

PE Overview – Lower School

Athletics	Dance	Fitness / Other	Games	Gymnastics	OAA	Swimming
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Year 3	Units to cover	Athletics	Games – invasion	Gymnastics	OAA	Games- Invasion	Games – Striking & Fielding
		Fitness / Personal Development (Skipping Henry)			Dance	Games- Invasion	Games – Invasion

Year 4	Units to cover	Athletics	Game – Invasion	Dance	Gymnastics	OAA	Games- Striking & Fielding
		Swimming					

PE Aims	<ul style="list-style-type: none"> develop competence to excel in a broad range of physical activities. are physically active for sustained periods of time. engage in competitive sports and activities. lead healthy, active lives.
The 3 Pillars (Taken from the PE Review)	<ul style="list-style-type: none"> motor competence – knowledge of the range of movements that become increasingly sport- and physical activity-specific (NOTE: it is not the expectation that PE is a preparation path for elite athletes: PE alone does not have the time, resources, or intent to do this. But PE can provide knowledge through instruction, practise, and feedback for pupils to flourish within their phase and prepare them for the next stages of learning.) rules, strategies, and tactics – knowledge of the conventions of participation in different sports and physical activities healthy participation – knowledge of safe and effective participation
PE Focus Thread	<ul style="list-style-type: none"> Life Skills – Communication, Concentration, Confidence, Creativity, Empathy, ICT, Independent learning, Organisation, Pride, Problem Solving, Teamwork, Trust, Fundamental Skills (Movement, stability, object manipulation) – Balance, Catching, Climbing, Dodging, Dribbling, Hopping, Jumping, Kicking, Overarm, Running, Skipping, Striking, Throwing, Health & Wellbeing- Body Systems (Skeletal, muscular, cardiorespiratory), Diet (Nutrients, functions, sources), First Aid / Mental health / Water safety, Components of Fitness (Health related – Body composition, CV endurance, Flexibility, Muscular endurance, Muscular strength; Skill related – Agility, Balance, Coordination, Power, Reaction time, Speed,)

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Year 3 – Focusing on Motor / Fundamental skills						
PE Lesson 1 – TW Led						
Unit to cover	Athletics	Games – invasion	Gymnastics	OAA	Games - Invasion	Games - Striking & Fielding
Space	Playground (SHP)	Playground (SHP)	School Hall	School & SHP	Playground	Playground
Covered activities	Fitness / Fundamentals	Ball skills	Directions, landing and safety	Map symbols & Compass	Football	Kick rounders
Criteria	<ul style="list-style-type: none"> <input type="checkbox"/> Understand why it is important to warm up. <input type="checkbox"/> Identify bones 10 bones in the body. <input type="checkbox"/> To understand what is meant by Agility, Speed and CV endurance. <input type="checkbox"/> To coordinate arms and legs when moving <input type="checkbox"/> To understand how balance is maintained during movement 	<ul style="list-style-type: none"> <input type="checkbox"/> To be able to Pass a ball using different techniques over a short distance. <input type="checkbox"/> Identify which technique is the most appropriate for the situation. <input type="checkbox"/> To apply skills into small, sided games (max 3 v 3) 	<ul style="list-style-type: none"> <input type="checkbox"/> To demonstrate the 5 types of jumps (1 to 1, 1 to 2, 2 to 1, 2 to 2, 1 to the other) <input type="checkbox"/> To move in different directions / levels safely <input type="checkbox"/> Perform an egg rock (returning to feet) <input type="checkbox"/> Move confidently along low-level equipment. <input type="checkbox"/> To create a short sequence demonstrating fluidity when linking movements 	<ul style="list-style-type: none"> <input type="checkbox"/> Dress appropriately for the outdoor environment <input type="checkbox"/> To understand how a compass works <input type="checkbox"/> To know the 4 basic points of a compass <input type="checkbox"/> To understand basic symbols on a map <input type="checkbox"/> Identify key feature of a map in School. <input type="checkbox"/> To follow a basic map to reach a destination. 	<ul style="list-style-type: none"> <input type="checkbox"/> Develop the skill of kicking the ball. <input type="checkbox"/> To maintain control when moving with the ball (dribbling) <input type="checkbox"/> To demonstrate correct technique when using overhead throw <input type="checkbox"/> To demonstrate knowledge of defending <input type="checkbox"/> Make accurate decisions where to pass 	<ul style="list-style-type: none"> <input type="checkbox"/> To be able to roll a ball accurately. <input type="checkbox"/> To be able to Pass a ball using the foot. <input type="checkbox"/> To be able to retrieve & pass a ball using the hands <input type="checkbox"/> To catch the ball with 2 hands <input type="checkbox"/> To demonstrate what being in a space means <input type="checkbox"/> Apply and follow rules accurately
Key words Life Skills Fundamental Skills Health & Wellbeing	T1- Balance , Fast, hop , jump , next race , run , skip, slow	T1 - Balance , ball, catch , hop , jump , kick , pass, Run , Skip , Throw	T1 - Backwards, Balance , forwards, hop , jump , left, right, Run , star, straight, stretch, Skip , turn	T1 - Balance , Find , Run	T1 - Balance , ball, jump , kick , pass, Run , shoot, Throw	T1 - Balance , ball, catch , focus, jump , kick , roll, run , Throw
	T2- coordination , endurance , obstacle, power , speed ,	T2 - Agility , centre, communication , coordination , empathy , possession, position,	T2- Agility , confidence , coordination , creativity , extended, flexibility , organisation , star jump, space, speed ,	T2 - Communication , confidence , creativity , Environment, Obstacle, organisation	T2 - Agility , centre, communication , confidence , coordination , creativity , empathy , organisation , pitch,	T2 - Anticlockwise, communication , Concentration , confidence , coordination , field,

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		receive, target, teamwork,	teamwork, tension, travel, twist	Surroundings, teamwork, trust	possession, position, receive, speed, target, teamwork, trust	empathy, organisation, power, speed, target, teamwork,
	T3- Athletics, cross country, sprint, track Skeleton – Cranium, Clavicle, Scapula, Sternum, Humerus, Radius, Ulna, Phalanges, Femur, Tibia, Fibular, Pelvis, Patella, Spine	T3- Attacker, defender, Dodging, dribbling, goal,	T3 – Aesthetically Pleasing, arch, bridge, centre of gravity, egg rock, forward roll, Gymnastics, land, pike, sidestep, straddle, tuck	T3 - Compass points (N,S,E,W), orienteering, problem solving	T3 - Attacker, defender, Dodging, dribbling, Football, goal, goalkeeper, overhead pass, penalty area,	T3 - Base, bat stop, bowler, Fielder. Kick rounders, Striker,
Cross curricular Focus	Science – Skeleton			Geography – Compass Points- N, S, E, W		
PE Lesson 2 – Teacher Led – Please note – These sessions will be in a different order as year 3 have Skipping Henry						
Unit to cover	Fitness / Personal Development			Dance	Games - Invasion	Games – Invasion
Space	Hall			Hall	Hall	
Covered activities	Skipping Henry			Dance	Benchball	Netball
Criteria	<input type="checkbox"/> Understand why it is important to warm up <input type="checkbox"/> Identify the major muscles in the body <input type="checkbox"/> Demonstrate different types of landing (2-2; 2 – 1, 1 – 2, 1 to other) <input type="checkbox"/> To move in different directions and through space <input type="checkbox"/> To maintain timing to a beat <input type="checkbox"/> Create a skipping sequence demonstrating fluency and linking of different skills			<input type="checkbox"/> To maintain timing with a beat <input type="checkbox"/> To move in different directions / levels <input type="checkbox"/> To copy and remember a dance sequence. <input type="checkbox"/> To create a sequence showing fluidity, expression, and use of space	<input type="checkbox"/> To catch the ball with 2 hands <input type="checkbox"/> To remain balanced when on low level objects <input type="checkbox"/> To be able to Pass a ball using correct power, direction. <input type="checkbox"/> To defend the ball <input type="checkbox"/> Make accurate decisions where to pass	<input type="checkbox"/> Develop the skill of throwing the ball (Chest/bounce/shoulder) <input type="checkbox"/> To remain balanced when in possession of the ball <input type="checkbox"/> To catch the ball with 2 hands <input type="checkbox"/> Demonstrate understanding of special awareness. <input type="checkbox"/> Apply and follow rules accurately.
Key words Fundamental Skills	T1 - Balance, backwards, forwards, Hopping, Jumping, Skipping,			T1 - After, backwards, Balance, beat, before, dance, forwards, freeze, hop, jump, left,	T1 - Balance, ball, catch, jump, pass, Run, Throw	T1 - Balance, ball, catch, hop, jump, pass, Run, shoot, Throw

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		next, right, Run, Skip, space		
	T2 - Agility, communication, confidence, coordination, creativity, diagonal, empathy, environment, extended, flexibility, flow, organisation, performance, power, rhythm, stationary, teamwork	T2 - Agility, communication, confidence, coordination, creativity, diagonal, empathy, environment, extended, flexibility, flow, organisation, performance, power, rhythm, stationary, teamwork	T2 - communication, confidence, coordination, court, empathy, organisation, possession, position, receive, speed, target, teamwork,	T2 - Agility, centre, communication, confidence, coordination, court, creativity, empathy, organisation, possession, position, receive, speed, target, teamwork, trust
	T3 - Aesthetically Pleasing, bell (forward& Back), cannon, chorus, count, criss-cross, double, energy, full turn, jogger, levels, rocker, single, skier, swing, unison	T3 - Aesthetically Pleasing, chorus, count, energy, levels	T3 - Attacker, Benchball chest pass, defender, Dodging, overhead pass, shoulder pass,	T3- Attacker, bounce pass, chest pass, defender, Dodging, footwork, goal, goal shooter, Netball, pivot, overhead pass, shoulder pass,
Cross curricular Focus				

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Year 4						
PE Lesson 1 – TW Led						
Unit to cover	Athletics	Game – Invasion	Dance	Gymnastics	OAA	Games – Striking & Fielding
Space	Playground	Playground	Hall	Hall	Playground (SHP)	Playground
Covered activities	Short distance events Endurance events Jumping events	Tag Rugby	Creating routines in pairs / groups	Low level Flight, Rolls, Balance, Hanging	Problem Solving / OAA / Water Safety (Potential trip to Spring Lakes & Beach (Nottingham – Residential?))	Dynamo Cricket
Criteria	<input type="checkbox"/> Demonstrate fluency and rhythm when completing short distance events. <input type="checkbox"/> Demonstrate pace when completing in an endurance event. <input type="checkbox"/> Pass the relay baton smoothly between teammates. <input type="checkbox"/> Combine different take off / landings (SLJ & STJ) <input type="checkbox"/> To be able to identify 10 muscles in the body.	<input type="checkbox"/> To create space to receive a pass effectively. <input type="checkbox"/> To understand the concept of passing backwards <input type="checkbox"/> To receive a ball from in front of Side on <input type="checkbox"/> To apply skills into small, sided games (max 5 v 5) <input type="checkbox"/> To observe and adapt directional paths to try and score a try. <input type="checkbox"/> Apply rules of the game fairly	<input type="checkbox"/> To move between spaces using different pathways <input type="checkbox"/> Demonstrate different forces (push / pull), timing (fast / slow), dynamics (smooth / snappy / jagged). <input type="checkbox"/> To understand the terms unison, cannon <input type="checkbox"/> To implement leaps, jumps, and turns to travel from one point to another. <input type="checkbox"/> To demonstrate smooth transitions between different groupings	<input type="checkbox"/> Understand and perform different shaped jumps from low level. <input type="checkbox"/> Mount and dismount equipment safely <input type="checkbox"/> Demonstrate a forward roll technique. <input type="checkbox"/> Understand the terms counterbalance / tension in pairs and group balances. <input type="checkbox"/> Support own body weight through hanging	<input type="checkbox"/> Dress appropriately for the outdoor environment <input type="checkbox"/> To understand how a compass works <input type="checkbox"/> To know the 8 basic points of a compass <input type="checkbox"/> Identify key features of a map in SHP). <input type="checkbox"/> To follow a basic map to reach a destination. <input type="checkbox"/> To work together as a team to solve different problems. Water safety – See swimming below	<input type="checkbox"/> Be able to strike the ball regularly. <input type="checkbox"/> Be able to bowl the ball underarm (or over arm) with power, speed and direction. <input type="checkbox"/> Identify key fielders to pass to <input type="checkbox"/> Demonstrate a short barrier to prevent the ball rolling further. <input type="checkbox"/> Understand (and self-officiate) the rules of dynamo cricket
Key words	T1- Balance, Fast, hop, jump, next, race, run, skip, slow	T1- Balance, ball, catch, jump, pass (backwards, sideward), Run, Skip, tag, Throw	T1- After, backwards, Balance, beat, before, dance, forwards, freeze, hop, jump, left, next, right, Run, Skip, space	T1- Backwards, Balance, forwards, hop, jump, left, right, Run, star, straight, stretch, Skip, turn	T1- Balance, Find Run	T1- Balance, ball, catch, focus, jump, run, Throw

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	T2- Agility, coordination, endurance, power, reaction time, speed,	T2- Agility, centre, communication, confidence, coordination, creativity, empathy, organisation, pitch, possession, position, receive, speed, teamwork,	T2- Agility, communication, confidence, coordination, creativity, diagonal, empathy, environment, extended, flexibility, flow, organisation, performance, power, rhythm, stationary, teamwork	T2- Agility, confidence, coordination, counterbalance, counter tension, creativity, dismount, extended, flexibility, mount, organisation, reaction time, star jump, space, speed, teamwork, tension, travel, twist	T2- Communication, confidence, creativity, Environment, Obstacle, organisation Surroundings, teamwork, trust	T2 - Anticlockwise, communication, Concentration, confidence, coordination, field, empathy, organisation, power, speed, target, teamwork,
	T3- Athletics, cross country, field, lane, racetrack, sprint, standing long jump, standing triple jump, track, Muscles – Abdominals, Bicep, Deltoid, Gastrocnemius (Calf), Gluteal, Hamstrings, Pectorals, Quadriceps, Trapezius, Triceps,	T3- Attacker, back pass, defender, Dodging, side pass, Tag Rugby, try	T3 - Aesthetically Pleasing, cannon, chorus, count, energy, groups, levels, pace, paired, solo, unison.	T3 - Aesthetically Pleasing, arch, bridge, centre of gravity, egg rock, forward roll, Gymnastics, hanging land, pike, sidestep, straddle, tuck	T3 – Compass, Cardinal points (N, NE, E, SE, S, SW, W, NW), features, orienteering, plotting, problem solving	T3- batter, bowler, Cricket, Fielder long barrier, runs, wicketkeeper
Cross curricular Focus					PSHE – Personal Safety	
PE Lesson 2 – Swimming						
Unit to cover	Swimming					
Space	Spence Street Swimming Pool					
Covered activities	Swimming					
Criteria	<input type="checkbox"/> Understand water safety rules for the pool (<input type="checkbox"/> Can enter / Exit the pool safely. <input type="checkbox"/> Move around the water confidently. <input type="checkbox"/> Can perform a survival float – Starfish. <input type="checkbox"/> Can jump in a pool safely. <input type="checkbox"/> Can swim unaided over 25m using 1 main stroke. <input type="checkbox"/> Can swim unaided over 25m using 2 or more strokes. <input type="checkbox"/> Tread water for 30 seconds			<input type="checkbox"/> To understand who to call in case of emergency in water. <input type="checkbox"/> To perform a land-based rescue <input type="checkbox"/> To identify hazards in and around outside bodies of water <input type="checkbox"/> To identify the flags used on a beach		
Key words	T1- Above, Deep, enter, exit, float, push, shallow, sink, steps					

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	T2 – confidence, depth, lane, poolside, power, rules stroke, submerge, trust, width
	T3 – Alarm, backstroke, bellyflop, breaststroke, breath, butterfly, diving, evacuate, freestyle, front crawl, glide, log roll, self-rescue, surface dive, survival, synchronised swimming, tread water, tumble turn, underwater, water polo, woggle (noodle)
Cross curricular Focus	PSHE – Personal Safety