

Physical Education Overview of units

	Autumn 1	Autumn 2	Spring	Spring 2	Summer 1	Summer 2
EYFS	<p>Multi-Skills Learning to share, take turns, gain control of their bodies, different types of movement, negotiating space Farm School/ Forest School</p>	<p>Ball Skills Throwing, rolling, sending and receiving Farm School/ Forest School</p>	<p>Gymnastics Control of own bodies, understanding the feel of body tension, basic shapes, balances, rolls. Introduction of apparatus to help with balance. Farm School/ Forest School</p>	<p>Team Games Share, take turns Follow simple rules Awareness of space and others Farm School/ Forest School</p>	<p>Athletics Running, jumping and throwing. Moving effectively with coordination Farm School/ Forest School</p>	<p>Striking & Finding Bat and ball basics Farm School/ Forest School</p>
Year 1/2	<p>Handball Throwing/catching, Rolling, aiming at targets Farm School/ Forest School</p>	<p>Tag Rugby Introduction of basic Tag rules, dodging, changing direction Farm School/ Forest School</p>	<p>Gymnastics Control of their own bodies while performing moves, understanding and applying good body tension, basic shapes, balances, more complex rolls. Introduction of apparatus to help with balance, rolls, strength work, jumping from height, landing with control. Farm School/ Forest School</p>	<p>Hockey Simple team games Understand scoring and rules Farm School/ Forest School</p>	<p>Athletics Running at speed, jumping for distance, throwing for accuracy and distance Farm School/ Forest School</p>	<p>Rounders Introduction of basic skills that will progress to cricket and rounders in KS2, striking with feet and hand, hand eye coordination, throwing and catching, rolling and stopping. Farm School/ Forest School</p>
Year 3/4	<p>Handball Improvement in throwing and catching, movement in space Farm School/ Forest School</p>	<p>Tag Rugby Change of speed and direction to confuse opposition, passing skills Farm School/ Forest School</p>	<p>Gymnastics Perform sequences with good body tension. Link movements with precision. Apparatus to link more complex skills. Introduction of two foot take off and vaulting. Farm School/ Forest School</p>	<p>Hockey Apply skills in game situations Basic attacking/defending (find space, mark) Improved decision-making Farm School/ Forest School</p>	<p>Athletics Running individually/team practices for relay racing, throwing for distance, beanbag/tennis ball, jumping for height/distance Farm School/ Forest School</p>	<p>Rounders Introduction of cricket and/or rounders basic rules. Hand eye coordination improvement using assortment of equipment, throwing and catching, accuracy and power of throw. Farm School/ Forest School</p>
Year 5/6	<p>Handball Knowledge of the rules, apply rules and skills into a 5v5 game, shooting, defending, goalkeeping skills Farm School/ Forest School</p>	<p>Tag Rugby Knowledge of the rules, apply rules and skills learnt, able to officiate, passing backwards, supporting player with ball, positioning in attack and defense Farm School/ Forest School</p>	<p>Gymnastics Perform movements on the floor and apparatus with precision, poise, grace and understand the importance and implement good body tension. Introduction of partner work using body strength to support each other. Understand basic principles of fitness in gymnastics, strength and flexibility. More complex vaulting. Farm School/ Forest School</p>	<p>Hockey Apply tactics (space, positioning) Adapt play (attack/defence), Lead and communicate in teams Farm School/ Forest School</p>	<p>Athletics Sprinting with technique, introduction of hurdles, standing long jump, triple jump basics, relay, javelin/howler throwing for distance Farm School/ Forest School</p>	<p>Rounders/ Cricket knowledge of the rules of rounders, tactics involved in the game as fielders and when batting. Performance of throwing, catching, rolling, introduction of long barrier. Farm School/ Forest School</p>