

Reception & KS1 Overview

Overview:	Reception	Year 1	Year 2
Locomotion: Walking, Running & Dodging	Walking Explore/develop walking Explore walking in different pathways Sustain walking Explore marching Apply walking into a game	Explore running Apply running into a game Explore running at different speeds Running for speed: Acceleration Explore running in a team Consolidate running, Apply running into a competitive game	Explore dodging Develop dodging Apply dodging: Explore attacking and defending Apply dodging in teams
Locomotion: Jumping	Explore/develop jumping Apply jumping into a game Jumping for distance Explore jumping high Explore hopping	Recap jumping Develop jumping Explore how jumping affects our bodies Explore skipping Apply skipping and jumping into a game	Consolidate jumping Apply jumping into a game Linking jumping Explore jumping combinations Develop jumping combinations
Ball Skills: Hands	Explore pushing Explore rolling Explore bouncing Explore bouncing into space Combine pushing and rolling	Introduce sending (bouncing) with control Introduce aiming with accuracy Introduce power and speed when sending a ball	Develop dribbling/passing and receiving Combine dribbling, passing and receiving, keeping possession Develop dribbling/passing and receiving to score a point

	<p>Combine rolling, pushing and bouncing</p> <p>Explore throwing overarm</p> <p>Explore throwing underarm</p> <p>Explore rolling</p> <p>Explore stopping a ball</p> <p>Explore catching</p>	<p>Introduce/develop stopping, combining sending skills</p> <p>Combine sending and receiving skills</p>	<p>Combine dribbling, passing and receiving to score a point</p>
Ball Skills: Feet	<p>Explore moving with a ball using our feet</p> <p>Develop moving with a ball using our feet</p> <p>Understand dribbling</p> <p>Develop dribbling against an opponent</p>	<p>Develop moving the ball using the feet</p> <p>Apply dribbling into games</p> <p>Consolidate dribbling</p> <p>Explore kicking (passing)</p> <p>Apply kicking (passing) to score a point</p>	<p>Develop dribbling/passing/ receiving, keeping possession</p> <p>Combine dribbling, passing and receiving, keeping possession/to score a point</p> <p>Apply dribbling, passing and receiving as a team to score a point</p>
Gymnastics	<p>Introduction to high, low, over and under</p> <p>Introduction to the apparatus</p> <p>Applying high and low on apparatus</p> <p>Explore moving and making shapes using different body parts</p> <p>Explore moving in different directions</p> <p>Explore big and small ways of moving and making shapes</p> <p>Moving in pairs Creating shapes in pairs</p>	<p>Introduction to wide, narrow and curled</p> <p>Exploring the difference between wide, narrow and curled</p> <p>Transitioning between wide, narrow and curled movements</p> <p>Linking two movements together</p>	<p>Developing linking</p> <p>Linking on apparatus</p> <p>Jump, roll, balance sequences/on apparatus</p> <p>Creation of sequences</p> <p>Completion of sequences and performance</p>

<p>Dance</p>	<p>Moving in sequence</p> <p>Creating our own movements</p> <p>Creating simple movement sequences</p> <p>Responding in movement to words and music</p> <p>Exploring contrasting tempos</p> <p>Exploring character movements</p> <p>Moving in sequence</p> <p>Responding in movement to words and music</p> <p>Moving with props and contrasting tempos</p> <p>Creating their own movements</p> <p>Exploring opposites and creating simple movement sequences</p> <p>Moving with control</p> <p>Adding movements together</p> <p>Responding to rhythm in character</p> <p>Adding expression to our characters' (dinosaur) movements</p> <p>Performing with a partner</p> <p>Exploring relationships</p>	<p>Exploring expression</p> <p>Developing our movements, adding movements together</p> <p>Responding to a rhythm: Introducing partner work</p> <p>Creating an animal sequence motifs</p> <p>Exploring relationships within our motifs</p>	<p>Exploring expression</p> <p>Linking movements together</p> <p>Creating a motif with characterisation, expression and emotion</p> <p>Extending our motifs with different dynamics (fast and slow)</p>
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Games For Understanding	<p>Taking turns/keeping the score</p> <p>Understanding and playing by the rules</p> <p>Avoiding a defender</p> <p>Preventing an attacker from scoring</p> <p>Applying attacking and defending into a game</p>	<p>Understanding the principles of attack/defence</p> <p>Applying attacking/ defending principles into a game</p> <p>Consolidate attacking/defending</p>	<p>Attacking/defending as a team</p> <p>Understanding the transition between defence and attack</p> <p>Create and apply attacking/ defensive tactics</p>
Rackets, Bats and Balls		<p>Develop pushing (dribbling) a ball with a racket: Introducing control</p> <p>Explore hitting and develop pushing a ball (with a racket) towards a target</p> <p>Explore hitting a ball (with a racket) with accuracy and power</p>	<p>Hitting (striking) a ball (with a racket) with accuracy and power to beat an opponent</p> <p>Introduce hitting (sending/striking) a ball into a space: Where and why?</p> <p>Striking the ball (with a bat) into space with intent</p>

KS2 Overview

Overview:	Year 3	Year 4	Year 5	Year 6
Tag Rugby	<p>Introduce moving with the ball, passing and receiving Introduce tagging</p> <p>Create space when attacking</p> <p>Develop passing and moving</p> <p>Combine passing/moving to create attacking opportunities</p>		<p>Refine passing and moving to create attacking opportunities</p> <p>Explore different passes that can be used to outwit defenders</p> <p>Refine defending as a team Create and apply defending tactics.</p> <p>Develop officiating</p>	
Gymnastics	<p>Introduction to symmetry</p> <p>Introduction to asymmetry</p> <p>Application of learning onto apparatus</p> <p>Sequence formation Sequence completion</p>	<p>Introduction to bridges</p> <p>Application of bridge learning onto apparatus</p> <p>Develop sequences with bridges</p> <p>Sequence formation</p> <p>Sequence completion</p>	<p>Introduction to counter balance</p> <p>Application of counter balance learning onto apparatus</p> <p>Sequence formation</p> <p>Counter Tension Sequence completion</p>	<p>Introduction to matching/mirroring</p> <p>Application of matching/mirroring learning onto apparatus</p> <p>Sequence development</p>
Dance	<p>Responding to stimuli</p> <p>Developing characters and extending the story</p> <p>Creating motifs with a partner in character</p> <p>Developing characterisation</p>	<p>Extending sequences with a partner in character</p> <p>Developing sequences with a partner in character that show relationships and interlinking dance moves</p> <p>Sequences, relationships, choreography and performance</p>	<p>Exploring the Greeks using compositional principles</p> <p>Extending sequences with a partner using compositional principles</p> <p>Creating movement using improvisation where movement is reactive</p>	<p>Creating rhythmic patterns using our body</p> <p>Extending our choreography through controlled movements, character emotion and expression</p> <p>Explore the relationships between characters applying character emotion and expression</p> <p>Performance and reflection</p>

Dodgeball	Developing changing direction Introduce throwing with accuracy Introduce catching Develop moving, changing direction at speed Combine throwing and dodging			
Basketball	Introduce dribbling; keeping control Introduce passing and receiving Combine dribbling and passing to create space Develop passing, receiving and dribbling Introduce shooting	Refine dribbling Refine passing and receiving Refine passing and dribbling creating space Refine passing and dribbling creating shooting opportunities Introduce marking		
Rounders	Introduce to rounders Introduce overarm throwing Apply overarm and underarm throwing Introduce stopping the ball Application of stopping the ball in a game			Introduction to full rounders Consolidate fielding tactics Refine our understanding of what happens if the batter misses or hits the ball backwards Batting considerations
Football		Refine dribbling Turning Refine passing and receiving Develop passing and dribbling creating space Introduce shooting		Consolidate keeping possession, Develop officiating Consolidate defending Organise formations and manage teams Organise formations decide tactics, manage teams and officiate games

<p>Problem Solving, Orienteering & Leadership</p>		<p>Benches and mats challenge</p> <p>Round the clock card challenge</p> <p>The pen challenge</p> <p>The river rope challenge</p> <p>Caving challenges</p>	<p>Face orienteering</p> <p>Cone orienteering</p> <p>Point and return</p> <p>Point to point</p> <p>Timed course</p> <p>Orienteering competition</p>	<p>Understanding what makes an effective leader</p> <p>Communicating as a leader Introducing the STEP principle: Space , Task, Equipment and People</p>
<p>Swimming</p>		<p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Use a range of strokes effectively – for example, front crawl, backstroke and breaststroke</p> <p>Perform safe self-rescue in different water-based situations</p>		