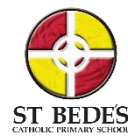


PE Long Term Overview 2024-2025



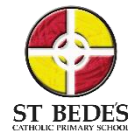
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Motor Competence (Fundamentals)	Motor Competence (Dance)	Striking and Fielding (Skills)	Net and Wall Games (Skills)	Invasion Games (Skills)	Athletics - NUFC Ball Skills (Football)
Year 2	Motor Competence (Fundamentals)	Motor Competence (Gymnastics)	Invasion Games (Skills)	Net and Wall Games (Skills)	Striking and Fielding (Skills)	Athletics - NUFC Striking and Fielding (Rounders)
Year 3	Motor Competence (Fitness)	Motor Competence (Gymnastics)	Target Games (Basketball)	Net and Wall Games (Tennis)	Invasion Games (Tag Rugby)	Athletics
Year 4	Motor Competence (Body Strengthening)	Motor Competence (Dance)	Target Game (Dodgeball)	Outdoor Adventurous Activities	Invasion Game (Football)	Athletics
Year 5	Motor Competence (Fitness)	Motor Competence (Dance)	Net and Wall Games (Badminton)	Outdoor Adventurous Activities	Invasion Game (Hockey)	Athletics
Year 6	Motor Competence (Body Strengthening)	Motor Competence (Gymnastics)	Net and Wall Game (Volleyball)	Outdoor Adventurous Activities	Invasion Game (Netball)	Athletics - NUFC Striking and Fielding (Hockey)



PE Long Term Overview 2024-2025



Key Theme	Motor Competence	Rules, strategies and tactics	Healthy Participation
Year 1	Fundamentals Dance Striking and Fielding skills Invasion Games skills Net and Wall Game skills	Football Athletics	Football Athletics
Year 2	Fundamentals Dance Striking and Fielding skills Invasion Games skills Net and Wall Game skills	Rounders Athletics	Rounders Athletics
Year 3	Fitness Gymnastics	Athletics Tennis Tag Rugby Basketball	Athletics Tennis Tag Rugby Basketball
Year 4	Body Strengthening Dance	Football Dodgeball Athletics Outdoor Adventurous Activities	Football Dodgeball Athletics
Year 5	Fitness Dance	Hockey Badminton Athletics	Hockey Badminton Athletics



PE Long Term Overview 2024-2025



		Outdoor Adventurous Activities	
Year 6	Body Strengthening Gymnastics	Hockey Netball Volleyball Athletics Outdoor Adventurous Activities	Hockey Netball Volleyball Athletics

PE PROGRESSION MAP		
Category of Knowledge	Key Stage	
Fundamental movements	KS1	<ul style="list-style-type: none"> Balancing on one foot Under arm throw Catching of a large ball Sprint run Skip Hop Gallop Over arm throw Catch medium/ small balls Jump for height and distance Use agility to move and change direction Discover different ways to throw accurately. To be able to catch with confidence. Use a range of different passes to pass to teammates. Dribble a ball with hands and feet. Use hand eye coordination to be able to strike an object with accuracy.
	LKS2	<ul style="list-style-type: none"> Use agility to move and change direction at speed to avoid others and opponents Discover different ways to throw accurately. To be able to catch under pressure. Use a range of different passes to pass and move as a team. Dribble a ball with hands and feet. Use hand eye coordination to be able to strike an object with accuracy. Fundamental movement knowledge from the previous phase will be taught applied throughout all units of learning

	UKS2	<ul style="list-style-type: none"> Fundamental movement knowledge from previous phase will be taught applied throughout all units of learning.
Invasion and Team Games	KS1	<ul style="list-style-type: none"> Can travel in a variety of ways including running and jumping. Receives a ball with basic control Beginning to develop hand-eye coordination Participates in simple games Confident to send the ball to others in a range of ways. Beginning to apply and combine a variety of skills (to a game situation) Develop strong spatial awareness. Understand the importance of rules in games. Show an understanding of simple tactics and use them appropriately. Begin to develop an understanding of attacking/ defending
	LKS2	<ul style="list-style-type: none"> Understands tactics and composition by starting to vary how they respond. Vary skills, actions and ideas and link these in ways that suit the activity of the game. Beginning to communicate with others during game situations. Develops own rules for new games. Beginning to understand how to compete with each other in a controlled manner. Beginning to select resources independently to carry out different skills. Shows confidence in using ball skills in various ways, and can link these together. e.g. dribbling, bouncing, kicking Uses skills with coordination, control and fluency. Takes part in competitive games with a strong understanding of tactics and composition. Works well in a group to develop various games. Compares and comments on skills to adapt games. Can make suggestions as to what resources can be used to differentiate a game. Apply basic skills for attacking and defending. Uses running, jumping, throwing and catching in isolation and combination
	UKS2	<ul style="list-style-type: none"> Vary skills, actions and ideas and link these in ways that suit the activity of the game. Shows confidence in using ball skills in various ways, and can link these together effectively.e.g. dribbling, bouncing, kicking Keeps possession of balls during game situations. Consistently uses skills with coordination, control and fluency. Takes part in competitive games with a strong understanding of tactics and composition. Compares and comments on skills to modify competitive games. Can make suggestions as to what resources can be used to differentiate a game. Continue to develop their knowledge of skills for attacking and defending. Continue to develop running, jumping, throwing and catching skills in isolation and in combination
Striking and Fielding	KS1	<ul style="list-style-type: none"> Complete underarm throw and underarm roll with accuracy Understanding rules of games Collaborating/ cooperating with 1- 2 team mates. Adapt body position to suit technique e.g. (bending to roll a ball) Compete in small groups and display sportsmanship Receive and throw a small to medium ball with confidence Kick or strike a static object (e.g. a ball from a cone) Use an underarm throw to pass ball to peers

		<ul style="list-style-type: none"> • Understanding basic scoring rules • Stop a ball in motion • Use a range of sending and receiving, such as overarm throw • Changing body position to stop a ball in motion • Understanding the importance of rules
	LKS2	<ul style="list-style-type: none"> • Accurately strike an object with a piece of equipment with appropriate force • Recognise best practice individually • Use a range of sending and striking techniques to hit a target with precision • Gain an appreciation for rules • Strike a static object with accuracy and intent • Begin to communicate as a group to coordinate stopping a ball in motion • Respond to changes in rules that affect scoring • Develop tactical decisions when striking a ball • Begin to develop simple tactics to compete • Continue to develop communication to return a ball • Use a range of sending, receiving and fielding techniques in good time
	UKS2	<ul style="list-style-type: none"> • Work cooperatively to put strategies and solutions into actions. • Change the rules to increase challenge • Recognise best practice in themselves and others • Give in-game feedback to improve performance • Strike a moving object with intent into space • Communicate formation changes to maximise effectiveness e.g. fielding wider when a good striker enters play • Develop an understanding of a range of scoring techniques • Plan, assess and evaluate the effectiveness of a formation/tactic
Net and Wall Games	KS1	<ul style="list-style-type: none"> • Use the correct technique for holding equipment e.g. Tennis Racket • Independently control equipment to perform e.g. Tennis Racket • Use underarm and two-handed sending and receiving techniques • Develop hand-eye coordination • Predict how a ball bounces/reacts • Use a range of different ball types • Change technique of strike/send to match ball e.g. a dodgeball • Adapt body shape to send/receive objects using a variety of techniques
	LKS2	<ul style="list-style-type: none"> • Increase confidence and competence in using underarm strike in a range of contexts • Keep an active foot position to move swiftly around the court • Develop spatial awareness and positioning • Explore the use of over-arm strikes
	UKS2	<ul style="list-style-type: none"> • Develop spatial awareness when competing with a partner • Change play type based on positioning of an opponent • Use the over-arm strike in a range of shot types e.g. overhead clear and smash • Use a range of shots to use the entire playing area and move the opponent • Communicate efficiently with peers using a clear set of instructions

Outdoor and Adventurous Activities and Problem-solving	LKS1	<ul style="list-style-type: none"> • Develop understanding for how a map is orientated (facing north) • Give, receive and follow written and verbal instructions • Read a basic legend • Problem solve collaboratively and independently • Identify start and end points on a map • Complete start and loop maps • Exploring different methods of communication • Completing tasks quickly within certain restrictions/instructions
	UKS2	<ul style="list-style-type: none"> • Orientate themselves within a map using known locations • Give, receive and follow complex written and verbal instructions • Read a detailed legend highlighting points of interest • Develop own confidence and encourage others to try tasks outside of their comfort zone • Complete start and loop maps • Applying different methods of communication to work in teams to decide different approaches to meet a challenge. • Ensuring interactions within teams are positive to overcome challenges. • Take part in further outdoor and adventurous activities
Gymnastics	KS1	<ul style="list-style-type: none"> • Perform different shapes with my body, having different points touching the floor (star, straight, tuck shapes) with good technique • Perform a minimum of 3 shapes with good technique • Observe a partner and give accurate feedback • Perform travelling movements on my feet and with weight on my hands, following different pathways (zig-zag, L shape etc.) • Jump using a skipping rope • Create and perform a sequence of movements including rotation
	LSK2	<ul style="list-style-type: none"> • Successfully perform 2 different types of rolls safely (pencil roll, tuck roll) • Link and develop two different jumps • Observe a partner and give accurate feedback, saying what went well and what could be better • Perform all gymnastics shapes on different body parts/levels • Use a wide range of gymnastic actions • Make judgements about quality of jumps, elevation, style and control • Create and perform a sequence in a pathway
	UKS2	<ul style="list-style-type: none"> • Recognise and perform all gymnastics shapes, including partner assisted shapes • Demonstrate the correct jumping, leaping and landing techniques in five jump classifications (Jump, hop, leap, Assemblé, Sissonne) • Create and perform a sequence • Demonstrate and safely execute a wide range of gymnastic actions
Dance	KS1	<ul style="list-style-type: none"> • Learn basic movements relating to feelings • Show that they have a clear starting and finishing position • Respond to different music showing a range of emotions • Perform dance movements and simple routines using simple movement patterns • Evaluate and improve a dance performance through peer assessment • Use a range of vocabulary to describe moods and how dances make them feel • Remember and repeat simple dance phrases

	LKS2	<ul style="list-style-type: none"> • Improvise freely on their own and with a partner, translating ideas from a stimulus to a movement • Keep up an activity over a period of time and know what they need to warm up and cool down for dance • Explore and create characters and narratives in response to a range of stimuli • Describe, interpret and evaluate their own and others' dances, taking account of character and narrative
	UKS2	<ul style="list-style-type: none"> • Explore and improvise ideas for dances in different styles, working on their own, with a partner and in a group • Show an understanding of why warm up and cool down is important • Explore, improvise and combine movement ideas fluently and effectively • Understand how a dance is formed and performed • To evaluate, refine and develop their own and others' work • To demonstrate an understanding of dance-related vocabulary (e.g. canon, improvisation, stimulus, dynamics, unison, call and response and repetition)
Athletics	KS1	<ul style="list-style-type: none"> • Take off in different ways and land in coordinated ways (walk, fast walk, side step, slow jog, running, walking backwards, jump from 2 feet to 2 feet, hop.) • Jump forwards and sideways on two feet, then hop on one foot • Throw a ball into a target (buckets, hoop, wall targets, boxes etc) using overarm (javelin) and push (shot put) techniques • Walk and run with good posture and balance (head straight, back straight, keep on your toes) • Jump: <ul style="list-style-type: none"> - 2 feet to 2 feet - 1 foot to 2 feet - 2 feet to 1 foot - 1 foot to 1 foot • Observe a partner and give accurate feedback
	LKS2	<ul style="list-style-type: none"> • Run with a tall body on balls of the feet, picking feet up high, head held high • Jump: <ul style="list-style-type: none"> -2 feet to 2 feet -1 foot to 2 feet -2 feet to 1 foot -1 foot to 1 foot -Left to right • Perform a one handed push throw and a pull throw with accuracy towards a target from my dominant hand • Say which throw was the easiest and most difficult to achieve, and how I can/ have improved my accuracy and distance • Observe a partner and give accurate feedback, saying what went well and what could be better • Maintain a good running technique when sprinting and running over obstacles • Use a short run to jump from one to two feet
	UKS2	<ul style="list-style-type: none"> • Demonstrate the ability to accelerate from a variety of static positions • Perform triple jump combination sequences with balance and control • Sustain jogging and running at a consistent pace for over a minute • Observe a partner and give accurate feedback, evaluating steps for improvement • Develop their one handed push throw and a pull throw with accuracy towards a target from my dominant hand • Identify the preferred throwing technique to match an athletics event