Burley Gate Primary School PE overview

Rowan Class	Cycle A	Cycle B
Autumn	**Attack, defend, shoot** PE hub planning unit 1 Y1 • Practise fundamental movements: running, jumping • Engage in competitive activities • Experience opportunities to improve PE hub planning unit 1 Y2 • Send and receive ball using feet • Refine ways to control bodies • Recall and link combination of skills Reception: manipulation and coordination **Send and return** PE hub planning unit 1 Y1 • Able to send an object using hand / bat • Move towards moving ball to return PE hub planning unit 1 Y2 • Be able to choose specific tactics • Improve agility and coordination Reception: Body management	**Attack, defend, shoot** PE hub planning unit 2 Y1 • Recognise rules and apply them • Use simple strategies for invasion games • Exploring why we exercise PE hub planning unit 2 Y2 • Select and apply tactics • Recognise good qualities in self and others • Work collaboratively in attacking play Reception: manipulation and coordination **Send and return** PE hub planning unit 2 Y1 • Develop sending skills with a variety of balls • Track, intercept and stop • Select and apply skills PE hub planning unit 2 Y2 • Transfer net/ wall skills • Improve agility, coordination Reception: Body management
Spring	**Swimming** Beginner • Develop basic locomotion in water • Develop basic shapes in the water showing some balance • Replicate a supine floating position • Use basic swimming actions to move and stay afloat	**Swimming** Beginner • Develop basic locomotion in water • Develop basic shapes in the water showing some balance • Replicate a supine floating position • Use basic swimming actions to move and stay afloat

	• Begin to develop skills of a recognised stroke Able to perform simple swimming actions and link together Intermediate • Develop gliding skills to travel underwater • Develop skills further to submerge and pick up objects • Master basic swimming actions and apply confidently • Apply control and balance to swimming movements • Compete against self to improve speed and distance **Dance** PE hub planning unit 1 Y1 • Respond to stimuli • Explore space, direction, levels and speeds • Perform with different body parts PE hub planning unit 1 Y2 • Explore how performers transition from shapes to balances • Moving imaginatively • Work collaboratively Reception Unit 1	• Begin to develop skills of a recognised stroke Able to perform simple swimming actions and link together Intermediate • Develop gliding skills to travel underwater • Develop skills further to submerge and pick up objects • Master basic swimming actions and apply confidently • Apply control and balance to swimming movements • Compete against self to improve speed and distance **Gymnastics** PE hub planning unit 1 Y1 • Explore actions and shapes • Apply strength • Recognise like actions and link them PE hub planning unit 1 Y2 • Transition and link elements • Perform basic actions with control at different speeds • Develop flexibility in shapes and balances Reception Unit 1
Summer	**Hit, catch, run** PE hub planning Y1 • Able to hit objects with hand or bat • Track and retrieve rolling ball • Explore throwing and catching PE hub planning Y2 • Develop hitting skills • Feeding/ bowling skills • Hit and run to score	**OAA** PE hub planning Y1 • Follow multi-step instructions • Take part in activities with increasing challenge to build confidence PE hub planning Y2 • Use searching skills • Work in pairs and groups effectively • Develop motor skills, coordination and problem solving

	Reception: cooperation and solving problems **Run, jump, throw** PE hub planning unit 1 Y1 • Link running and jumping • Develop throwing technique PE hub planning unit 1 Y2 • Explore throwing objects • Develop power, agility, coordination and balance Reception: speed, agility and travel	Reception: Cooperation and solving problems **Run, jump, throw** PE hub planning unit 2 Y1 • Increase stamina and core strength • Work collaboratively PE hub planning unit 2 Y2 • Reflect on activities and make connections Reception: speed, agility and travel

Willow Class	Cycle A	Cycle B
Autumn	Netball PE hub planning unit year 3 • Explore passing and catching, using recognised throws • Implement basic rules PE hub planning unit year 4 • Explore high-five netball positions • Explore shooting • Develop netball skills Badminton PE hub planning year 3 • Identify basic rules • Explore serving and hitting	Football PE hub planning unit year 3 • Show basic control skills • Explore sending the ball with accuracy • Build attacking play • Implement basic rules PE hub planning unit year 4 • Explore defensive skills • Explore dribbling • Evaluate skills Tag Rugby PE hub planning unit year 3

	PE hub planning year 4 • Explore shots • Use skills in competitive situation	• Explore footwork and body control • Explore attacking • Apply rules PE hub planning unit year 4 • Implement rules and develop tactics • Increase speed and endurance
Spring	Swimming Intermediate • Develop gliding skills to travel underwater • Develop skills further to submerge and pick up objects • Master basic swimming actions and apply confidently • Apply control and balance to swimming movements • Compete against self to improve speed and distance **Advanced** • Develop and apply a broad range of skills including collecting, carrying and floating • Increase proficiency in backstroke • Swim confidently over longer distances using a recognised stroke • Perform self-rescue in different situations • Engage in swimming for sustained periods of time improving weaker strokes	Swimming Intermediate • Develop gliding skills to travel underwater • Develop skills further to submerge and pick up objects • Master basic swimming actions and apply confidently • Apply control and balance to swimming movements • Compete against self to improve speed and distance **Advanced** • Develop and apply a broad range of skills including collecting, carrying and floating • Increase proficiency in backstroke • Swim confidently over longer distances using a recognised stroke • Perform self-rescue in different situations • Engage in swimming for sustained periods of time improving weaker strokes Gymnastics

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	Dance PE hub planning unit year 3 • Practice and put together a performance • Work collaboratively PE hub planning unit year 4 • Practise and perform a variety of different formations in dance	PE hub planning unit year 3 • Explore pathways, directions and shapes • Relate strength and flexibility to actions PE hub planning unit year 4 • Perform skills independently and collaboratively • Use compositional ideas in a sequence
Summer	Cricket PE hub planning unit year 3 • Explore basic rules • Develop range of skills to use competitively • Explore striking PE hub planning unit year 4 • Apply skills in competitive context • Choose a range of tactics Athletics PE hub planning unit year 3 • Control movement • Demonstrate agility and speed • Explore jumping • Explore throwing PE hub planning unit year 4 • Investigate ways of performing running, jumping and throwing	Outdoor and adventurous activity PE hub planning unit year 3 • Work collaboratively to solve problems • Lead others and be led PE hub planning unit year 4 • Work collaboratively to solve problems • Plan and refine strategies to solve problems Rounders PE hub planning unit Y3 • Learn and apply rules • Work collaboratively PE hub planning unit Y4 • Develop skills in competitive context • Explore tactics and different roles

	• Use a variety of equipment to measure, time and compare	

Oak Class	Cycle A	Cycle B
Autumn	**Football** **PE Hub Planning – Year 5** • Explore positions and formations • Explore attacking and defensive tactics • Select and combine more complex skills in game situations **PE Hub Planning – Year 6** • Explore complex skills • Play in competitive games developing fluency in skills and techniques. • Work in collaboration to play in different formations. • Compare team performance against other team performances. **Netball** **PE hub unit year 5** • Play in competitive games developing strength and technique • Able to recognise where improvements could be made in their work • Select and combine more complex skills in game situations	**Tag Rugby** **PE hub unit year 5** • Able to recognise where improvement could be make in their work • Develop, select and combine more complex skills in competitive environments • Play in games developing strength and technique **Tag Rugby** **PE hub unit year 6** • Play in competitive games developing fluency in skills and techniques • Work as a team implementing attacking and defending tactics • Compare team performances against other team performance **Dance** **PE Hub Planning – Unit 1 Year 5** • To perform routines to audiences • To perform in a variety of dance styles • To work collaboratively in groups. **PE Hub Planning – Unit 1 Year 6**

	PE hub unit year 6 • Play in competitive games developing fluency in skills and techniques • Work in collaboration to play using different tactics • Compare the team's performance against others	• To work collaboratively with a partner and in small groups to perform more complex dances. • To compare performance with previous performances and demonstrate improvement to achieve personal best. • To develop flexibility, balance, strength and control in a range of dances.
Spring	**Badminton** PE hub planning -unit Year 5 • Use different types of serves and shots in games • Play with others to score and defend points • Move confidently around the playing area using footwork techniques PE hub planning-unit Year 6 • Develop wide range of shots- drop and smash • Begin to use more sophisticated tactics • Play with fluency and with a partner **Athletics** **PE Hub Planning – Year 5** • Sustain pace over short and long distances • Run as part of team	**Outdoor and adventurous activity** PE hub planning -unit Year 5 • Explore ways of communicating • Navigate and solve problems from memory • Develop and use trust PE hub planning- Year 6 • Work collaboratively • Undertake more complex tasks • Take responsibility for a role • Suggest design ideas and amendments to games **Gymnastics** **PE Hub Planning – Unit 1 Year 5** • Create longer more complex sequences • Adapt performances • Take the lead in a group • Select a component for improvement

	• Explore jumps and throws **PE Hub Planning – Year 6** • apply strength and flexibility to throwing, running and jumping • work in collaboration to demonstrate improvement	**PE Hub Planning – Unit 1 Year 6** • Demonstrate accuracy, consistency and clarity of movement • Arrange apparatus to enhance work Experience flight on and off high apparatus
Summer	**Tennis** **PE hub planning- Year 5** • Introduce volley shots • Apply new shots in game situations • Play with others to score and defend points in competitive situations **PE hub planning- Year 6** • Develop back hand shots • Introduce lob shot • Begin to use full tennis scoring systems • Develop doubles play tactics	Swimming Intermediate • Develop gliding skills to travel underwater • Develop skills further to submerge and pick up objects • Master basic swimming actions and apply confidently • Apply control and balance to swimming movements • Compete against self to improve speed and distance **Advanced** • Develop and apply a broad range of skills including collecting, carrying and floating • Increase proficiency in backstroke • Swim confidently over longer distances using a recognised stroke • Perform self-rescue in different situations • Engage in swimming for sustained periods of time improving weaker strokes

	Cricket **PE Hub Planning – Year 5** • Play in competitive games developing power, flexibility and cardiovascular endurance. • Able to recognise where improvements could be made in their work. • Select and combine more complex skills in game situations. **PE Hub Planning – Year 6** • Play in competitive games developing fluency in skills and techniques • Work in collaboration to apply defensive and attacking (in role of batter, fielder, bowler) skills /tactics • Compare team performance against other team performances	**Rounders** **PE Hub Planning – Year 5** • Play in competitive games developing power, flexibility and cardiovascular endurance • Able to recognise where improvements could be made in their work • Select and combine more complex skills in game situations **PE Hub Planning – Year 6** • Play in competitive games developing fluency in skills and techniques • Work in collaboration to apply defensive and attacking (as fielders, batters and bowlers) tactics • To compare team performance against other team performances.