



Physical Education Long-Term Overview at Woodstock CE Primary School

Phase	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
KS1	Games	AROUND OUR WORLD	CASTLES & DRAGONS	FIGHTING FIT
		Throwing and Catching: Skill development Attacking and Defending: Hockey – Ball mastery, fun games and SSGs.	Team Games: Choose, use and vary simple tactics (Football, Netball & Tag Rugby) Racket Skills: Focus on hand-eye co-ordination (Tennis)	Striking and Fielding: Focus on technique (Cricket & Rounders) Athletics: Fundamental movements explored through a range of running, jumping, throwing and track events.

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 and balance. Dance: Use simple choreographic principles to create motifs and narrative; perform more complex dance phrases and dances that communicate character and narrative	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

		EARTH MATTERS	CITY OF SPIRES
Games	Invasion Games: Football: Ball mastery and 1v1 approach, ensuring game related understanding and exploring all aspects of the game and ensuring more touches of the ball.	Invasion Games: Netball: Develop understanding of basic tactics and passing and receiving to play forward.	Net & Wall Games: Tennis & Badminton
	Invasion Games: Hockey: Ball mastery and skill practices to aid in technical development. Repetition of skill moves and increased ball contact to aid in building confidence with the ball.	Invasion Games: Tag Rugby: Slow build to simple tactics and looking at how we can tag and evade and use our bodies and movements to go past opposition player.	Striking and Fielding: Cricket & Rounders: A chance to strike and play as many shots as possible with the bat and develop fielding skills with the ball.
Swimming	KINGFISHERS Swimming and Water Safety	NIGHTINGALES Swimming and Water Safety	WOODPECKERS Swimming and Water Safety

KEY STAGE 2: Years 5 & 6

		MEET THE GREEKS	AMAZON ADVENTURE	WAR & PEACE
KS2 Y5&6	Movement, Agility & Coordination	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 Gymnastics: Technical floor work - linking actions according to symmetry	OAA: Develop and refine orienteering and problem-solving skills when working in groups and on their own Gymnastics: Apparatus Work	Athletics: Developing technique and control across range of activities on both track and field. Extended athletics session working in partnership with sports leaders from The Marlborough School.
	Games	RULE BRITANNIA Invasion Games: Football: Ball mastery and skill moves focus each lesson. Work across attacking and defending elements and thinking tactically. 1v1 focus and having the confidence to lay and building to bigger small-sided games each week. Invasion Games: Hockey: Ball mastery focus with elements of skill practices and a build from small 1v1s and a focus on lots of contacts with ball and developing into 3v3 small-sided games as the term develops.	IN THE BEGINNING Invasion Games: Netball: evolution of tactics and how we can attack and defend as a team. How can our movement off the ball be particularly effective in Netball compared to other invasion games. Invasion Games: Tag Rugby: as well as a tactical focus building on prior learning in smaller sided games and ensuring our understanding of the laws of the game is correct in impact our understanding of the sport.	GOING GLOBAL Net & Wall Games: Tennis & Badminton: exploring more court-based rallies and shots over larger areas in order to maximise court coverage and increase understanding around shot selection. Striking and Fielding: Cricket & Rounders: continued hand to eye development and thinking about how arranging teams and fields can help win matches tactically. Increased opportunities to repeat shots and make skill acquisition permanent.