


Physical Education Whole School Overview 2021-22

	Autumn Term	Spring Term	Summer Term	OAA (Outdoor Adventurous Activities)
Reception	<p><u>Ball Skills</u> Throwing – Underarm, Overarm, Sideways (rugby) Catching Dribbling (Basketball and Football) Passing (Basketball, Football and Rugby)</p> <p><u>Gymnastics and Dance</u> Rolling- Tucked, Pencil, Sideways Balancing- Solo Balances and Partner Balances Jumping- Tucked, Pencil, Star Traveling- Jogging, Skipping, Hopping, Sidestepping, Crawling etc. Expressive movement Rhythm Patterns</p> <p><u>Motor Skills Intervention</u> Throwing- Underarm, Overarm Catching Balancing Hand Eye co-ordination</p> <p>Contrasting Warm Up- Striking and Fielding</p>	<p><u>Racket Skills</u> Racket Control- Tennis and Badminton</p> <p><u>Target Games</u> Boccia New Age Curling Golf</p> <p><u>Motor Skills Intervention</u> Throwing- Underarm, Overarm Catching Balancing Hand Eye co-ordination</p> <p>Contrasting Warm Up- Gymnastics and Dance</p>	<p><u>Striking and Fielding Games</u> Throwing Catching Striking Fielding techniques- Long Barrier, Short Barrier Striking and fielding games</p> <p><u>Athletics</u> Throwing-Javelin Jumping -Long Jump, Triple Jump Running – 10m, Relay Measuring</p> <p><u>Motor Skills Intervention</u> Throwing- Underarm, Overarm Catching Balancing Hand Eye co-ordination</p> <p>Contrasting Warm Up- Racket Skills</p>	Barge Visit

<p>Year 1</p>	<p><u>Ball Skills</u> Throwing Catching Dribbling (Basketball and Football) Passing (Basketball, Football and Rugby)</p> <p><u>Gymnastics and Dance</u> Rolling- Tucked, Pencil, Sideways, Forwards, Backwards Balancing- Solo Balances, Partner Balances, Group Jumping- Tucked, Pencil, Star, Half Turn, Full Turn Traveling- Jogging, Skipping, Hopping, Sidestepping, Crawling etc. Expressive movement Rhythm Patterns</p> <p>Contrasting Warm Up- Striking and Fielding</p>	<p><u>Racket Skills</u> Racket Control Striking Simple Racket games</p> <p><u>Target Games</u> Boccia New Age Curling Golf</p> <p>Contrasting Warm Up- Gymnastics and Dance</p>	<p><u>Striking and Fielding Games</u> Throwing – Underarm and Overarm Catching Striking Fielding techniques- Long Barrier, Short Barrier Striking and fielding games</p> <p><u>Athletics</u> Throwing-Javelin Jumping -Long Jump, Triple Jump Running – 10m, 20m, Relay Measuring</p> <p>Contrasting Warm Up- Racket Skills</p>	<p>Indoor Climbing</p> <p>Indoor Caving</p>
<p>Year 2</p>	<p><u>Ball Skills</u> Throwing Catching Dribbling (Basketball and Football) Passing (Basketball, Football and Rugby) Small sided possession games</p> <p><u>Gymnastics and Dance</u> Rolling- Tucked, Pencil, Sideways, Forwards, Backwards Balancing- Solo Balances, Partner Balances, Group Jumping- Tucked, Pencil, Star, Half Turn, Full Turn</p>	<p><u>Racket Skills</u> Racket Control – Tennis and Badminton Striking – Forehand and Backhand Simple Racket games (How many bounces until the ball falls to the floor)</p> <p><u>Target Games</u> Boccia New Age Curling Golf</p> <p>Contrasting Warm Up- Gymnastics and Dance</p>	<p><u>Striking and Fielding Games</u> Throwing – Underarm and Overarm Catching Striking Fielding techniques- Long Barrier, Short Barrier Striking and fielding games</p> <p><u>Athletics</u> Throwing-Javelin, Discus Jumping -Long Jump, Triple Jump Running – 10m, 20m, 30m Relay Measuring</p>	<p>Indoor Climbing</p> <p>Indoor Caving</p> <p>Environment at Studies Calvery Woods Walking Blackhills Fire building</p>

	<p>Traveling- Jogging, Skipping, Hopping, Sidestepping, Crawling etc. Expressive movement Rhythm Patterns Creating a dance sequence</p> <p>Contrasting Warm Up- Striking and Fielding</p>		<p>Contrasting Warm Up- Racket Skills</p>	
<p>Year 3</p>	<p><u>Football</u> Passing Dribbling Defending Football tactics Competitive football games 2 v 2</p> <p><u>Dance</u> Expressive Movement Rhythm Patterns Creating a dance sequence</p> <p>Contrasting Warm Up-Cricket</p> <p><u>Swimming</u> Swimming confidently and proficiently over 25M Using a range of strokes including breaststroke, backstroke and front crawl. Performing a self-rescue</p>	<p><u>Tennis</u> Racket Control Striking Competitive tennis games 1 v 1</p> <p><u>Table Tennis</u> Bat Control Striking Competitive table tennis games 1 v 1</p> <p><u>Basketball</u> Passing Dribbling Defending Basketball Tactics Competitive basketball games</p> <p>Contrasting Warm Up-Football</p> <p><u>Swimming</u> Swimming confidently and proficiently over 25M Using a range of strokes including breaststroke, backstroke and front crawl. Performing a self-rescue</p>	<p><u>Cricket</u> Throwing – Underarm and Overarm Catching Striking Fielding techniques- Long Barrier, Short Barrier Competitive cricket games</p> <p><u>Athletics</u> Throwing-Javelin, Discuss Jumping -Long Jump, Triple Jump Running – 10m, 20m, 30m Relay, 100m Measuring</p> <p>Contrasting Warm Up-Basketball</p> <p><u>Swimming</u> Swimming confidently and proficiently over 25M Using a range of strokes including breaststroke, backstroke and front crawl. Performing a self-rescue</p>	<p>Indoor Climbing</p> <p>Indoor Caving</p> <p>Gorge Scrambling Strans Gil</p> <p>Field Studies Malham Cove Orienteering Walking</p>

<p>Year 4</p>	<p><u>Rugby</u> Handling skills Passing Rugby tactics Competitive rugby games 2 v 2</p> <p><u>Gymnastics</u> Rolling- Tucked, Pencil, Sideways, Forwards, Backwards Balancing- Solo Balances, Partner Balances, Group Jumping- Tucked, Pencil, Star, Half Turn, Full Turn Traveling- Jogging, Skipping, Hopping, Sidestepping, Crawling etc. Use of gymnastics equipment Creating a gymnastics sequence</p> <p>Contrasting Warm Up-Rounders</p>	<p><u>Badminton</u> Racket Control Striking Competitive badminton games 1 v 1</p> <p><u>Handball</u> Passing Dribbling Defending Handball Tactics Competitive Handball games 5 V 5</p> <p>Contrasting Warm Up-Rugby</p>	<p><u>Rounders</u> Throwing – Underarm and Overarm Catching Striking Fielding techniques- Long Barrier, Short Barrier Competitive rounders games</p> <p><u>Athletics</u> Throwing-Javelin, Discuss Jumping -Long Jump, Triple Jump, Running Long Jump, Running Triple Jump Running – 10m, 20m, 30m Relay, 100m, 200m Measuring</p> <p>Contrasting Warm Up-Badminton</p>	<p>Indoor Climbing</p> <p>Indoor Caving</p> <p>Outdoor Caving Thistle and Runscar</p>
<p>Year 5</p>	<p><u>Football</u> Passing Dribbling Defending Football tactics Competitive football games 5 v 5</p> <p><u>Dance</u> Expressive Movement Rhythm Patterns Creating a dance sequence</p> <p>Contrasting Warm Up-Cricket</p>	<p><u>Tennis</u> Racket Control Striking Competitive tennis games 2 v 2</p> <p><u>Table Tennis</u> Bat Control Striking Competitive table tennis games 2 v 2</p> <p><u>Basketball</u> Passing Dribbling Defending Basketball Tactics</p>	<p><u>Cricket</u> Throwing Catching Striking Fielding techniques Competitive cricket games 15 v 15</p> <p><u>Athletics</u> Throwing-Javelin, Discuss, Seated Throw Jumping -Long Jump, Triple Jump, Running Long Jump, Running Triple Jump, High Jump Running – 10m, 20m, 30m Relay, 100m, 200m</p> <p>Contrasting Warm Up-Basketball</p>	<p>Indoor Climbing</p> <p>Indoor Caving</p> <p>Ingleborough Hall Residential Tree Climbing Orienteering Norber Walk Den Building</p>

		<p>Competitive basketball games 5 v 5</p> <p>Contrasting Warm Up-Football</p>		
Year 6	<p><u>Rugby</u> Handling skills Passing Rugby tactics Competitive rugby games 4 v 4 Refereeing competitive rugby games</p> <p><u>Gymnastics</u> Rolling- Tucked, Pencil, Sideways, Forwards, Backwards Balancing- Solo Balances, Partner Balances, Group Jumping- Tucked, Pencil, Star, Half Turn, Full Turn Traveling- Jogging, Skipping, Hopping, Sidestepping, Crawling etc. Use of gymnastics equipment Creating a gymnastics sequence</p> <p>Contrasting Warm Up-Rounders</p>	<p><u>Badminton</u> Racket Control Striking Competitive badminton games 2 v 2 Umpiring competitive badminton games</p> <p><u>Table Tennis</u> Bat Control Striking Competitive table tennis games 2 v 2 Umpiring competitive table tennis games</p> <p><u>Handball</u> Passing Dribbling Defending Handball Tactics Competitive Handball games 5 v 5 Umpiring competitive handball games</p> <p>Contrasting Warm Up-Rugby</p>	<p><u>Rounders</u> Throwing Catching Striking Fielding techniques Competitive rounders games 15 v 15 Umpiring competitive rounders games</p> <p><u>Athletics</u> Throwing-Javelin, Discuss, Seated Throw Jumping -Long Jump, Triple Jump, Running Long Jump, Running Triple Jump, High Jump Running - 10m, 20m, 30m Relay, 100m, 200m, 400m</p> <p>Contrasting Warm Up-Badminton</p>	<p>Indoor Climbing</p> <p>Indoor Caving</p> <p>Tall Ships Residential</p>