



# Our Lady and Saint Benedict Catholic Academy

## Physical Education Overview 2022/23



Year Group	N	R	Y1	Y2	Y3	Y4	Y5	Y6
Term								
Mini Topic at the beginning of the academic year	TBC X3	TBC X 3	TBC X 3	TBC X 3	TBC X 3	TBC X 3	TBC X 3	TBC X 3
Autumn 1	<p><b><u>FUNDamentals of Movement</u></b></p> <p>Children will begin to learn the basic techniques needed to improve Agility, Balance &amp; Co-ordination through lots of fun Multi-Skills games!</p>	<p><b><u>FUNDamentals of movement</u></b></p> <p>Children will continue to develop basic techniques needed to further improve Agility, Balance &amp; Co-ordination through lots of fun Multi-Skills games!</p>	<p><b><u>HRE 'Exercise &amp; our body'</u></b></p> <p>Y1 will begin to learn about how they body changes when they exercise whilst getting fitter!</p>	<p><b><u>FUNDamentals of movement</u></b></p> <p>Children will become increasingly competent in the FUNDamentals of movement (Agility, Balance, Co-ordination) and will apply these skills in a variety of sports and activities</p>	<p><b><u>Health Related Exercise</u></b></p> <p>Y3 will begin to learn about how their body changes when they exercise and the different types of physical fitness!</p>	<p><b><u>Invasion Games (Football)</u></b></p> <p>Children will begin to learn the basic rules, skills, tactics and techniques in Invasion Games (Passing, Receiving, Dribbling, Shooting)</p>	<p><b><u>Health Related Exercise</u></b></p> <p>Y5 will continue to learn about the different types of physical fitness and how to train/exercise to ensure progress in each type of fitness. They will also learn how to assess their own physical performance so that they successfully evaluate areas to develop.</p>	<p><b><u>Invasion Games (Football/Handball)</u></b></p> <p>In Y6 the children will continue to refine activity specific skills and activity specific tactics. They will be able to use the knowledge gained to make tactical decisions independently and explain why they have selected these tactics.</p>

Autumn 2			<p><b><u>FUNDamentals of movement</u></b></p> <p>Children will become competent in the FUNdamentals of movement (Agility, Balance, Co-ordination) and begin to apply these skills in conditioned games</p>	<p><b><u>Gymnastics</u></b></p> <p>Children will begin to refine movements into actions showing control, extension and a degree of fluency. They will use these movements when creating routines with guidance</p>	<p><b><u>Invasion Games (Basketball)</u></b></p> <p>Children will begin to learn the basic skills and techniques in Invasion Games (Passing, Receiving, Dribbling, Shooting)</p>	<p><b><u>Health Related Exercise</u></b></p> <p>Y4 will begin to learn about the different types of physical fitness and how to train/exercise to ensure progress in each type of fitness.</p>	<p><b><u>Invasion Games (Basketball)</u></b></p> <p>In Y5 the children will begin to learn activity specific skills and activity specific tactics (Full/Half Court Press, Set Pick, Lay Up, Bounce Pass)</p>	<p><b><u>Health Related Exercise</u></b></p> <p>In Year 6 our pupils will take on the role of a Personal Trainer! Using their knowledge they will design a personal training programme for their peers!</p>
Spring 1	<p><b><u>Gymnastics &amp; Dance activities</u></b></p> <p>Children start to experiment with moving their bodies in a variety of ways using themes that mirror their classroom topics. Children will also start to hold their</p>	<p><b><u>Gymnastics &amp; Dance activities</u></b></p> <p>Children will continue experimenting with moving their bodies in a variety of ways. Children will also start to hold their body in different positions using different</p>	<p><b><u>Gymnastics</u></b></p> <p>Children will begin to refine movements into actions showing control, extension and a degree of fluency.</p>	<p><b><u>Dance</u></b></p> <p>In Year 2 children will develop their ability to learn a dance routine with guidance from a member of Staff. The class will split into two and have a dance off!</p>	<p><b><u>Gymnastics/Parkour</u></b></p> <p>In Year 3 children will learn how to control their bodies and link movements together with fluency. In Gymnastics children will begin to experiment with mirror &amp; match whilst working in pairs.</p>	<p><b><u>Dance</u></b></p> <p>Children will begin to develop their understanding of Canon and Unison in dance. They will also consider their use of space and dance terminology.</p>	<p><b><u>Gymnastics/Parkour</u></b></p> <p>In Year 5 our pupils will develop their ability to travel and balance on apparatus through both Parkour and Gymnastics. In Gymnastics they will also develop their ability to use their knowledge to lead larger groups when planning group routines.</p>	<p><b><u>Dance</u></b></p> <p>In Year 6 the class will continue to learn different dance styles. They will apply this knowledge by creating dance routines independently.</p>
Spring 2			<p><b><u>Dance</u></b></p>	<p><b><u>Gymnastics</u></b></p>	<p><b><u>Dance</u></b></p>	<p><b><u>Gymnastics/Parkour</u></b></p>	<p><b><u>Dance</u></b></p>	<p><b><u>Gymnastics/Parkour</u></b></p>

	body in different positions using different body parts.	body parts and travelling over varied objects and different heights.	Children will start to explore how change their dance moves with relation to a stimulus (Happy/Sad, Fast/Slow)	Children will begin to refine movements into actions showing control, extension and a degree of fluency. They will use these movements when creating routines with guidance	In KS2 children will begin to develop their choreography skills as they begin to contribute their own ideas to the formation of dance routines.	Children will continue to develop their ability to express their ideas through movement. In Gymnastics specifically they will learn to use Unison & Canon whilst working independently in medium sized groups.	In Year 5 the class will begin to learn the difference in various dance styles. Whilst applying this knowledge to create routines considering both style and stimulus.	In Year 6 children will develop their core strength through their work on apparatus and working with partners. In Gymnastics children will develop their partner balances and incorporate them into routines created independently with large groups.
Summer 1	<p><b><u>Athletics &amp; HRE 'Exercise &amp; our body'</u></b></p> <p>In Summer the children in the Nursery will start to have fun learning to run fast, jump high and throw far! (They'll also start to learn their races ready for Sports Day!)</p>	<p><b><u>Athletics &amp; HRE 'Exercise &amp; our body'</u></b></p> <p>In Summer the children in the Reception will start to learn how to improve their ability to run fast, jump high and throw far! (They'll also start to learn their races ready for Sports Day!)</p>	<p><b><u>Athletics</u></b></p> <p>In Y1 children will develop their sprinting technique, their throwing technique and how to run a relay race!</p>	<p><b><u>FUNDamentals of movement</u></b></p> <p>Children will become increasingly competent in the FUNdamentals of movement (Agility, Balance, Co-ordination) and will apply these skills in a variety of sports and activities</p>	<p><b><u>Athletics</u></b></p> <p>Children will continue to develop their ability to sprint, jump and throw. They will also begin to develop their ability to run middle to long distances.</p>	<p><b><u>Invasion Games (Basketball/Hockey)</u></b></p> <p>Children will begin to learn the basic rules, skills, tactics and techniques in Invasion Games (Passing, Receiving, Dribbling, Shooting)</p>	<p><b><u>Athletics</u></b></p> <p>Children will develop their technique when: Sprinting, Jumping (Long/High/Triple), Throwing (Javelin &amp; Discus), Hurdles and Relay.</p>	<p><b><u>Invasion Games (Basketball)</u></b></p> <p>In Y6 the children will continue to refine activity specific skills and activity specific tactics. They will be able to use the knowledge gained to make tactical decisions independently and explain why they have selected these tactics.</p>
Summer 2			<p><b><u>FUNDamentals of movement</u></b></p> <p>Children will become competent in the FUNdamentals</p>	<p><b><u>Athletics</u></b></p> <p>Children will develop their sprinting technique, their throwing technique, the</p>	<p><b><u>Invasion Games (Football/Hockey)</u></b></p> <p>Children will begin to learn the basic rules, skills and techniques in Invasion Games</p>	<p><b><u>Athletics</u></b></p> <p>In Y4 Children will continue to develop their ability to sprint, jump and throw. They will also begin to develop</p>	<p><b><u>Invasion Games (Football/Hockey)</u></b></p> <p>In Y5 the children will begin to learn activity specific skills and activity specific tactics (Counter</p>	<p><b><u>Athletics</u></b></p> <p>In Y6 children will develop their technique when: Sprinting, Jumping (Long/High/Triple), Throwing (Javelin &amp;</p>

			of movement (Agility, Balance, Co-ordination) and begin to apply these skills in conditioned games	technique of a long jump, hurdles and how to run a relay race!	(Passing, Receiving, Dribbling, Shooting)	their ability to run middle to long distances. They will also begin to learn the Triple Jump.	attack, Man to man marking, Zonal marking, High press, Long ball)	Discus), Hurdles and Relay. Children will also develop their ability to evaluate and improve their peers' performance using the knowledge and understanding.
--	--	--	--	--	---	---	---	--