

## Moor Green Primary Academy – PE Overview 21/22

	<b>Autumn Term 1 7 Weeks</b>	<b>Autumn Term 2 7 Weeks</b>	<b>Spring Term 1 7 Weeks</b>	<b>Spring Term 2 6 Weeks</b>	<b>Summer Term 1 5 Weeks</b>	<b>Summer Term 2 7 Weeks</b>
<b>Year 1</b>	<p><b>Gymnastics –</b> Shape and actions. Speed and direction. Copy, create and link. Stretches, balances, travel.</p>	<p><b>Dance –</b> Space, direction, levels and speed. Beginnings, middles and ends. Jungle</p>	<p><b>Attack, Defend &amp; Shoot</b> Explores throwing, catching and kicking. Solo, cooperative and competitive activities.</p>	<p><b>Send and Return</b> Explores throwing and hitting. Solo, cooperative and competitive activities.</p>	<p><b>Hit, Catch &amp; Run</b> Explores throwing, catching and hitting. Solo, cooperative and competitive activities.</p>	<p><b>Run, Jump &amp; Throw</b> Develops throwing a variety of objects with one hand. Jumping from a stationary position. Changing speed and direction whilst running.</p>
<b>Year 2</b>	<p><b>Gymnastics –</b> Remembers, repeats and links. Choose, use and vary compositional devices. Paired sequences.</p>	<p><b>Dance –</b> Explores, remembers, repeats and links expressive qualities. Explores rhythm, speed, level and direction. Penguin/Arctic</p>	<p><b>Attack, Defend &amp; Shoot</b> Simple competition and tactics. Basics of attacking and defending. Coordination and control of throwing, catching and kicking.</p>	<p><b>Send and Return</b> Simple competition and tactics. Coordination and control of throwing and hitting.</p>	<p><b>Hit, Catch &amp; Run</b> Simple competition and tactics. Coordination and control of throwing, catching and hitting.</p>	<p><b>Run, Jump &amp; Throw</b> Develops accuracy and velocity when throwing, jumping and running.</p>

<p><b>Year 3</b></p>	<p><b>Gymnastics –</b> Contrasting actions. Balance and control. Unison.</p>	<p><b>Dance –</b> Creates, repeats and remembers and performs. Uses expression Canon and Unison. Discusses expressive qualities. Matilda</p>	<p><b>Games –</b> Handball Demonstrates attacking, defending and simple tactics. Throw, pass, and dribble in games. Begin to apply rules and good sporting values.</p>	<p><b>Games –</b> Tennis Simple tactics. Play a range of basic shots. Begin to apply rules and good sporting values.</p>	<p><b>Strike and Field –</b> Cricket Simple tactics. Throw, bowl, and play a range of shots. Begin to apply rules and good sporting values.</p>	<p><b>Athletics</b> Vary speed whilst running. Jumping for distance and height using different techniques. Throw a variety of objects, changing action for accuracy and distance.</p>
<p><b>Year 4</b></p>	<p><b>Gymnastics –</b> Balances. Plans and performs sequences. Uses compositional ideas. Body tension.</p>	<p><b>Dance –</b> Uses motifs in solo and group performances. Refines, repeats and remembers. Interprets dance using appropriate vocabulary. James Bond</p>	<p><b>Games –</b> Handball Tactics in teams. Control in a range of skills. Demonstrates rules and good sporting values.</p>	<p><b>Games –</b> Tennis Tactics to score points. Control in a range of skills. Demonstrates rules and good sporting values.</p>	<p><b>Strike and Field –</b> Cricket Tactics to score points. Control in a range of skills. Demonstrates rules and good sporting values.</p>	<p><b>Athletics</b> Difference between sprinting and running over different distances. Jumps for distance and height with control and balance. Throws with some accuracy and power into a target area, using different techniques.</p>

<p><b>Year 5</b></p>	<p><b>Gymnastics –</b> Uses apparatus, individually and with a partner. Canon, synchronization and matching. Strength and flexibility.</p>	<p><b>Dance –</b> Adapts and refines actions, dynamics and relationships. Performs different styles fluently. Evaluates dances. Bhangra and Line Dancing</p>	<p><b>Games –</b> Handball Tactics in game situations. Developing control under pressure. Demonstrates rules and good sporting values.</p>	<p><b>Games –</b> Tennis Tactics in game situations. Developing control under pressure. Demonstrates rules and good sporting values.</p>	<p><b>Strike and Field –</b> Cricket Tactics in game situations. Developing control under pressure. Demonstrates rules and good sporting values.</p>	<p><b>Athletics</b> Pacing across different events. Range of jumps, different techniques. Accuracy and good technique when throwing for distance. Stamina.</p>
<p><b>Year 6</b></p>	<p><b>Gymnastics –</b> Counter-balances. Combines and performs gymnastic actions with control and fluency.</p>	<p><b>Dance –</b> Works creatively, structuring dances. Performs fluently, uses dynamics and relationships. Uses appropriate vocabulary, evaluating own and others work Haka and Street Dance</p>	<p><b>Games –</b> Handball Creates and deploys tactics in different situations. Demonstrates control under pressure. Consistently demonstrates rules and good sporting values.</p>	<p><b>Games –</b> Tennis Creates and deploys tactics in different situations. Demonstrates control under pressure. Consistently demonstrates rules and good sporting values.</p>	<p><b>Strike and Field –</b> Cricket Creates and deploys tactics on different situations. Demonstrates control under pressure. Consistently demonstrates rules and good sporting values.</p>	<p><b>Athletics</b> Pacing across different events. Uses and improves most effective technique for jumping and throwing for distance and accuracy.</p>