

Cranford Park CE Primary School

Subject Overview for *Physical Education*

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
	<b>Title of unit Main Objectives /Skills</b>	<b>Title of unit Main Objectives /Skills</b>	<b>Title of unit Main Objectives /Skills</b>	<b>Title of unit Main Objectives /Skills</b>	<b>Title of unit Main Objectives /Skills</b>	<b>Title of unit Main Objectives /Skills</b>
<b>Early Years</b>	<p><b>Awareness of space</b> To use space effectively.</p> <p><b>Parachute</b> To encourage teamwork</p> <p>Circle Dance</p>	<p>Games</p> <p><b>Parachute</b> To encourage teamwork</p> <p><b>Gym</b> To hold a strong, controlled balance.</p> <p>Christmas Dance</p>	<p>Games</p> <p><b>Parachute</b> To encourage teamwork</p> <p><b>Gym</b> To show an awareness of different speeds and levels.</p>	<p>Games</p> <p><b>Parachute</b> To encourage teamwork</p> <p>Dances from around the world</p>	<p>Games outside</p> <p>Sports Day <b>athletics</b> To practise running and passing activities.</p> <p>Dance – in the garden</p>	<p>Games outside</p> <p>Sports Day <b>athletics</b> To practise running and passing activities.</p> <p>Dance – animals and holidays</p>
<b>Year 1</b>	<p><b>Games</b> – ball skills To learn different ways of using a ball.</p> <p><b>Gym</b> – flight To be able to bounce, hop, spring and jump using a variety of take offs and landings.</p>	<p><b>Games</b> – throwing and catching inventing games To throw and catch using a range of apparatus.</p> <p><b>Dance</b> To link a series of movements.</p>	<p><b>Games</b> – throwing and catching inventing games To understand to concept of aiming games.</p> <p><b>Gym</b> – points and patches To hold still balance position on large and small body parts.</p>	<p><b>Games</b> bat and ball skills &amp; skipping To use a bat and ball with control.</p> <p><b>Dance</b> – in the garden To use the music to create a sequence.</p>	<p><b>Games</b> – developing partner work To develop teamwork skills.</p> <p><b>Gym</b> - rocking and rolling To plan and link a series of movements.</p>	<p><b>Games</b> To practise running and passing activities.</p> <p><b>Dance</b> – sounds around To link movements individually and in pairs.</p>
<b>Year 2</b>	<p><b>Games</b> – throwing and catching – Rugby To pass and catch a rugby ball with control.</p>	<p><b>Games</b> – dribbling and hitting – hockey To pass and receive a ball with accuracy.</p>	<p><b>Games</b> = throwing and catching – basketball To pass, throw and shoot a ball.</p>	<p><b>Games</b> – dribbling and kicking football To pass and receive a ball in a small sided</p>	<p><b>Games</b> – inventing games – tennis / net or wall To hit the ball over the</p>	<p><b>Games</b> – group striking and fielding – rounders</p> <p><b>Gym</b> – linking</p>

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	<p><b>Dance</b> – moon landing To translate a stimulus idea into linked movements.</p>	<p><b>Gym</b> – parts high, parts low To understand contrast in level and shape.</p>	<p><b>Dance</b> –pirates To use the music to create a dance sequence.</p>	<p>game. <b>Gym</b> – spinning, turning and twisting To travel and balance confidently.</p>	<p>net. <b>Dance</b> – maypole / country dance To use the music and ribbon creatively, following instructions.</p>	<p>movements To create different pathways and move in different directions.</p>
<b>Year 3</b>	<p><b>Tennis</b> To know how to use a racket, and complete a rally. <b>Dance</b> To use the music and taught moves to create an Indian dance.</p>	<p><b>Hockey</b> To be able to control the ball, pass and receive it. <b>Gym</b> To travel creatively round the Hall.</p>	<p><b>OAA</b> To improve teamwork skills <b>Gym</b> To use their body to create different point balances.</p>	<p><b>Football</b> To pass and receive the ball with control. <b>Dance</b> To use the music to create a dance individually and in groups.</p>	<p><b>Athletics</b> To learn the athletic skills to throw, run and jump <b>Swimming</b> To swim 5m unaided.</p>	<p><b>Cricket</b> To learn how to use a bat and practise throwing skills. <b>Gym</b> To use body to jump and land safely.</p>
<b>Year 4</b>	<p><b>Golf</b> To learn how to hit the ball with putter and driver, towards a target. <b>Dance</b> To use the music to form a dance that flows from individual to groupwork.</p>	<p><b>Netball</b> To learn the different passes, and intercepting skills. <b>Gym</b> To create a sequence of balances.</p>	<p><b>Rugby</b> To know how to pass the ball and use different passes. <b>Dance</b> To use the Egyptian music and create a dance using taught moves.</p>	<p><b>Hockey</b> To be able to play small sided games, with tactics. <b>Swimming</b> To swim 10m unaided</p>	<p><b>Rounders</b> To learn and improve throwing and catching skills. <b>Dance</b> To use their knowledge of animals to create actions to the music.</p>	<p><b>Athletics</b> To improve athletic skills, to throw, run and jump. <b>Gym</b> To travel round the Hall with leaping jumps.</p>
<b>Year 5</b>	<p><b>Badminton</b> To be able to complete a rally with forehand and backhand shots. <b>Gym</b> Individually and in pairs</p>	<p><b>Rugby</b> To play small sided games of tag rugby, using passes and tactics. <b>Dance</b></p>	<p><b>Swimming</b> To tread water for 30 secs. <b>Gym</b> To create a sequence of balances in a pair.</p>	<p><b>Football</b> To play small sided games with tactics. <b>Dance</b> To use the music beat to form a dance</p>	<p><b>Athletics</b> To improve technique in running short and long distances. <b>Gym</b> To use body creatively</p>	<p><b>Rounders</b> To learn the tactics of the full game. <b>Dance</b> To increase heart rate and feel the effects that</p>

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	create a jumping sequence.	To use the body to represent different parts of waters journey.		individually and in groups.	individually and in pairs to travel round the Hall.	exercise has on their bodies.
<b>Year 6</b>	<p><b>Volleyball</b> To learn different ways of getting the ball over the net.</p> <p><b>Swimming</b> To swim 25m unaided.</p> <p><b>OAA trip</b></p>	<p><b>Dance</b> To see and learn some WW2 dance moves and create their own.</p> <p><b>Swimming</b> To swim 25m unaided.</p>	<p><b>Netball</b> To learn the tactics of the game and footwork rule.</p> <p><b>Dance</b> To use Greek music to create a dance representing the stories</p>	<p><b>Cricket</b> To know how to score runs, and take part in small side games to practise skills.</p> <p><b>Gym</b> In groups to develop jumping sequence.</p>	<p><b>Tennis</b> To rally over a net and improve skills of forehand and backhand.</p> <p><b>Dance</b> To create a dance that flows from individual work to group work.</p>	<p><b>Athletics</b> To improve technique in throwing and jumping activities.</p> <p><b>Gym</b> To create a sequence of balances in a group.</p>