



PE Long-term Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
12R	Attack Defend Shoot	Dance	Send & Return	Gymnastics	Hit Catch Run	Run Jump Throw
Year 3	Tennis Dance	Handball Gymnastics	Netball Badminton	OAA Hockey	Striking and Fielding (Cricket) OAA Volleyball	Athletics Rounders
Year 4	OAA Badminton	Handball Dance	Tennis Volleyball	Netball Gymnastics	Cricket Hockey	Athletics Rounders
Year 5	Netball Dance	OAA Badminton	OAA Gymnastics	Cricket Handball	Rounders Hockey	Athletics Tennis
Year 6	Tennis Gymnastics	Handball Dance	Netball Badminton	Cricket Hockey	OAA Rounders	OAA Athletics



	Autumn 1	Autumn 2
12R	<p><u>Attack, defend, shoot</u></p> <ul style="list-style-type: none"> ● to kick the ball over long and short distances ● to stop a ball with control using the foot ● to work as a team to keep the ball ● to bounce a ball with my partner ● to bounce the ball while we are moving (dribbling) ● to pass the ball forward 	<p><u>Dance</u></p> <ul style="list-style-type: none"> ● to use penguin images to inspire our dance ● to show feelings of abandonment through dance ● to create movements that show friendship between two characters ● to create a solo dance with changes of direction and speed ● to match our movements to music ● to choose formation for our dance and explain our choice
Year 3	<p><u>Tennis</u></p> <ul style="list-style-type: none"> ● to use the ready position to return a ball ● to hit the ball to different parts of the court using a forehand hit ● to perform an underarm serve to start a rally ● to play cooperatively with a partner to keep the ball moving over the net ● to perform forehand hits to score points in a competition <p><u>Dance</u></p> <ul style="list-style-type: none"> ● to perform a jazz square and use it on our dance ● to perform a dance showing two contrasting characters ● to developed movements using improvisation ● to use props in our dance sequence ● to use facial expressions to bring life and emotion to our dance ● to take on the role of director to help others improve their dance 	<p><u>Handball</u></p> <ul style="list-style-type: none"> ● to use the ready position to catch effectively ● to perform accurate passes in different situations ● to move the ball using the three step rule ● to prevent the ball from being passed by blocking and intercepting ● to use quick effective passes to attack as a team ● to develop accurate passing and move into a space in a game <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> ● to show full extension during a balance ● to move in and out of contrasting shapes with fluency ● to perform a sequence using different types of rolls ● to perform powerful jumps from low apparatus ● to perform in unison with a partner ● to create a group performance using contrasting actions
Year 4	<p><u>OAA</u></p> <ul style="list-style-type: none"> ● to work collaboratively to complete a problem-solving task ● to work collaboratively to create shapes whilst blindfolded 	<p><u>Handball</u></p> <ul style="list-style-type: none"> ● to protect the ball from our opponent after catching it ● basic overarm shooting technique ● to build an attack in a team using a 3-man weave ● to perform turns on the move to get back and defend



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	<ul style="list-style-type: none"> ● to name and recognise cardinal points of the compass ● to complete an orienteering task calmly under time pressure ● to work with a partner to use a map to follow a course ● to recognise and recall common map symbols <p><u>Badminton</u></p> <ul style="list-style-type: none"> ● to use an underarm forehand shot ● to his overhead clear ● to hit a backhand shot with control and accuracy ● 'trick' shots and interesting ways of hitting the shuttle ● to work collaboratively to score points in different scenarios ● to use forehand and backhand shots in a singles game 	<ul style="list-style-type: none"> ● to perform a 7-metre throw with power and accuracy ● to use a throw-ff to restart a game <p><u>Dance</u></p> <ul style="list-style-type: none"> ● to use freeze frame in our dances ● to perform a slide and roll confidently ● to use a variety of formations when performing ● to extend our 'mission dance' phrases using canon ● to sequence our dance actions to show good flow ● to create a 5 action dance routine showing good 'stage' entry
Year 5	<p><u>Netball</u></p> <ul style="list-style-type: none"> ● to choose the appropriate pass for different scenarios ● to find space to receive in a game ● to use different dodging techniques to outwit a defender and get free ● to practise and perform pivoting and quick turns ● to get closer shooting positions ● to react and move quickly in isolation and in games <p><u>Dance</u></p> <ul style="list-style-type: none"> ● to communicate the theme of heroes through our dance ● to manipulate and develop actions using a range of devices ● to create interesting and varied dance actions as a group using levels ● to use jumps to bring power and energy to our dance phase ● to show the theme of an attack, performing at low level ● to work effectively with other to improve movement quality and performance 	<p><u>OAA</u></p> <ul style="list-style-type: none"> ● to explore different ways of communicating with a blindfolded partner ● to follow a designated route at maximum speed and complete a task safely ● to use memory methods to recall different objects whilst navigating ● to use clear communication to recreate a shape as a team ● to use imagination and creative thinking to create the tallest marshmallow tower ● to send and interpret messages using morse code <p><u>Badminton</u></p> <ul style="list-style-type: none"> ● to make is difficult for our opponent to score points ● to apply basic court positions in singles pla ● to accurately hit both long and short sleeves ● close control, including net shots ● to use footwork to recover after lunging and moving after shots ● to apply a range of movements and shots in competition



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Year 6	<p><u>Tennis</u></p> <ul style="list-style-type: none">● to communicate clearly with a partner to score points in doubles play● to attempt a two-handed backhand shot with control● to perform a lob shot to hit the ball over our opponent's head● to apply correct rules and scoring system in games● to play different doubles formations and work with our partner to improve● to discuss and apply a range of tactics in doubles play to achieve success <p><u>Gymnastics</u></p> <ul style="list-style-type: none">● to use controlled flight on high apparatus● to dismount from high apparatus● to develop a short sequence using flight in canon formation● to incorporate equipment such as hoops and balls into a group sequence● to create a paired flight sequence using both canon and unison● to create a perform a 6-element sequence to music	<p><u>Handball</u></p> <ul style="list-style-type: none">● to play in a game abiding by the double dribble rule● the concept of screening and attempting it in a game● patience around the D to find the best position to shoot● to show control of the ball when dribbling under pressure● to counterattack into space with speed● to develop decision-making skills in game situations <p><u>Dance</u></p> <ul style="list-style-type: none">● the technique of the stag leap and rebound jump● to explore relationships through dance and perform partner lifts● to compose a dance phrase based on the Hakka● to choose and use suitable dynamics for the Hakka● to link freeze frames to street dance style to create a short movement phrase● to perform a Top Rock and Slide Step and perform confidently with a partner
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	Spring 1	Spring 2
12R	<p><u>Send and Return</u></p> <ul style="list-style-type: none"> ● to stay on our toes to move quickly to the ball ● to identify which hand is dominant in a game ● the basic rules of serving to our partner ● to develop agility and use it in a game ● to use correct grip to hit a self-fed ball ● to use the ready position in a rally 	<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> ● to combine 4 elements into a floor sequence ● to create power in a variety of different jumps ● to take weight on our hands and move in different ways ● to use our flexibility in a bridge and japana gymnastic shape ● to perform the point balance arabesque ● to perform a teddy roll
Year 3	<p><u>Netball</u></p> <ul style="list-style-type: none"> ● to perform quick, accurate chest passes ● to use dodging to get free from our opponent ● to catch a netball ● to use a bounce pass to feed a goal shooter ● to throw for distance using a shoulder pass ● to collect a loose ball ● <p><u>Badminton</u></p> <ul style="list-style-type: none"> ● to use hard and soft hits ● that different types of hits are needed to reach different areas of the court ● to move to return the shuttle from different areas of the court ● to rally with a partner over the net ● to serve forehand ● to play within the boundaries of the court 	<p><u>OAA</u></p> <ul style="list-style-type: none"> ● to use clear communication, strength and flexibility to complete task ● to work with others to complete map-reading tasks ● to draw and create a clear route on a map for others to follow ● to work with others and identify what went well and what we could do to improve ● to use the outside of the foot to control the ball and dribble ● to identify what they need to do to complete a challenge ● to safely take part in trust-based activities <p><u>Hockey</u></p> <ul style="list-style-type: none"> ● to keep close control of the ball using the flat side of the stick ● to control the ball and pass it into a space ● to use a defensive body position ● to consistently stop a moving ball ready to pass, move or short ● to improve our agility and apply it in a game situation ● to avoid our feet contacting the ball and apply basic rules to the game



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<p>Year 4</p>	<p><u>Tennis</u></p> <ul style="list-style-type: none"> ● to return to the middle of the court after playing a shot to accurately use the forehand in game situations to score points ● to play a backhand shot with some control ● to combine ready position and court movement to consistently return the serve ● to work with a partner to score points in a game ● to use forehand and backhand shots to score points in a competitive situations <p><u>Volleyball</u></p> <ul style="list-style-type: none"> ● the principle of ‘three contacts’ in pairs volleyball ● to move about the court and anticipate where the ball will be played ● to give our partner more time to react by throwing the ball higher ● to move to the next to receive the ball from our partner ● to move close to the net, ready to receive the ball ● to serve underarm with correct volleyball technique 	<p><u>Netball</u></p> <ul style="list-style-type: none"> ● to protect the ball once we have caught it ● to use basic shooting techniques in a game ● one-to-one marking ● to pivot once we have caught the ball ● to use quick feet ● to use preliminary moves <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> ● to perform a 6-element sequence that uses changes in speed and direction ● to use the STEP principle to create and perform a partner sequence ● to take weight onto our hands, showing control ● to develop a sequence using compositional ideas, e.g. pathways ● to co-operate as a group to refine a short sequence ● to compare and judge sequences
<p>Year 5</p>	<p><u>OAA</u></p> <ul style="list-style-type: none"> ● to explore different ways of communicating with a blindfolded partner ● to follow a designated route at maximum speed and complete a task safely ● to use memory methods to recall different objects whilst navigating ● to use clear communication to recreate a shape as a team ● to use imagination and creative thinking to create the tallest marshmallow tower ● to send and interpret messages using morse code <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> ● the key steps to perform a round-off 	<p><u>Cricket</u></p> <ul style="list-style-type: none"> ● to work with a partner to score runs ● to throw accurately over short distances to get batters out ● to follow the path of the ball to catch as a wicketkeeper ● to overarm bowl with accuracy whilst using a run-up ● to play a forward defensive shot ● to set a field in a game to limit the runs scored by a batter <p><u>Handball</u></p> <ul style="list-style-type: none"> ● the jump shot ● to goal keep by closing the angles attackers can shoot from ● the double fault rule and how it applies to dribbling ● to perform a pivot to create space to pass or shoot ● the role of set plays to create opportunities to score ● to select and apply new skills in a competition situation



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	<ul style="list-style-type: none">● to create and perform a partner sequence using symmetry● to create a perform a partner sequence using asymmetry● to perform a counter-balance with a partner● to perform smooth transitions between counterbalances using different levels● to evaluate each other's work and suggest improvements	
Year 6	<p><u>Netball</u></p> <ul style="list-style-type: none">● ways to improve coordination● to mark the pass or shot● organisation in and around the semi-circle● to complete to win the rebounding ball● to stay active to intercept a pass● to stay onside in games depending on the position being played <p><u>Badminton</u></p> <ul style="list-style-type: none">● the smash shot technique and when to use it● to use the smash shot in a doubles game● to hit a drop shot using the correct technique to outwit an opponent● to develop reaction time to hit shots when close to the net● to communicate with a partner in a doubles match to ensure court positioning is correct● to use defensive formations in a doubles game to present opponents from scoring points	<p><u>Cricket</u></p> <ul style="list-style-type: none">● to create pressure on a batter by using a ring field● to track and catch a high ball consistently● to perform a short-pitched bowl to get a batter to hit the ball in the air● to work in a pair to restrict runs scored when fielding● to play an on-drive● to set an attacking field <p><u>Hockey</u></p> <ul style="list-style-type: none">● to shoot under pressure from close range● to perform long corner routines as part of a team● to use goal-side marking to prevent an attacker from getting closer to the goal● to use a banana run to force an oncoming attacker out wide● to use a hit-out to successfully restart a game● indian dribble to play competitively using new skills



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	Summer 1	Summer 2
12R	<p><u>Hit, catch, run</u></p> <ul style="list-style-type: none"> ● to hit a ball and score points running to cones ● to defend a target by kicking ● to bowl underarm with control ● to hit a ball using different bats and techniques ● to throw accurately to a base ● to hit a ball into space, away from fielders 	<p><u>Run, Jump, Throw</u></p> <ul style="list-style-type: none"> ● to move quickly whilst being aware of others around ● to create power with our legs to turn at speed ● to move through an obstacle course with speed and control ● to choose the best throw for different situations ● to use quick feet whilst sprinting ● to perform static and dynamic balances
Year 3	<p><u>Cricket</u></p> <ul style="list-style-type: none"> ● to hit a stationary ball into space using a straight drive ● to bowl underarm to a batter using some consistency ● to use correct footwork to strike a bowled ball ● to stop a moving ball using the long barrier technique ● to throw longer distances overarm ● to perform as a wicketkeeper <p><u>Volleyball</u></p> <ul style="list-style-type: none"> ● to send a ball in a seated volleyball position ● to receive a high ball over our heads ● to serve overarm ● techniques to move in seated volleyball ● the value of cooperation to achieve a task ● to make contacts on the ball before returning overhead 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> ● jumping and hopping sequences ● to run at different speeds ● to approach and jump hurdles ● to throw a javelin using the pull-throw technique ● a variety of skipping techniques ● to keep score accurately over a range of events <p><u>Rounders</u></p> <ul style="list-style-type: none"> ● to get into the best body position to field a ball ● to bowl with some consistency in a game ● to hit a moving ball with one hand ● to stop a moving ball with the long barrier technique ● to throw longer distances using the overarm technique ● to select and apply new skills in a competition
Year 4	<p><u>Cricket</u></p> <ul style="list-style-type: none"> ● to hit a ball in different directions ● to anticipate when to run to score singles ● to intercept a moving ball with one hand ● to bowl overarm ● the pull shot and attempting it in a game ● to field a bouncing ball effectively 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> ● to challenge ourselves in running, jumping and throwing tasks ● to accelerate over short distances ● to run and jump using one-footed take-off ● to use a sling action to throw a discus ● to run on a curve and exchange a baton in our team ● to apply the skills we have developed in a competitive way



	<p><u>Hockey</u></p> <ul style="list-style-type: none"> ● to perform a push pass with accuracy ● to perform a straight dribble to maintain possession ● to use reverse-stick to control a ball on the far side of our body ● to use a slap pass to send the ball over longer distances ● to turn to keep the ball under control and move into space ● to develop new skills in competitive situations to look to improve 	<p><u>Rounders</u></p> <ul style="list-style-type: none"> ● to hit the ball in different directions ● to run between the posts and avoid getting stumped out ● to intercept the ball using one hand ● to underarm bowl abiding by the rules of bowling ● to play the role of backstop in a small game ● the rounders scoring system and using it in a game
<p>Year 5</p>	<p><u>Rounders</u></p> <ul style="list-style-type: none"> ● to judge how far you can run based on the distance of a hit ● to throw over short distances with power and accuracy to get batters out ● to follow the path of the ball to make sure it is fielded consistently ● the backwards hit rule and using it tactically as the backstop ● to hit the ball into gaps to maximise the chance of scoring ● to set a field in a game to limit the scoring of a batter <p><u>Hockey</u></p> <ul style="list-style-type: none"> ● to perform a block tackle to dispossess an attacker ● to use fact, accurate passes into the D to create scoring opportunities ● to make an attacker closely to stop them receiving the ball ● to perform a sweep hit to send the ball 'first time' ● to move the ball quickly from left to right to outwit a defender ● to use a variety of techniques to keep possession in a game 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> ● to run for speed and distance on our own and as part of a team ● pacing our run over longer distances ● different jumping styles and exploring which ones we can jump further with ● to use the push-throw technique ● to exchange a baton within a restricted area ● to design a running, jumping or throwing activity for other using the STEP principle <p><u>Tennis</u></p> <ul style="list-style-type: none"> ● to recap and perform a range of different shots with accuracy and control ● to move quickly to the ball to perform a volley ● to play an overhead shot and know when you might use this ● to use different court formations during doubles play ● to refine court movement to hit the ball before the second bounce ● to perform a diagonal serve to begin a game in competitive situations



<p>Year 6</p>	<p><u>OAA</u></p> <ul style="list-style-type: none"> ● to work with a partner to successfully orient and follow a map ● to identify objects for a scavenger hunt from a written description ● to safely perform a pyramid balance in a small group ● to work efficiently as part of a term to complete a range of tasks ● to create a fun and challenging game for others to complete ● to listen to others to refine and adapt ideas to complete a complex task <p><u>Rounders</u></p> <ul style="list-style-type: none"> ● attacking tactical bowling to make it more difficult for the batter to hit ● to track and catch a high ball ● the difference between attacking and defensive batting ● to work in a pair in the field to restrict scoring ● to apply tactics when running around bases to avoid overtaking ● to apply attacking and defensive tactics in a competitive situation 	<p><u>OAA</u></p> <ul style="list-style-type: none"> ● to work with a partner to successfully orient and follow a map ● to identify objects for a scavenger hunt from a written description ● to safely perform a pyramid balance in a small group ● to work efficiently as part of a term to complete a range of tasks ● to create a fun and challenging game for others to complete ● to listen to others to refine and adapt ideas to complete a complex task <p><u>Athletics</u></p> <ul style="list-style-type: none"> ● sprint start technique to increase our running speed ● the three phases of triple jump ● to heave throw technique and what it is used for ● to assess our own ability to play our role in parlauf ● the scissor jump techniques and when it would be used in athletics ● to record and relay results over a range of track and field events
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