Athletics</b><br/>Developing running, jumping and throwing techniques and exploring how to vary speed, height and distance, measuring simple performances and working independently or with others to improve and identifying strengths and areas to develop</p> <p><b>Striking and Fielding Games</b><br/>Exploring striking, throwing, catching and tracking a ball in small-sided activities, learning simple rules, beginning to apply basic tactics as a batter or fielder and working cooperatively and showing respect when playing competitively</p> | <p><b>Fitness</b><br/>Exploring activities that develop stamina, agility, coordination, balance and speed, working independently and with others to complete challenges and developing determination to sustain effort over time</p> <p><b>Net and Wall Games</b><br/>Exploring how to send and return a ball using simple striking actions, developing a ready position, learning how to place the ball into space and playing small games with partners and groups, showing respect and fairness</p> |