

The Meadow Community Primary School



P.E. Overview



<u>Year</u>	<u>Units 1 and 2</u>	<u>Units 3 and 4</u>	<u>Units 5 and 6</u>
1	<p>Gym – Traditional Tales We will be learning and practicing a variety of skills such as travelling movements, rolls, jumps and balances.</p> <p>Throwing and Catching We will be learning to control a ball when rolling, bouncing, throwing and catching, on our own, with a partner and in a group.</p> <p>Dance - Starry Skies We will be experimenting dancing and pretending to dance with objects.</p> <p>Invasion Games We will be learning different ways of travelling including moving backwards, sidestepping and changing direction. We will move on to travelling with a ball.</p>	<p>Circuit Training We are going to use a circuit of eight activities to learn different skills.</p> <p>Attacking and Defending We are going to be learning attacking skills such as passing and dodging.</p> <p>Dance – the seasons We will be learning to work individually, in pairs and in groups and will develop an understanding of dance terminology such as mirroring, improvisation, canon and unison</p> <p>Bat and Ball We will be teaching the children to use a tennis racket and a cricket bat. They will learn how to hold each one correctly and use it to control beanbags and balls in various ways, including striking to a target.</p>	<p>Gym – animals We will be teaching the children to lift, carry and use gymnastic apparatus safely. The children will learn to travel safely in different ways, at different speeds and levels.</p> <p>Running and jumping The children will be developing their understanding of different ways of travelling and different types of jumps. They will learn to travel at different speeds by walking, jogging, running and sprinting, and develop an understanding of when these speeds are most useful.</p> <p>Yoga We will be learning a yoga sequence which comprises of a full range of movements and incorporates forward bends, backbends, inversions, twists and balances.</p> <p>Multi skills/Sports day The children will take part in a variety of activities which are designed to teach them the skills they will need to participate in a range of sports day events.</p>
2	<p>Throwing and catching Rolling, bouncing, throwing and catching, developing underarm and overarm techniques.</p> <p>Gym – landscapes and cityscapes Shapes with their bodies, move weight onto hands, rolling, jumping, building sequences. Develop balance and co-ordination. Evaluate their own work.</p> <p>Invasion games Develop passing and receiving skills throwing, kicking and trapping. Develop attacking and defending skills including dodging and marking.</p>	<p>Attacking and Defending Developing on passing and receiving, control, spacial awareness and techniques such as dodging and marking.</p> <p>Circuit training Personal goals. Developing jumping and throwing skills. Selecting skills to complete a task. Repeat modelled techniques. Evaluate their own work.</p> <p>Bat and Ball Games Develop and extend techniques using a tennis racket and cricket bat. Develop under arm and over arm throwing techniques.</p> <p>Dance – Plants</p>	<p>Sending and receiving – target games Developing control over power and direction. Improving control and coordination</p> <p>Gym – Under the sea Shapes with their bodies, move weight onto different body parts, rolling, jumping, building sequences. Develop balance and co-ordination. Evaluate their own work.</p> <p>Athletics - Animal Olympics Develop teamwork, resilience and courage within athletics. Develop</p>

	<p>Dance - The Gunpowder Plot Use expressions, gestures or movements to communicate ideas and feelings. Follow a path, create a sequence. Create a dance motif, use a wider space to work in. Evaluate their own work.</p>	<p>Copy, repeat, combine and create movements in response to input. Create sequences and work with a partner in unison and cannon. Evaluate their own work.</p>	<p>running and jumping techniques including different take offs and safe landings.</p> <p>Dance: Toys. Fast and slow, High and low, Light and heavy. Pretend to move with/be and object. Copy and repeat movements, roll in different ways. Evaluate their own work.</p>
<p>3</p>	<p>Gym – Movement How to perform a variety of floor and vault movements, pike jumps, straight jump half turns, cat leaps and forward rolls from standing. Choreographing their own sequences, creating, performing and improving them.</p> <p>OAA Learning about teamwork, problem-solving and understanding maps, using directional language. Children will learn to use symbols and keys and how to orientate a map. There is collaborative working when learning the symbols used in orienteering.</p> <p>Dance fundamentals Begin to improvise with a partner to create a simple dance. Create motifs from different stimuli. Begin to compare and adapt movements and motifs to create a larger sequence. Use simple dance vocabulary to compare and improve work. Perform with some awareness of rhythm and expression.</p> <p>Invasion Games - Fundamentals All about keeping possession and teamwork. Children will learn how to pass, receive and travel with a ball. The principles of attacking and defending will be taught as well as marking and dodging. Increasing control and accuracy will be a focus. A range of team game will be played to enable children to practise and improve their skills.</p>	<p>Circuit training All about learning how to move in different ways, changing direction and speed. Children will learn how to throw a ball underarm, hold a balance with control, coordinate different body parts, follow advice from friends and teachers when completing exercises.</p> <p>Invasion games – football Move with the ball in a variety of ways with some control. Use two different ways of moving with a ball in a game. Pass the ball in two different ways in a game situation with some success. Know how to keep and win back possession of the ball in a team game.</p> <p>Dance – Rainforest Develop the quality of the actions in their performances. Perform learnt skills and techniques with control and confidence. Compete against self and others in a controlled manner. Watch, describe and evaluate the effectiveness of a performance. Describe how their performance has improved over time.</p> <p>Net and Wall Games – Fundamentals Children learn a range of footwork drills, how to control the ball using a racket and how to do forehand and backhand hits. Offensive and defensive skills are taught. Competitive tennis matches are played where new skills can be applied.</p>	<p>Gym – Shape How to make the basic body shapes, symmetrical shapes, static and in the air shapes incorporating rhythmic gym apparatus. Children will work individually, in pairs and small groups and will create and perform sequences. There is a focus on good control and co-ordination.</p> <p>Striking and Fielding Games – Fundamentals Skills needed to play cricket and rounders are taught. Children are taught how to catch and throw across different distances with accuracy. They will learn how to strike a bowled ball in the intended direction and stop a ball using a variety of techniques. Teamwork skills are taught and children will design and play a range of mini team games.</p> <p>Dance – Extreme earth Using a range of dance skills to produce a montage using improvisation, designing and combining, performing with expression and responding to different stimulus. Children will develop their cooperation skills working in pairs and small groups, using movements to tell a narrative, evaluating their performances and discussing how to improve them.</p> <p>Athletics Developing existing running, jumping and throwing skills, learning about effective sprint techniques including over obstacles. Children are taught to identify and demonstrate how different running techniques can</p>

			<p>affect their performance. Throwing techniques including the underarm and overarm throw for both distance and accuracy will be taught. Children will learn techniques for throwing the shot put and the standing long jump. Children will compete against themselves and try to achieve their personal bests.</p>
4	<p>Net and wall games badminton The fundamental skills and badminton rules needed to play the game.</p> <p>Gymnastics movement The children will learn straight jump full turns, cat leap half turns, straddle rolls, lunges into cartwheels and the straddle on vault while developing their understanding of the necessary flexibility, strength and control needed to perform the movements successfully.</p> <p>Invasion Games. Recap on many of the essential skills needed to play a range of invasion and defending games, covering everything from goalkeeping to attacking.</p> <p>Dance - Carnival of the Animals Learning a variety of animal dance techniques. The skills are taught in an engaging and motivational manner, with children using dance techniques and styles to represent the different animals featured in the piece of music.</p>	<p>Circuit Training: This unit introduces children to the different types of exercises and the effects that they have on our bodies. – having fun whilst improving children's fitness levels.</p> <p>Invasion Games – Tag Rugby – building on the skills learnt in the previous unit, children focus on one game and learn all they need to play a competitive game.</p> <p>Dance - The Romans. Children will draw on their knowledge of the Roman Empire including Roman soldiers, the Colosseum, Pompeii and Roman festivals. They will use dance techniques and styles to represent and communicate ideas about the Roman time period.</p> <p>Outdoor Adventurous Activities. children to develop their problem-solving skills whilst working in small teams and acquiring new leadership skills. Children will learn how to navigate around both a familiar and unfamiliar space, whilst developing basic map-reading skills.</p>	<p>Gymnastics: Shape and Balance, Ancient Egypt Learning how to use gymnastics shapes and balances to communicate their knowledge of the ancient civilization.</p> <p>Cricket - Learning all the skills and rules needed to play the game.</p> <p>Dance – water exploring a different stage of the water cycle; practising and applying dance techniques.</p> <p>Athletics - Developing their existing running, jumping and throwing skills. Culminating in a class pentathlon in which the children will compete.</p>
5	<p>OAA Children will cover a range of fundamental skills needed for orienteering such as agility, endurance, navigation skills and map reading; work as part of a team to solve problems that focus on collaboration and effective communication; plan, and prepare an orienteering course and complete a timed orienteering course that others have prepared.</p> <p>Gym - Shape and Balance – Space Select ideas to compose specific sequences of movements, shapes and balances. Adapt their sequences to fit new criteria or suggestions. Perform jumps, shapes and balances fluently and with control. Confidently develop</p>	<p>Invasion Games – Basketball Children will learn the skills players need to play defensively and offensively; learn how to dribble and pass the ball using a range of different techniques; defensively, they will develop their skills of marking including man-to-man marking; offensively, they will learn how to get free from a defender, how to shield the ball and the skill of pivoting; learn some of the rules of the game and play as part of a team in a mini-tournament.</p> <p>Circuit Training or Swimming This unit extends children's experience of different types of exercises and the effects that they have on our bodies. – having fun whilst improving children's fitness levels.</p>	<p>Striking and Fielding – Rounders Children will learn a range of skills to equip them for playing a competitive rounders game; learn correct techniques for different types of throws and catches, practise batting and bowling techniques and the roles and responsibilities of different fielding positions.</p> <p>Dance: WW2 Children will learn about the different dance styles that were popular during the wartime period; choreograph their own interpretive dances based on an event from the time; learn steps from the</p>

	<p>the placement of their body parts in balances, recognising the position of their centre of gravity and where it should be in relation to the base of the balance. Confidently use equipment to vault in a variety of ways. Develop strength, technique and flexibility throughout performances.</p> <p>Invasion Games Children will recap on many of the essential skills needed to play a range of invasion games such as dribbling the ball, passing and keeping possession; attacking and defending tactics such as two-touch passing; learning when to pass and when to dribble and different techniques for tackling and marking.</p> <p>Gym – Movement Children will perform a variety of floor and vault movements; learn stag jumps, split jumps, pike rolls, round-offs and the squat through vault; develop their understanding of the necessary flexibility, strength and control needed to perform the movements successfully; choreograph their own sequences and routines and perform individually and as part of pair or group.</p>	<p>Net and Wall Games – Tennis Children will build on some of the skills visited in the Year 3 Net and Wall unit; further develop their striking and hitting skills by learning how to hit different groundstrokes; be introduced to the overhead tennis serve where they will use this in conjunction with developing a volley shot and gain experience of competing in a variety of mini-games.</p>	<p>Charleston, Lambeth Walk and Lindy Hop.</p> <p>Athletics Children will have the opportunity to develop existing running, jumping and throwing skills; running for speed and endurance as well as techniques for the vertical standing jump; learn techniques for throwing discus, javelin and shot put.</p> <p>Dance - Haka Children will learn about the history and movements associated with haka; use improvisation creative skills to develop their own versions of haka to represent a sport of their choice; learn to design their own dance phrases using a range of techniques and develop their skills of co-operation working in small groups to create these movements and phrases.</p>
6	<p>OAA. This OAA unit focuses on problem-solving activities and challenges. Children will work as part of a team to solve a range of different problems that focus on collaboration and effective communication, testing their levels of perseverance as well as leadership skills. They will take part in a range of team building activities, improve their understanding of maps and learn about the features of an orienteering map, applying this understanding when completing an orienteering exercise. In the final lesson of the unit, they will work collaboratively to plan and prepare an orienteering course and subsequently attempt completing timed orienteering courses that other pupils have designed. There is a focus on cooperation, communication and teamwork throughout the unit, which are all essential skills needed for outdoor adventurous activities.</p> <p>Circuit training There is a focus on a range of different types of exercise. Children will learn about</p>	<p>Dance around the World Identify and repeat the movement patterns and actions of a chosen dance style. Compose individual, partner and group dances that reflect the chosen dance style. Use dramatic expression in dance movements and motifs. Perform with confidence, using a range of movement patterns. Move appropriately and with the required style in relation to the stimulus, e.g. using various levels, ways of travelling and motifs.</p> <p>Invasion Games: Netball. This 'Netball' unit teaches the children the skills players need to play both in defence and attack. The children will learn how to pass and catch the ball using a range of techniques. Defensively, they will develop their skills of marking, including one-on-one marking. Offensively, they will learn how to get free from a defender using skills such as the dodge and straight lead run and the skill of pivoting. They will also learn the technique for shooting and</p>	<p>Striking and Fielding. Children will learn about the skills players need in games such as cricket, rounders, French Cricket and Danish Longball. The children will learn how to catch, throw and bat across different distances with accuracy. They will develop their fielding skills by learning how to 'attack the ball'. They will develop their skills of cooperation, exploring how working as a team helps to prevent the opposition from scoring points. Children will develop tactical skills, understanding effective ways to 'run the points'.</p> <p>Dance – Electricity Learning how to react to various stimuli, how to move with precision, control and fluency, how to use movement to demonstrate an idea and to evaluate and improve their dances. Creating a dance phrase to represent their own take on 'the journey of a spark'</p>

<p>exercise guidelines and will consider the benefits of different types of exercise on their mental and physical wellbeing. They will learn about safe exercise practices, and healthy ways to exercise for full wellbeing. Children will take part in four different circuits before being asked to devise their own circuits to meet specific needs.</p> <p>Gym – rivers and mountains (shape and balance) The children will learn and perform individual point balances and partner balances and will use these to create group formations to represent mountains and mountain ranges. They will also perform some rhythmic gymnastics to represent the features of the river course and learn how to create a range of shapes with their bodies, both on the floor and on apparatus. At the end of the unit, they will combine their skills to plan and perform group sequences which incorporate all the skills from across the unit by linking their shapes, movements and balances to music. Throughout each lesson, children will be encouraged to evaluate their own and others' performances and suggest ideas for improvement.</p> <p>Invasion Games The unit recaps on the fundamental skills needed to play a range of invasion games, such as dribbling with the ball, passing and keeping possession. It also covers attacking skills, such as shooting and changing direction with the ball in football using the drag back and stop turn. Defending skills such as shadowing and tackling are also covered. The unit culminates in the children inventing, playing and evaluating their own invasion games to include elements such as invading/attacking, protecting/defending and a scoring system. There are numerous opportunities for leading others within the lessons through warm-ups, cool-downs and other activities. Children will have the opportunity to take part in individual, paired and small group activities as well as to play a range of team games to enable them to practise and improve their skills.</p>	<p>how to do a toss-up. Different netball rules will be covered and there will also be a focus on playing as part of a team and evaluating their own and others' performances.</p> <p>Net, court and wall games This Volleyball unit will teach the children skills players need in order to play both attacking and defensive shots in volleyball. They will learn the fundamental skills such as digging, underarm serving, setting and spiking a volleyball. They will also explore the different ways in which players can access volleyball through a variety of different games and activities for all ability levels and will focus on different rules and court positionings. The children will be introduced to sitting volleyball.</p> <p>Gym – movement This unit teaches the children how to perform a variety of floor and vault movements. They will learn stag leaps, dive forward rolls, hurdle steps into cartwheels and round-offs and the straddle over vault while developing their understanding of the necessary flexibility, strength and control needed to perform the movements successfully. Children will have the opportunity to choreograph their own sequences and routines and perform individually and as part of a larger group.</p>	<p>Dance Workout Demonstrate strong and controlled movements throughout a dance sequence. Combine flexibility, techniques and movements to create a fluent sequence. Understand the importance of warming up and cooling down. Carry out warm-ups and cool-downs safely and effectively. Understand why exercise is good for health, fitness and wellbeing. Know ways they can become healthier.</p> <p>Athletics Understand the importance of warming up and cooling down. Carry out warm-ups and cool-downs safely and effectively. Understand why exercise is good for health, fitness and wellbeing. Know ways they can become healthier. Perform and apply a variety of skills and techniques confidently, consistently and with precision.</p>
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