



Physical Education Long-Term Overview at Woodstock CE Primary School

Phase	Cycle	Autumn		Spring		Summer	
EYFS		OUR COMMUNITY	FOLLOW THE STAR	ONCE UPON A RHYME	SPLISH SPLASH SPLOSH	AT THE BOTTOM OF THE GARDEN	WHEELS, WINGS AND OTHER THINGS
		Dance: A range of different music from around the world and different times.		Exploring Movement: Climbing, balancing, apparatus and equipment all used to develop movement patterns.		Introducing tasks: Give children various challenges using games, equipment and playground.	

KEY STAGE 1: Years 1 & 2

KS1	Movement, Agility & Coordination	INTO THE WOODS	PASSPORT TO BRITAIN	MEMORY BOX
		Gymnastics: Jumping and rolling leading to sequences Dance: Compose and link movement phrases to make simple dances with clear beginnings, middles and ends; perform movement phrases using a range of body actions and body parts	Agility: Fundamental body movements with repeated focus on agility, balance and coordination Gymnastics: Using floor and wall apparatus and linking movements to group sequences	Dance: Compose and perform dance phrases and short dances that express and communicate moods, ideas and feelings; choosing and varying simple compositional ideas Athletics: Use different techniques, speeds and effort to meet challenges set for running, jumping and throwing
Games	AROUND OUR WORLD	CASTLES & DRAGONS	FIGHTING FIT	
	Throwing and Catching: Skill development Attacking and Defending: Hockey & Tag Rugby	Team Games: Choose, use and vary simple tactics (Football & Netball) Racket Skills: Focus on hand-eye co-ordination (Badminton)	Striking and Fielding: Focus on technique (Cricket & Rounders) Racket Skills: Focus on hand-eye co-ordination (Tennis)	

KEY STAGE 2: Years 3 & 4

KS2 Y3&4	Movement, Agility & Coordination	FIELD TO FORK	TOMB RAIDERS	EUROPE EXPLORED
		Gymnastics: Developing agility and co-ordination using apparatus Dance: Create and link dance phrases using a simple dance structure or motif; perform dances with an awareness of rhythmic, dynamic and expressive qualities	Gymnastics: Developing strength, flexibility, balance Dance: Use simple choreographic principles to create motifs and narrative; perform more complex dance phrases and dances that communicate character and	OAA: To follow simple routes and trails, orientating themselves successfully; solve simple challenges and problems successfully Athletics: Developing technique and control across range of activities

			narrative	
	Games	EARTH MATTERS	CITY OF SPIRES	INVADERS & RAIDERS
		Invasion Games: Football	Invasion Games: Netball	Net & Wall Games: Tennis & Badminton
Swimming	Invasion Games: Hockey	Invasion Games: Tag Rugby	Striking and Fielding: Cricket & Rounders	
		KINGFISHERS Swimming and Water Safety	NIGHTINGALES Swimming and Water Safety	WOODPECKERS Swimming and Water Safety

KEY STAGE 2: Years 5 & 6

KS2 Y5&6	Movement, Agility & Coordination	MEET THE GREEKS	AMAZON ADVENTURE	WAR & PEACE
		Dance: Compose dances by using, adapting and developing steps, formations and patterning from different dance styles; perform dances expressively, using a range of performance skills	OAA: Develop and refine orienteering and problem-solving skills when working in groups and on their own	Athletics: Developing technique and control across range of activities on both track and field.
	Gymnastics: Technical floor work - linking actions according to symmetry	Gymnastics: Apparatus Work		
Games	RULE BRITANNIA	IN THE BEGINNING	GOING GLOBAL	
	Invasion Games: Football	Invasion Games: Netball	Net & Wall Games: Tennis & Badminton	
	Invasion Games: Hockey	Invasion Games: Tag Rugby	Striking and Fielding: Cricket & Rounders	