



PE Overview



Session 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 1
EYFS	Follow instructions: Footwork & one leg balance	Play with others: Jumping & landing. Seated balance	Follow rules: Dynamic balance	Observe & copy: Ball skills & counter balance	Move in different ways: Sending & receiving	Exercise & Good Health: Ball chasing & floor work balance
KS1 Cycle A	Keep trying: Footwork & one leg balance	Help & encouragement: Jumping & landing. Seated balance	Understand performance: Dynamic balance	Link movements: Ball skills & counter balance	Sequence movements & skills: Sending & receiving	Practice safely: Ball chasing & floor work balance
KS1 Cycle B	Stay on task: Apply footwork & balance	Understand others: Jumping & landing. Seated balance	Observe & describe: Dynamic balance on line	Explore & describe: Ball skills. Counter balance with partners	Control movement: Sending & receiving. Reaction & response.	Exercise the body: Ball chasing. Floor work balance.
LKS2 Cycle A	Accept challenge: Footwork & one leg balance	Supporting others: Jumping & landing. Seated balance	Identify areas to improve: Dynamic balance & balls skills	Recognise & respond: Sending & receiving. Counter balance with a partner	Select & apply: Reaction & response	Prepare for activity: Ball chasing & stance
LKS2 Cycle B	Evaluate learning: Footwork & one leg balance	Share ideas: Jumping & landing. Seated balance	Recognise success: Dynamic balance & balls skills	Respond differently: Sending & receiving. Counter balance with a partner	Perform & repeat: Reaction & response	Know how and why the body changes: Ball chasing & stance
UPKS2 Cycle A	Consistently try to improve: Balls skills. React & respond	Organise & guide others: Dynamic balance	Make good decisions: Stance & footwork	Adapt/change activities: Seated and floor work balance	Link actions to follow: Jumping & landing. One leg balance	Monitor activity: Sending & receiving. Ball chasing.
UPKS2 Cycle B	React positively to change: Balls skills. React & respond	Provide helpful feedback: Dynamic balance	Judge performance: Stance & footwork	Express ideas: Seated and floor work balance	Combining skills: Jumping & landing. One leg balance	Describe fitness components: Sending & receiving. Ball chasing.



PE Overview



Session 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 1
KS1 Cycle A	Competitive Sport: Games – Hit, catch and run	Gym	Gym	Dance	Competitive Sport: Games – Attach, defend and shoot	Competitive Sport: Athletics – Run at different speeds, jump and throw
KS1 Cycle B	Competitive Sport: Games – Run, jump and throw	Gym	Gym	Dance	Competitive Sport: Games – Hit, catch and run	Competitive Sport: Games – Send and Return
LKS2 Cycle A	Competitive Sport: Tag Rugby How to tag and pull tags out Rules of the game	Gym	Gym	Dance	Competitive Sport: Cricket	Competitive Sport: Athletic
LKS2 Cycle B	Competitive Sport: Netball	Gym	Gym	Dance	Competitive Sport: Hockey	Competitive Sport: Tennis
UPKS2 Cycle A	Competitive Sport: Invasion Hockey	Gym	Competitive Sport: Badminton	Competitive Sport: Tag Rugby	Competitive Sport: Cricket	Fitness: Fitness Sessions
UPKS2 Cycle B	Competitive Sport: Netball	Gym	Dance	Competitive Sport: Hockey	Competitive Sport: Tennis	Competitive Sport: Athletics