Physical Education Overview 2022-23

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
R	**Fundamental Movement Skills** • show good control and co-ordination in large and small movements • move confidently in a range of ways, safely negotiating space	**Dance** • show good control and co-ordination in large and small movements • move confidently in a range of ways, safely negotiating space	**Gymnastics** • show good control and co-ordination in large and small movements • move confidently in a range of ways, safely negotiating space	**Fundamental Movement Skills** • show good control and co-ordination in large and small movements • move confidently in a range of ways, safely negotiating space	**Athletics** • show good control and co-ordination in large and small movements • move confidently in a range of ways, safely negotiating space	**Games** • show good control and co-ordination in large and small movements • move confidently in a range of ways, safely negotiating space
1/2	**Athletics** • 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	**Dance** • perform dances using simple movement patterns	**Gymnastics** • 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	**Team Games** • participate in team games, developing simple tactics for attacking and defending	**Athletics** • 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	**Team Games** • participate in team games, developing simple tactics for attacking and defending
3	**Athletics** • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	**Dance** • perform dances using a range of movement patterns	**Gymnastics** • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	**Invasion Games** • use running, jumping, throwing and catching in isolation and in combination	**Athletics** • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics	**Team Games** • 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
4	**Athletics** • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	**Dance** • perform dances using a range of movement patterns	**Gymnastics** • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	**Invasion Games** • use running, jumping, throwing and catching in isolation and in combination	**Athletics** • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	**Team Games** • 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

5/6	**Athletics** • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	**Dance** • perform dances using a range of movement patterns	**Gymnastics** • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	**Invasion Games** • use running, jumping, throwing and catching in isolation and in combination	**Athletics** • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	**Team Games** • 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
	Swimming for Years 3-6-Summer Term • swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] • perform safe self-rescue in different water-based situations					