Subject Overview- PE

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|  | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| EYFSFocus | Spatial Awareness | Dance – autumn leaves and Write Dance | Gymnastics – positions, balance, jumps  | Gymnastics - Sequencing | Multi-sports | Multi-sports |
| Hook - Trip/Visit/Question |  |  |  |  |  |  |
| Text / Person / Place |  |  |  |  |  |  |
| Vocabulary | Space, travel, stop, slow, fast, forwards, backwards, sideways, directions, levels, warm up, cool down, heart, pumping, oxygen, stretch. | Stretch, crouch, move, float, levels, slow, fast, spin, twist, gesture, warm up, cool down, heart, pumping, oxygen, stretch. | Jump, balance, roll, sequence, balance, point, slide, apparatus, equipment, levels, direction, tuck, pencil/ log roll, warm up, cool down, heart, pumping, oxygen, stretch. | Jump, balance, roll, sequence, balance, point, slide, apparatus, equipment, levels, direction, tuck, pencil/ log roll, warm up, cool down, heart, pumping, oxygen, stretch. | Catch, throw, roll, bounce, go, stop, travel, warm up, cool down, heart, pumping, oxygen, stretch. | Catch, throw, roll, bounce, go, stop, travel, warm up, cool down, heart, pumping, oxygen, stretch. |
| Year 1Focus | Dance- Puppets | Gymnastics-Balancing and Spinning | Gymnastics- Pathway- small and long | Dance-Animals | Gymnastics Skills | Gymnastics-wide and narrow rolling and balancing |
| Hook - Trip/Visit/Question | Superhero day |  |  | Chester Zoo | Space | Pirates |
| Text / Person / Place | Supertato | Gun Powder plot | Traditional tales | Non-fiction fact files |  | Jolly Rodgers  |
| Vocabulary | Jump, balance, stretch, bend, freeze, creation | Balance, control, move, space, travel, explore, levels, apparatus | Straight, sideways, forwards, backwards, pushing, pulling, pattern, turns | Jump, balance, stretch, bend, freeze, creation, formations | Space, balance, control, travel, move, explore | Movement, patterns, pathways, control, rolls, perform, sequence, unison |
| Year 2Focus | Dance- The circus | Gymnastics- spinning, turning and twisting | Dance- Fire of London | Gymnastics- Pathways- straight, zigzag and curving | Dance- The toys | Gymnastics- stretching, curling and arching |
| Hook - Trip/Visit/Question |  |  | Topic workNantwich Trip |  |  |  |
| Text / Person / Place |  |  | Eyewitness account |  | Traction Man |  |
| Vocabulary | Warm up, cool down, physical activity, copy, repeat, actions, coordination, control, creativity | Spin, sequence, balance, patches, twist, roll, flight, inversion, counter balance, routine, linked controlled movements | High, fast, wide, counts, action, skills, movements, team, techniques, creativity, imagination, perform, feedback | Straight, 90, 180, 270 degree turns, zigzag, pathways, levels, gymnastic, sequence, curved, motion, transitional movements  | Coordination, control, character, High, fast, wide, counts, action, skills, movements, team, techniques, creativity, imagination, perform, feedback | Stretching, curling, arching, Spin, sequence, balance, patches, twist, roll, flight, inversion, counter balance, routine, linked controlled movements |
| Year 3Focus | Gymnastics skills 1 | Dance – The Egyptians | Gymnastic skills 2 | Dance around the World | Swimming | Swimming |
| Hook - Trip/Visit/Question | Can you perform different gymnastic shapes? | Can you show creativity?Egyptians topic | Can you perform you own movements with control? | Each lesson take a trip to a different country.Geography topic cross-curricular. |  |  |
| Text / Person / Place | Performance of moves in the Hall. | Demonstrate understanding of all techniques learnt. | Performance of moves in the Hall. | Performance of moves from a variety of different countries in the Hall. |  |  |
| Vocabulary | Shapes, tuck, pike, straddle, tall, 2-point balance, symmetry, asymmetry, balance, mirroring, spin, movements. | Creativity, unison, canon, transition, choreography, teamwork, memory, positive feedback, techniques. | Technique, turn, jumping, safe controlled landing, roll, control, body tension, extension, sequence of movements, balance, mirror, match, contrast, sequence, gymnastic terminology. | Egypt, USA, New Zealand, China, India, Africa, routine, group, teamwork, creative movements, levels, confidence, formations, character, facial expressions, portray, canon, unison, imagination, constructive feedback, beat, rhythm, reflect. |  |  |
| Year 4Focus | Swimming | Swimming | Dance - Romans | Dance - Rivers | Gymnastics – Arching and Bridges | Gymnastics – Rolling and Travelling low |
| Hook - Trip/Visit/Question |  |  | Romans TopicCan you perform and show understanding of all techniques learnt? | Rivers TopicCan you perform and show understanding of all techniques learnt? | Can you perform a sequence of front and back, with apparatus, supports which involve working under and over? | Can you produce a sequence of rolls which show elements of unison canon and mirroring? |
| Text / Person / Place |  |  | Demonstrate understanding of all techniques learnt. | Demonstrate understanding of all techniques learnt. | Performance of moves in the Hall. | Performance of moves in the Hall. |
| Vocabulary |  |  | Unison, teamwork, rhythm, timing, creative, direction, techniques, movement, memory. | Unison, teamwork, rhythm, timing, creative, direction, techniques, movement, memory. | Spin, apparatus, spin, asymmetrically, front and back support, roll, sequences, controlled rolls, refine, weight, support, formations, self-assess. | Forward roll, technique, control, backwards, straddle, mirror, timing, sequence, unison, canon, mirroring. |
| Year 5Focus | Gymnastics – Synchronisation and Canon | Dance – Strictly Come Dancing | Swimming | Swimming | Gymnastics – Matching, mirroring and Contrast | Dance – Best of British |
| Hook - Trip/Visit/Question | Can you perform a high quality routine displaying canon and unison? | Demonstrate the knowledge and understanding of a range of choreographic devices within dance.Copy, repeat and remember a range of dance actions, applying co-ordination, balance, control and strength. |  |  | Can you demonstrate different dynamics within your performance on both floor and apparatus? | British Values, James Bond, British Music, The Beatles, The Olympics.(A lesson on each aspect)Can you copy, repeat, rehearse and refine simple dance motifs, applying actions with coordination and control? |
| Text / Person / Place | Performance of moves in the Hall. | Demonstrate understanding of all techniques learnt. |  |  | Performance of moves in the Hall. | Demonstrate understanding of all techniques learnt. |
| Vocabulary | Travel, weight, points, patches, cooperate, negotiate, routine, perform, unison, apparatus, canon, consistent, sequence, start, finish, symmetrical, asymmetrical, dynamics, level, speed, direction, pathways, high quality. | Warm up, cool down, change, physical activity, copy, repeat, remember, jive, co-ordination, balance, control, tango, creativity, waltz. |  |  | Match, perform, sequence, starting and finishing positions, contrast, pathways, time, improve, positively, mirror, symmetrical and asymmetrical, travelling, routine, contrasts, unison, canon, apparatus. | Explore, understand, perform, dance, basic, warm up, copy, repeat, remember, dance motifs, dynamics, composition, choreography, levels, dynamics, formations, strengths, improvements, theme, |
| Year 6Focus | Gymnastics – Group Sequencing | Dance – Best of British | Gymnastics – Counter-balance and counter-tension | Dance – The Haka | Gymnastics - Flight | Dance – World War 2 |
| Hook - Trip/Visit/Question | Can you mirror asymmetrical body shapes within a group? Can you perform a variety of moves with a range of dynamics? | Can you explore and understand British values and perform tasks on these through dance and basic actions? | Can you hold controlled balances on a variety of points and patches on a given number of body parts? | Can you perform a routine in unison? | Can you gain elevation from a powerful run and dynamic take off?Can you show different dynamics within your work? | Can we understand evacuees and how that can be shown through dance? |
| Text / Person / Place | Performance of moves in the Hall. | Demonstrate understanding of all techniques learnt. | Performance of moves in the Hall. | Demonstrate understanding of all techniques learnt. | Performance of moves in the Hall. | Demonstrate understanding of all techniques learnt. |
| Vocabulary | Rolls, unison, smoothly, perform, sequence, finishing points, defined, formations, pathways, jumps, good control, spin, negotiate, dynamics. | Copy, repeat, remember, dance motifs, applying action, dynamics, co-coordination, control, warm up, rehearse, refine, choreography, define, cool down, performance, appreciation. | Control, balance, points, patches, reflective, symmetrical, asymmetrical, counter balances, push and pull force, sequence, tension balances, transitional moves, canon, unison. | Move, chant, unison, express emotion, movement, perform, rhythm, timing, memory, team spirit, techniques, routine. | Take off, elevation, dynamic, flight, soft knees, symmetrical, evaluate, apparatus, mount, dismount, control, pathways, gracefully, levels. | Movements, gestures, examples, performance, apply, decisions, motive, repeat, rehearse, refine, dance motifs, warm up, cool down, mirror, matching, improvements, strengths, weaknesses, improve, effective working. |