

PE Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	<p>Movement and space</p> <p>Focus- To be able to negotiate space safely and with control.</p>	<p>Ball Skills- Sending</p> <p>Focus- To roll a ball with increasing accuracy and control</p>	<p>Gymnastics</p> <p>Focus- To position your body into an interpretation of a shape and hold the position</p>	<p>Movement and space +</p> <p>Focus- To participate in an invasion game</p>	<p>Ball Skills + receiving</p> <p>Focus- To send and receive a ball</p>	<p>Mini-Olympics</p> <p>Focus- To apply the full range of skills acquired this year in a mildly competitive context.</p>
Year 1	<p>Movement and Shape</p> <p>Focus- To work with one person to make a body shape together.</p>	<p>Fundamental Movement Skills</p> <p>Focus- To increase speed and precision of movement</p>	<p>Gymnastics</p> <p>Focus- To perform Pencil, Teddy bear and forward roles with appropriate control.</p>	<p>Dance</p> <p>Focus- To move my body to reflect a piece of music.</p>	<p>Outdoor Adventures</p> <p>Focus- To navigate the outdoor terrain with confidence</p>	<p>Mini-Olympics</p> <p>Focus- To apply my developing physical skills in a semi-competitive context.</p>
Year 2	<p>SAQ and Fundamental Movement</p> <p>Focus- To balance, move at speed in different directions and send and receive a ball.</p>	<p>Athletics</p> <p>Focus- To develop specific Javelin throwing technique.</p>	<p>Gymnastics</p> <p>Focus- To perform a basic gymnastic routine</p>	<p>Dance</p> <p>Focus- To follow a dance routine.</p>	<p>Outdoor Adventures</p> <p>Focus- To work confidently in small teams applying basic map reading and orienteering skills.</p>	<p>Mini-Olympics</p> <p>Focus- To complete athletic movements with developing technical efficiency in javelin throwing and jumping.</p>