



# PE Yearly Overview



Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>NC Coverage:</p> <p>1.1 Perform dances using simple movement patterns</p> <p>1.2 Master basic movements: running</p> <p>Develop fundamental movement skills</p>	<p>NC Coverage:</p> <p>1.1 Extend their agility, balance and coordination, individually and with others.</p> <p>1.2 Developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>They will be assessed on gymnastics. Such as; can they balance, travel across equipment, and perform different shapes.</p>	<p>NC Coverage:</p> <p>1.1 Engage in competitive (both against self and against others) and co-operative physical activities</p> <p>1.1 Master basic movements including running, jumping, throwing</p> <p>1.2 Developing balance, agility and co-ordination, and begin to apply these in a range of activities</p>	<p>NC Coverage:</p> <p>1.1 Master basic movements including running, throwing and catching</p> <p>1.1 Developing simple tactics for attacking and defending</p> <p>1.1 Engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>1.2 Extend their agility, balance and coordination, individually and with others</p> <p>They will be assessed on ball skills. Such as; can they throw the ball, can they find space and can they move the ball with feet.</p>	<p>NC Coverage:</p> <p>1.1 Participate in team games, developing simple tactics for attacking and defending</p> <p>1.1 Master basic movements including running, jumping, throwing and catching</p> <p>1.2 Developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>Using the throwing and catching skills, they will be introduced into team games, how to score points and play different games.</p>	<p>NC Coverage:</p> <p>1.1 Engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>1.1 Master basic movements including running and jumping</p> <p>Developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>The skills that they will learn in this unit of work will lead them nicely into sports day.</p>
1.1 Story Time Dance	1.2 Groovy Gymnastics	1.3 Active Athletics	1.4 Brilliant Ball Skills	1.5 Throwing and Catching	1.6 Multi-Skills
1.1 Mighty Movers (Running)	1.2 Skip to the Beat	1.3 Cool Core (Strength)	1.4 Fitness Frenzy	1.5 Gymfit Circuits	1.6 Boot Camp
1.1 Ugly Bug Ball Dance	1.2 Groovy Gymnastics	1.3 Active Athletics	1.4 Brilliant Ball Skills	1.5 Throwing and Catching	1.6 Multi-Skills
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