

P.E. Overview 2022-2023

Year 3 start the academic year looking at fundamental movement skills which builds on their prior knowledge from Key Stage 1. It also ensures that the children have the key skills that contribute to the wider activities in their PE journey.

In spring term, children focus on applying their throwing, catching and problem-solving skills from autumn 2 to an invasion game. The invasion games become increasingly more complex progressing from Year 3 to Year 6. The complexity increases by the skills required in the games, as well as tactics and problem-solving needed to be successful.

Dance is followed by gymnastics as children can apply their rhythmic knowledge and sequencing knowledge to a gymnastics context.

Tag Rugby has been selected to broaden the variety of invasion games taught in school. It incorporates fundamental movement skills, building from Year 3, and helps develop children's catching skills.

In Year 3, children are taught striking a ball skills which is then built on in summer 1 with children playing rounders.

OAA and athletics is taught in summer term due to weather conditions and in preparation for Sports Day.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	Dance Fundamental Movement Skills	Gymnastics Throwing and Catching Problem Solving	Benchball Dodgeball	Football Striking a Ball	OAA Rounders	Athletics Try a Sport
Year 4	Dance Tag Rugby	Gymnastics Throwing and Catching Problem Solving	Handball Dodgeball	Tennis Football	OAA Rounders	Athletics Try a Sport
Year 5	Dance Tag Rugby	Gymnastics Throwing and Catching Problem Solving	Netball Dodgeball	Tennis Football	OAA Rounders	Athletics Try a Sport
Year 6	Dance Cross Country and HRF	Gymnastics Throwing and Catching Problem Solving	Basketball Dodgeball	Tennis Football	OAA Cricket	Athletics Try a Sport

Football and dodgeball have been chosen as these are the games we feel are physically demanding. We have health and fitness at the heart of our curriculum and have chosen games that will give children opportunities to be as physically active as possible.

Try a Sport is the last unit of PE to give teachers the opportunity to address misconceptions and complete sports and activities that require the skills children need to develop.

