



Physical Education Long Term Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year R	<p>Gymnastics Developing co-ordination, experiencing a wide variety of movements, identifying and using different parts of the body, travelling with control, using space safely and recognising directions.</p>	<p>Dance Responding and moving in a variety of ways to a musical stimulus with the theme of firework.</p> <p>Gymnastics Travelling with control in a variety of ways, speeds and levels, sharing space safely and knowing, understanding and showing how to use equipment safely.</p>	<p>Dance Responding and moving in a variety of ways to a musical stimulus with the theme of Chinese New Year.</p> <p>Gymnastics Travelling, balancing with control, holding stretched and curled shapes, showing awareness of contrast in levels, linking two movements together and beginning to form a sequence.</p>	<p>Gymnastics Travelling with control on different body parts and showing an awareness of speed and level.</p>	<p>Games Using a range of small equipment with increasing control, concentrating and playing an aiming game and sending a ball with increasing confidence and control (bouncing, kicking, steering).</p>	<p>Games Using a bat and ball in a safe and controlled manner, sending and receiving a ball with a partner, explaining how the body feels after exercise and learning the basic skills of running, jumping and throwing.</p>
Year 1	<p>Gymnastics Hopping, jumping, spring and skipping in different directions, jumping from one foot to two feet and one foot to other, landing safely, demonstrating turning jumps, showing thin/wide shapes, linking movements to create a sequence and transferring skills to apparatus.</p> <p>Games Showing an ability to use skills in simple games, demonstrating a degree of control in ball/equipment handling skills, demonstrating learnt skills being used appropriately (e.g. kicking with correct</p>	<p>Dance Performing a whole dance with simple structure, responding to the theme of Jack and the Beanstalk, selecting movements that they have practised to perform a simple dance with understanding of moves in relation to feelings and moods and being able to explain what happens to the body and how it changes in response to exercise.</p> <p>Games Showing an ability to use some throwing and catching skills in simple games, throwing and catching using a range of</p>	<p>Gymnastics Demonstrating different ways of travelling on different body parts, moving with varying speeds, performing a variety of balances using large and small body parts and holding still with control.</p> <p>Games Sending, receiving and steering a ball safely, understanding the importance of rules when using a bat, skipping with a rope, linking together balances and movements to form a sequence, using specific vocabulary when</p>	<p>Dance Performing simple rhythmic patterns, performing in different formations, performing a whole dance with structure and talking about how they feel after dancing.</p> <p>Games Working with a partner to develop co-ordination, using the skills they have learnt to work successfully with another, playing running games safely and observing and describing the performance of others.</p>	<p>Athletics Demonstrating a variety of jumping, throwing and running styles, using skills that meet various challenges and selecting equipment to meet the task.</p> <p>Gymnastics Showing levels of control in most of the learnt skills, knowing and understanding which parts of the body can be used for rocking and for rolling, rocking to stand up or turn over, moving into and out of a sideways roll in different ways and linking together movements.</p>	<p>Athletics Demonstrating a variety of jumping, throwing and running styles, using skills that meet various challenges and selecting equipment to meet the task.</p> <p>Gymnastics Showing levels of control in most of the learnt skills, observing, copying and describing movements of others, travelling showing long, narrow, wide, short shapes, travelling in a curled-up shape, travelling showing close to ground/far away, joining together a jump, curl, turn and stretched balance and</p>

	weight behind it, suitable throwing) when playing individual and partner target games and beginning to develop accurate aiming skills.	apparatus, understanding the concept of an aiming game and beginning to develop aiming skills, demonstrating competence and cooperation when working with a partner.	explaining and evaluating what they have done.			transferring movements to apparatus.
Year 2	<p>Gymnastics Travelling and balancing confidently showing different parts of the body, demonstrating being close to or far away from the floor and apparatus, showing contrasts in shape and speed, linking three movements together smoothly in a planned sequence and adapting and transferring work safely from the floor to the apparatus.</p> <p>Games Throwing, catching and bouncing with one or two hands in a stationary position and whilst moving and aiming, making up simple games with rules and point scoring opportunities and knowing how to introduce some ways to make the game trickier.</p>	<p>Dance Developing an understanding of terms (stimulus, warm up, improvise, movement phrase, dynamics, space and speed), using stimuli to generate an appropriate response with the theme of cats, remembering and repeating movement phrases and improvising and choosing suitable movements to convey the dance idea.</p> <p>Games Remembering skills and linking and repeating them in a game, developing simple tactics and varying them to help win a game, working effectively and co-operatively with a partner to invent a simple game that utilises the skills they have learnt and observing, playing and improving another person's game.</p>	<p>Gymnastics Travelling confidently in different ways and on a variety of large and small body parts, travelling with confidence along different pathways and in different directions, linking three movements showing a contrast in speed, direction and level, performing a range of skills with a partner and being able to describe what they have done.</p> <p>Games Developing the skills of dribbling with feet, hitting with a bat and kicking the ball by playing a variety of games, working co-operatively with others in a team and explaining why rules are important in a game.</p>	<p>Gymnastics Turning, twisting and spinning with control and co-ordination, explaining the difference between turning and spinning, demonstrating how body shape affects spinning and linking together movements using twists and turns.</p> <p>Games Extending sending and receiving skills and applying them in games, working as a team to develop simple group tactics and moving actively and safely when playing games, avoiding opponents and finding space.</p>	<p>Athletics Understanding basic health and fitness, explaining how the body changes with exercise e.g. temperature and breathing, choosing the correct style of running, throwing and jumping for the task including push throw, different take-offs, paced running, underarm throw for aiming etc. and working to the rules of a game or challenge.</p> <p>Gymnastics Showing an understanding that different movements can be linked together smoothly, planning sequences or patterns of 3 or more movements, recognising and using changes in level, speed and direction and composing and performing a simple sequence with a partner.</p>	<p>Athletics Understanding basic health and fitness, explaining how the body changes with exercise e.g. temperature and breathing, choosing the correct style of running, throwing and jumping for the task including push throw, different take-offs, paced running, underarm throw for aiming etc. and working to the rules of a game or challenge.</p> <p>Dance Copying and performing simple movements and rhythmic patterns, showing an understanding that dance plays an important part in other cultures, understanding that dance is active and changing and varying their actions.</p>