



Clipston Primary School – Topic Overview for P.E.

Reception	Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
<p>Target Games</p> <p>Dance</p> <p>Gymnastics</p> <p>Travelling Games</p> <p>Net Games</p> <p>Athletics, Practice for Sports Day, Outdoor Adventurous Activities</p> <p>Personal Follow instructions, practice safely and work on simple tasks</p> <p>Social Work sensibly with others, taking turns and sharing</p> <p>Cognitive Understand and follow simple rules. Name some things that I am good at</p> <p>Creative Explore and describe different movements</p> <p>Physical Perform a single skill or movement with some control. Perform a small range of skills and link two movements together</p> <p>Health and Fitness Be aware of why exercise is important for good health</p>	<p>Invasion Games Gateway, Find a Goal, Fives, Find that space, Hoop Ball Treasure chest, 1-2-3-4, 4v1, Zone passing, The wing game</p> <p>Dance Sports Jam, Mini Beasts & Traditional Maypole dancing Combat, Animals & Traditional</p> <p>Gymnastics Floor and apparatus</p> <p>Striking & Fielding Games Chain Gangs, Catch them out Catch, There and back</p> <p>Net Games Feed me, Tennis Barrier Ball</p> <p>Athletics, Fitness & Outdoor Adventurous Activities</p>	<p>Invasion games Tag Rugby, Football and Netball Lacrosse, Quicksticks Hockey</p> <p>Gymnastics Floor and apparatus</p> <p>Dance Linked to topic Romans – Gladiators, Statues & Temples, Gods & Goddesses Vikings – at sea, at war & at home</p> <p>Striking & Fielding Games Zone ball, Pass,Pass,Pass, Chance to shine Cricket Bouncy ball, Tri-Golf</p> <p>Net/Wall Games Creating a Game Getting a Grip, Volleyball</p> <p>Inclusive games Rebound ready - Double up - Boccia Volleyball</p> <p>Athletics, Fitness & Outdoor Adventurous Activities</p>	<p>Invasion Games Shoot the Ball, Target Three & Mini-Game Handball Invade, Zone Ball Lacrosse</p> <p>Dance Linked to topic World War I / World War II Maypole Dancing</p> <p>Gymnastics Floor and apparatus</p> <p>Sportshall Athletics & Circuit training</p> <p>Creating a Game What game (net game) Name the Game (striking & fielding)</p> <p>Inclusive game Goal ball Boccia</p> <p>Striking & Fielding Game Mini Rounders Dodgems</p> <p>Net/Wall Game Are you ready? Tennis Flights & Animals Volleyball</p> <p>Athletics, Fitness & Orienteering</p>

Clipston Primary School – End Points for P.E.

R	Y1 or Y2	Y3 or Y4	Y5 or Y6
Dance			
Copy, remember and repeat actions to represent a theme	Accurately remember, repeat and link actions to express an idea.	Create imaginative responses to a variety of stimulus individually and in groups.	Choreograph planned dances by using, adapting and developing controlled movements and steps from different dance styles to express emotions and feelings.
Explore varying speeds to represent an idea.	Develop an understanding of dynamics	Change dynamics confidently within a performance to express an idea or changes in character.	Explore, improvise and combine movement dynamics to express ideas fluently - on their own, with a partner or in a small group.
Explore pathways within their performances	Develop the use of pathways and travelling actions to include levels	Use directions to transition between formations.	Use a variety of basic compositional principles when creating their own dances.
Begin to explore actions and pathways with a partner.	Explore working with a partner using unison, matching and mirroring.	Use action and reaction to represent an idea.	Confidently use formations, canon and unison to express a dance idea.
Recognise how their body feels when still and exercising	Understand the importance of warming up and cooling down	Know and describe what you need to do to warm up and cool down for dance	Show an understanding of why it is important to warm up and cool down and prepare effectively for dancing
Talk about their use of counts in a performance.	Watch and describe facial expression in performances and use what they learn to improve their own work	Describe, interpret and evaluate their own and others' dances and talk about how they might improve them	Evaluate, refine and develop their own and others work considering timing in relation to the music and other dancers throughout the performance

R	Y1 or Y2	Y3 or Y4	Y5 or Y6
Games - Travelling	Games - Invasion		
Explore send and receive with hands and feet to a partner	Explore dribbling with hands and feet, including to a partner	Explore dribbling the ball abiding by the rules of the game under some pressure	Dribble consistently using a range of techniques with increasing control under pressure
Explore changing direction to move away from a partner.	Developing moving into space away from defenders.	Developing movement skills to lose a defender	Develop making decisions around when to pass and when to shoot.

Explore tracking and move to stay with a partner	Explore staying close to other players to try and stop them getting the ball.	Track opponents to limits scoring opportunities.	Move to the correct space when transitioning from attack to defence.
Recognise space when playing games.	Explore moving with a ball towards goal.	Move into space to help their team keep possession and score goals.	Move to create space for themselves and others in their teams.
Games - Target	Games – Striking & Fielding		
Explore striking a ball with their hand and equipment.	Develop striking a ball with their hand and equipment with some consistency	Begin to strike a bowled ball using different equipment.	Strike a bowled ball with increasing accuracy and consistency.
Develop tracking and retrieving a ball for their team.	Understand that there are different roles within a fielding team.	Explore bowling and fielding skills to include a two-handed pick up and long and short barriers.	Develop over and underarm bowling techniques.
Explore technique when throwing over and underarm.	Develop coordination and technique when throwing over and underarm.	Use overarm and underarm throwing with increased consistency in game situations.	Explore catching skills [close/deep and wicket keeping] and apply these with some consistency in game situations.
Develop coordination and technique when catching.	Catching with two hands with some coordination and technique.	Beginning to catch with one and two hands with some consistency in game situations.	Consistently make good decisions on who and when to pass to in order to get batters out. Demonstrating good technique in catching skills under pressure
Games – Net & Wall			
Explore hitting a dropped ball with a racket	Develop hitting a dropped ball over a net.	Explore returning a ball using focus shots such as the forehand and backhand.	Develop the range of shots used in the games they play.
Throw a ball over a net to land into the court area.	Accurately underarm throw over a net to a partner	Develop technique in serving underarm with increased consistency.	Serve accurately and consistently. Beginning to apply tactics to their serve.
Explore underarm rallying with a partner.	Explore underarm rallying with a partner catching after one bounce.	Develop rallying using both forehand and backhand with increased technique	Use a variety of shots to keep a continuous rally.
Use the ready position to move towards a ball.	Consistently use the ready position to move towards a ball.	Consistently use and return to the ready position in between shots.	Demonstrate a variety of footwork patterns relevant to the game they are playing e.g. a split step and a chase
R	Y1 or Y2	Y3 or Y4	Y5 or Y6
Gymnastics			
Explore basic body shapes - straight, tuck, straddle, pike	Explore using shapes in different gymnastic balances.	Develop the range of shapes they use in their sequences.	Perform shapes consistently and fluently to a high standard, sometimes linked with other gymnastic actions
Perform balances making their body tense, stretched and curled.	Remember, repeat and link combinations of gymnastic balances.	Develop strength in bridge and shoulder stand.	Explore symmetrical and asymmetrical balances and counter balances

Explore pencil, egg and dish roll progressions.	Explore egg, pencil and dish roll and put into sequence work.	Develop the egg, pencil and dish roll and perform with increased control. Explore straddle, forward and back rolls.	Develop control and fluency in egg, pencil, forward, straddle and backward roll.
Explore shape jumps including jumping off low apparatus and landing safely	Explore shape jumps and take off combinations.	Develop control in performing and landing rotation jumps. Select a range of jumps to include in sequence work.	Select a range of jumps to include in sequence work
Know how to carry and place apparatus	lift, move and place equipment safely	create gymnastic sequences that meet a theme or set of conditions	Develop their own gymnastic sequences incorporating speed, shape, level and direction. Demonstrate consistent precision control and fluency.
Watch, copy and describe what they and others have done	improve their work using information they have gained by watching, listening and investigating	describe their own and others' work, making simple judgements about the quality of performances and suggesting ways they could be improved	Develop their own gymnastic sequences by understanding, choosing and applying a range of compositional principles, and suggest ways of improving.

R	Y1 or Y2	Y3 or Y4	Y5 or Y6
Athletics			
Explore running at different speeds.	Develop the sprinting action.	Develop the sprinting technique and apply it to relay events Develop an understanding of speed and pace in relation to distance.	Apply fluency and coordination when running for speed in relay changeovers. Demonstrate a clear understanding of pace and use it to develop their own and sprinting technique
Explore running over obstacles.	Explore rhythm when running over obstacles	Develop fluency and rhythm when running over obstacles. Develop power and speed in the sprinting technique.	Effectively apply speeds appropriate for the event. Hurdle with greater control and coordination.
Develop balance whilst jumping and landing	Develop jumping, hopping and skipping actions	Develop technique in a range of approaches and take off position. Develop technique when jumping for distance.	Develop power, control and consistency in jumping for distance. Develop take off position when jumping for height.
Explore hopping, jumping and	Explore safely jumping for distance and height	Develop jumping for height and safety on landing.	Develop power, control and technique in the triple jump.

leaping for distance.		Explore fluency and technique in the vertical jump.	
Explore throwing for distance and accuracy	Develop overarm throwing for distance.	Explore power and technique when throwing for distance in a pull throw.	Develop power, control and technique in javelin and discus.
Use their bodies and a variety of equipment with some control and coordination	Use their bodies and a variety of equipment with greater control and coordination	Develop their ability to choose and use simple tactics and strategies in different situations.	Choose appropriate techniques for specific events with reducing need for guidance.

Year 3	Year 4	Year 5	Year 6
Swimming			
Can swim over a 10m distance with a buoyancy aid. Begin to use arms and legs together, more effectively	Explore technique for specific strokes to include head above water breast stroke, backstroke and front crawl.	Demonstrate increased technique in a range of strokes, swimming over a distance of 25m Identify their personal best in a range of strokes. Successfully select and apply their fastest stroke over a distance of 25m	Year 6 do not usually go swimming, although if a child has not mastered the basic achievements, additional swimming lesson may take place in Year 6, alongside Year 5.
Can submerge confidently in the water. Begin to explore breathing in sync with their kicking action.	Demonstrate improved breathing technique in front crawl.	Demonstrate a good understanding of water safety.	
Become aware of water safety and explore floating on their front and back. Demonstrate an awareness of water safety and explore floating on their front and back	Performs personal survival to include survival strokes such as sculling and treading water with confidence.	Explore safety techniques to include the HELP & huddle positions. Can select and apply the appropriate survival technique for the situation.	

R	Y1 or Y2	Y3 or Y4	Y5 or Y6
Performance, Fitness & Health			

There is considerable overlap with our PSHRE Curriculum for the Fitness & Health aspects of P.E.

Recognise how their body feels when still and when exercising	Know that exercise helps keep our bodies fit and healthy.	Recognise the effect of different activities on the body and to prepare for them physically	Understand how the challenge of outdoor and adventurous activities can help their fitness, health and wellbeing when working in groups
Watch copy and describe what they and others have done	Improve their work using information they have gained by watching, listening and investigating	Describe their own and others' work, making simple judgements about the quality of performances and suggesting ways they could be improved	Evaluate their own and others' work. Recognise how their own performance has improved and suggest ways of making improvements
Listen carefully to instructions and carry them out.	Communicate simple instructions and listen to others.	Work cooperatively with a partner and a small group.	Can follow and give instructions and are accepting of other peoples' ideas. Confidently communicate ideas and listen to others
Identify when they were successful	Identify when they were successful and make basic observations about how to improve	With increased accuracy, critically reflect on when and why they were successful at solving challenges.	With increasing accuracy, reflect on when they were successful at solving challenges and alter their methods in order to improve.