



Friars Primary School and Nursery – PE Overview 2021-22 – The PE Hub



	Autumn		Spring		Summer	
Reception	Transition into Reception and exploring environment		Body Management	Gymnastics	Speed, Agility, Travel	Manipulation and Coordination
			Explore balance and managing own body including manipulating small objects Stretch, reach and extend in a variety of ways and positions Control body and perform specific movements on command	Develop confidence in fundamental movements Experience jumping, sliding, rolling, moving under, over and on apparatus Develop coordination and gross motor skills	Travel with some control and coordination Change direction at speed through both choice and instructions Perform actions demonstrating changes in speed Stop, start, pause, prepare for and anticipate movement in a variety of situations	Send and receive a variety of objects with different body parts Work with others to control objects in space Coordinate body parts such as hand-eye, foot-eye over a variety of activities and in different ways
Year 1	Send and Return	Attack, Defend, Shoot	Dance	Gymnastics	Run Jump Throw	Hit Catch Run
	Send an object with increased confidence using hand or bat Move towards a moving ball to return Sending and returning a variety of balls	Practise basic movements including running, jumping, throwing and catching Begin to engage in competitive activities Experience opportunities to improve agility, balance and coordination	Respond to a range of stimuli and types of music Explore space, direction, levels and speeds Experiment creating actions and performing movements with different body parts	Identify and use simple actions and shape Apply basic strength to a range of gymnastics actions Carry basic apparatus such as mats and benches Recognise like actions and link	Begin to link running and jumping Learn and refine a range of running which includes pathways and speed Develop throwing to send objects over long distances	Hit objects with hand or bat Track and retrieve a rolling ball Throw and catch a variety of balls and objects
Year 2	Send and Return	Attack, Defend, Shoot	Dance	Gymnastics	Run Jump Throw	Hit Catch Run
	Track the path of a ball over a net and move towards it Hit and return a ball using hands and racquets with some consistency Play modified net/wall games throwing, catching and sending over a net	Send a ball using feet and can receive a ball using feet Refine ways to control bodies and a range of equipment Recall and link combinations of skills i.e. dribbling and passing	Describe and explain how performers can transition and link shapes and balances Perform basic actions with control and consistency at different speeds and on different levels Move imaginatively to music Work as part of a group to create and perform short movement sequences to music	Describe and explain how performers can transition and link gymnastic elements Perform with control and consistency basic actions at different speeds and on different levels Develop strength and flexibility Create and perform a simple sequence that is judged using gymnastic scoring	Develop power, agility, coordination and balance over a range of activities Throw and handle a variety of objects including quoits, beanbags, balls and hoops Negotiate obstacles showing increased control of body and limbs	Develop hitting skills with a variety of bats Practise feeding/bowling skills Hit and run to score points in games
Year 3	Hockey	Basketball	Problem Solving and Team Work	Dance	Athletics	Tennis
	Moving with the ball –close dribble Passing into space Defensive body position Stopping the ball Developing agility	Basic dribble to waist Chest pass Defensive stance Basic two-handed shot Jumping for the ball Moving into space	Work as part of a team Work independently Communicate to solve problems Use strength and flexibility to solve a task Participate safely considering others Identify what they need to do to complete a challenge Lead and be led by others Take part in trust-based activities	Practise different sections Perform different facial expressions Perform with a prop	Take off and jump in a variety of ways Run at different speeds Start- stop and change pace with control Approaching hurdles Javelin – pull throw Skipping	Tennis ready position Forehand hit Serving Moving forward to return a ball Sending balls for partner to return Boundaries of the court



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Year 4	Hockey	Basketball	Table Tennis	Gymnastics	Athletics	Handball
	Pass and receive the ball with accuracy Control ball when moving around players Reverse stick control Slap hit Turning with the ball	Applying pressure Crossover dribble Marking the ball handler Bounce pass Jump shot Triple threat position	Ready position Forehand hit Backhand hit Serving	Become increasingly confident to perform skills more consistently Perform in time with a partner and a group Use compositional ideas in sequence such as height, speed and direction	Jump in a variety of ways for distance and height Practise and perform running at speed Use running to increase the distance of jumps Sling technique for discus throws Running on a curve and baton exchange	Catch and Protect the ball Shoot using overarm technique Role of the circle runner Defence 7-metre throw The rules of handball
Year 5	Tag Rugby	Netball	Badminton	Dance	Athletics	Rounders
	Defending Running and passing accurately Principles of defence Pop pass Keeping possession – magic diamond	Bounce pass in game situation Finding space in play Dodging skills Pivoting Two handed Shooting	Playing fore and back hand shots Singles play position and technique Generic serving Close, collaborative play Starting and stopping	Perform different styles of dance fluently and clearly Refine and improve dances adapting to use of space, rhythm and expression Work collaboratively in groups to compose simple dances Recognise and comment on dances suggesting ideas for improvement	Relay running and receiving the baton Running technique Standing and running long jump Push throw technique The STEP principle	Direct the ball to hit target areas Stumping position Following and catching the ball The backwards hit rule Finding gaps in the field Fielding
Year 6	Tag Rugby	Basketball	Badminton	Table Tennis	Athletics	Cricket
	Supporting the player with the ball Set plays Taking distance not time principle Recognising attacking and defending tactics Transitioning from attack to defence Observe and analyse the game	Counterattacking using the fast break technique Retreat dribble Free throws V cut Driving to the basket 3 point shot	The smash Doubles serving and smashing The drop shot Net play Offensive play rotation in doubles play Deep and centre defence	Doubles play and positioning The scoring system Match play	Sprint start standing Run up for long jump Throwing using the push, pull and sling techniques Applying the STEP principle Judging and recording events	Straight drive Underarm bowling Batting – moving to the ball Fielding – the long barrier Overarm throw Role of the wicketkeeper