



MACAULAY CE SCHOOL
PE OVERVIEW

	AUTUMN	SPRING	SUMMER
Year 1	<ul style="list-style-type: none"> • Fundamentals: Dodging, changing direction & stopping, rolling & aiming, underarm throwing, bouncing and catching. • Gymnastics: Gymnastic shapes, range of movements, balances, basic rolls, basic jumping and landing, co-ordination and control using apparatus. 	<ul style="list-style-type: none"> • Football dribbling, passing, control, shooting, tackling, goalkeeping, small sided games • Handball Skills: rolling and aiming, throwing, bouncing, catching, striking and kicking a ball, dodging 	<ul style="list-style-type: none"> • Team games: simple adapted games which involve intercepting, retrieving, rolling, catching, aiming, awareness of space • Dance: copy or create a short dance, perform own dance moves • Athletics: sprinting, pacing, balance, co-ordination, throwing, jumping
Year 2	<ul style="list-style-type: none"> • Fundamentals: Dodging, changing direction & stopping, rolling & aiming, underarm throwing, bouncing and catching. • Gymnastics: Gymnastic shapes, range of movements, balances, basic rolls, basic jumping and landing, co-ordination and control using apparatus. 	<ul style="list-style-type: none"> • Football dribbling, passing, control, shooting, tackling, goalkeeping, attacking and defending, small sided games • Handball Skills: throwing, catching, striking and kicking a ball, 1v1 2v2, teamwork 	<ul style="list-style-type: none"> • Team games: simple adapted games which involve intercepting, retrieving, tracking, outwitting an opponent, rolling, catching, aiming, awareness of space • Dance: create and perform a simple sequence, express a mood or feeling through dance, manage changes in rhythm, speed, direction and level • Athletics: balance control, changing speed, distance running, sprinting, hitting a target, jumping, relay races.
Year 3	<ul style="list-style-type: none"> • Tag Rugby: handling, tagging, passing, running with the ball, movement of the ball • Hockey: dribbling, control, passing, tackling, shooting, goalkeeping, 1v1 and 2v2 	<ul style="list-style-type: none"> • Football: dribbling, passing, control, shooting, tackling, goalkeeping, attacking and defending, small sided games • Netball: passing, understanding pivot, defending and intercepting, dodging skills, side line passes 	<ul style="list-style-type: none"> • Tennis: forehand, backhand, ready position, rallying, throwing and catching • Dance: using music imaginatively when responding to stimuli, share and create sequences with a partner and share group • Athletics: Running for speed, running for distance, throwing (push & pull), jumping for distance, running over obstacles, relays

<p>Year 4</p>	<ul style="list-style-type: none"> • Tag Rugby: handling, tagging, passing, running with the ball, movement of the ball, attacking and defending principles, rules of Tag Rugby • Hockey: dribbling, keeping control, passing accurately, tackling, shooting, goalkeeping, 1v1 and 2v2 	<ul style="list-style-type: none"> • Football: dribbling, passing, control, shooting, tackling, goalkeeping, attacking and defending, small sided games • Netball: passing accurately, using pivots, defending and intercepting, complete different passes, understand foot work rule, side line passes 	<ul style="list-style-type: none"> • Tennis: forehand, backhand, ready position, rallying, throwing and catching • Dance: use dance to communicate an idea, be able to lead a small group or partner in a dance sequence • Athletics: Running for speed, running for distance, throwing (push & pull), jumping for distance, running over obstacles, relays
<p>Year 5</p>	<ul style="list-style-type: none"> • Football: passing, dribbling, control, shooting, goalkeeping, tactics, attacking and defending principles, small sided games • Netball: passing accurately under pressure, keeping possession, spatial awareness, pivot effectively, understand positions 	<ul style="list-style-type: none"> • Tag Rugby: handling, tagging, passing, running with the ball, movement off the ball, attacking and defending principles, small sided games • Hockey: fundamental hockey skills, ball possession, basic hockey rules, dribbling, passing skills, moving and passing, spatial awareness, shooting 	<ul style="list-style-type: none"> • Cricket: underarm bowling, batting, catching and fielding, overarm bowling, defensive and attacking batting shots • Dance: create own dances, perform dance to music (or other accompaniment) dance is fluent, accurate and consistently executed • Athletics: running for speed, running for distance, throwing (push & pull), jumping for height & distance, running over obstacles, relays
<p>Year 6</p>	<ul style="list-style-type: none"> • Football: passing, dribbling, control, shooting, goalkeeping, tactics, attacking and defending principles, small sided games • Netball: passing accurately under pressure, keeping possession, spatial awareness and peripheral vision, develop passing with speed and accuracy, use a combination of passes 	<ul style="list-style-type: none"> • Tag Rugby: handling, tagging, passing, running with the ball, movement off the ball, attacking and defending principles, small sided games • Hockey: fundamental hockey skills, maintain ball possession, basic hockey rules, dribbling, moving and passing, tactics, spatial awareness, shooting and goal scoring 	<ul style="list-style-type: none"> • Cricket: underarm bowling, batting accuracy, catching & fielding, overarm bowling, different fielding techniques, defensive and attacking batting shots • Dance: use music imaginatively to develop own dance in a specific style, select appropriate music and dance style for own composition • Athletics: running for speed, running for distance, throwing (push & pull), jumping for height & distance, running over obstacles