



St Martin and St Mary C of E Primary School

Yearly Overview of P.E & Games – Reception and Key Stage 1

Aims:

- 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.

Pupils should be taught to:

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination and begin to apply these in a range of activities.
- Participate in team games, developing simple tactics for attacking and defending.
- Perform dances using simple movement patterns.
- Understand the importance of active, healthy living.

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
R	<p>Develop core strength, stability, balance, special awareness, co-ordination and agility.</p> <p>Have a go at new activities with support.</p> <p>Experiments with different ways of moving.</p> <p>Negotiates space successfully.</p>	<p>Develop core strength, stability, balance, special awareness, co-ordination and agility.</p> <p>Develop independence and resilience.</p> <p>Jumps off an object and lands appropriately.</p> <p>Copies a movement/sequence.</p> <p>Learns a dance routine to music.</p>	<p>Develop core strength, stability, balance, special awareness, co-ordination and agility.</p> <p>Persevere when something is challenging.</p> <p>Adjusts speed, change direction to avoid obstacles.</p> <p>Sequences movements together. Begins to learn jumping/skipping.</p>	<p>Develop core strength, stability, balance, special awareness, co-ordination and agility.</p> <p>Negotiates space and obstacles and travels with confidence and skill around, under, over and through balancing/climbing equipment.</p> <p>Develops running/jumping/skipping/climbing technique.</p>	<p>Develop core strength, stability, balance, special awareness, co-ordination and agility.</p> <p>Perfects running/jumping/skipping and climbing technique.</p> <p>Begins to learn hopping/galloping and sequence together.</p> <p>Learn and perfect a dance routine.</p>	<p>Develop core strength, stability, balance, special awareness, co-ordination and agility.</p> <p>Show good control and co-ordination in large and small movements.</p> <p>Perfect dance routines and perform.</p> <p>Swimming: blow bubbles and move safely in the water.</p>

<p>1</p>	<p>Multi-skills & Circuits Be confident and safe in a space.</p> <p>Learn that exercise is good for us and describe how our bodies change/feel.</p> <p>Explore and use skills effectively.</p> <p>Gymnastics Explore gymnastics actions and shapes.</p> <p>Change speed, level and direction.</p> <p>Perform movement phrases using a range of body actions/parts.</p>	<p>Dance & Movement Explore movement ideas and respond imaginatively to a range of stimuli.</p> <p>Move confidently and safely in their own space, changing speed, direction and level.</p> <p>Perform a simple dance routine to music.</p> <p>Gymnastics Continue to explore gymnastics actions and shapes and apply them to simple routines.</p> <p>Change speed, level and direction.</p> <p>Perform movement phrases using a range of body actions/parts.</p>	<p>Gymnastics Perfect gymnastics actions and shapes.</p> <p>Build sequences, changing speed, level and direction.</p> <p>Perform movement phrases using a range of body actions/parts.</p> <p>Games & Movement Use basic underarm rolling/hitting skills.</p> <p>Intercept, retrieve and stop a range of equipment with consistency.</p> <p>Catch a range of equipment with increasing competency.</p>	<p>Gymnastics Perfect movement phrases using a range of body actions/parts.</p> <p>Copy or create and link movement phrases with beginnings, middles and endings.</p> <p>Games & Movement Track balls and other equipment.</p> <p>Hit and kick a ball in a variety of ways.</p> <p>Position well to make it difficult for opponents.</p> <p>Choose a range of skills that suit the needs of the game and outwit opponents.</p>	<p>Dance & Movement Compose and link movement phrases using a range of body actions and body parts.</p> <p>Copy, watch and describe dance movement.</p> <p>Perform simple dance routines to build into Infant performance.</p> <p>Games & Movement Track balls and other equipment sent to them.</p> <p>Hit and kick a ball in a variety of ways.</p> <p>Decide where to stand to make it difficult for opponents.</p>	<p>Games & Movement Apply skills to a range of athletic events.</p> <p>Compete in Sport's Day/races. Take part in running/obstacle event.</p> <p>Swimming Put face into water and blow bubbles with confidence.</p> <p>Float on back and front with aids to show breathing control.</p> <p>Combine front paddle action with crawl leg action with aids.</p> <p>Dance & Movement Perform Dance with confidence.</p>
<p>2</p>	<p>Games & Movement To recognize and describe what their bodies feel like during different types of activity.</p> <p>To perfect running/jumping/throwing and catching skills.</p> <p>Improve the way they co-ordinate their bodies and a range of equipment.</p> <p>Show awareness of opponents and team mates when playing games.</p>	<p>Games & Movement To perform basic skills of rolling, striking and kicking with more confidence.</p> <p>To repeat and link combinations of skills.</p> <p>To apply these skills in a variety of simple games.</p> <p>To give feedback on others' performance and identify good play.</p> <p>Dance & Movement Explore, remember, repeat and link a range of actions</p>	<p>Gymnastics Remember, repeat and link combinations of gymnastics actions, body shapes and balances with control and precision.</p> <p>Improve their work using information they have gained by watching, listening and investigating.</p> <p>Multi-Skills & Circuits Improve the way they co-ordinate their bodies and a range of equipment.</p>	<p>Gymnastics To develop and perfect forward roll, backward roll, bridge and back bend.</p> <p>To perform simple routines using techniques learned.</p> <p>Games & Movement Show awareness of opponents and team mates when playing games.</p> <p>Perform skills of rolling, striking and kicking with control and precision.</p>	<p>Dance & Movement Compose and perform dance phrases that express and communicate moods, ideas and feelings, choosing and varying simple compositional ideas.</p> <p>Recognise and describe how different dance activities make them feel.</p> <p>Games & Movement Make choices about appropriate targets, space and equipment.</p>	<p>Dance & Movement Watch and describe dance phrases and dances and use what they learn to improve their own work.</p> <p>Perfect and perform a dance routine, combining sections to music.</p> <p>Games & Movement Use skills developed to compete in athletics events (sport's day).</p> <p>Swimming Swim 5+ metres using back stroke leg action without aids.</p>

	<p>Gymnastics Remember, repeat and link combinations of gymnastics actions, body shapes and balances with control and precision.</p> <p>Choose, use and vary simple compositional ideas in the sequences they create and perform.</p>	<p>with co-ordination and control.</p> <p>Demonstrate an awareness of the expressive qualities of the dance.</p> <p>Perform a dance to an audience (Christmas play).</p>	<p>To repeat and link combinations of skills.</p>	<p>Understand the importance of intensity during game situations and how our bodies feel during different types of activity.</p>	<p>Work well with a partner to improve their skill.</p> <p>Begin to use skills thoughtfully in simple competitive games.</p>	<p>Push and glide confidently over a longer distance.</p> <p>Swim 5+ metres front crawl leg action with, then without aids.</p>
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All Infant P.E resources are kept in the resources room and the P.E cupboard.

Specialist coaches are used to ensure high quality lessons, with continuous professional development for staff also.

ACPAT is used to assess and track pupil progress. This is updated termly.

The tracker also identifies participation in extra-curricular sporting activities. Children are identified where little or no participation is taking place and measures are taken to encourage/facilitate this.