

PE Overview Cycle B				
<p>The national curriculum for physical education aims to ensure that all pupils:</p> <ul style="list-style-type: none"> • develop competence to excel in a broad range of physical activities • are physically active for sustained periods of time • engage in competitive sports and activities • lead healthy, active lives. 				
	EYFS	KS1	LKS2	UKS2
Term 1	<p>Baseline assessment (3-4 development matters) KEPs</p> <ul style="list-style-type: none"> • I can use large muscle moving i.e. to wave a flag. • I can climb using alternate feet. 	<p>Run, throw, jump unit 1 (yr2) KEPs</p> <ul style="list-style-type: none"> • I can develop power, agility, coordination and balance over a variety of activities • I can throw and handle a variety of objects including: quoits, beanbags, balls and hoops. <p>Attack, defend and shoot Unit 1 yr2 KEPs</p> <ul style="list-style-type: none"> • I can send and retrieve a ball using my feet. Showing an element of control. • I can attempt to control the ball when dribbling or passing. 	<p>Gymnastics Year 4 Unit 1 KEPs</p> <ul style="list-style-type: none"> • I can perform a sequence in time with a partner or group. • I can use changes in height, speed and direction in sequences. <p>Hockey Year 4 KEPs</p> <ul style="list-style-type: none"> • I can consistently perform basic hockey skills such as dribbling and push pass. • I can increase speed and endurance during gameplay. 	<p>Gymnastics Yr 6 Unit 1 KEPs</p> <ul style="list-style-type: none"> • I can lead small group activities to show my understanding of strength and flexibility. • I can work independently or in small groups to make up my own sequences. • I can arrange the apparatus independently to vary my compositional ideas. <p>Netball Year 5/6 KEPs</p> <ul style="list-style-type: none"> • I can play within the rules using blocking skills for shots and passes. • I can increase power and strength of passes, so I can move the ball over longer distances • I can play efficiently in different positions on the

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				court in both attack and defence
Term 2	<p>Dance KEPs</p> <ul style="list-style-type: none"> I can learn and perform a simple dance to music i.e. Christmas play (3-4 dm). I can combine different movements with ease and fluency (YR dm). 	<p>Hit, catch run unit 1 Yr2 KEPs</p> <ul style="list-style-type: none"> I can use under arm bowling. I can develop my hitting skills by using a variety of bats. <p>Dance Unit 1 Year 1 KEPs</p> <ul style="list-style-type: none"> I can explore: space, direction, levels and speeds. I can experiment creating actions with different body parts. 	<p>Dance Year 4 Unit 2 KEPs</p> <ul style="list-style-type: none"> I can develop a dance routine in relation to a theme. I can communicate feelings of a character through dance. <p>Netball Year 3 KEPs</p> <ul style="list-style-type: none"> I can perform basic skills such as passing and catching using recognised throws in netball. I can use the space efficiently to build attacking play. I can explain certain rules i.e. use of footwork. 	<p>Hockey Year 6 KEPs</p> <ul style="list-style-type: none"> I can evaluate a peer's performance by describing an individual or team's performance. I can continue to combine and perform more complex skills at great speed. <p>Dance Year 6 Unit 2 KEPs</p> <ul style="list-style-type: none"> I can show tension through pattern and formation. I can develop group devices and greater use of teamwork.
Term 3	<p>Gymnastics Reception Unit 1 KEPs</p> <ul style="list-style-type: none"> I can use small and large apparatus safely i.e. when jumping, rolling, sliding or moving over (YR dm). I can develop coordination and gross motor skills. 	<p>Run, throw, jump unit 2 Yr2 KEPs</p> <ul style="list-style-type: none"> I can complete running and jumping movements for a long period of time. I can improve jumping skills by increasing height and distance. <p>Gymnastics unit 2 Yr1 KEPs</p> <ul style="list-style-type: none"> I can perform and remain in control of 	<p>Gymnastics Year 4 Unit 2 KEPs</p> <ul style="list-style-type: none"> I can increase a range of body actions and shapes to include in a sequence. I can transfer my weight from small and large body parts i.e. hands and shoulders. <p>Handball Year 4 KEPs</p> <p>I can develop the three-step rule including bounce.</p> <ul style="list-style-type: none"> I can defend and stop attacks by blocking and intercepting. 	<p>Tennis Year 6 KEPs</p> <ul style="list-style-type: none"> I can begin to use a lob shot with my performance (hits the ball high and over their opponent). I can continue to develop backhand shots within my performance. <p>Gymnastics Year 6 Unit 2 KEPs</p> <ul style="list-style-type: none"> I can think creatively and combine own ideas with others to build sequences.

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		<p>basic gymnastic actions</p> <ul style="list-style-type: none"> I can begin to practise movements such as: spin, twist, turn, rock and roll. 	<ul style="list-style-type: none"> I can pass and move with the ball keeping it controlled at all times. 	<ul style="list-style-type: none"> I can compose and practise action and relate to music.
<p>Term 4 – May day dancing</p>	<p>Dance – May day KEPs</p> <ul style="list-style-type: none"> I can count and move to beats of 8. I can copy and repeat movement patterns. 	<p>Hit, catch run unit 2 Yr2 KEPs</p> <ul style="list-style-type: none"> I can begin to play in the role of wicketkeeper or backstop. I can communicate and work well in small teams when either fielding or batting. 	<p>Cricket Year 4 KEPs</p> <ul style="list-style-type: none"> I can use existing cricket skills taught within a more competitive context. I can consistently and accurately bowl, bat and catch the ball. 	<p>OAA (Outdoor adventurous activities) Year 5 KEPs</p> <ul style="list-style-type: none"> I can explore ways of communicating in a range of challenging activities. I can navigate and solve problems from memory. I can develop and use trust to complete a task and perform under pressure.

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<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Term 5 – any additional May dancing</p>	<p>Manipulation and coordination KEPs</p> <ul style="list-style-type: none"> I can find and move in a space which keeps myself and my peers safe. I can show strength, balance and communication when playing. I can move energetically for example; running, skipping, jumping, dancing and climbing. 	<p>Send and return unit 1 Yr2 KEPs</p> <ul style="list-style-type: none"> I can begin to hit and return the ball with some consistency. I can decide on and play with dominant hand. I can follow the ball during play and move towards it in time. <p>Gymnastics unit 2 Year 2 KEPs</p> <ul style="list-style-type: none"> I can continue to develop control and work towards body tension within performances. I can attempt to use rhythm while performing a sequence. 	<p>Tag Rugby Year 4 KEPs</p> <ul style="list-style-type: none"> I can develop tactics during competitive play. I can increase speed and build on endurance throughout a game. <p>OAA Year 3 KEPs</p> <ul style="list-style-type: none"> I can work well in a team and demonstrate leadership. I can positively contribute within my team sharing my ideas and suggested improvements. 	<p>Handball Yr 6 KEPs</p> <ul style="list-style-type: none"> I can within a team to improve group tactics and gameplay I can use front, back or side screening (blocking players) to break down offensive play  <p><i>Front screening</i></p> <p>Tag rugby Year 5 KEPs</p> <ul style="list-style-type: none"> I can combine basic tag rugby skills such as catching and quickly passing in one movement. I can increase the power of passes so the ball can be moved quickly over greater distances.
<p>Term 6</p>	<p>Gymnastics Reception Unit 2 KEPs</p> <ul style="list-style-type: none"> I can find and move in a space which keeps myself and my peers safe. 	<p>Attack, defend and shoot Unit 2 Yr2 KEPs</p> <ul style="list-style-type: none"> I can send a variety of different size and shaped balls. 	<p>Tennis Year 4 KEPs</p> <ul style="list-style-type: none"> I can explore different shots such as forehand and backhand. I can perform different court positions during game play. <p>Athletics mixed Year 3&4</p>	<p>Athletics Year 5 or 6 KEPs</p> <ul style="list-style-type: none"> I can apply strength and flexibility to a broad range of throwing, running and jumping activities.

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	<ul style="list-style-type: none"> I can show strength, balance and communication when playing 	<ul style="list-style-type: none"> I can communicate with peers to develop basic attacking play. <p>Send and return unit 2 Yr2</p> <p>KEPs</p> <ul style="list-style-type: none"> I can make good choices in how I block my opponent to score. I can continue to develop agility and coordination to use in a game. 	<p>KEPs</p> <ul style="list-style-type: none"> I can run, jump and throw across a range of activities. I can use a variety of equipment across a range of activities. 	<ul style="list-style-type: none"> I can accurately and confidently record results across a variety of activities. <p>Cricket Year 6</p> <p>KEPs</p> <ul style="list-style-type: none"> I can attempt a small range of recognised shots in isolation and in competitive scenarios. I can use a range of tactics for attacking and defending in the role of bowler, batter and fielder.
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