

Kelbrook Primary School – Yearly Overview of Physical Education 2021 - 2022

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Fundamental Movement Skills - Skills Focus: Hopping, underarm and overarm throw, catch with increasing accuracy, climb with confidence.	Fundamental Movement Skills - Skills Focus: Jumping, catching, travel. Roll.	Fundamental Movement Skills - Skills Focus: Balance, jump, climb, overarm throw.	Fundamental Movement Skills - Skills Focus: Travel and speed, gymnastics rolls, overarm throw.	Fundamental Movement Skills - Skills Focus: Increasing control over an object, balance on small body parts, travel on hands and feet.	Fundamental Movement Skills - Skills Focus: Jump for distance, land appropriately, hopping, underarm and overarm throw for distance, catch with accuracy.
Year 1/2	OAA – Skills focus: Co-operation Respect Responsibility adventure	Games – Net and Wall – Skills Focus: Catch a ball, side gallop, strike a ball and hold a bat, demonstrate simple tactics in a game.	Gymnastics – Skills Focus: Jumping with different shapes, travelling, to create a sequence using travelling, balancing, rolling and jumping.	Fundamental Movement Skills – Skills Focus: Dodging/changing direction, hopping, catching, striking, tactics	Athletics – Skills Focus: Throw underarm and overarm accurately, complete an obstacle course with speed and agility.	FMS Assessment – To demonstrate all fundamental movement skills.
Year 3/4	OAA – Skills focus: Trust Responsibility Self-discipline Teamwork/co-operation	Games – Net and Wall – Skills Focus: Consolidate throwing actions and practice catching, consolidate striking and ball control.	Gymnastics – Skills Focus: Travelling with control, balancing, demonstrate a sequence of 6 skills including a roll, balance and jump.	Invasion Games – Basketball – Skills Focus: Throwing a ball using a range of passes including bounce pass, dribble with control, apply simple tactics to outwit a player.	Teacher – swimming Athletics – Skills Focus: Throwing using a push and pull action, develop jumping actions, throw for distance, perform a hop, step and a jump.	Teacher – swimming Striking and fielding games – rounders – Skills Focus: Underarm throw with accuracy, catch a ball in a striking and fielding game, demonstrate bowling, striking and tactics.

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Year 5/6	OAA – Skills focus: Communication Trust Responsibility Review performance Organisation encouragement	Badminton – Skills Focus: Forehand and backhand shot with some consistency, demonstrate a simple tactic in a net type game.	Gymnastics – Skills Focus: Counterbalance and counter tension, paired balances using apparatus, create a gymnastics sequence with counterbalances and counter tension in a group.	Invasion Games – Hockey – Skills Focus: Passing the ball, dribbling the ball, shooting, selecting attacking tactics.	Athletics – Skills Focus: Perform running techniques, perform a push and pull throw, develop running for distance and speed.	Striking and fielding games – rounders – Skills Focus: Demonstrate underarm bowling with accuracy, strike a ball, overarm bowling, apply a tactic in a rounders type game.
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