



PE Subject Skills Overview

Year Group	Term					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS – Nursery	<p>Skill: Understanding Rules and routines.</p> <p>Begin to develop self help skills and personal hygiene- going to the toilet and washing hands with adult support.</p> <p>Develop gross motor skills- riding scooters, bikes and trikes by pushing feet. Playing ring games and approaching steps and stairs.</p> <p>Develop fine motor skills- finger gym</p>	<p>Skill: Learning how to move safely and Spatial awareness- running, chasing, changing direction. Run and freeze. Develop gross motor skills- Squiggle Whilst We Wiggle.</p> <p>Continue to develop self skills- going to the toilet with some guidance from an adult.</p>	<p>Skill: Spatial awareness- go and stop games, traveling in different ways, hop on the spot and traveling.</p> <p>Gross motor skills- dancing, squiggle whilst we wiggle.</p> <p>Self help skills- using the toilet and washing hands independently.</p>	<p>Skill: Traveling and balancing- cosmic yoga, running, crawling, jumping, hoping.</p> <p>Developing confidence- traveling above floor height by walking or crawling along benches or small apparatus.</p> <p>Gross motor skills- climbing and jumping off small apparatus, completing circuits, Step ups on a bench, Ladders, Bean bag in hula hoop, Jumping Jacks, pulling along a bench, Commando Joe missions.</p> <p>Self care skills- following a tooth brush routine, taking off and putting on your own coat.</p>	<p>Skill: Gross motor skills and how to move safely- negotiating obstacles with speed, Hoops – Place in a zig zag children to jump in each one, Cones – running between cones, Rope – lie on floor for children to jump over. travel above floor height, moving slowly and fast in controlled movements.</p> <p>Moving as a form of expression- stamp feet if they are angry, glide or spin if they are happy, move slowly if they are tired.</p> <p>Self care skills- following a tooth brushing routine, attempt some easy fastening with zip.</p> <p>Understanding what it means to be healthy- categorising healthy and unhealthy foods, different forms of exercise, a healthy picnic.</p> <p>Partner work- building towers, turn taking games, jigsaws.</p>	<p>Skill: Gross motor skills- using bikes to steer around obstacles, throwing and catching, transporting large objects safely.</p> <p>What it means to be healthy- looking at diet and exercise, what it does for our bodies.</p> <p>Working as a team- sports day, Commando Joe missions.</p> <p>Fine motor skills - begin to recognise and form letters</p>
EYFS – Reception	<p>PE HUB – Gymnastics Unit 1 Dance Unit 1 Spatial Awareness Stop & Go Games Fundamentals of movement</p>	<p>PE HUB – Speed, Agility, Travel Unit 1 Body Management Unit 1 SAQ</p>	<p>PE HUB – Manipulation & Coordination Unit 1 Cooperate & Solve Problems Unit 1 Gymnastics – Large Apparatus SAQ</p>	<p>PE HUB – Gymnastics Unit 2 Body Management Unit 2 Health Related Fitness Circuits Dance</p> <p>Healthy body - the effects of exercise</p>	<p>PE HUB – Speed, Agility, Travel Unit 2 Manipulation & Coordination Unit 1 Health Related Fitness Circuits</p> <p>What I need to be healthy.</p>	<p>PE HUB – Dance Unit 2 Cooperate & Solve Problems Unit 2 SAQ Bat & Ball control Team Games Sports Day</p>
One	<p>Skill: Jumping, landing, rolling, balancing and coordination</p>	<p>Skill: Basic movements such as throwing, catching and agility</p>	<p>Skill: Perform dances using simple movement patterns</p>	<p>Skill: Cognitive movements to improve mobility, range of movements</p>	<p>Skill: Develop simple tactics for attacking and defending</p>	<p>Skill: Develop coordination and throwing and catching.</p>

	Context: Gymnastics with apparatus Team games	Context: Throwing and catching (team games)	Context: Dance Circuit skills training	Context: Health related fitness (circuits)	Context: Invasion games (attack, defend, shoot)	Context: Striking and fielding (hit, catch, run) Athletics (Run, jump, throw)
Two	Commando Joe Team games: Throwing and catching	Skill: Jumping, landing, rolling, balancing and coordination Context: Gymnastics Team games: attacking and defending	Skill: Jumping and balancing Context: Gymnastics Skill: Developing throwing, catching and coordination. -jump and run Context: Athletics	Skill: Developing throwing, catching and coordination. Context: Athletics Skill: Perform dances using simple movement patterns. Context: Dance	Skill: Developing jumping and balancing Context: Team games Orienteering	Skill: Master basic movements in running Context: Team games Orienteering
Three	Skill: Play competitive games and apply basic principles for attacking and defending. Context: Invasion game (Hockey) Skill: Perform dances using a range of movement patterns. Context: Dance	Skill: Play competitive games and apply basic principles for attacking and defending. Context: Invasion games (Basketball) Commando Joe	Skill: Start performing basic balances, moving onto traveling and performing basic roles. Then moving onto creating a routine, appraise a routine. Develop flexibility, strength technique and balance. Context: Gymnastics Skill: Use running, jumping, throwing and catching in isolation and in combination. Play competitive games. Context: Netball	Skill: Games- Practise skills in isolation and combination (eg throwing and catching with great accuracy) Context: Badminton Skill: Play competitive games and apply basic principles for attacking and defending. Context: Invasion games (tag rugby)	Skill: Use running, jumping, throwing and catching in isolation and in combination. Compare performances with previous ones and improve their personal best. Context: Athletics Skill: Use running, jumping, throwing and catching in isolation and in combination. Play competitive games. Context: Striking and fielding	Skill: Use running, jumping, throwing and catching in isolation and in combination. Play competitive games. Context: Net/Wall games -tennis Skill: Swim competently, confidently and proficiently using a range of strokes. Context: Swimming
Four	Skill: -Practise skills in isolation and combination (e.g. throwing and catching with greater accuracy) -Work well as a team in competitive games -Apply basic principles of	Skill: Play competitive games and apply basic principles for attacking and defending Context: Invasion games (basketball)	Skill: Develop techniques, control and coordination Enhance endurance Context: Skipping	Skill: Play competitive games Practise skills in isolation and combination Context: Badminton Skill:	Skill: Use running. Throwing & catching in isolation & combination. Context: Athletics Play competitive games and apply basic principles for attacking and defending	Skill: Develop techniques, control and coordination Context: Tennis Skill: Use running, jumping, throwing and catching in isolation and in combination.

	<p>attacking and defending</p> <p>Context: Hockey (Quicksticks)</p> <p>Skill: -swim competently, confidently and proficiently over a distance of at least 25 metres -use a range of strokes effectively (e.g. front crawl, backstroke and breaststroke) -perform safe self-rescue in different water-based situations</p>	<p>Skill: Develop flexibility, strength technique and balance.</p> <p>Context: Gymnastics</p>	<p>Skill: To play competitively, to comprehend tactics and utilise them in a game situation. Compare their performances from previous weeks Commando Joe: Vikings</p>	<p>apply basic principles suitable for attacking and defending use running, jumping, throwing and catching in isolation and in combination Practise skills in isolation and combination Develop an understanding of fair play Context: Rugby</p>	<p>Context: Striking & Fielding (Rounders)</p>	<p>Compare performances with previous ones and improve their personal best.</p> <p>Context: Athletics</p>
<p>Five</p> <p>Cycling to run throughout the year</p>	<p>Skill: To use previous knowledge and technique of movements and create more advanced sequences using the apparatus. Compare and improve their performances from previous weeks. Context: Gymnastics</p>	<p>Skill: Understand the rules of the sport, play competitive games using tactics and communication. Deciding techniques that would be most effective.</p> <p>Context: Tag rugby</p>	<p>Skill: Swim competently, confidently and proficiently using a range of strokes.</p> <p>Context: Swimming</p>	<p>Skill: Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p> <p>Context: Net/wall games</p>	<p>Skill: Use running, jumping, throwing and catching in isolation and in combination. Compare performances with previous ones and improve their personal best.</p> <p>Context: Athletics</p>	<p>Skill: Use running, throwing & catching in isolation & combination.</p> <p>Play competitive games and apply basic principles for attacking and defending Context: Striking & Fielding Rounders and Cricket</p>
<p>Six</p>	<p>Skill: Play competitive games and apply basic principles for attacking and defending</p> <p>Context: Invasion Games Hockey</p> <p>Skill: Compare their performances with previous ones and demonstrate improvement to achieve their personal best. develop flexibility, strength, technique, control and balance</p> <p>Context: Gymnastics</p>	<p>Skill: Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p> <p>Context: Invasion game Rugby</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively; perform safe self-rescue in different water-based situations.</p> <p>Context: Swimming</p> <p>Health related fitness OAA (Robin Wood)</p>	<p>Skill: Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p> <p>Context: Invasion Game (netball)</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team</p> <p>Context: Net/Wall game (Dodgeball)</p>	<p>Skill: Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p> <p>Context: Net/wall game (badminton)</p> <p>Commando Joe</p>	<p>Skill: Use running, jumping, throwing and catching in isolation and in combination</p> <p>Context: Athletics</p> <p>Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending Context: Striking and fielding (cricket)</p>	<p>Skill: Play competitive games, use running, jumping, throwing and catching in combination and isolation</p> <p>Context: Striking & Fielding (Rounders)</p> <p>Play competitive games, use running, jumping, throwing and catching in combination and isolation</p> <p>Tennis</p>