



The Cambridge Primary School

PE Overview

Sports Coach

Teacher Led

Subject	A1	A2	Sp1	Sp2	S1	S2	Additional
EYFS	<u>Introduction to PE</u> Wk1 – To move safely and sensibly in space Wk2 – To move safely and stop with control Wk3 – To use equipment safely and responsibly Wk4 – To use different travelling actions when following a path Wk5 – To work with others co-operatively and play as a group Wk6 – To follow, copy and lead a partner	<u>Gymnastics</u> Wk1 – To copy and create shapes with your body Wk2 – To create shapes whilst on apparatus Wk3 – To develop balancing on different body parts Wk4 – To develop jumping and landing safely Wk5 – To develop rocking and rolling Wk6 – To copy and create short sequences by linking actions together	<u>Ball Skills</u> Wk1 – To develop rolling a ball to a target Wk2 – To develop stopping a rolling ball Wk3 – To develop accuracy when throwing to a target Wk4 – To develop bouncing and catching a ball Wk5 – To develop dribbling a ball with your feet Wk6 – To develop kicking a ball	<u>Dance</u> Wk1 – To explore different body parts and how they move Wk2 – To remember and repeat actions Wk3 – To express and communicate ideas through movement Wk4 – To adapt and perform simple dance patterns Wk5 – To copy and repeat actions with confidence Wk6 – To move with control and co-ordination	<u>Games</u> Wk1 – To work safely and develop running and stopping Wk2 – To develop throwing and learn how to keep score Wk3 – To understand the different roles within a game Wk4 – To follow instructions and move safely when playing tagging games Wk5 – To work co-operatively and learn to take turns	<u>Athletics</u> Wk1 – To move at varying speeds over different distances Wk2 – To develop balance Wk3 – To develop changing direction quickly Wk4 – To explore hopping, jumping and leaping for distance Wk5 – To develop throwing for distance Wk6 – To develop throwing for accuracy	





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					Wk6 – To work with others to play team games		
Y1	<u>Ball Skills/Dance</u> Wk1 – To develop dribbling a ball with your hands/To use counts of eight to move in time Wk2 – To explore accuracy when rolling a ball/To explore pathways in my dance Wk3 – To explore throwing with accuracy towards a target/To create my own dance using actions, pathways and counts Wk4 – To explore catching with 2 hands/To explore different speeds and actions	<u>Gymnastics/Yoga</u> Wk1 – To explore travelling movements/To explore yoga and mindfulness Wk2 – To develop and combine travelling movements/To be able to copy and remember poses Wk3 – To develop quality when performing and linking shapes/To develop flexibility when holding poses Wk4 – To develop stability and control when performing balances/To develop balance whilst holding poses Wk5 – To develop technique and control when performing shape	<u>Fitness/Fundamentals</u> Wk 1 – To develop my understanding of how exercise makes me feel/To develop balance, stability and landing safely Wk2 – To develop my understanding of how exercise can make you strong and healthy/To explore how the body moves differently when running at different speeds Wk3 – To develop my understanding of how exercise relates to breathing/To explore changing direction and dodging Wk4 – To develop my understanding of how	<u>Invasion Games/Sending and Receiving</u> Wk 1 – To understand the roles of defenders and attackers/To develop rolling and throwing a ball towards a target Wk2 – To recognise who to pass to and why/To develop receiving a rolling ball and tracking skills Wk3 – To move towards goal with the ball/To send and receive a ball with your feet Wk4 – To support a teammate when playing in	<u>Striking & Fielding/Target games</u> Wk 1 – To develop underarm throwing and catching/To develop underarm throwing towards a target Wk 2 – To develop overarm throwing/To develop throwing for accuracy Wk 3 – To develop hitting a ball/To develop underarm and overarm throwing at a target	<u>Athletics/Football</u> Wk 1 – To move at different speeds over varying distances/To develop dribbling a ball Wk 2 – To develop balance/To explore tracking a ball that is coming towards to me Wk 3 – To develop changing direction quickly/To develop shooting to a target Wk 4 – To explore hopping, jumping and leaping for distance/To develop defending and attacking skills Wk 5 – To develop throwing for	

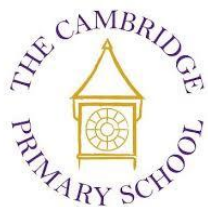




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	Wk5 – To explore dribbling a ball with your feet/To copy, remember and repeat actions Wk6 – To explore tracking a ball that is coming towards me/To create and perform actions that represent the theme	jumps/To create yoga poses using a hoop Wk6 – To develop rolls and use them in a sequence/To create a yoga flow with a partner	exercise helps my brain/To explore jumping, hopping and skipping Wk5 – To develop my understanding of how exercise helps my muscles/To explore coordination and combination jumps Wk 6 – To develop my understanding of the importance of daily exercise/To explore jumping and skipping in an individual rope	attack/To develop throwing and catching skills over a short distance Wk5 – To move into space showing an awareness of defenders/To develop throwing and catching over a longer distance Wk6 – To stay with a player when defending/To apply sending and receiving skills to small games	Wk 4 – To develop catching a ball/To develop throwing for accuracy and distance using underarm and overarm Wk 5 – To learn how to get a batter out/To select the correct throw for the target Wk 6 – To play games and understand how to score points/To develop throwing for accuracy and distance	distance/To develop passing accurately to a teammate Wk 6 – To develop throwing for accuracy/To start to apply skills in a game situation	
Y2	<u>Ball Skills/Dance</u> Wk 1 – To develop rolling a ball to hit a target/To remember, repeat and link actions	<u>Invasion Games/Yoga</u> Wk 1 – To understand what being in possession means/To copy and repeat yoga poses	<u>Fitness/Net and Wall Games</u> Wk 1 – To learn how to run for a long time/To use the ready position to	<u>Target games/Team Building</u> Wk 1 – To consider how much power to apply when aiming at a	<u>Striking and Fielding/Football</u> Wk 1 – To track a rolling ball and collect it/To develop dribbling a ball	<u>Athletics/Sending and Receiving</u> Wk 1 – To develop the sprinting action/To roll a ball towards a target	





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Wk 2 – To develop stopping a rolling ball/To develop an understanding of dynamics Wk 3 – To develop dribbling a ball with your feet/Use counts of 8 to help you stay in time with the music Wk 4 – To develop kicking a ball/To create a short dance phrase Wk 5 – To develop throwing and catching/To perform using unison and mirroring and matching with a partner Wk 6 – To develop dribbling a ball with your hands/To repeat actions and dance as a group	Wk 2 – To explore scoring goals/To develop an awareness of strength Wk 3 – To explore ways to stop goals/To develop an awareness of flexibility Wk 4 – To explore how to gain possession/To copy and remember actions Wk 5 – To understand defending and mark an opponent/To create a flow and perform it Wk 6 – To apply simple tactics for attacking and defending/To explore poses	defend space on court Wk 2 – To develop jumping in a long rope using timing/To develop returning a ball with hands Wk 3 – To develop co-ordination in individual skipping/To play against a partner Wk 4 – To develop stamina and change of direction/To develop racket skills and use them to return a ball Wk 5 – To explore exercises to develop strength/To develop returning a ball using a racket Wk 6 – To develop agility, balance and co-ordination/To play against an opponent using a racket	target/To follow instructions and work with others Wk 2 – To understand how to score using underarm and overarm throwing/To solve challenges in a small group Wk 3 – To develop striking to a target/To create a plan with a group to solve challenges Wk 4 – To develop hitting a moving target/To communicate effectively and develop trust Wk 5 – To select and apply the appropriate skill to the target game/	Wk 2 – To develop underarm throwing and catching to field a ball/To control a ball that is coming towards me Wk 3 – To develop overarm throwing to limit a batter's score/To develop shooting at a target Wk 4 – To develop hitting for distance to score more points/To develop defending and attacking skills Wk 5 – To be able to get a batter out/To develop passing accurately to a teammate	Wk 2 – To develop jumping for distance/To track and receive a rolling ball Wk 3 – To develop jumping for height/To send and receive a ball with your feet Wk 4 – To develop throwing for distance/To develop catching skills Wk 5 – To develop throwing for accuracy/To develop throwing and catching skills Wk 6 – To apply knowledge and technique in an athletics carousel/To send and receive a ball using a racket	
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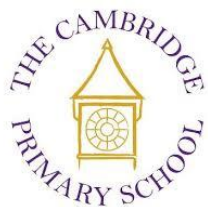




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				Wk 6 – To show an improvement in my personal best/	Wk 6 – To understand the rules of the game and use these to play fairly/To start to apply skills in a game situation		
Y3	<u>Rounders/Basketball</u> Wk 1 – To learn how to score points in a striking and fielding game/To understand the role of an attacker when in possession Wk 2 – To develop batting to score points/To maintain position while dribbling Wk 3 – To develop fielding skills/To develop passing and moving to support my team Wk 4 – To understand the role	<u>Tag Rugby/Dance</u> Wk 1 – To learn the correct techniques for handling a rugby ball/To move in unison with a partner Wk 2 – To develop throwing, catching and running with the ball/To create actions with a partner Wk 3 – To learn how to defend by taking an attacker's tag/To select and link actions and dynamics Wk 4 – To develop an understanding of defending as a team/To remember, repeat and	<u>Fitness/Gymnastics</u> Wk 1 – To understand how balance helps us in everyday life/To create interesting point and patch balances Wk 2 – To understand how co-ordination helps us in everyday life/To develop stepping into shape jumps using apparatus Wk 3 – To understand how strength helps us in everyday life/To develop the straight, barrel and forward roll	<u>Netball/Football</u> Wk 1 – To understand the role of an attacker when in possession/To develop dribbling a ball Wk 2 – To develop movement skills to lose a defender/To control a ball that is coming towards me Wk 3 – To learn the attacking skill of scoring goals/To develop shooting at a target	<u>Cricket/Dodgeball</u> Wk 1 – To learn how to score in a striking and fielding game/To develop throwing towards a moving target Wk 2 – To develop batting to score points/To develop throwing to get players out Wk 3 – To develop fielding skills/To develop the skills needed to avoid being hit Wk 4 – To understand the	<u>Athletics/Tennis</u> Wk 1 – To develop sprinting and improve your personal best/To develop racket and ball control Wk 2 – To develop changeover technique in relay events/To explore rallying using a forehand Wk 3 – To develop jumping technique/To explore returning the ball with a forehand	

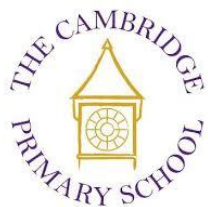




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	of a bowler/To understand the role of a defender Wk 5 – To develop an understanding of tactics/To understand that scoring goals is an attacking skill Wk 6 – To apply skills and knowledge to a rounders game/To apply skills and knowledge to compete in a tournament	create actions around a theme Wk 5 – To explore attacking skills to get closer to the try line/To understand and use formations Wk 6 – To apply rules and skills to small-sided games/To structure a dance to represent a theme	Wk 4 – To understand how speed helps us in everyday life/To transition smoothly into and out of balances Wk 5 – To understand how agility helps us in everyday life/To create a sequence with matching and contrasting actions and shapes Wk 6 – To understand how stamina helps us in everyday life/To create a partner sequence using equipment	Wk 4 – To understand the role of a defender/To develop defending and attacking skills Wk 5 – To explore ways to intercept when defending/To develop passing accurately to a teammate Wk 6 – To apply skills and knowledge to play games using netball rules/To start to apply skills in a game situation	role of a bowler/To develop and apply dodging skills within a game Wk 5 – To develop my understanding of tactics/To develop catching skills Wk 6 – To apply skills and knowledge to play games using cricket rules/To catch within a game	Wk 4 – To develop throwing for distance and accuracy/To explore returning the ball with a backhand Wk 5 – To develop throwing for distance in a pull throw/To learn how to score and use simple rules Wk 6 – To develop officiating and performing skills/To work co-operatively with others to begin to manage a game	
Y4	<u>Rounders/Basketball</u> Wk 1 - To develop throwing and catching with accuracy/To develop attacking skills	<u>Tag Rugby/Dance</u> Wk 1 – To develop attacking skills/To copy and create actions Wk 2 – To develop an understanding of how to	<u>Fitness/Football</u> Wk 1 – To recognise different areas of fitness/To develop attacking skills to maintain possession	<u>Netball/Gymnastics</u> Wk 1 – To develop attacking skills within the rules of the game/To develop individual and partner balances	<u>Cricket/Dodgeball</u> Wk 1 – To develop underarm and overarm throwing/To develop throwing	<u>Athletics/Tennis</u> Wk 1 – To develop stamina and pace in relation to distance/To develop racket and ball control	





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Wk 2 – To develop bowling/To develop passing and moving Wk 3 – To develop batting technique/To develop movement skills to lose a defender Wk 4 – To develop fielding techniques/To develop defending skills Wk 5 – To play different roles in a game/To use space effectively to create shooting opportunities Wk 6 – To apply skills and knowledge in a tournament/To apply skills and knowledge to games	defend/To choose actions which relate to the theme Wk 3 – To begin to apply rules in attack and defence/To develop a dance using matching and mirroring Wk 4 – To develop movement skills to dodge a defender/To learn and create dance moves in the theme Wk 5 – To track an opponent and defend as a team/To develop a dance using formations, canon and unison Wk 6 – To apply skills to a tag rugby tournament/To develop a dance phrase and perform as part of a class performance	Wk 2 – To develop speed and strength/To develop changing direction and speed when attacking Wk 3 – To develop coordination/To begin to recognise when to use different attacking skills Wk 4 – To develop agility/To apply attacking skills to move towards a goal Wk 5 – To develop balance/To use defending skills to delay an opponent and gain possession Wk 6 – To develop stamina/To apply skills and knowledge to a tournament	Wk 2 – To apply attacking skills to move towards a goal/To perform a controlled landing rotation jump Wk 3 – To develop movement skills to lose a defender/To develop the straight, barrel, forward and straddle roll Wk 4 – To defend an opponent and try to win the ball/To link actions that flow in a partner sequence Wk 5 – To develop attacking skills to score goals/To develop strength in inverted movements Wk 6 – To play games using skills	and apply this to a target game Wk 2 – To develop bowling technique/To develop dodging skills Wk 3 – To develop batting technique/To develop catching and learn this skill within the game Wk 4 – To develop fielding techniques/To further develop catching Wk 5 – To play different roles in a game/To begin to think tactically Wk 6 – To apply skills and knowledge to compete in a tournament/To	Wk 2 – To develop power and speed in the sprinting technique/To develop returning the ball with a forehand stroke Wk 3 – To develop technique when jumping for distance/To develop the backhand Wk 4 – To develop power and technique when throwing for distance/To keep a continuous rally going Wk 5 – To develop a pull throw for distance and accuracy/To use and apply rules and tactics Wk 6 – To develop officiating and	
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				and rules/To create a partner sequence using the skills learnt and apparatus	apply skills and knowledge in a tournament	performing skills/To understand and use rules to manage a game	
Y5	<u>Rounders/Hockey</u> Wk 1 - To develop throwing and catching/To use attacking skills to beat a defender Wk 2 – To develop bowling accuracy/To apply attacking skills under pressure Wk 3 – To develop batting skills/To communicate with my teammates Wk 4 – To develop fielding techniques/To learn defensive techniques to gain possession	<u>Tag Rugby/Football</u> Wk 1 – To apply attacking skills to a game situation/To develop attacking skills Wk 2 – To make decisions and understand when to pass and when to run/To send and receive under pressure Wk 3 – To apply attacking skills effectively within the rules/To communicate with my teammates Wk 4 – To work as a team to defend and stop the opposition from scoring/To use defensive techniques to win possession	<u>Fitness/Gymnastics</u> Wk 1 – To understand how speed helps me in other activities/To perform balances using apparatus Wk 2 – To understand how strength helps me in other activities/To develop the straight, forward, straddle and backwards roll Wk 3 – To understand how agility helps me in other activities/To explore different travelling actions Wk 4 – To understand how balance helps	<u>Netball/Basketball</u> Wk 1 – To explore attacking skills in different situations/To develop ways to move the ball Wk 2 – To develop movement skills to lose a defender/To develop movement skills to lose a defender Wk 3 – To communicate with my team and move into space/To communicate with my team and move into space	<u>Cricket/Swimming</u> Wk 1 – To develop throwing and catching skills/To develop gliding, front crawl and breaststroke Wk 2 – To develop bowling accuracy/To develop the front crawl and breathing technique Wk 3 – To develop batting skills/To develop the technique for backstroke arms and legs	<u>Athletics/Dodgeball</u> Wk 1 – To understand pace and apply different speeds over varying distances/To develop throwing skills Wk 2 – To develop fluency and co-ordination when running for speed/To develop dodging skills Wk 3 – to develop technique in relay changeovers/To develop catching skills	

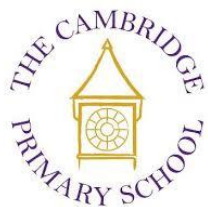




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	Wk 5 – To understand the need for techniques/To use defending tactics to gain possession Wk 6 – To apply skills and knowledge to a tournament/To apply rules and skills to a tournament	Wk 5 – To apply attacking skills to beat a defender/To apply defending tactics as a team Wk 6 – To apply rules and skills to a competitive game/To use and apply skills to a game situation	me in other activities/To perform progressions of inverted movements Wk 5 – To understand how co-ordination helps me in other activities/To explore matching and mirroring Wk 6 – To understand how stamina helps me in other activities/To explain a partner/group sequence using apparatus	Wk 4 – To defend an opponent and know when to intercept/To defend an opponent and know when to intercept Wk 5 - To develop attacking skills to score under pressure/To develop shooting Wk 6 – To use and apply skills to a game situation/To use and apply skills to a game situation	Wk 4 – To develop fielding techniques/To develop breaststroke and breathing technique Wk 5 – To understand the need for tactics/To develop basic skills of water safety and floating Wk 6 – To apply skills and knowledge to a tournament/To learn techniques for personal survival	Wk 4 – To build momentum and power in the triple jump/To develop blocking skills Wk 5 - To develop throwing with force for longer distances/To understand the need for tactics Wk 6 – To develop throwing with greater control and technique/To apply rules, skills and tactics to a tournament	
Y6							
	<u>Rounders/Football</u> Wk 1 - To develop throwing and catching under pressure/To	<u>Tag Rugby/Hockey</u> Wk 1 - To select the appropriate skill, choosing when to run or pass/To	<u>Fitness/Gymnastics</u> Wk 1 – To develop an awareness of what your body is able to do/To develop the	<u>Netball/Basketball</u> Wk 1 – To develop attacking skills to maintain possession/To	<u>Cricket/Dodgeball</u> Wk 1 - To develop throwing and catching under pressure/To	<u>Athletics/Tennis</u> Wk 1 – To develop sprinting technique/To develop placement	

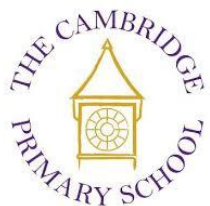




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maintain possession when attacking Wk 2 – To develop bowling technique/To apply attacking skills with control under pressure Wk 3 – To strike a bowled ball with increasing consistency/To select the appropriate skill, choosing when to pass or dribble Wk 4 – To develop fielding techniques/To move into and create space to support a teammate Wk 5 – To understand and apply tactics/To use the appropriate defensive technique for the situation	develop attacking skills to beat a defender Wk 2 – To move into space to support a teammate/To apply attacking skills with control Wk 3 – To use defending skills to support a teammate/To select the appropriate skill Wk 4 – To work as a defending unit/To move into and create space Wk 5 – To use a variety of attacking skills/To use the appropriate defensive technique for the situation Wk 6 – To apply rules and skills to a tournament	straddle, forward and backward roll Wk 2 – To develop speed and stamina/To develop rolling into sequence work and on apparatus Wk 3 – To develop strength using my own bodyweight/To develop counter balance and counter tension Wk 4 – To develop co-ordination/To develop balance sequences with apparatus Wk 5 – To develop agility/To develop jumps from different heights Wk 6 – To develop balancing with control/To create a group sequence using	demonstrate attacking skills under pressure Wk 2 – To use a variety of attacking skills to lose a defender/To move into and create space to support a teammate Wk 3 - To move into and create space to support a teammate/To choose when to pass and when to dribble Wk 4 – To use defending skills to gain possession/To use the appropriate defensive technique for the situation Wk 5 - To develop accuracy when scoring under	throw under pressure Wk 2 – To develop bowling under pressure/To select appropriate dodging skills Wk 3 – To strike a bowled ball with consistency/To develop catching with consistency Wk 4 – To develop fielding techniques/To develop defensive techniques Wk 5 – To understand and apply tactics in a game/To understand and apply tactics in a game Wk 6 – To apply skills and	of the ball using forehand Wk 2 – To identify a suitable pace for the event/To develop placement using a backhand Wk 3 – To develop technique for the triple jump/To develop the volley Wk 4 – To develop technique when throwing for distance/To employ tactics against a partner Wk 5 – To develop throwing with force and accuracy for longer distances/To develop the underarm serve Wk 6 – To work within a team to develop officiating	
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	Wk 6 – To apply skills and knowledge to a tournament/To apply rules and skills to a tournament		formations and apparatus	pressure/To develop shooting technique Wk 6 – To use and apply skills and tactics to a game/To apply skills and rules to a game	knowledge to a tournament/To develop officiating skills and referee a game	skills/To use rules and skills to play against an opponent	
Special Events	Year 1 Balance Ride 22-26 th Sep	Boogie Bounce 1 st & 2 nd Dec				Mini Warriors 15 th & 16 th June Sports Day 10 th July	

