

Heald Place Primary School

Subject Overview: 2022-2023

Physical Education

Term	Autumn		Spring		Summer	
Nursery (Gross Motor Skills Continue to develop movement skills of walking and running. Continue to develop climbing skills. Continue to develop balancing skills. Begin to learn to hop. Continue to develop ball skills. Begin to use large-muscle movements		Gross Motor Skills Continue to develop movement of walking and running and adapt speed/ direction to avoid obstacles. Use climbing frame independently. Continue to develop balancing skills. Learn to hop and begin to learn to skip. Continue to develop ball skills. Use large muscle movements. Begin to remember some sequences and patterns of movement related to music and rhythm. Begin to take part in some paired activities e.g. rolling a ball. Choose the right resource to carry out chosen plan.		Gross Motor Skills Continue to develop their movement, walking, running, climbing and balancing skills. Develop confidence to skip and hop. Continue to develop ball skills and begin to catch and aim. Remember some sequences and patterns of movement related to music and rhythm. Begin to take part in small group team activities with adult support and. take turns. Match developing physical skills to tasks and activities in setting. Choose the right resource to carry out chosen plan.	
 	Gross Motor Skills Revise and refine the fundamental movement skills they have already acquired. Develop overall body-strength, balance, co-ordination and agility. Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. Further develop and refine a range of ball skills including: throwing, catching, kicking, and aiming.		Gross Motor Skills Progress towards a more fluent style of moving, with developing control and grace. Combine different movements with ease and fluency. Develop overall body strength, co-ordination, balance and agility, Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball e.g. bounce, pass, dribble, bat. Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.		Gross Motor Skills Negotiate space and obstacles safely, with consideration for themselves and others when: running, dancing. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.	
	Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
Year 1	Games: Locomotion 2	Games: Fundamental Skills 2	Games: Invasion Games Skills 2	Games: Object Manipulation	Games: Net and Wall 1	Games: Athletics
	Dance: Animals Gym: Points/Patches	Dance: Pirates	Dance: Under the Sea	Dance: Mini Beasts	Dance: Class Topic Gym: Wide/Narrow	Dance: Class production Gym: Wide/Narrow
		Gym: Points/Patches (Apparatus)	Gym: Pathways	Gym: Pathways (Apparatus)	Curled roles & balancing	Curled roles & balancing (Apparatus)



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	Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
Year 2	Games: Fundamental	Games: Fundamental	Games: Invasion Skills 2	Games: Target Games	Games: Dodgeball	Games: Athletics
	Skills 3	Skills 2	IDDI		Dance: Pirates	
			Dance: Under The Sea	Dance: Mini Beasts		Dance: Class Production
	Dance: Fire of London	D <mark>anc</mark> e: Fireworks			Gym: Pathways,	
			Gym: Stretching/Curling	Gym: Stretching/Cu <mark>rlin</mark> g	Straight/zigzag/curving	Gym: Pathways,
	Gym: Spinning/Turning	Gym <mark>: Sp</mark> inning/Turning	and Arching	and Arching		Straight/zigzag/curving
	and twisting	and twisting		(Apparatus)		(Apparatus)
		(Apparatus)		1		
Year 3	Games: Dodgeball	G <mark>am</mark> es: Netball	Games: Cricket	Games: Tag Rug <mark>by</mark>	Games: Athletics	Games: Rounders
	Dance: Space	Dan <mark>ce:</mark> Stone Age	Dance: <mark>Egyptia</mark> ns	Dance: Class Topic	Dance: Dance Around	Dance: Class production
	C Beerlie bed	C Development	6 1: 1:		the world	6 6
	Gym: Receiving body	Gym: Re <mark>ce</mark> iving body	Gym: Linking	Gym: Linking	C C	Gym: Symmetry and
	weight	w <mark>eight</mark>	Movements together	Movements together	Gym: Symmetry and	Asymmetry (Partners)
	Carrage Daylonkall	(Appa <mark>rat</mark> us)	Canana Dagladhall	(Appar <mark>atu</mark> s)	Asymmetry (Partners)	(Apparatus)
Year 4	Games: Dodgeball	Games: Hockey	Games: Basketball	Games-OAA	Games: Rounders	Games: Athletics
	Dance: Romans	Gym: Rolling/Travelling	Dance: Around the	Gym: Arching/Bridging	Dance: Class	Gym: Partner Work,
	Dance, Romans	low	World	(Apparatus)	Production	Pushing/Pulling
	Swimming	(Apparatus)	World	(Apparatus)	Fiduction	(Apparatus)
	Swiiiiiiiig	(Apparatus)	Swimming	Swimming	Swimming	(Apparatus)
		Swimming	Swiiiiiiig	Swiiiiiiig	Swiiiiiiig	Swimming
Year 5	Games: Dodgeball	Games: Lacrosse	Games: Netball	Games: Hockey	Games: Cricket	Games: Athletics
l cai s	Games. Boagesan	Games. Each obse	Games. Netsan	Games. Hockey	Guilles: Cricket	Garries. Acritectes
	Dance: Dance through	Dance: Haka	Dance: Vikings	Dance: Around the	Dance: Around the	Dance: Class Production
	the ages	2 and an and	246585	world	world	
		Gym: Partner Work,	Gym: Mirror/Matching	Gym: Mirror/Matching		Gym: Synchronisation
	Gym: Partner Work,	Under/Over	and Contrast	and Contrast	Gym: Synchronisation	and Canon
	Under/Over	(Apparatus)	ELY CIIII	(Apparatus)	and Canon	(Apparatus)

Confident Learner

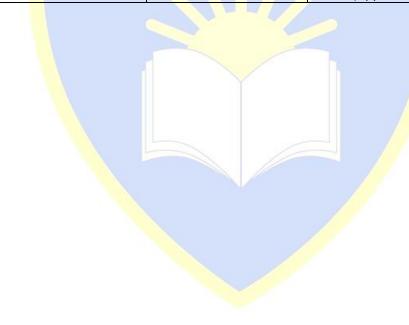


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Year 6	Games: Handball	Games: Lacrosse	Games: Dodgeball	Games: Netball	Games: Rounders	Games: Tennis
	Dance: British Values	Dan <mark>ce:</mark> World War II	Dance: Street Dance	Dance: Bollywood	Dance: Haka	Dance: Class Production
	Gym: Flight	Gym: Flight (Apparatus)	Gym: Counter Balance	Gym: Counter Balance	Gym: Group Sequencing	Gym: Group Sequencing (Apparatus)
		((Apparatus)		(pp.a.acas)



Every Child a Confident Learner