

WEMBLEY PRIMARY SCHOOL CURRICULUM

PE OVERVIEW

	AUTUMN 1ST HALF	AUTUMN 2ND HALF	SPRING 1ST HALF	SPRING 2ND HALF	SUMMER 1ST HALF	SUMMER 2ND HALF
YEAR 1	<p>UNIT 1 Games Awareness of space, themselves and others. Hand eye coordination</p> <p>Agility. Sending and receiving. Scoring.</p>	<p>UNIT 2 Dance Linking actions to create a sequence (simple movement patterns)</p> <p>Body shapes. Rolling. Balances. Travelling. Partner routines.</p>	<p>UNIT 3 Games Throwing and catching/creating games</p>	<p>UNIT 4 Games Best place to be to stop a ball. Hitting a ball in the correct direction.</p>	<p>UNIT 5 Games Best place to be to stop a ball. Hitting a ball in the correct direction.</p>	<p>UNIT 6 Striking & Fielding Games Throwing accurately as a team. Decision making in a game.</p>
YEAR 2	<p>UNIT 1 Games Awareness of space, themselves and others. Hand eye coordination.</p>	<p>UNIT 2 Team games Throwing accurately as a team. Decision making in a games.</p>	<p>UNIT 3 Dance Linking actions to create a sequence (simple movement patterns) Working together. Recognising and following a tune. Creating actions to match the music.</p>	<p>UNIT 4 Games Throwing and catching/creating</p> <p>Agility. Sending and receiving. Scoring.</p>	<p>UNIT 5 Games Organising. Jump with control.</p>	<p>UNIT 6 Striking & fielding games</p> <p>Best place to be to stop a ball. Hitting a ball in the correct direction. Best place to be to stop a ball. Hitting a ball in the correct direction.</p>
YEAR 3	<p>UNIT 1 Dance</p> <p>Response to stimuli. Perform with expression. Use of expressive body language</p>	<p>UNIT 2 Invasion Games Attack and defend. Use appropriate skills; passing, dribbling, control. Work as a team</p>	<p>UNIT 3 Striking and Fielding Strike ball with intent. Intercept the ball and catch. Choose fielding positions.</p>	<p>UNIT 4 Invasion Games Throwing and catching with partner. Move with the ball.</p>	<p>UNIT 5 Athletics</p> <p>Organisation. Jump with control. Throw with power.</p> <p>Throw with power and accuracy.</p>	<p>UNIT 6 Gym</p> <p>Use shape, balance and travel. Show control, tension and balance.</p>

YEAR 4	<p>UNIT 1 Swimming Invasion Games Moving forward with the ball. Defending as a team. How to create space in a team game.</p>	<p>UNIT 2 Swimming invasion Games Dribbling with the ball. Attacking as a team. Tackling opponents safely</p>	<p>UNIT 3 Swimming Dance Create routine with a partner, exploring actions to reflect the music. Use unison</p>	<p>UNIT 4 Swimming Striking & Fielding Organise team to field. Choose what shot to play. Use a range of fielding skills.</p>	<p>UNIT 5 Swimming OAA Simple star orienteering (School field/ playground) Setting up routes for each other using simple plans</p>	<p>UNIT 6 Swimming Athletics Improve and sustain running speed and technique. Throw and jump with increased power</p>
YEAR 5	<p>UNIT 1 Competitive Games Moving forward with the ball. Defending as a team. How to create space in a team game.</p> <p>Dribbling with the ball. Attacking as a team. Tackling opponents safely</p>	<p>UNIT 2 Invasion games Dribbling with the ball. Attacking as a team. Tackling opponents safely.</p>	<p>UNIT 3 Dance Create routine with a partner, exploring actions to reflect the music and use unison.</p>	<p>UNIT 4 Striking and fielding Organise team to field. Choose what shot to play. Use a range of fielding skills.</p>	<p>UNIT 5 OAA Setting up courses for others using star orienteering and school plans/maps Ground to map interpretation Introduction to compass work</p>	<p>UNIT 6 Athletics Improve and sustain running speed and technique. Throw and jump with increased power.</p>
YEAR 6	<p>UNIT 1 invasion games Understand the rules of the game. Work to attack and defend as a team.</p>	<p>UNIT 2 Moving forward with the ball. Defending as a team. How to create space in a team game.</p> <p>Dribbling with the ball. Attacking as a team. Tackling opponents safely</p>	<p>UNIT 3 Dance Use of movement and expression to follow the theme of the music.</p>	<p>UNIT 4 OAA Continue familiarisation with different maps and locations Star orienteering (Whole school) Timed short courses Score orienteering and competition</p>	<p>UNIT 5 Athletics Explain good athletic performance. Understand the rules of certain event.</p>	<p>UNIT 6 Striking and fielding Organise team to field. Choose what shot to play. Use a range of fielding skills.</p>

- Invasion Games

- <https://thephysicaleducator.com/game/matball/>

- <https://thephysicaleducator.com/game/guard-the-pin/>
- <https://thephysicaleducator.com/game/slide-tag/>
- <https://thephysicaleducator.com/game/prairie-dog-pickoff/>

Striking & Fielding Games

- <https://thephysicaleducator.com/game/whacky-baseball/>
- <https://thephysicaleducator.com/game/danish-longball/>

-Passing & Receiving Games

- <https://thephysicaleducator.com/game/touchdowns/>
- <https://thephysicaleducator.com/game/frogs-fish/>

-Athletics Fundamentals

- <https://thephysicaleducator.com/game/on-lines-off-lines/>
- <https://thephysicaleducator.com/game/rock-paper-scissors-tug-o-war/>

-Chasing & Feeling Games

- <https://thephysicaleducator.com/game/everyones-frozen-tag/>
- <https://thephysicaleducator.com/game/giants-elves-wizards/>