

PE Overview Autumn 2020



Year Group	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Topic 1	Moving and Handling Crawl, walk run etc Write Dance - outdoors	Football (sending and receiving)	Basketball (Moving with the ball and shooting)	Netball – shooting Recap skills from KS1 - Throwing and catching own netball, bounce and catch own ball	Basketball (shooting using a backboard – short distance and long distance)	Football (volleying, bringing down a ball/cushioning)	Hockey (pass and move/ intercepting a pass/ blocking a shot)
Topic 2	Ball skills: bounce and catch, throwing into target, throwing in the air etc	Netball Throwing and catching own netball, bounce and catch own ball	Hockey (dribbling with the ball, shooting at a target)	Football (movement off the ball/passing into space/striking a moving ball)	Hockey (Moving with the ball, controlling the ball, passing and receiving)	Tri Golf (developing control and precision) Netball (positions- roles & responsibilities, playing areas)	Basketball (fowl play: travelling/double dribble/ foot faults/ contact) Lacrosse (pass and move/ intercepting a pass/ blocking a shot)

Each bubble has their own set of equipment, including full class sets of balls etc., which will not be used by other year groups during the unit of work. The scheme of work has been adapted to reduce close contact and the sharing of equipment.

The PE curriculum this term will also include daily physical activities such as:

- Outdoor circuits – set up fitness and agility circuit using ladders, cones, hurdles, star jumps etc
- Golden Mile – set personal best times and scores and set personal challenges
- Skipping - set personal best times and scores and set personal challenges
- Wake up and Shake Up aerobics and dance on the playground