



Christ The King Primary School
Long term overview
Subject: PE Cycle A



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Introduction to PE: Unit 1 In this unit children will be introduced to Physical Education and structured movement through the topic of 'fantasy and adventure'.	Fundamentals: Unit 1 In this unit children will develop their fundamental movement skills through the topic of 'all about me'.	Gymnastics: Unit 1 In this unit children will develop basic gymnastic skills through the topic of 'animals and their habitats'.	Dance: Unit 1 In this unit children will develop their expressive movement through the topic of 'everyday life'.	Games: Unit 1 In this unit children will develop their understanding of playing games through the topic of 'transport'.	Ball Skills: Unit 1 In this unit children will develop their ball skills through the topic of 'minibeasts'.
Reception	Introduction to PE: Unit 2 In this unit children will be introduced to Physical Education and structured movement through the topic of 'everyday life'.	Fundamentals: Unit 2 In this unit children will develop their fundamental movement skills through the topic of 'places and spaces'.	Gymnastics: Unit 2 In this unit children will develop basic gymnastic skills through the topic of 'traditional tales'.	Dance: Unit 2 In this unit children will develop their expressive movement through the topic of 'places'.	Games: Unit 2 In this unit children will practise and further develop their fundamental movement skills through the topic of 'around the world'.	Ball Skills: Unit 2 In this unit children will develop their ball skills through the topic of 'weather'.
Year 1	Fundamentals: Year 1 In this unit children will learn that fundamental movement skills are like the building blocks of all the fun things your body can do. They're special moves that help you play, explore, and stay active.	Gymnastics: Year 1 In this unit children will learn to move their body in really fun ways. There are also lots of shapes that you can make with your body. In gymnastics, these shapes have special names.	Dance: Year 1 In this unit children will learn that actions link together at different paces and directions to create a dance	Balls Skills: Year 1 In this unit children will learn how you can move a ball in lots of different ways, using different body parts.	Target Games: Year 1 In this unit children will learn that target games are games where players send an object towards a target. It could be while avoiding obstacles, getting closer to a target than an opponent or by hitting a target in the fewest turns. It could also be a moving target.	Athletics: Year 1 In this unit children will learn that athletics is made up of running, jumping and throwing
Year 2	Fundamentals: Year 1 In this unit children will learn that fundamental movement skills are like the building blocks of all the fun things your body can do. They're special moves that help you	Gymnastics: Year 1 In this unit children will learn to move their body in really fun ways. There are also lots of shapes that you can make with your body. In gymnastics, these	Dance: Year 1 In this unit children will learn that actions link together at different paces and directions to create a dance	Balls Skills: Year 1 In this unit children will learn how you can move a ball in lots of different ways, using different body parts.	Target Games: Year 1 In this unit children will learn that target games are games where players send an object towards a target. It could be while avoiding obstacles, getting closer to a target than an opponent or by	Athletics: Year 1 In this unit children will learn that athletics is made up of running, jumping and throwing



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	play, explore, and stay active.	shapes have special names.			hitting a target in the fewest turns. It could also be a moving target.	
Year 3	Fundamentals: Year 3 In this unit children will learn that fundamental movement skills are the basic movements that you use throughout life. These skills involve different parts of your body and help you do things like running, jumping, and balancing. They're like the building blocks for all the other sports and activities you'll do in your life. So, when you practice these skills, you're getting better at moving your body in different ways, which makes it easier for you to play games and sports, and even just have fun with your friends!	Dance: Year 3 In this unit children will learn to work collaboratively, use space to help the dance flow, try ideas before deciding the best actions and perform actions differently to show effect	Gymnastics: Year 3 In this unit children will learn that gymnastics is made up of a range of movement skills including balances, jumps rolls and shapes. Gymnastics was one of the first Olympic sports and is still an Olympic sport today. Almost all gymnastic events are performed on special equipment, such as rings or bars. This equipment is called apparatus.	Balls Skills: Year 3 In this unit children will learn that you move a ball in lots of different ways using lots of different parts of your body. In this unit children will learn how tracking helps you to improve all of your ball skills. Tracking is like having a built-in radar for the ball, it helps you predict where the ball is going next, useful whether you are dribbling, catching, or passing to another teammate.	Rounders: Year 3 In this unit children will learn that rounders is a striking and fielding game. The game has one fielding team and one batting team. Batters hit a small ball and score by running around the four bases on the pitch. Rounders is thought to have originated in England as far back as the Tudor period, which was over 500 years ago.	Athletics: Year 3 In this unit children will learn that athletics is the name for a group of physical events that test running, jumping and throwing. In this unit you will use different styles of running, jumping and throwing to try to achieve your best possible time, distance or height. You will need to persevere to achieve your personal best.
Year 4	Fundamentals: Year 3 In this unit children will learn that fundamental movement skills are the basic movements that you use throughout life. These skills involve different parts of your body and help you do things like running, jumping, and balancing.	Dance: Year 3 In this unit children will learn to work collaboratively, use space to help the dance flow, try ideas before deciding the best actions and perform actions differently to show effect	Gymnastics: Year 3 In this unit children will learn that gymnastics is made up of a range of movement skills including balances, jumps rolls and shapes. Gymnastics was one of the first Olympic sports and is still an Olympic sport today. Almost all	Balls Skills: Year 3 In this unit children will learn that you move a ball in lots of different ways using lots of different parts of your body. In this unit children will learn how tracking helps you to improve all of your ball skills. Tracking is like	Rounders: Year 3 In this unit children will learn that rounders is a striking and fielding game. The game has one fielding team and one batting team. Batters hit a small ball and score by running around the four bases on the pitch. Rounders is thought to	Athletics: Year 3 In this unit children will learn that athletics is the name for a group of physical events that test running, jumping and throwing. In this unit you will use different styles of running, jumping and throwing to try to achieve your best



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Year5	Fitness: Year 5 In this unit children will learn that agility helps you move quickly and change direction easily, which is great for sports like football and basketball. Balance keeps you steady, whether you're riding a bike or doing gymnastics or throwing a ball. Co-ordination helps you use different parts of your body together smoothly, like when you're catching a ball or dancing. Speed lets you move fast, which is useful for running around bases in rounders or playing tag. Stamina and strength help you keep going longer and do things like kicking further or playing	OAA: Year 5 OAA stands for Outdoor Adventurous Activities. All of these activities require problem solving, collaboration, decision making and teamwork skills. In this unit, you will learn these skills then put them into practise in orienteering activities. To be able to successfully take part in orienteering activities, you will need to have good navigation skills. Being able to read a map and use a compass are important navigation skills which will help you to go on amazing adventures.	Gymnastics: Year 5 In this unit children will learn that shapes underpin all other skills in Gymnastics, that you sometimes needs to move slowly to gain control and other times to move quickly to build momentum. Children will use balances and jumps to link actions.	Netball: Year 5 In this unit, children will learn the fundamental movement skills and strategies needed to play netball effectively. You will need teamwork, spatial awareness, and game tactics.	Cricket: Year 5 In this unit children will use striking, fielding, throwing and catching to play cricket	Athletics: Year 5 In this unit children will learn the following athletic activities: long distance running, sprinting, relay, triple jump, shot put and javelin.



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Year 6	Fitness: Year 5 In this unit children will learn that agility helps you move quickly and change direction easily, which is great for sports like football and basketball. Balance keeps you steady, whether you're riding a bike or doing gymnastics or throwing a ball. Co-ordination helps you use different parts of your body together smoothly, like when you're catching a ball or dancing. Speed lets you move fast, which is useful for running around bases in rounders or playing tag. Stamina and strength help you keep going longer and do things like kicking further or playing a whole game without getting too tired.	OAA: Year 5 OAA stands for Outdoor Adventurous Activities. All of these activities require problem solving, collaboration, decision making and teamwork skills. In this unit, you will learn these skills then put them into practise in orienteering activities. To be able to successfully take part in orienteering activities, you will need to have good navigation skills. Being able to read a map and use a compass are important navigation skills which will help you to go on amazing adventures.	Gymnastics: Year 5 In this unit children will learn that shapes underpin all other skills in Gymnastics, that you sometimes needs to move slowly to gain control and other times to move quickly to build momentum. Children will use balances and jumps to link actions.	Netball: Year 5 In this unit, children will learn the fundamental movement skills and strategies needed to play netball effectively. You will need teamwork, spatial awareness, and game tactics.	Cricket: Year 5 In this unit children will use striking, fielding, throwing and catching to play cricket	Athletics: Year 5 In this unit children will learn the following athletic activities: long distance running, sprinting, relay, triple jump, shot put and javelin.
Ark	Fundamentals: Year 3 In this unit children will learn that fundamental movement skills are the basic movements that you use throughout life. These skills involve	Dance: Year 3 In this unit children will learn to work collaboratively, use space to help the dance flow, try ideas before deciding the best actions	Gymnastics: Year 3 In this unit children will learn that gymnastics is made up of a range of movement skills including balances, jumps rolls and shapes.	Balls Skills: Year 3 In this unit children will learn that you move a ball in lots of different ways using lots of different parts of your body. In this unit	Rounders: Year 3 In this unit children will learn that rounders is a striking and fielding game. The game has one fielding team and one batting team. Batters hit	Athletics: Year 3 In this unit children will learn that athletics is the name for a group of physical events that test running, jumping and throwing. In this unit you



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Ducklings	Introduction to PE: Unit 2 In this unit children will be introduced to Physical Education and structured movement through the topic of 'everyday life'.	Fundamentals: Unit 2 In this unit children will develop their fundamental movement skills through the topic of 'places and spaces'.	Gymnastics: Unit 2 In this unit children will develop basic gymnastic skills through the topic of 'traditional tales',	Dance: Unit 2 In this unit children will develop their expressive movement through the topic of 'places'.	Games: Unit 2 In this unit children will practise and further develop their fundamental movement skills through the topic of 'around the world'.	Ball Skills: Unit 2 In this unit children will develop their ball skills through the topic of 'weather'.