Rose Hill Primary School
Whole School Overview
Subject: **Physical Education (Annual cycle)**

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	**Big Question:** **How does our body move?** What are the different ways our body can move? In/out/around/over/under/ through	**Big Question:** **How do we balance?** How can we make our body hold a shape? What different shapes can we make using different body parts?	**Big Question:** **How can we combine balance and movement?** Participate in games that involve changing our speed and direction with control (dynamic balance).	**Big Question:** **Can we throw underarm and catch with two hands?** Participate in games that involve using an underarm throw and two-handed catch.	**Big Question:** **How do we jump and land safely?** Experiment with different ways to jump and land. What shapes can we make? Participate in jumping games and sequences.	**Big Question:** **Can we control a ball?** Try to demonstrate basic ball control skills. Play games requiring ball control.
KS1	**Big Question:** **How do we develop our basic movements? (Basic movement)** Improve and develop basic movements – running, jumping, throwing, catching. **Big Question:** **Can we participate in team games and understand basic tactics? (Invasion games)** Participate in modified games. Understand basic rules and key principles.	**Big Question:** **Can we participate in team games and understand basic tactics? (Invasion games)** Participate in modified game. Understand basic rules and key principles. **Big Question:** **How can we develop balance, agility, co-ordination? (Gymnastics)** Understand how to create a basic sequence, including simple balance and travel.	**Big Question:** **How do we develop our basic movements? (Multi skills)** Improve and develop basic movements – running, jumping, throwing, catching. **Big Question:** **Can we participate in team games and challenges and solve problems? (Team building)** Participate in modified games/ challenges.	**Big Question:** **How can we develop balance, agility, co-ordination? (Gymnastics)** Understand how to create a basic sequence using simple rotation and flight. **Big Question:** **Can we perform dance using simple movement patterns? (Dance)** Create a short piece based loosely on a theme and be able to perform it.	**Big Question;** **How do we develop our basic movements? (Athletics)** Improve and develop basic athletic movements – running, jumping, throwing. **Big Question:** **Can we participate in team games and understand basic tactics? (Striking and fielding games)** Participate in modified S&F games. Understand basic rules and key principles.	**Big Question;** **How do we develop our basic movements? (Athletics)** Improve and develop basic athletic movements – running, jumping, throwing. **Big Question:** **Can we participate in team games and understand basic tactics? (Striking and fielding games)** Participate in modified S&F games. Understand basic rules and key principles.
LKS2	**Big Question:** **Can we play competitive games and apply basic principles of attack and defence? (Basketball)** Understand the rules of a range of sports and use effectively in a game situation. Understand basic tactics. **Big Question:** **Can we take part in problem solving and team building challenges? (OAA)** Understand key terms such as communication, challenge, co-operation, and teamwork. Demonstrate these in a range of team and individual challenges.	**Big Question:** **Can we play competitive games and apply basic principles of attack and defence? (Football)** Understand the rules of a range of sports and use effectively in a game situation. Understand basic tactics. **Big Question:** **Can we develop strength, technique, and control? (Fitness)** Understand the terms strength, technique and control. Use them	**Big Question:** **Can we develop flexibility, control and balance? (Gymnastics)** Understand the terms flexibility, control, and balance. Demonstrate the importance of these in a range of skills - rolling, jumping, balancing, locomotion. Create and perform a sequence. **Big Question:** **Can we perform dances using a range of movement**	**Big question:** **Can we develop strength, coordination, technique and control? (Circuits)** Understand the terms strength, coordination, technique, control. Demonstrate these in fitness sessions. **Big Question:** **Can we play competitive games and apply basic principles and tactics of attack and defence? (Netball)** Understand the rules of a range of sports and	**Big Question:** **Can we develop strength, coordination, technique and control? (Athletics)** Understand the terms strength, coordination, technique, control. Demonstrate these in a range of events. **Big Question:** **Can we use running, throwing and catching in isolation and in combination? Can we use these skills in modified games?**	**Big Question:** **Can we use running, throwing and catching in isolation and in combination. Can we use these skills in modified games? (Striking and fielding games)** Understand technique for basic skills - throwing, catching, hitting, stopping Use these skills in isolation and in a competitive situation. **Big Question:**

		effectively in a range of fitness training methods.	**Patterns? (Dance)** Choreograph a dance based on a specific theme. Perform and evaluate piece.	use effectively in a game situation. Understand basic tactics.	**(Striking and fielding games)** Understand the technique for basic skills - throwing, catching, hitting, stopping Use these skills in isolation and in a competitive situation.	**Can we develop co-ordination and balance? (Skipping)** Understand the terms co-ordination and balance. Demonstrate these in a range of skipping activities – individual, pair, group.
UKS2	**Big Question:** **Can we play competitive games and apply principles and tactics of attack and defence? (Football)** Understand the rules of a range of sports and use effectively in a game situation. Understand tactics, positional roles and responsibilities and the importance of spatial awareness. **Big Question:** **Can we develop strength, technique and control? (Fitness)** Understand and the terms strength, technique and control. Use them effectively in a range of fitness training methods. Be able to identify which key terms are dominant. Be able to coach and evaluate peers.	**Big Question:** **Can we play competitive games and apply principles and tactics of attack and defence? (Basketball/Rugby/ Dodgeball)** Understand the rules of a range of sports and use effectively in a game situation. Understand tactics, positional roles and responsibilities and the importance of spatial awareness.	**Big Question:** **Can we develop strength, technique and control? (Circuits)** Understand and the terms strength, technique and control. Use them effectively in a range of fitness training methods. Be able to identify which key terms are dominant. Be able to coach and evaluate peers. **Big Question:** **Can we develop flexibility, control and balance? (Gymnastics)** Understand the terms flexibility, control, and balance. Demonstrate the importance of these in a range of skills - rolling, jumping, balancing, locomotion. Create and perform a sequence. Carry out peer observations and offer constructive feedback to improve future performance.	**Big Question:** **Can we perform dances using a range of movement patterns? (Dance)** Choreograph a dance based on a specific theme. Perform and evaluate piece. Understand the terms relationships, dynamics, levels, pathways. Demonstrate these in a piece of dance **Big Question:** **Can we play competitive games and apply principles and tactics of attack and defence? (Netball)** Understand the rules of a range of sports and use effectively in a game situation. Understand tactics, positional roles and responsibilities and the importance of spatial awareness.	**Big Question:** **Can we develop strength, coordination, technique and control? (Athletics)** Understand the terms strength, coordination, technique, control. Demonstrate these in a range of events. Identify which key terms are dominant in each event. Coach and evaluate peers. **Big Question:** **Can we use running, throwing and catching in isolation and in combination? Can we use these skills in modified games? (Cricket)** Understand the technique for basic skills - throwing, catching, hitting, stopping. Use these skills in isolation and in a competitive situation. Demonstrate an understanding of spatial awareness. Understand positional roles and responsibilities. Demonstrate these in a game.	**Big Question:** **Can we use running, throwing and catching in isolation and in combination? Can we use these skills in modified games? (Rounders)** Understand the technique for basic skills - throwing, catching, hitting, stopping. Use these skills in isolation and in a competitive situation. Demonstrate an understanding of spatial awareness. Understand positional roles and responsibilities. Demonstrate these in a game. **Big Question:** **Can we develop co-ordination and balance? (Skipping)** Understand the terms co-ordination and balance. Demonstrate these in a range of skipping activities – individual, pair, group. Be able to coach and evaluate peers. Be able to set and attempt to achieve realistic goals.

PE National Curriculum Statements

KS1	A1	A2	Sp1	Sp2	S1	S2
To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.	/	/	/	/	/	/
To participate in team games, developing simple tactics for attacking and defending.	/	/			/	/
To perform dances using simple movement patterns.			/	/		

LKS2	A1	A2	Sp1	Sp2	S1	S2
To use running, jumping, throwing and catching in isolation and in combination.	/	/		/	/	/
To play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.	/	/		/	/	/
To develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].		/	/	/	/	/
To perform dances using a range of movement patterns.			/			
To take part in outdoor and adventurous activity challenges both individually and within a team.	/					

To compare their performances with previous ones and demonstrate improvement to achieve their personal best.	/	/	/	/	/	/

UKS2	A1	A2	Sp1	Sp2	S1	S2
To use running, jumping, throwing and catching in isolation and in combination.	/	/		/	/	/
To play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.	/	/		/	/	/
To develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].	/		/	/	/	/
To perform dances using a range of movement patterns.				/		
To take part in outdoor and adventurous activity challenges both individually and within a team.						
To compare their performances with previous ones and demonstrate improvement to achieve their personal best.	/	/	/	/	/	/