

PE Planning Overview – Hormead First School



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Introduction to PE: Unit 1 - Squatting with steadiness. - Control when pouring. - Drawing simple shapes.	Fundamentals: Unit 1 - Standing on one foot. - Climbing confidently. - Walking up and down steps. - Preference with dominant hand. - Developing movement, balancing, riding (scooters, trikes, bikes)	Dance: Unit 1 - Moving Freely. - Draw lines and circles using gross motor movements. - Remember sequences and patterns of movements related to music.	Gymnastics: Unit 1 - Climbing using alternate feet. - Movement and balance at safe speeds.	Games: Unit 1 - Running freely, adjusting speed and direction. - Skip, hop, hold a pose. - Take part in some group/ team activities.	Ball Skills: Unit 1 - Kicking a large ball. - Catching a large ball.
Reception	Introduction to PE: Unit 2 Shows a dominant hand.	Fundamentals: Unit 2 Holding a pencil correctly.	Dance: Unit 2 Travel safely around a space.	Gymnastics: Unit 2 Experiment with different ways of moving. Jumping off an object. Landing safely.	Games: Unit 2 - Running freely, adjusting speed and direction. - Skip, hop, hold a pose. - Take part in some group/ team activities.	Ball Skills: Unit 2 Shows increasing control over an object: Pushing, patting, throwing, catching or kicking.
Year 1	Fundamentals Mastering basic movements.	Dance Perform dances using simple movements.	Team Building Take part in team games	Gymnastics - Mastering basic movements. - Develop agility, balance, and co-ordination.	Striking and Fielding Games Master basic movements including running, jumping, and throwing.	Athletics Master basic movements including running, jumping, and throwing.
Year 2	Fundamentals Mastering basic movements.	Dance - Develop balance, agility, and co-ordination. - Perform dances using simple movements.	Invasion Games Take part in team games, developing simple tactics for attacking and defending.	Gymnastics - Master basic movements. - Develop agility, balance, and co-ordination.	Net and Wall Participate in team games, developing simple tactics for attacking and defending.	Athletics Master basic movements including running, jumping, and throwing.
Year 3 (Cycle 1)	Fundamentals Develop flexibility, strength, technique, control and balance.	Dance - Perform dances using a range of movement patterns. - Compare performances to demonstrate improvement.	Fitness Master basic movements including running and jumping.	Gymnastics - Develop flexibility, strength, technique, control, and balance. - Compare performances to demonstrate improvement.	Tag Rugby - Use running, throwing and catching in combination. - Play competitive games. - Apply basic tactics.	Athletics - Use running, jumping, throwing and catching in isolation and in combination. - Develop flexibility, strength, technique, control and balance.
Year 4 (Cycle 2)	Fundamentals Develop flexibility, strength, technique, control and balance.	Dance - Perform dances using a range of movement patterns. - Compare performances to demonstrate improvement. Gymnastics - Develop flexibility, strength, technique, control, and balance. - Compare performances to demonstrate improvement.	Dodgeball - Use running, throwing and catching in isolation and combination. - Play competitive games.	Hockey - Play competitive games. - Apply basic principles suitable for attacking and defending	OAA Take part in outdoor adventurous activities both individually and as a team.	Athletics - Use running, jumping, throwing and catching in isolation and in combination. - Develop flexibility, strength, technique, control and balance.