

DUNDRY SCHOOL Topic Overview - PE

Strand / Focus	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	NET & WALL BALL GAMES	GYMNASTICS	DANCE	INVASION GAMES	STRIKING AND FIELDING GAMES	ATHLETICS
National Curriculum descriptions:	<p>Participate in team games, developing simple tactics for attacking and defending (NC)</p> <p>Develop balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>Engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p>	<p>Statutory requirements:</p> <p>Develop balance, agility and co-ordination, and begin to apply these in a range of activities and on a range of equipment.</p>	<p>Statutory requirements:</p> <p>Perform dances using simple movement patterns.</p> <p>(NC)</p> <p>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, Individually and with others.</p>	<p>Participate in team games, developing simple tactics for attacking and defending (NC)</p> <p>Develop balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>Engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p>	<p>Participate in team games, developing simple tactics for attacking and defending (NC)</p> <p>Develop balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>Engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p>	<p>Statuary requirements: Pupils should: Master basic movements including running (for speed and endurance), jumping (horizontally and vertically), throwing (for speed , distance and accuracy)</p> <p>Engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p>

Reception /Year 1 YELLOW = Class teacher	Multi SKILLS Sending, stopping and receiving. Throwing and catching. Throwing for accuracy and distance Using a ball in a team game situation (Tunnel ball, Leader ball, Up and Over ball) Agility- stopping, starting, rotating, pivoting. Moving into a space quickly and turning.	GYMNASTICS Exploring our bodies. Focussing on tuck, straddle and pike position. Floor, vault and apparatus	Gymnastics (First FUN Cards 1-7)	Agility / co-ordination (FUN cards 8-12)	Balance (FUN cards 13-20)	Fitness (Skipping, aerobics, Cosmic Yoga)
	DANCE – ‘Peter Pan’ Perform basic body actions and choose appropriate movements for different dance ideas Remember and repeat short sequences whilst working alone and with a partner Work with a partner to copy movements using shadowing and mirroring		Invasion games – FOOTBALL Finding and creating space. Sending, stopping and receiving the ball. Controlling and dribbling the ball. Tackling and defending. Shooting	Net and Wall BENCHBALL Sending, stopping and receiving the ball. Throwing and catching Scoring and learning how to win a game.	Athletics Running – sprinting, running and jumping over hurdles, long distance and relay. Throwing – a range of objects of different sizes and weight for distance and accuracy. Exploring different types of throwing and techniques. Jumping – standing and run up long jump. Sergeant vertical high jump and jumping over a bar on to a crash mat.	

<p>Year 2 –</p> <p>YELLOW = Class teacher</p>			<p>Gymnastics (First FUN cards 1-7)</p>	<p>Agility / co-ordination (FUN cards 8-12)</p>	<p>Balance (FUN cards 13-20)</p>	<p>Fitness (Skipping, aerobics, Cosmic Yoga)</p>
	<p>Multi SKILLS Sending, stopping and receiving. Throwing and catching. Throwing for accuracy and distance</p> <p>Using a ball / bean bag in a team game situation (hoop games)</p>	<p>GYMNASTICS Exploring our bodies. Focussing on tuck, straddle and pike position. Floor, vault and apparatus</p>	<p>Dance – SPACE</p> <p>Using space music children to create own sequences and movements.</p> <p>Explore the difference between major and minor music adjusting moods and expression.</p> <p>How do body movements reflect a good or bad alien?</p>	<p>Invasion games – FOOTBALL Finding and creating space.</p> <p>Sending, stopping and receiving the ball.</p> <p>Controlling and dribbling the ball.</p> <p>Tackling and defending.</p> <p>Shooting</p>	<p>NET and WALL BENCHBALL</p> <p>Sending, stopping and receiving the ball.</p> <p>Throwing and catching</p> <p>Scoring and learning how to win a game.</p>	<p>Athletics</p> <p>Running – sprinting, running and jumping over hurdles, long distance and relay.</p> <p>Throwing – a range of objects of different sizes and weight for distance and accuracy. Exploring different types of throwing and techniques.</p> <p>Jumping – standing and run up long jump. Sergeant vertical high jump and jumping over a bar on to a crash mat.</p>

Year 3 / 4 YELLOW = Class teacher			Gymnastics (FUN cards 1-7)	Agility / co-ordination (FUN cards 8-12)	Balance (FUN cards 13-20)	Fitness (Skipping, aerobics, Go Noodle)
			<p align="center">DANCE – The Seasons</p> <p>Ch to explore the four seasons and create their own dance sequences.</p> <p>Children to distinguish between the different types of music (major and minor) when looking at the different seasons.</p> <p>How would our movements be different in Summer compared to Winter?</p>	<p align="center">HOCKEY</p> <p>Finding and creating space.</p> <p>Sending, stopping and receiving the ball.</p> <p>Controlling and dribbling the ball.</p> <p>Tackling and defending.</p> <p>Shooting</p>	<p align="center">Striking and fielding CRICKET</p> <p>Sending, stopping and receiving the ball.</p> <p>Throwing and catching</p> <p>Batting and bowling.</p> <p>Scoring and learning how to win a game.</p>	<p align="center">Athletics</p> <p>Running – sprinting, running and jumping over hurdles, long distance and relay.</p> <p>Throwing – a range of objects of different sizes and weight for distance and accuracy. Exploring different types of throwing and techniques.</p> <p>Jumping – standing and run up long jump. Sergeant vertical high jump and jumping over a bar on to a crash mat.</p>
			<p align="center">DANCE – The Seasons</p>	<p align="center">HOCKEY</p>	<p align="center">Striking and fielding CRICKET</p>	<p>Running – sprinting, running and jumping over hurdles, long distance and relay.</p>
Net and Wall	VOLLEYBALL	GYMNASTICS				
Learning attacking and defending	Passing and shooting	Exploring our bodies. Focussing on tuck, straddle and pike position. Floor, vault and apparatus	Children to distinguish between the different types of music (major and minor) when looking at the different seasons.	Sending, stopping and receiving the ball.	Sending, stopping and receiving the ball.	Exploring different types of throwing and techniques.
Working as a team	Adopting tactics to win a game	Focusing on counter balance and tension.	How would our movements be different in Summer compared to Winter?	Controlling and dribbling the ball.	Throwing and catching	Standing and run up long jump. Sergeant vertical high jump and jumping over a bar on to a crash mat.

Year 5/6			Gymnastics (FUN cards 1-7)	Agility / co-ordination (FUN cards 8-12)	Balance (FUN cards 13-20)	Fitness (Skipping, aerobics, go noodle)
YELLOW = Class teacher	<p>Net and Wall</p> <p>VOLLEYBALL</p> <p>Learning attacking and defending</p> <p>Passing and shooting</p> <p>Working as a team</p> <p>Adopting tactics to win a game</p>	<p>GYMNASTICS Exploring our bodies. Focussing on tuck, straddle and pike position. Floor, vault and apparatus</p> <p>Focusing on partner work and synchronisation.</p>	<p>DANCE –</p> <p>‘Dancing around the world’</p> <p>Looking at different styles of music from different countries and cultures.</p> <p>Children to learn dances and create own movements to certain styles of music.</p>	<p>TAG RUGBY</p> <p>Finding and creating space.</p> <p>Sending, stopping and receiving the ball.</p> <p>Controlling and dribbling the ball.</p> <p>Tackling and defending.</p> <p>Shooting</p>	<p>Striking and fielding ROUNDERS</p> <p>Sending, stopping and receiving the ball.</p> <p>Throwing and catching</p> <p>Batting and bowling.</p> <p>Scoring and learning how to win a game.</p>	<p>Athletics</p> <p>Running – sprinting, running and jumping over hurdles, long distance and relay.</p> <p>Throwing – a range of objects of different sizes and weight for distance and accuracy. Exploring different types of throwing and techniques.</p> <p>Jumping – standing and run up long jump. Sergeant vertical high jump and jumping over a bar on to a crash mat.</p>