



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



	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	Fitness: Year 2 In this unite children will learn about agility, balance, co-ordination, speed, strength and stamina	Gymnastics: Year 2 In this unit children will learn to move their body in really fun ways. From balancing to rolling and jumping. In gymnastics you can link these actions using travelling actions to create sequences. Sequences are like stories with a beginning, middle and end.	Dance: Year 2 In this unit children will learn how to place actions in a particular order to tell a story, using different directions, levels and facial expressions	Sending and receiving: Year 2 In this unit children will learn that sending and receiving skills are important because they can be used in lots of other games. Learning these skills also helps your eyes, hands and feet work together. This makes your brain smarter because it has to think about where the ball is and how to make your body do what you want. You can always improve your sending	Striking and Fielding: Year 2 In this unit children will learn that striking and fielding games are games where there are two teams, one, the batting team, try to score points and the other, the fielding team, try to stop the batting team from scoring. Examples of striking and fielding games include cricket and rounders. There are different roles on a batting and fielding team:	Athletics: Year 2 In this unite children will learn running, jumping and throwing techniques



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				and receiving skills with practise.		
Year 2	Fitness: Year 2 In this unite children will learn about agility, balance, co-ordination, speed, strength and stamina	Gymnastics: Year 2 In this unit children will learn to move their body in really fun ways. From balancing to rolling and jumping. In gymnastics you can link these actions using travelling actions to create sequences. Sequences are like stories with a beginning, middle and end.	Dance: Year 2 In this unit children will learn how to place actions in a particular order to tell a story, using different directions, levels and facial expressions	Sending and receiving: Year 2 In this unit children will learn that sending and receiving skills are important because they can be used in lots of other games. Learning these skills also helps your eyes, hands and feet work together. This makes your brain smarter because it has to think about where the ball is and how to make your body do what you want. You can always improve your sending and receiving skills with practise.	Striking and Fielding: Year 2 In this unit children will learn that striking and fielding games are games where there are two teams, one, the batting team, try to score points and the other, the fielding team, try to stop the batting team from scoring. Examples of striking and fielding games include cricket and rounders. There are different roles on a batting and fielding team:	Athletics: Year 2 In this unite children will learn running, jumping and throwing techniques
Year 3	Fundamentals: Year 4 In this unit children will learn that fundamental movement skills are a specific set of skills that involve different body parts. These skills are the base for more complex skills that you will learn throughout your life. They help us take part in games, sports and everyday activities. We use them when we walk, jump,	Dance: Year 4 In this unit children will learn that space and some actions are better suited to certain character, mood or idea than others.	Gymnastics: Year 4 In this unit children will learn to keep themselves and others safe in partner balances, that shapes can be used to improve a sequence, how to complete rolls and jump landing with control	Handball: Year 4 In this unit children will learn that handball is an invasion game. An invasion game is a game where two teams play against each other. You invade (enter) the other team's space to try to score goals.	Rounders: Year 4 In this unit children will learn how to use the centre of the bat to strike the ball, track the ball to catch, balance before throwing and tactics in fielding,	Athletics: Year 4 In this unit children will be set challenges for distance and time that involve using different styles of running, jumping and throwing. Children will try to achieve their greatest possible speed, distance or accuracy and learn how to persevere to achieve your personal best. Children will learn how to improve by



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	ride a bike, eat food, get dressed, brush our teeth, sing and dance. Physical fitness includes many different parts such as agility, balance, co ordination, speed, stamina and strength.					identifying areas of strength as well as areas to develop. Children will also be given opportunities to lead when officiating as well as observe and provide feedback to others.
Year 4	Fundamentals: Year 4 In this unit children will learn that fundamental movement skills are a specific set of skills that involve different body parts. These skills are the base for more complex skills that you will learn throughout your life. They help us take part in games, sports and everyday activities. We use them when we walk, jump, ride a bike, eat food, get dressed, brush our teeth, sing and dance. Physical fitness includes many different parts such as agility, balance, co ordination, speed, stamina and strength.	Dance: Year 4 In this unit children will learn that space and some actions are better suited to certain character, mood or idea than others.	Gymnastics: Year 4 In this unit children will learn to keep themselves and others safe in partner balances, that shapes can be used to improve a sequence, how to complete rolls and jump landing with control	Handball: Year 4 In this unit children will learn that handball is an invasion game. An invasion game is a game where two teams play against each other. You invade (enter) the other team's space to try to score goals.	Rounders: Year 4 In this unit children will learn how to use the centre of the bat to strike the ball, track the ball to catch, balance before throwing and tactics in fielding,	Athletics: Year 4 In this unit children will be set challenges for distance and time that involve using different styles of running, jumping and throwing. Children will try to achieve their greatest possible speed, distance or accuracy and learn how to persevere to achieve your personal best. Children will learn how to improve by identifying areas of strength as well as areas to develop. Children will also be given opportunities to lead when officiating as well as observe and provide feedback to others.
Year5	Fitness: Year 6 In this unit children will improve their agility, balance, co-ordination, speed, stamina and strength	OAA: Year 6 OAA stands for Outdoor Adventurous Activities. In this unit children will use problem solving, collaboration, decision making and teamwork skills. In this unit, you	Gymnastics: Year 6 In this unit children will learn to use clear shapes when performing other skills, apply force to maintain control and balance, use momentum when performing rolls	Handball: Year 6 In this unit children will learn how to make quick decisions in order to send and receive the ball, transition quickly between attack and defence and choose	Cricket: Year 6 In this unit children will learn how to use momentum and power when striking the ball, to use lots of different fielding techniques and decide on the best one,	Athletics: Year 6 In this unit children will learn the following athletic activities: long distance running, sprinting, triple jump, discus and shot put.



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		will learn these skills then put them into practise in orienteering activities. Orienteering is an activity where participants are given a map and compass. Their aim is to find clues called 'controls'.	and spreading weight will help you balance	appropriate skills for the situation	improve accuracy, speed and consistency of throwing and catching.	
Year 6	Fitness: Year 6 In this unit children will improve their agility, balance, co-ordination, speed, stamina and strength	OAA: Year 6 OAA stands for Outdoor Adventurous Activities. In this unit children will use problem solving, collaboration, decision making and teamwork skills. In this unit, you will learn these skills then put them into practise in orienteering activities. Orienteering is an activity where participants are given a map and compass. Their aim is to find clues called 'controls'.	Gymnastics: Year 6 In this unit children will learn to use clear shapes when performing other skills, apply force to maintain control and balance, use momentum when performing rolls and spreading weight will help you balance	Handball: Year 6 In this unit children will learn how to make quick decisions in order to send and receive the ball, transition quickly between attack and defence and choose appropriate skills for the situation	Cricket: Year 6 In this unit children will learn how to use momentum and power when striking the ball, to use lots of different fielding techniques and decide on the best one, improve accuracy, speed and consistency of throwing and catching.	Athletics: Year 6 In this unit children will learn the following athletic activities: long distance running, sprinting, triple jump, discus and shot put.
Ark	Fundamentals: Year 4 In this unit children will learn that fundamental movement skills are a specific set of skills that involve different body parts. These skills are the base for more complex skills that you will learn throughout your life. They help us take part in games, sports and everyday	Dance: Year 4 In this unit children will learn that space and some actions are better suited to certain character, mood or idea than others.	Gymnastics: Year 4 In this unit children will learn to keep themselves and others safe in partner balances, that shapes can be used to improve a sequence, how to complete rolls and jump landing with control	Handball: Year 4 In this unit children will learn that handball is an invasion game. An invasion game is a game where two teams play against each other. You invade (enter) the other team's space to try to score goals.	Rounders: Year 4 In this unit children will learn how to use the centre of the bat to strike the ball, track the ball to catch, balance before throwing and tactics in fielding,	Athletics: Year 4 In this unit children will be set challenges for distance and time that involve using different styles of running, jumping and throwing. Children will try to achieve their greatest possible speed, distance or accuracy and learn how to persevere to achieve your personal



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Ducklings	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