

PE Link Overview 2021-2022

	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 coordination • 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>

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<p>Year 1</p>	<p><u>Which material should the Three Little Pigs have used to build their house?</u></p> <p>Dance - Unit 2 (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>	<p>Dance - Unit 1 (Streamers, Conkers, Playing with 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 D (Flight) FMS - Taught line walk, Experience jump for height</p> <p>Gym - Unit E (Points and Patches) FMS - taught to balance on one foot</p>	<p>Parachute</p> <p>Games - Unit 2 (Throwing, Catching and Aiming) FMS - taught underarm throw, catch large ball, experience overarm throw</p>	<p>Skipping (British Heart Foundation) FMS - taught skipping</p>	<p>Games - Unit 3 (Bat and Ball Skills) Experience - 2 handed strike</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 -(Twinkl unit - Bat and ball) 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) FMS- overarm throw, catch medium ball, 2 handed strike.. Continuing underarm throw</p>	<p>Gym - Unit H (Parts High and Low) FMS-continuing climb, experiencing, bench walk</p>	<p>Gym - Unit I (Pathways) 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 	<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, 	<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 	<p><u>How can Usain Bolt move so quickly? (Also Ancient Greece)</u></p> <p>Athletics -Year 3 - Unit 1 (Sprinting, throwing, jumping, relays) 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) FMS - continuing underarm throw, overarm throw, 2 handed strike Taught - catch small ball, chest pass</p>

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		complementary movements.	<ul style="list-style-type: none"> perform short sequences demonstrating levels, directions and speeds 	<ul style="list-style-type: none"> Individual and partner sequencing 		Experience dodging Athletics - Sports Day
Year 4	<p>Games Unit 4 (Striking/Fielding Games)</p> <p>Taught - 1 handed strike, punt</p> <p>Continuing - underarm and overarm throw, catch a small ball,</p>	<p>Games - Unit 2 (Problem Solving and Inventing Games)</p> <p>Taught - 1 handed strike, punt, hand dribble, dodge</p> <p>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</p> <p>Taught - forward roll</p> <p>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>Gymnastics -receiving body weight</p> <p>Taught - forward roll</p> <p>Continuing - balance on 1 foot, bench walk</p> <p>Medieval/traditional English Dances</p>	<p>Athletics -Year 4 - Unit 1 (Sprinting, throwing, jumping, obstacles)</p> <p>Taught - dodge, leap</p> <p>Continuing - sprint run, skip, hop, gallop, side gallop, jump for height and distance.</p> <p>Athletics - Sports Day</p>

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<p>Year 5</p>	<p>Games -Unit 1 (Net and Wall Games) Continuing - 1 and 2 handed strike, underarm and overarm throw, catch a small ball Taught - striking ball over a net, catch a ball from different angles,</p>	<p>Games - Unit 2 (Ball Handling Games) Continuing - underarm and overarm throw, dodge, dribbling Taught - moving off of the ball, pivot, bouncing, shooting, defending,</p>	<p><u>How can we rediscover the wonders of Ancient Egypt?</u> Egyptian dance - PE folder Dance unit 2 - what a card</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>Gymnastics- Functional use of the limbs</p> <ul style="list-style-type: none"> • show travelling and jumping activities initiated by pushing or pulling against the floor and hold a balance position. • 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. 	<p>Dance - Twinkl WW2</p> <ul style="list-style-type: none"> • use a range of movement patterns • plan an interpretive dance • compare their performances with previous ones • demonstrate improvement to achieve better 	<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>Year 6</p>	<p>Games - Year 6 - Unit 2 (Invasion Games) <i>Continuing -underarm and overarm throw, catch a small ball catch a ball from different angles,</i></p> <p>Use skills already learnt within mini games for tactical development; develop skills under pressure and aid co-operation and communication. Children experience the different roles within the game.</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 time/space/people. 	<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 canon and synchronisation 	<p>Athletics -Year 6 - Unit 1 (shot, discus, long jump, triple jump, javelin, distance running)</p> <p><i>Continuing -, hop, gallop, side gallop, jump for height and distance. leap</i></p>	<p>Athletics -Year 6 - Unit 2 (relays, scissor jump, changing speed)</p> <p><i>Continuing - sprint run, skip, hop, gallop, side gallop,</i></p>
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