

PE Unit Overview

Francis Baily School

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
FS	Skipping <i>Children will be able to jump over a skipping rope</i>	Running and Jumping <i>Children will be able to jump for both height and distance and run at different speeds</i>	Throwing and Catching <i>Children will be able to catch and throw to a partner</i>	Team Games <i>Children will be able to work in teams using a range of skills</i>	Dance <i>Children will be able to change and adapt dance moves to music</i>	Ball Skills on feet <i>Children will be able to move with a football and pass to a partner</i>
1	Throwing and Catching Personal Skills <i>Children will be able to throw and catch a range of balls</i> <i>Children will follow simple instructions and work on tasks by themselves</i>	Invasion Games Social Skills <i>Children will be able to travel with different balls</i> <i>Children will work sensibly with others by taking turns and sharing</i>	Ball Control (football) Cognitive Skills <i>Children will be able to travel with a football</i> <i>Children can follow simple instructions</i>	Bats and Rackets Creative Skills <i>Children can use a racket in a game</i> <i>Children can explore and describe different movements.</i>	Dance Applying physical skills <i>Children will be able to move to music</i> <i>Children can move confidently</i>	Athletics Skills Health and Fitness Skills <i>Children will be able to sprint, jump and throw.</i> <i>Children will be aware of why exercise is important.</i>
2	Ball Control (football) Personal Skills <i>Children can pass a football accurately.</i> <i>Children will try several times if at first don't succeed.</i>	Invasion Games Social Skills <i>Children will travel in different ways and pass a ball to another player.</i> <i>Children will be able to help, praise and encourage others in their learning.</i>	Bats and Rackets Cognitive Skills <i>Children will use a racket to hit a ball or beanbag and run.</i> <i>Children will begin to order instructions, movements and skills.</i>	Throwing and Catching Creative Skills <i>Children will be able to throw and catch different balls to a partner.</i> <i>Children will begin to compare movements and skills with others.</i>	Athletics Skills Applying physical skills <i>Children will be able to run, jump and throw.</i> <i>Children will be able to perform range of skills with some control and consistency</i>	Dance Health and Fitness Skills <i>Children will be able to dance different movements.</i> <i>Children will be able to say how their body feels during and after exercise.</i>
3	Football Personal & Social Skills Swimming <i>Children will dribble a ball, pass when moving and attack.</i> <i>Children will take control of their learning.</i> <i>Children will be able to swim competently over 25m, use range of strokes and perform safe self-rescue.</i>	Rugby Creative & Cognitive Skills Swimming <i>Children will be able to throw and catch a rugby ball and know the basics of attack and defend.</i> <i>Children can make up rules and versions of activities recognising similarities and differences.</i> Children will be able to swim competently over 25m, use range of strokes and perform safe self-rescue.	Hockey Dance <i>Children will be able to hold a hockey stick and pass and understand basics of attacking and defending</i> <i>Children will be able to show patience and support others listening carefully.</i>	Netball Gym <i>Children will be able to throw and catch a netball and play High 5 rules.</i> <i>Children will be able to begin to challenge themselves.</i>	Tennis Athletics Applying physical skills <i>Children will know how to hit a tennis ball and react to a tennis ball.</i> <i>Children will be able to jump, sprint and throw.</i> <i>Children will be able perform with control.</i>	Cricket Health and Fitness Skills <i>Children will be able to bat a ball and catch a cricket ball when fielding.</i> <i>Children will explain why health and fitness is important.</i>

<p>4</p>	<p>Football Personal & Social Skills</p> <p>Children will be able to pass and shoot a football Children will know where they are with their learning and begin to challenge themselves.</p>	<p>Rugby Cognitive & Creative Skills</p> <p>Children will be able to pass a rugby ball, intercept to attack and defend in a game situation Children can understand simple tactic of attacking and defending and explain what they are doing well.</p>	<p>Hockey Applying physical skills</p> <p>Children will be able to pass a hockey ball and attack and defend. Children can perform and repeat simple sequences with clear shapes and controlled movements.</p>	<p>Basketball Gym</p> <p>Children will be able to dribble, pass and shoot a basketball. Children will perform and take control of their gym skills learning</p>	<p>Rounders Athletics Dance</p> <p>Children will be able to bat a rounders ball and run Children will be able to sprint, jump and throw. Children will be able to give and receive feedback to improve dance skills.</p>	<p>Badminton Health and Fitness Skills</p> <p>Children will be able to hit a shuttlecock and score points. Children will be able to explain why their body changes and why they need to warm up and cool down.</p>
<p>5</p>	<p>Rugby Personal Skills</p> <p>Children will be able to pass the ball at speed, use attacking and defending tactics. Children will begin to reflect and react positively when things become difficult and consistently try to improve.</p>	<p>Football Social Skills</p> <p>Children will be able to pass and dribble a football, attack and defend in a game. Children will cooperate well with others and give helpful feedback, then begin to guide small groups.</p>	<p>Netball Cognitive Skills</p> <p>Children will be able to understand rule of footwork, contact, the 7 positions and shoot a netball. Children will be able review, analyse and evaluate their own and others' strengths and weaknesses.</p>	<p>Hockey Dance</p> <p>Children will be able to change direction, pass and tackle in hockey. Children will understand different ways to judge performance and identify specific parts.</p>	<p>Tennis Athletics Circuit Training</p> <p>Children will be able to use forehand and backhand shot and serve. Children will be able to sprint, jump, and throw accurately. Children will describe basic fitness procedures and how to improve their personal fitness.</p>	<p>Cricket Gym Social Skills</p> <p>Children will be able to develop batting, throwing and catching and bowling to play a kwik-cricket game. Children will be able to guide and organise others with helpful feedback.</p>
<p>6</p>	<p>Rugby Creative Skills</p> <p>Children will be able to use a range of passes, attack and defend to play a competitive game of rugby. Children will be able to use a variety and creativity to engage an audience.</p>	<p>Football Applying physical skills</p> <p>Children will be able to use football skills to attack and defend in a competitive game. Children will be able to transfer skills and movements across a range of activities and sports.</p>	<p>Basketball Health and Fitness Skills</p> <p>Children will be able to combine skills or dribbling, passing and shooting in a competitive game. Children will be able to explain how individuals need different types and levels of fitness to be more effective.</p>	<p>Hockey Dance</p> <p>Children will be able to travel, pass, attack and defend in a game of hockey. Children will create own learning plan and see all challenges as a chance to learn.</p>	<p>Rounders Athletics Gym Physical Skills</p> <p>Children will be able to throw overarm and bat a rounders ball to score runs. Children will improve their sprinting, throwing and jumping techniques. Children will effectively combine skills and range of skills fluently.</p>	<p>Badminton Circuit Training</p> <p>Children can demonstrate range of grips on a badminton and can use basic movements in a game. Children will be able to use exercise to improve their personal fitness.</p>