



OVERCHURCH INFANT SCHOOL

PE LONG TERM OVERVIEW 2020-21

	Autumn		Spring		Summer	
	Games	Tennis	Gymnastics & Dance	Football	Striking & Fielding	Athletics
YEAR ONE	<p><i>As sportsmen, children will be able to:</i></p> <ul style="list-style-type: none"> -Master basic movements including running, jumping, throwing and catching -Move confidently and use available space -Move with control, changing direction and speed when playing avoiding and chasing games -Practise and use these fundamental skills in a range of individual and team games -Choose skills and tactics that are best suited for different games <p><i>As sportsmen, children will be able to:</i></p> <ul style="list-style-type: none"> -Use hands to bounce a ball with control -Use a racket to move with a ball (on the racket and on the ground) -Use a racket to strike a balloon/ball to a partner -Make a game harder for an opponent by sending a ball into a space <p>REALPE FOCUS</p> <p>Physical</p> <p>Focus: Coordination sending and receiving</p> <p>I can perform a small range of skills and link two movements together.</p> <p>I can perform a single skill or movement with some control.</p> <p>Health and Fitness</p> <p>Focus: Agility ball chasing</p> <p>Static balance floor work</p> <p>I am aware of why exercise is important for good health.</p>		<p><i>As gymnasts, children will be able to:</i></p> <ul style="list-style-type: none"> -Move confidently and creatively with control and coordination in large and small movements -Explore gymnastic actions and shapes -Move in different ways, showing change in speed, direction and level -Create and perform short sequences by linking actions together -Move apparatus safely -Copy and describe how others perform -Practise a range of movements with control demonstrating balance and coordination <p><i>As footballers, children will be able to:</i></p> <ul style="list-style-type: none"> -Move confidently and use available space demonstrating coordination -Use feet accurately to move a ball around an area -Kick a ball to a partner or at a target with accuracy and control -Understand they can work cooperatively and competitively with a partner 		<p><i>As team players, children will be able to:</i></p> <ul style="list-style-type: none"> -Use an under arm throw to accurately send an object to a partner or target -Defend a target or an area -Move into a good position to catch or stop a moving ball -Use basic tactics for attacking and defending. -Cooperate and work in small teams <p><i>As athletes, children will be able to:</i></p> <ul style="list-style-type: none"> -Throw and catch an object with one hand -Throw beanbags/balls away from themselves -Demonstrate a good running technique -Jump from a stationary position and while travelling -Complete relay events that include running, passing and jumping 	



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YEAR TWO	<p><i>As sportsmen, children will be able to:</i></p> <ul style="list-style-type: none"> -Identify and move into space efficiently and with control when playing team games -Refine and link fundamental skills consistently -Choose simple tactics for attacking and defending and vary them depending on the type of game -To use what they have seen to improve their own performance <p><i>As sportsmen, children will be able to:</i></p> <ul style="list-style-type: none"> -Throw a ball to themselves with control -Bounce a ball up and down on a racket with control -Use a racket to accurately strike a ball to a partner including in a competitive rally -Perform a serve, forehand and backhand with control and accuracy -Understand and follow the rules of different types of games 		<p><i>As gymnasts, children will be able to:</i></p> <ul style="list-style-type: none"> -Link combinations of different actions and balances together -Develop different ways of creating a sequence-similar actions/shapes or different actions/shapes -Describe how their bodies feel during different types of exercise-high intensity, low intensity, continuous and stop and start -Life and move equipment safely -Improve their performance by listening to advice and watching others <p><i>As footballers, children will be able to:</i></p> <ul style="list-style-type: none"> -Dribble a ball using their feet including changes in speed and direction -To send a ball to a moving (partner) or stationary target using their feet -Use game specific based tactics to score more points <p>Identify skills and tactics that are performed well</p>		<p><i>As team players, children will:</i></p> <ul style="list-style-type: none"> -Aim at high, low, stationary and moving targets -Throw accurately when moving -Move into a space to catch an object -Look for a space away from an opponent and strike a ball towards it -Strike a ball away from a partner or towards a stationary target -Choose the best way to stop an opponent from scoring points -Choose the best way for a team or individual to score point <p><i>As athletes, children will learn to:</i></p> <ul style="list-style-type: none"> -Improve their skills of running, throwing and jumping -Refine basic techniques with emphasis on accuracy, time, measurement, length and distance -Experience measuring and timing activities -Engage in competition -Develop understanding of safe practice linked to activities -Comparing and improve own performance 	