

Trinity All Saints CE Primary School						
Overview of PE						
Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS Cycle A	Me and Myself	Movement and Development	Throwing and Catching	Ball Skills	Fun and Games	Working with others
EYFS Cycle B	Me and Myself	Movement and Development	Throwing and Catching	Ball Skills	Fun and Games	Working with others
Year 1 and 2 Cycle A	Football <i>NC: participate in team games, developing simple tactics for attacking and defending</i> Handball	Gymnastics 1 <i>NC: master basic movements including running, jumping, throwing and catching, as well as developing</i>	Dance <i>NC perform dances using simple movement patterns</i> Dodgeball <i>NC: participate in team games,</i>	Gymnastics 2 Orienteering <i>NC: master basic movements including running, jumping, throwing and catching, as well</i>	Netball <i>NC: participate in team games, developing simple tactics for attacking and defending</i> Badminton	Athletics <i>NC: master basic movements including running, jumping, throwing and catching, as well as developing</i>



	<p><i>NC: participate in team games, developing simple tactics for attacking and defending</i></p>	<p><i>balance, agility and co-ordination, and begin to apply these in a range of activities</i></p> <p>Fitness <i>NC: master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</i></p>	<p><i>developing simple tactics for attacking and defending</i></p>	<p><i>as developing balance, agility and co-ordination, and begin to apply these in a range of activities</i></p>	<p><i>NC: master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</i></p>	<p><i>balance, agility and co-ordination, and begin to apply these in a range of activities</i></p> <p>Rounders <i>NC: master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</i></p>
<p>Year 1 and 2 Cycle B</p>	Hockey	Gymnastics 1	Dance	Gymnastics 2	Basketball	Athletics



	<p><i>NC: participate in team games, developing simple tactics for attacking and defending</i></p> <p>Tag Rugby <i>NC: participate in team games, developing simple tactics for attacking and defending</i></p>	<p><i>NC: master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</i></p>	<p><i>NC perform dances using simple movement patterns</i></p> <p>Golf <i>NC: master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</i></p>	<p><i>NC: master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</i></p> <p>Orienteering <i>NC: master basic movements including running, jumping, throwing and catching, as well as developing balance, agility</i></p>	<p><i>NC: participate in team games, developing simple tactics for attacking and defending</i></p> <p>Volleyball <i>NC: participate in team games, developing simple tactics for attacking and defending</i></p>	<p><i>NC: master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</i></p> <p>Cricket <i>NC: master basic movements including running, jumping, throwing and catching, as well as developing balance, agility</i></p>
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				<i>and co-ordination, and begin to apply these in a range of activities</i>		<i>and co-ordination, and begin to apply these in a range of activities.</i>
Year 3	<p>Football <i>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</i></p> <p>Handball</p>	<p>Gymnastics 1 <i>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</i></p> <p>Golf <i>use running, jumping, throwing and catching in isolation and in combination</i></p>	<p>Dance <i>perform dances using a range of movement patterns</i></p> <p>Badminton <i>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic</i></p>	<p>Orienteering <i>take part in outdoor and adventurous activity challenges both individually and within a team</i></p> <p>Gymnastics 2 <i>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</i></p>	<p>Fitness <i>compare their performances with previous ones and demonstrate improvement to achieve their personal best.</i></p> <p>Netball <i>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football,</i></p>	<p>Athletics <i>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</i></p> <p>Swimming <i>swim competently, confidently and proficiently over a distance of at least 25 metres use a range of</i></p>



	<i>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</i>		<i>principles suitable for attacking and defending</i>		<i>hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</i>	<i>strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations</i>
Year 4	Hockey <i>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football,</i>	Gymnastics 1 <i>develop flexibility, strength, technique, control and balance [for example,</i>	Dance <i>perform dances using a range of movement patterns</i> Volleyball <i>play competitive games, modified</i>	Orienteering <i>take part in outdoor and adventurous activity challenges both individually and within a team</i>	Basketball <i>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football,</i>	Athletics <i>develop flexibility, strength, technique, control and balance [for example,</i>



	<p><i>hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</i></p> <p>Tag Rugby <i>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</i></p>	<p><i>through athletics and gymnastics]</i></p> <p>Dodgeball <i>use running, jumping, throwing and catching in isolation and in combination</i></p>	<p><i>where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</i></p>	<p>Gymnastics 2 <i>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</i></p>	<p><i>hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</i></p> <p>Tennis <i>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</i></p>	<p><i>through athletics and gymnastics]</i></p> <p>Cricket <i>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</i></p>
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<p>Year 5</p>	<p>Football <i>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</i></p> <p>Handball <i>play competitive games, modified where appropriate [for example, badminton, basketball,</i></p>	<p>Gymnastics 1 <i>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</i></p> <p>Golf <i>use running, jumping, throwing and catching in isolation and in combination</i></p>	<p>Dance <i>perform dances using a range of movement patterns</i></p> <p>Badminton <i>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</i></p>	<p>Orienteering <i>take part in outdoor and adventurous activity challenges both individually and within a team</i></p> <p>Gymnastics 2 <i>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</i></p>	<p>Fitness <i>compare their performances with previous ones and demonstrate improvement to achieve their personal best.</i></p> <p>Netball <i>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for</i></p>	<p>Athletics <i>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</i></p> <p>Rounders <i>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for</i></p>
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	<i>cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</i>				<i>attacking and defending</i>	<i>attacking and defending</i>
Year 6	<p>Hockey <i>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for</i></p>	<p>Gymnastics 1 <i>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</i></p> <p>Dodgeball <i>use running, jumping, throwing and catching in</i></p>	<p>Dance <i>perform dances using a range of movement patterns</i></p> <p>Volleyball <i>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball,</i></p>	<p>Orienteering <i>take part in outdoor and adventurous activity challenges both individually and within a team</i></p> <p>Gymnastics 2 <i>develop flexibility, strength, technique, control and balance [for</i></p>	<i>Basketball</i> <i>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for</i>	<i>Athletics</i> <i>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</i> <i>Cricket</i> <i>play competitive games, modified where appropriate [for</i>



	<p><i>attacking and defending</i></p> <p>Tag Rugby <i>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</i></p>	<p><i>isolation and in combination</i></p>	<p><i>rounders and tennis], and apply basic principles suitable for attacking and defending</i></p>	<p><i>example, through athletics and gymnastics]</i></p>	<p><i>attacking and defending</i></p> <p>Tennis <i>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</i></p>	<p><i>example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</i></p>
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