PE OVERVIEW

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
	Fundamental Movement Skills (Outdoor provision)	**Fundamental Movement Skills (Outdoor provision)**	**Gymnastics**	**Dance**	**Fundamental Movement Skills (Team Games)**	**Fundamental Movement Skills (Athletics)**
EYFS CYCLE A	**I can** attempt to hop I can attempt to jump with two feet **I can** attempt to land from a jump with 2 feet together **I can** attempt to throw using different hands **I can** catch a large ball **I can** kick a large ball **I can** walk backwards safely **I can** wait my turn in a set activity	**I can** attempt to hop I can attempt to jump with two feet **I can** attempt to land from a jump with 2 feet together **I can** attempt to throw using different hands **I can** catch a large ball **I can** kick a large ball **I can** walk backwards safely **I can** wait my turn in a set activity	**I can** move in the following ways: - slither, shuffle, pencil roll, crawl, walk, run, jump with both feet together, hop. **I can** stand for 3 seconds on either foot. **I can** move in different ways on some apparatus	**I can** copy a movement in response to music. **I can** move in response to music.	**I can** change speed or direction on a command **I can** attempt to throw using different hands **I can** catch a large ball **I can** kick a large ball **I can** participate in a simple game	**I can** run in a straight line **I can** attempt to throw using different hands **I can** walk backwards safely I can attempt to jump with two feet

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EYFS CYCLE B	**I can** attempt to hop with alternate feet **I can** jump with two feet **I can** land from a jump with two feet together **I can** kick a range of balls **I can** adjust speed and direction to avoid obstacles when moving quickly **I can** throw an object towards a given target **I can** attempt to catch a selection of objects **I can** walk backwards safely around obstacles **I can** work collaboratively in a group during an activity	**I can** attempt to hop with alternate feet **I can** jump with two feet **I can** land from a jump with two feet together **I can** kick a range of balls **I can** adjust speed and direction to avoid obstacles when moving quickly **I can** throw an object towards a given target **I can** attempt to catch a selection of objects **I can** walk backwards safely around obstacles **I can** work collaboratively in a group during an activity	**I can** jump off an object and land on two feet. **I can** travel under, over and through balancing and climbing equipment. **I can** move in the following ways: - skip, egg roll, legs and arms straight in a pencil roll. **I can** stand for 5 seconds on either foot.	**I can** think of two different ways of moving to a piece of music. **I can** perform a simple repetitive dance, with at least two different moves, to music.	**I can** kick a range of balls **I can** throw an object towards a given target **I can** attempt to catch a selection of objects **I can** work collaboratively in a group during an activity	**I can** jump with two feet **I can** land from a jump with two feet together **I can** adjust speed and direction to avoid obstacles when moving quickly **I can** throw an object towards a given target **I can** walk backwards safely around obstacles

PE OVERVIEW

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
	Fundamental Movement Skills (Baseline Assessment)	**Fundamental Movement Skills**	**Gymnastics**	**Dance**	**Games**	**Athletics**
KS1 CYCLE A	**I can** throw underarm **I can** throw overarm **I can** catch **I can** hop with either foot **I can** jump with two feet together **I can** run fast **I can** skip **I can** roll a ball **I can** kick a ball **I can** bounce a ball	**I can** attempt an underarm throw. **I can** attempt an overarm throw. **I can** kick a ball from a standing position. **I can** attempt to kick a ball using the side of my foot. **I can** attempt to hop with alternate feet **I can** attempt to roll a ball **I can** attempt to catch with two hands .	**I can** make my body curled, tense, stretched and relaxed **I can** control my body when travelling. **I can** control my body when balancing. **I can** copy sequences, of 4 movements and repeat them. **I can** roll, curl, travel and balance in different ways **I can** jump over an object. **I can** attempt a sequence of 2 movements on apparatus.	**I can** perform my own dance moves. **I can** copy or make up a short dance. **I can** move safely in a space.	**I can** participate in a small sided game and follow simple rules. **I can** use different throws in different situations **I can** kick a ball from a standing position. **I can** kick a ball using the side of my foot. **I can** attempt to catch with two hands.	**I can** adjust speed and direction, including moving backwards, to avoid obstacles **I can** throw underarm **I can** throw overarm **I can** jump with two feet together **I can** run fast in a straight line

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KS1 **CYCLE B**	**I can** throw underarm **I can** throw overarm **I can** catch **I can** hop with either foot **I can** jump with two feet together **I can** run fast **I can** skip **I can** roll a ball **I can** kick a ball **I can** bounce a ball	**I can** throw underarm. **I can** throw overarm. **I can** kick a ball with the side of the foot. **I can** hop with either foot **I can** roll a ball **I can** catch with two hands	**I can** plan a sequence of 4 movements **I can** improve one aspect of a sequence based on feedback. **I can** think of more than one way to create a sequence which follows some rules. **I can** perform a sequence of 4 movements on apparatus. **I can** hold a balance for 3 seconds. **I can** jump onto an object.	**I can** change the speed, level and/or direction in a dance **I can** understand that a linking section may be needed in a dance **I can** use dance to show a mood or feeling **I can** understand the term improvise and improvisation.	**I can** attempt to apply hitting, kicking, throwing, catching, rolling at a target in a game. **I can** find my own space in a game. **I can** understand the terms defending and attacking as used in a game. **I can** follow the rules of a simple game.	**I can** adjust speed and direction, including moving backwards, to avoid obstacles. **I can** throw underarm at a target **I can** throw overarm for distance **I can** jump with two feet together **I can** run fast in a straight line in a competitive situation.

PE OVERVIEW

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
	Games (Invasion)Netball	**Games (Invasion) Football**	**Gymnastics**	**Dance/OAA**	**Games (Net/Wall) Tennis**	**Athletics**
LKS2 CYCLE A	**I can** attempt to throw accurately with one hand. **I can** attempt to use a range of passes **I can** move to different spaces within a game. **I can** find my own space in a game and use it to support team-mates. **I can** show and define sportsmanship. **I can** understand rules and use them appropriately in a game. **I can** recognise at least one improvement to be made to a ball game. **I can** define teamwork	**I can** attempt to kick a ball with accuracy **I can** attempt to use a range of passes **I can** move to different spaces within a game. **I can** find my own space in a game and use it to support team-mates. **I can** show and define sportsmanship. **I can** understand rules and use them appropriately in a game. **I can** recognise at least one	**I can** hold a balance for 5 seconds. **I can** adapt sequences to suit different types of apparatus and criteria. **I can** attempt a movement in a controlled way. **I can** define the terms strength, suppleness and extension. **I can** compare and contrast gymnastic sequences.	**I can** attempt to improvise freely. **I can** attempt to translate ideas from a stimulus into movement. **I can** understand the term phrase **I can** share and create a phrase with a partner or small group. **I can** attempt to perform at least 2 dance phrases from memory **I can** comment on one improvement I could make to a phrase.	**I can** hit a ball towards a target. **I can** hit a ball over a net. **I can** attempt to throw accurately with one hand. **I can** attempt to catch with one hand. **I can** move to different spaces within a game. **I can** show and define sportsmanship. **I can** understand rules and use them appropriately in a game. **I can** recognise at least one improvement to	**I can** change speed (sprint, jog and walk) in a simple relay. **I can** attempt a long jump and vertical jump and improve it **I can** define stamina **I can** throw for distance in different ways **I can** attempt to compete against an opponent

PE OVERVIEW

		improvement to be made to a ball game. **I can** define teamwork		**I can** follow a map in a familiar context **I can** recognise basic symbols used for a particular map **I can** use clues to follow a route **I can** follow a route safely **I can** attempt to identify an error when following a route. **I can** define the term navigate	be made to a ball game.	
LKS2 CYCLE B	**I can** throw accurately with one hand. **I can** use a range of passes. **I can** understand a tactic and use it in a game. **I can** adapt a skill depending on what is happening in the situation.	**I can** kick a ball with accuracy. **I can** use a range of passes. **I can** understand a tactic and use it in a game. **I can** adapt a skill depending on what is	**I can** perform a movement in a controlled way. **I can** include change of speed and direction in a sequence. **I can** work with a partner to create and repeat a sequence.	**I can** improvise freely to different genres of music. **I can** comment on why I moved in a certain way in response to a stimulus/starting point.	**I can** throw accurately with one hand. **I can** catch with one hand. **I can** hit a ball accurately at a target. **I can** understand a tactic and use it in a game.	**I can** sprint over a short distance **I can** maintain a running speed over a longer distance **I can** perform a long jump and vertical jump with the correct technique.

PE OVERVIEW

	I can attempt to use space to cause problems for the opposition. **I can** identify one positive aspect and one aspect that could be improved in a game.	happening in the situation. **I can** attempt to use space to cause problems for the opposition. **I can** identify one positive aspect and one aspect that could be improved in a game.	**I can** work with a partner to improve a sequence. **I can** provide support and advice to others. **I can** listen to the ideas of others.	**I can** perform at least 2 dance phrases from memory. **I can** use dance to communicate an idea. **I can** follow a more complex map in several familiar contexts **I can** follow a route within a time limit **I can** identify whether an error has been made when following a route. **I can** Identify a solution to be able to recognise an unfamiliar symbol. **I can** recognise a possible danger on a route	**I can** adapt a skill depending on what is happening in the situation. **I can** attempt to use space to cause problems for the opposition. **I can** identify one positive aspect and one aspect that could be improved in a game.	**I can** attempt to throw in different ways and hit a target, when needed **I can** compete against an opponent **I can** attempt a relay changeover. **I can** Identify one aspect of a team or person's performance that could be improved.
	AUTUMN 1	**AUTUMN 2**	**SPRING 1**	**SPRING 2**	**SUMMER 1**	**SUMMER 2**
	Fitness/Games(Invasion) Netball/Football	**Games (Invasion) Hockey**	**Gymnastics**	**Dance/OAA**	**Games (Striking/Fielding) Rounders/Cricket**	**Athletics**

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UKS2 CYCLE A	**I can** maintain an exercise for given time. **I can** complete a circuit of exercises. **I can** improve stamina. **I can** improve my personal best. I can improve technique in a given exercise.	**I can** attempt to use several techniques to pass, dribble and shoot in a game. **I can** choose a specific tactic for defending and attacking **I can** compare my performance against a previous one. **I can** work as a team and communicate an effective plan in a competitive situation **I can** promote sportsmanship within a game.	**I can** make complex extended sequences, including an attempt at a linking movement or leap. **I can** attempt a linking movement or leap in a controlled way. **I can** combine action, balance and shape within a sequence. **I can** perform to different audiences. **I can** pick up on something that a partner does well and on something that can be improved.	**I can** attempt to compose my own dance in a creative way. **I can** perform a dance that shows accuracy and fluency. **I can** compare my performance or that of another person's, against a previous one.	**I can** attempt different throws and catches to suit different situations. **I can** attempt a bowl towards a target. **I can** attempt to strike a ball into the field. **I can** understand and follow numerous rules in a game. **I can** compare my performance against a previous one. **I can** work as a team and communicate an effective plan in a competitive situation **I can** promote sportsmanship within a game.	**I can** throw in different ways with increased accuracy. **I can** combine running and jumping. **I can** attempt to have control when landing. **I can** attempt to have control when taking off in a jump. **I can** perform a relay changeover. **I can** attempt a triple jump. **I can** compete in a competitive situation. **I can** demonstrate sportsmanship. **I can** compare my performance against a previous one.
	I can attempt different throws and catches to suit different situations. **I can** attempt to use several techniques to pass, dribble and shoot in a game. **I can** choose a specific tactic for defending and attacking **I can** compare my performance against a previous one. **I can** work as a team and communicate an effective			**I can** follow a map into an unknown location. **I can** attempt to use a compass to navigate a route. **I can** change a route to overcome a problem. **I can** use new information to change a route. **I can** use known symbols to create a simple and safe route.		

PE OVERVIEW

	plan in a competitive situation **I can** promote sportsmanship within a game.					
UKS2 CYCLE B	**I can** maintain an exercise for given time. **I can** complete a circuit of exercises. **I can** improve stamina. **I can** improve my personal best. I can improve technique in a given exercise.	**I can** agree and explain rules to others **I can** use several techniques effectively to pass, dribble and shoot in a game. **I can** communicate a possible solution for an issue that may occur in a team situation. **I can** promote fair play and consistently demonstrate sportsmanship	**I can** combine own work with that of others **I can** perform sequences to specific timings or music. **I can** work with a partner to perform a paired balance. **I can** say why my own performance was better than or not as good as my last.	**I can** develop sequences in a specific style **I can** choose my own music and style to create and perform a dance. **I can** give a reason for my choice of music and chosen style. **I can** perform a dance to show clarity and consistency. **I can** say why my own performance	**I can** agree and explain rules to others **I can** use different throws and catches effectively to suit different situations. **I can** bowl accurately to a target. **I can** strike a ball into the field. **I can** communicate a possible solution for an issue that may occur in a team situation.	**I can** perform a triple jump. **I can** improve my distance when performing a triple jump. **I can** show control when landing a jump I have control when taking off in a jump **I can** perform a relay changeover with speed and consistency. **I can** provide positive feedback and a way

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		I can say why my own performance was better or not compared to my last. **I can** provide positive feedback and a way to improve to another player.		was better or not compared to my last. **I can** provide positive feedback to others and one way they could improve one aspect of their dance.	**I can** promote fair play and consistently demonstrate sportsmanship **I can** say why my own performance was better or not compared to my last. **I can** provide positive feedback and a way to improve to another player.	to improve to another athlete.
	I can agree and explain rules to others **I can** use different throws and catches effectively to suit different situations. **I can** use several techniques effectively to pass, dribble and shoot in a game. **I can** communicate a possible solution for an issue that may occur in a team situation. **I can** promote fair play and consistently demonstrate sportsmanship **I can** say why my own performance was better or not compared to my last.			**I can** plan a route and a series of clues for someone else taking account of safety and danger **I can** use a compass confidently. **I can** evaluate the route I planned and make one simple adaptation. **I can** listen to feedback from a person who has completed my route.		

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	I can provide positive feedback and a way to improve to another player.					
	AUTUMN 1	**AUTUMN 2**	**SPRING 1**	**SPRING 2**	**SUMMER 1**	**SUMMER 2**
		Swimming (2Weeks)				
Y4 Y5 2021/22		**I can** swim 25metres proficiently **I can** attempt two of the following swimming strokes: F/crawl,B/stroke, Br/stroke, Butterfly **I can** complete a swivel entry to enter water **I can** climb out of water safely **I can** perform safe self-rescue in				

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		different water-based situations (know how to do at least one of the following: maintain a floating position, tread water, headfirst skull, feet first skull)				

***Swimming timings/year groups are changeable.**

Fundamental Movement Skills	
Games	
Gymnastics	
Dance	
Athletics	
OAA	
Swimming	
Fitness	