St Michael's Primary School PE overview

Class 1	Cycle A	Cycle B
Autumn	**Reception: cooperation and solving problems** **Unit 1 & 2** **Hit, catch, run** PE hub planning unit 1 Y1 • Able to hit objects with hand or bat • Track and retrieve rolling ball • Explore throwing and catching PE hub planning unit 2 Y1 • Develop sending and receiving skills • Explore simple tactics	**Reception: manipulation and coordination** **Unit 1 & 2** **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 2 Y1 • Recognise rules and apply them • Use simple strategies for invasion games • Exploring why we exercise
Spring	**Dance** **Reception Unit 1** PE hub planning unit 1 Y1 • Respond to stimuli • Explore space, direction, levels and speeds • Perform with different body parts **Gymnastics** **Reception Unit 1** PE hub planning unit 1 Y1	**Dance** **Reception Unit 2** PE hub planning unit 2 Y1 • Build simple movement patterns • Make simple phrases **Gymnastics** **Reception Unit 2** PE hub planning unit 1 Y1

	• Explore actions and shapes • Apply strength • Recognise like actions and link them	• Explore point balances • Explore turning, twisting. Rocking and rolling.
Summer	**Reception: speed, agility and travel** Unit 1 &2 **Run, jump, throw** PE hub planning unit 1 Y1 • Link running and jumping • Develop throwing technique PE hub planning unit 2 Y1 • Increase stamina and core strength • Work collaboratively	**Reception: Body management** **Unit 1** **OAA** PE hub planning Y1 • Follow multi-step instructions • Take part in activities with increasing challenge to build confidence **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 2 Y1 • Develop sending skills with a variety of balls • Track, intercept and stop • Select and apply skills

Class 2	Cycle A / Cycle B

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Autumn	Attack, defend, shoot PE hub planning unit 1 Y2 • Send and receive ball using feet • Refine ways to control ball and body • Link skills together PE planning unit 2 Y2 • Select and apply small range of tactics • Recognise good qualities in self and others • Work collaboratively Hit, catch, run PE hub planning unit 1 Y2 • Develop hitting skills • Explore feeding / bowling • Work collaboratively PE planning unit 2 Y2 • Work in a variety of ways to score runs in different hit, catch and run games • Explore fielding in teams • Explore roles in cricket / rounders
Spring	Dance PE hub planning unit 1 Y2 • Explore transition from shapes to balances • Challenge self • Work as part of group to perform PE planning unit 2 Y2 • Perform to audiences using formations • Repeat and create dance actions and motifs Run, jump, throw

	PE hub planning unit 1 Y2 • Throw and handle objects • Develop power, agility, coordination and balance PE planning unit 2 Y2 • Improve running and jumping movements • Reflect on activities
Summer	Send and return PE hub planning unit 1 Y2 • Track path of ball over a net and move towards it • Hit and return PE planning unit 2 Y2 • Begin to choose specific tactics • Improve agility, coordination and use in game play OAA PE hub planning Y2 • Use searching skills • Work in pairs and groups • Develop problem solving skills Gymnastics PE hub planning unit 1 Y2 • Transition and link elements • Perform basic actions with control at different speeds • Develop flexibility in shapes and balances

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Class 3	Cycle A	Cycle B
Autumn	Gymnastics 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 Tag Rugby PE hub planning unit year 3 • Explore footwork and body control • Explore attacking • Apply rules PE hub planning unit year 4 • Implement rules and develop tactics Increase speed and endurance	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 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

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Spring	Hockey PE hub planning unit year 3 • Play hockey type invasion game • Improve game-based agility • Manipulate objects using a stick and ball with safety and control PE hub planning unit year 4 • Explore dribbling and push passes • Develop tactics and apply them to competitive situations • Increase speed and endurance 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	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 Badminton PE hub planning year 3 • Identify basic rules • Explore serving and hitting PE hub planning year 4 • Explore shots Use skills in competitive situation
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	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

	• 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 • Use a variety of equipment to measure, time and compare	Tennis PE hub planning Y3 • Identify and describe rules • Explore serving and hitting technique PE hub planning Y4 • Explore a variety of shots • Explore positions and tactics in competitive game play

Class 4	Cycle A	Cycle B
Autumn	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	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

	• 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** **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 **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	**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 **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.

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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 **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** • 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.	**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 **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 **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

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Summer	**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 **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**	**Athletics** **PE Hub Planning – Year 5** • Sustain pace over short and long distances • Run as part of team • Explore jumps and throws **PE Hub Planning – Year 6** • apply strength and flexibility to throwing, running and jumping • work in collaboration to demonstrate improvement **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

	• 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	• To compare team performance against other team performances.