

Sparsholt C of E Primary School PE Long Term Overview

	Autumn	Spring	Summer
Early Years Foundation Stage <ul style="list-style-type: none"> Negotiate with peers, working as part of a group understanding and following rules, adapting their behaviours to different situations Move with confidence in a range of ways, negotiating space and be able to use one handed equipment with control Adjust speed and direction and be able to use precision to control and manipulate resources and small equipment Show awareness and understanding of the effect of physical activity on the body Move confidently in a range of ways, safely negotiating space Handles equipment and tools effectively 			
Year R	<ul style="list-style-type: none"> 5 a day Fundamental movement skills Multi skills – passing, dribbling within football 	<ul style="list-style-type: none"> 5 a day Fundamental movement skills Multi skills Cricket (Chance to Shine) 	<ul style="list-style-type: none"> 5 a day Athletics Dance and movement
KS1 national Curriculum Objectives: Pupils should be taught to: <ul style="list-style-type: none"> 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. 			
Year 1/ 2	<ul style="list-style-type: none"> ABC's- Fundamental movement skills Multi skills – passing, dribbling within football Dance and movement 	<ul style="list-style-type: none"> Tennis Dance and movement Cricket (Chance to Shine) 	<ul style="list-style-type: none"> Athletics Tri – Golf Dance and movement
KS2 national Curriculum Objectives: Pupils should be taught to: <ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] perform dances using a range of movement patterns take part in outdoor and adventurous activity challenges both individually and within a team compare their performances with previous ones and demonstrate improvement to achieve their personal best. Swimming and water safety <ul style="list-style-type: none"> In particular, pupils should be taught to: swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations. 			
Year 3	<ul style="list-style-type: none"> Football Rugby Dance and movement 	<ul style="list-style-type: none"> Quick –Stix (hockey) Cricket (Chance to Shine) Cross Country Swimming Dance and movement 	<ul style="list-style-type: none"> Tennis Athletics Tri- golf Dance and movement
Year 4/5 Rowan	<ul style="list-style-type: none"> Hockey (Quick Stix) Football Rugby Dance and movement 	<ul style="list-style-type: none"> Lacrosse Cricket (Chance to Shine) Cross Country Dance and movement 	<ul style="list-style-type: none"> Athletics Rounders Tri- golf Dance and movement
Year 5/6 Oak	<ul style="list-style-type: none"> Cross country/fitness Dance and movement Rugby (Y5) Shake up, Shape up 	<ul style="list-style-type: none"> Lacrosse Cross Country Cricket (Chance to Shine) Football Dance and movement Swimming 	<ul style="list-style-type: none"> Tri-golf Athletics Rounders Dance and movement