

PE Link Overview 2019-2020

	Autumn 1/	Autumn 2	Spring 1/	Spring 2	Summer 1/	Summer 2
<p>Reception All FMS to be experienced through continuous provision in the classroom as well.</p>	<p>Dance - Unit 1 (Stars, Rabbits, Follow My Feet, Hickory Dickory Dock, Autumn Leaves)</p> <ul style="list-style-type: none"> Travel in spaces with increasing control and co-ordination Copy simple shapes Travel on feet in a variety of ways Perform structured planned dances <p>Gym - Unit A (Travelling) FMS-experience Line walk, climb</p>	<p>Dance - Unit 2 (Icicles and Water, Mr Jelly and Mr Strong, Wriggling William, The Angry Elephant)</p> <ul style="list-style-type: none"> Respond to a range of stimuli Explore ideas to make simple dances Recognise repeated rhythms to match to music Describe own and others actions <p>Gym - Unit B (Stretching and Curling) FMS - experience line walk</p>	<p>Dance - Unit 3 (Blowing Bubbles, Dinosaurs, The Shaking Puppet)</p> <ul style="list-style-type: none"> Use different parts of their body to communicate ideas Remember short phrases of movement Select movements to create dances within a simple framework. <p>Gym - Unit C (Travelling Taking Weight on Different Body Parts) FMS - experience Balance on one foot</p>	<p>Dance -Unit 4 (The Scarf, Painting a Picture, The Hungry Caterpillar)</p> <ul style="list-style-type: none"> Use different parts of body to communicate imaginative ideas Choose different movements and link appropriately Remember and perform short phrase of movement Talk about their dance and why they liked it. <p>Games - Unit 1 (Bean Bags) FMS - experience overarm throw and underarm throw</p>	<p>Games - Unit 2 (Medium Sized Ball) FMS- experience catching a large ball, underarm throw</p> <p>Games - Unit 3 (Hoops and Quoits) FMS - experience overarm throw and underarm throw</p>	<p>Athletics Practice for - Sports Day FMS - Experience sprint run, skip, hop, gallop, side gallop, jump for height</p>
<p>Year 1</p>	<p><u>Which material should the Three Little Pigs have used to build their house?</u> Dance - Unit 2</p>	<p><u>Why does it get darker in the winter?</u> Dance - Unit 1 (Streamers, Conkers, Playing with a Ball)</p>	<p>Gym - Unit D (Flight) FMS - Taught line walk, Experience jump for height</p>	<p>Parachute Games - Unit 2 (Throwing, Catching and Aiming)</p>	<p>Skipping (British Heart Foundation) FMS - taught skipping</p>	<p>Games - Unit 3 (Bat and Ball Skills) Experience - 2 handed strike</p>

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	<p>(Jack and The Beanstalk)</p> <ul style="list-style-type: none"> Respond to a range of stimuli Improvise and idea Choose appropriate movements to create short phrase of movement Communicate ideas showing expressive qualities. <p>Games - Unit 1 (Large Ball skills) FMS - taught catch large ball, experience kicking and dribbling a ball</p>	<ul style="list-style-type: none"> Explore actions Perform basic dance skills in relation to dance ideas Explore a range of movements suitable for idea and link them together Observe others and describe 	<p>Gym - Unit E (Points and Patches) FMS - taught to balance on one foot</p>	<p>FMS - taught underarm throw, catch large ball, experience overarm throw</p>		<p>Athletics - Sports Day FMS- taught spring run, skip, hop, gallop</p>
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<p>Year 2</p>	<p><u>Where would you rather live: England or Australia?</u></p> <p>Dance - English Country Dancing, African Dancing</p> <p>Tennis external coach - Taught - 2 handed strike</p>	<p>Dance - Unit 1 (The Cat, Balloons, Reach for the Stars)</p> <ul style="list-style-type: none"> Perform basic dance phrases with some idea of mood and feeling Remember and repeat phrases and patterns Change and vary actions demonstrating speeds and weights Communicate ideas and stories 	<p><u>Could you be the next Dina Asher Smith?</u></p> <p>Games - Unit 1 (Throwing and Catching)</p> <p>FMS- overarm throw, catch medium ball, 2 handed strike.. Continuing underarm throw</p>	<p>Gym - Unit H (Parts High and Low)</p> <p>FMS-continuing climb, experiencing, bench walk</p>	<p>Gym - Unit I (Pathways)</p> <p>FMS -continuing balancing on one foot, experience bench walk Taught - side roll</p>	<p>Athletics - Sports Day</p> <p>FMS - Continuing sprint run, hop, gallop Taught - jump for height and distance Experiencing side gallop</p>
<p>Year 3</p>	<p>Games - Year 3 - Unit 1 (Passing and Receiving)</p> <p>FMS - continuing underarm throw, overarm throw, 2 handed strike Taught - foot dribble, kick, chest pass, hand dribble Experience dodging</p>	<p><u>What makes the Earth angry?</u></p> <p>Dance - erupting volcano dance (6 weeks)</p> <ul style="list-style-type: none"> Choose the movements which reflect the dance Respond imaginatively to a stimulus and remember and repeat simple dance phrases. Work in pairs and groups using complementary movements. 	<p>Gymnastics - stretching, curling and arching</p> <p>FMS - continuing balance on 1 foot, side roll, climb</p> <ul style="list-style-type: none"> Rolling, jumping and beginning cartwheel, perform matching shapes with a partner, perform short sequences demonstrating levels, directions and speeds 	<p>Gymnastics - pathways</p> <ul style="list-style-type: none"> Travel fluently along different pathways, e.g. travelling, jumping and turning Demonstrate different speeds and levels Acceleration and deceleration Individual and partner sequencing 	<p><u>How can Usain Bolt move so quickly? (Also Ancient Greece)</u></p> <p>Athletics -Year 3 - Unit 1 (Sprinting, throwing, jumping, relays)</p> <p>FMS - Continuing skip, hop gallop, jump for height and distance Taught side gallop Experience dodging</p>	<p><u>Mediterranean Holidays</u></p> <p>Games - Ball Skills Unit 4 (Striking and Fielding Games)</p> <p>FMS - continuing underarm throw, overarm throw, 2 handed strike Taught - catch small ball, chest pass Experience dodging Athletics - Sports Day</p>

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<p>Year 4</p>	<p><u>Why is London such a cool place to live?</u></p> <p>Games Unit 4 (Striking/Fielding Games) Taught - 1 handed strike, punt Continuing - underarm and overarm throw, catch a small ball,</p>	<p><u>Why were the Romans so powerful?</u></p> <p>Games - Unit 2 (Problem Solving and Inventing Games) Taught - 1 handed strike, punt, hand dribble, dodge Continuing - foot dribble, kick, underarm and overarm throw, catch small ball, kick</p>	<p><u>How could we survive without water? / Why is the Thames so important?</u></p> <p>Twinkl- dance water</p> <ul style="list-style-type: none"> Respond to stimuli creating movement phrase using specific skills and respond to changing stimulus. Design own movement patterns Link and combine movement phrases to create a movement sequence Perform with expression 	<p>Gymnastics- balance Taught - forward roll Continuing - balance on 1 foot, bench walk</p> <ul style="list-style-type: none"> Understand combinations for stable balances Understand about body tension with a variety of balances Create contrasting shapes e.g. symmetry/asymmetry, wide/narrow Create and perform a sequence including travelling movements and balances 	<p><u>Why were Norman castles certainly not bouncy?</u></p> <p>Gymnastics -receiving body weight Taught - forward roll Continuing - balance on 1 foot, bench walk</p> <p>Medieval/traditional English Dances</p>	<p>Athletics -Year 4 - Unit 1 (Sprinting, throwing, jumping, obstacles) Taught - dodge, leap Continuing - sprint run, skip, hop, gallop, side gallop, jump for height and distance.</p> <p>Athletics - Sports Day</p>
<p>Year 5</p>	<p><u>Will we ever send another human to the moon?</u></p> <p>Games -Unit 1 (Net and Wall Games) Continuing - 1 and 2 handed strike, underarm and</p>	<p><u>Could you be the next CSI investigator (incl. circuits)</u></p> <p>Games - Unit 2 (Ball Handling Games) Continuing - underarm and overarm throw, dodge, dribbling</p>	<p><u>How can we rediscover the wonders of Ancient Egypt?</u></p> <p>Egyptian dance - PE folder Dance unit 2 - what a card</p>	<p>Gymnastics- Functional use of the limbs</p> <ul style="list-style-type: none"> show travelling and jumping activities initiated by pushing or pulling 	<p>Dance - Twinkl WW2</p> <ul style="list-style-type: none"> use a range of movement patterns plan an interpretive dance 	<p>Athletics sports day Continuing - sprint run, skip, hop, gallop, side gallop, jump for height and distance. dodge, leap</p>

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	<p>overarm throw, catch a small ball Taught - striking ball over a net, catch a ball from different angles,</p>	<p>Taught - moving off of the ball, pivot, bouncing, shooting, defending,</p>	<ul style="list-style-type: none"> Respond to stimuli and accompaniment Transfer ideas into movement Refine movements to improve performance use a range of basic compositional principles remember and perform the whole dance 	<p>against the floor and hold a balance position.</p> <ul style="list-style-type: none"> Travel using a swinging movement e.g cartwheel, scissor jumps. Use various ways of gripping apparatus with hands Link movements to create a sequence with various body shapes, speed and directions. 	<ul style="list-style-type: none"> compare their performances with previous ones demonstrate improvement to achieve better 	
<p>Year 6</p>	<p>Games - Year 6 - Unit 2 (Invasion Games) Continuing -underarm and overarm throw, catch a small ball catch a ball from different angles,</p> <p>Use skills already learnt within mini games for tactical development; develop skills under pressure and aid co-operation</p>	<p>Gymnastics - Matching and mirroring</p> <ul style="list-style-type: none"> use a variety of spatial relationships with a partner create sequence using different body movement to teach to another use mirror with a partner use matching and mirror balances create a sequence with different variations of speed, level and direction. 	<p>Dance - the world of sport</p> <ul style="list-style-type: none"> perform with increased control/fluency and accuracy Perform with appropriate dynamics to suit the style of dance. Ability to change and vary the use of relationships and add actions Develop motifs using 	<p>Gymnastics Synchronisation and canon</p> <ul style="list-style-type: none"> Understand terms synchronisation and canon. Explore different variations of the above Partner relationships Use rhythm and timing to create canon movement Compose a series of balances using 	<p>Athletics -Year 6 - Unit 1 (shot, discus, long jump, triple jump, javelin, distance running)</p> <p>Continuing -, hop, gallop, side gallop, jump for height and distance. leap</p>	<p>Athletics -Year 6 - Unit 2 (relays, scissor jump, changing speed)</p> <p>Continuing - sprint run, skip, hop, gallop, side gallop,</p>

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	and communication. Children experience the different roles within the game.		time/space/peopl e.	cannon and synchronisation		
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