

PE Overview	Year 3		Year 4		Year 5		Year 6	
	Indoor / Playground	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor
Autumn 1 Invasion skills and games Gymnastics / dance	Gymnastics Key Vocabulary/Skills Contrasting shapes. Body control when rolling. Jumps. Partner unison. Patterns.	Football Key Vocabulary/Skills Inside of the foot pass. Trapping the ball. Short distance passing. Finding space to receive the ball. Using outside of the foot to control the ball.	Gymnastics Key Vocabulary/Skills Changes in speed. Step. Cartwheel progressions. Composition ideas. Refining Sequences.	Football Key Vocabulary/Skills Coming towards the ball to receive. Exploring two types of marking. Defensive tackling. Dribbling in different directions. Passing over distance.	Gymnastics Key Vocabulary/Skills Round off. Explore symmetry. Explore asymmetry. Counterbalances. Performing.	Football Key Vocabulary/Skills Turning with the ball. Running with the ball. Passing on the move. Maintain space Step over	Gymnastics Key Vocabulary/Skills Preparing for vaulting. Dismounting. Including equipment. Flight using unison and cannon. Introduction of music (ready for unit 2).	Football Key Vocabulary/Skills Set up someone to shoot. Deny space. Attacking set play. Attack in pairs. Covering defender.
	Dance Key Vocabulary/Skills Perform a jazz square. Perform as 2 contrasting characters. Explore characters through description. Communicate ideas as part of a group. Use a prop in a 4-action dance phrase.	Tag-Rugby Key Vocabulary/Skills Run past defenders. Handling a rugby ball. Evading tags. Tag protocol. Closing down attackers.	Dance Key Vocabulary/Skills Develop dance freeze frames. Practice and perform a slide and roll. Learn to replicate a set phrase. Work collaboratively to sequence movements. Create a 5 action routine.	Tag-Rugby Key Vocabulary/Skills Basic passing. Picking up and running with ball. Keeping possession. Evading defenders. Running into space.	Dance Key Vocabulary/Skills Apply some basic Bollywood actions. Perform non-locomotor and locomotor movements. Describe key features of line dance. Work collaboratively with a group of 4. Use knowledge of basic line dance steps to create their own.	Tag-Rugby Key Vocabulary/Skills Tagging opposition. Running and passing accurately. Principles of defence. Pop pass. Magic diamond formation.	Dance Key Vocabulary/Skills Use tension and extension to control body. Explore space and relationships in dance. Identify appropriate dynamics and group formations for a Hakka. Perform some basic street dance skills. Compose a street dance performance.	Tag-Rugby Key Vocabulary/Skills Support player with the ball. Set play for attacking. Take the distance not the time. Spaces not faces principle. Transition from attack to defence.
Spring 1 Net & wall skills and games Invasion skills and games	Tennis Key Vocabulary/Skills Tennis ready position. Recognise the types of hitting needed for different areas of the court. Serve with some accuracy to targets. Perform a forehand shot on a moving ball. Move towards the ball to return to the other side.	Hockey Key Vocabulary/Skills Flat side of the stick. Ball carrier. Close control. Preparing to tackle. Moving into space to receive.	Tennis Key Vocabulary/Skills Return the ball from around the court. Forehand to targets. Introduction to backhand shots. Return balls to different places on the court. Use tennis skills to play in doubles games.	Hockey Key Vocabulary/Skills Push Pass. Straight Dribble. Stopping the ball. Slap Pass. Turning with the ball.	Tennis Key Vocabulary/Skills Putting skills into games. Volley shots. Clear ball from the back of the court. Recognise differences in where you might stand in doubles play. Approach the ball forehand and backhand.	Hockey Key Vocabulary/Skills Block Tackle. Passing in the D. Apply marking in a game. Sweep shot to send over distance. Dragging the ball from right to left.	Tennis Key Vocabulary/Skills Defend points against opposition using teamwork. Describe why and when to use a backhand shot. Demonstrate a lob shot in isolated situations. Score a tennis game using full tennis rules. Work as a pair to develop tactics against other pairs.	Hockey Key Vocabulary/Skills Shooting from close range. Long corners. Goal side marking. Channel opposition players. Apply the self pass rule.
	Badminton Key Vocabulary/Skills Experiment with hard and soft hits. Hit using direction. Return a shuttle. Play with forehand in boundaries. Rally with partner.	Cricket Key Vocabulary/Skills Forward drive into space. Bowl with some consistency. Foot placement to strike a ball. Use long barrier to collect ball Overarm throw for distance.	Badminton Key Vocabulary/Skills Underarm & overhead forehand shot. Trick shots. Introduction to backhand. Cooperating as part of a team. Singles play.	Cricket Key Vocabulary/Skills Directing the hit. Anticipate when to run to score singles. Intercepting the ball with one hand. Bowl overarm from a stationary position at a target. Attempt a pull shot in a game.	Badminton Key Vocabulary/Skills Moving opposition around the court. Play in singles games recapping rules. Perform service including forehand long and short. Close control. Play in games against others using a variety of badminton shots.	Cricket Key Vocabulary/Skills Start sprints with power to run between wickets. Using the short throw to run players out. Anticipating the rise of the bowled ball. Flexibility and overarm bowling. Defensive shot.	Badminton Key Vocabulary/Skills Introducing the smash. Demonstrate a drop shot in isolated situations. Net Play. Play using offensive court position for doubles. Defending formations.	Cricket Key Vocabulary/Skills Demonstrate urgency in acquiring runs. Tracking & catching a high ball. Using the short ball to tempt players to hit high. Work as pairs to field long balls. Attempt an on drive.
Summer 1 Invasion skills and games Striking and fielding skills and games Swimming (Y4)	Basketball Key Vocabulary/Skills Dribbling Passing in pairs Defensive body position Jump Ball Basic two-handed shot	Rounders Key Vocabulary/Skills Retrieve and throw the ball as a fielder. To bowl an underarm ball at a target. One-handed hitting. Collect and return a moving ball. Throw over longer distances.	Basketball Key Vocabulary/Skills Apply pressure as a defender Crossover dribble Bounce Pass Jump shot Jump stop and triple threat position	Rounders Key Vocabulary/Skills Throw and catch with increasing accuracy. Run at speed to avoid being stumped out. Intercept balls to stop runs in game. Play in backstop a small game situation. Play in a game using rounders scoring system.	Basketball Key Vocabulary/Skills Blocking Forward Pivot Forward Pass Push Pass Boxing Out	Rounders Key Vocabulary/Skills Apply rules of the game consistently. Optimal base positioning. Following the path of the ball. Applying backwards hit rule. Field with some awareness of batters' strengths.	Basketball Key Vocabulary/Skills Counterattack using fast break. Retreat dribble. Free throw rules. Cutting to outwit opponent. 3 point shot	Rounders Key Vocabulary/Skills Attempt attacking bowling. Catching a high ball to get players out. Using the faster ball to deceive batters. Working as pairs to field a long ball Employ base running tactics.
	Netball We are learning... 1. to perform quick, accurate chest passes 2. to use dodging to get free from our opponent 3. to catch a netball 4. to use a bounce pass to feed a goal shooter 5. to throw for distance using a shoulder pass 6. to collect a loose ball	Athletics We are learning... 1. jumping and hopping sequences. 2. to run at different speeds. 3. to approach and jump hurdles. 4. to throw a javelin using the push-throw technique 5. a variety of skipping techniques 6. to keep score accurately over a range of events	Netball Key Vocabulary/Skills Protecting the ball. Basic shooting technique. Playing within thirds. Play in a game using one-to-one marking. Play using correct footwork rules.	Athletics We are learning... 1. to challenge ourselves in running, jumping and throwing tasks 2. to accelerate over short distances. 3. to run and jump using one-footed take-off. 4. to use a sling action to throw a discus. 5. to run on a curve and exchange a baton in our team 6. to apply the skills we have developed in a competitive way.	Netball Key Vocabulary/Skills Bounce pass in game. Finding space. Dodge to get away from opponents. Pivot to make successful passes. Two handed shooting.	Athletics We are learning... 1. to run for speed & distance on our own and as part of a team. 2. pacing our run over longer distances. 3. different jumping styles and exploring which ones we can jump further with. 4. to use the push-throw technique. 5. to exchange a baton within a restricted area. 6. to design a running, jumping or throwing activity for others using the STEP principle.	Netball Key Vocabulary/Skills Double bounce. Marking the pass or shot. Organisation around the D. Attempt rebounds as attacker and defender. Knocking the ball away.	Athletics We are learning... 1. Sprint start technique to increase our running speed. 2. the three phases of triple jump. 3. to heave throw technique and what it is used for. 4. to assess our own ability to play our role in paraff. 5. the scissor jump technique and when it would be used in athletics 6. to record and relay results over a range of track and field events.