

PE – Whole school overview

	FS1 and FS2	Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
Basic Skills	➤ Co-ordination ➤ Balance ➤ Agility	➤ Team building ➤ Ball skills	➤ Ball skills	
Well being	➤ Get out of breath: Roll, crawl, walk, jump, run, hop, skip,	➤ Yoga ➤ Fitness	➤ Yoga ➤ Fitness	➤ Yoga ➤ Fitness
Gymnastics	➤ Rock and roll (straight, barrel) ➤ Jump and land on 2 feet ➤ Balance of parts of the body ➤ Make shapes (straight, tuck, star)	➤ Roll: barrel. Log, forward ➤ Jumps: Star, straight ➤ Balance: straddle, pike, tuck, backwards ➤ Travel across apparatus	➤ Roll: straddle ➤ Jumps: with rotation and height ➤ Balance: shoulder stand and bridge ➤ Paired sequences	➤ Roll: Backwards ➤ Balances: Counter balance and tension ➤ Handstands ➤ Cartwheels ➤ Vault
Dance	➤ Count to 8 ➤ Copy and repeat sequences ➤ Move different parts of the body	➤ Copy actions ➤ Use props ➤ Vary speed: fast and slow	➤ Dynamics ➤ Characterisation ➤ Action and reaction ➤ Choreography ➤ performance	➤ Beat and rhythm ➤ Poses ➤ Cannon and unison ➤ Emotions through actions
Net and wall games	➤ Throw, catch, roll and aim and variety of beanbags & balls	➤ Tennis	➤ Netball	➤ Volleyball ➤ Badminton ➤ Tennis
Invasion games		➤ Football	➤ Tag Rugby ➤ Hockey	➤ Tag Rugby
Target games		➤ Underarm and overarm throwing technique	➤ Dodgeball ➤ Basketball	➤ Dodgeball
Striking and fielding games	➤ Simple bat & ball games	➤ Rounders	➤ Rounders	➤ Cricket ➤ Rounders
Athletics	➤ Running ➤ Balance	➤ Sprinting ➤ High jump	➤ Long jump ➤ Skipping ➤ Javelin	➤ Triple jump ➤ Shot put ➤ Long distance running
Additional activities	➤ Scooters, push bikes		➤ Swimming ➤ Orienteering	➤ Orienteering

