



Physical Education Overview 2022-2023



Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
N	Fundamental Movement Skills <ul style="list-style-type: none"> show good control and co-ordination in large and small movements move confidently in a range of ways, safely negotiating space 	Dance <ul style="list-style-type: none"> show good control and co-ordination in large and small movements move confidently in a range of ways, safely negotiating space 	Gymnastics <ul style="list-style-type: none"> show good control and co-ordination in large and small movements move confidently in a range of ways, safely negotiating space <p style="color: red;">Skillwise First Touch – dates & times TBC</p>	Fundamental Movement Skills <ul style="list-style-type: none"> show good control and co-ordination in large and small movements move confidently in a range of ways, safely negotiating space 	Athletics <ul style="list-style-type: none"> show good control and co-ordination in large and small movements move confidently in a range of ways, safely negotiating space 	Games <ul style="list-style-type: none"> show good control and co-ordination in large and small movements move confidently in a range of ways, safely negotiating space
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1	Athletics <ul style="list-style-type: none"> master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities 	Dance <ul style="list-style-type: none"> perform dances using simple movement patterns 	Gymnastics <ul style="list-style-type: none"> master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities 	Team Games <ul style="list-style-type: none"> participate in team games, developing simple tactics for attacking and defending 	Athletics <ul style="list-style-type: none"> master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities 	Team Games <ul style="list-style-type: none"> participate in team games, developing simple tactics for attacking and defending
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3	Athletics <ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance [for 	Dance <ul style="list-style-type: none"> perform dances using a range of movement patterns 	Gymnastics <ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance [for 	Invasion Games <ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination 	Athletics <ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance [for 	Team Games <ul style="list-style-type: none"> play competitive games, modified where appropriate [for example, badminton,



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	example, through athletics and gymnastics]		example, through athletics and gymnastics]		example, through athletics and gymnastics	basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
4	Athletics <ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] 	Dance <ul style="list-style-type: none"> perform dances using a range of movement patterns 	Gymnastics <ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] 	Invasion Games <ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination 	Athletics <ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] 	Team Games <ul style="list-style-type: none"> play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
5	Athletics <ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] 	Dance <ul style="list-style-type: none"> perform dances using a range of movement patterns 	Gymnastics <ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] 	Invasion Games <ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination 	Athletics <ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] 	Team Games <ul style="list-style-type: none"> play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending

6	Athletics <ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] 	Dance <ul style="list-style-type: none"> perform dances using a range of movement patterns 	Gymnastics <ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] 	Invasion Games <ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination 	Athletics <ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] 	Team Games <ul style="list-style-type: none"> play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey,
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						netball, rounders and tennis), and apply basic principles suitable for attacking and defending Skillwise Little Gems – dates & times TBC
TBC: St Wilfrid's: Swimming <ul style="list-style-type: none">swim competently, confidently and proficiently over a distance of at least 25 metresuse a range of strokes effectively [for example, front crawl, backstroke and breaststroke]perform safe self-rescue in different water-based situations				TBC: Dance Festival <ul style="list-style-type: none">✓ practise usually starts towards the end of Summer 1 (so will replace second round of Athletics if needed)✓ show at the end of June		