



Larkfield Primary PE Overview

Cycle A

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Fundamentals - Physical Literacy Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.		Gymnastics Negotiate space and obstacles safely, with consideration for themselves and others; - Demonstrate strength, balance and coordination.	Dance Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination.	Games Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. Work and play cooperatively and take turns with others.	Fundamentals - Athletics Demonstrate strength, balance and coordination when playing; - Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.
1/2	Games & fundamentals Master basic movements including running, jumping, throwing and catching.	Games & fundamentals Develop basic movements and begin to apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending.	Gymnastics Develop basic movements including balance, agility and coordination.	Dance Perform dances using simple movement patterns.	Athletics Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities.	
3/4	Tag rugby Use running, throwing and catching in isolation and in combination and play competitive games.	Gymnastics Develop flexibility, strength, technique, control and balance.	Dance Perform dances using a range of movement patterns.	Cricket Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.	Tennis	Athletics Develop flexibility, strength, technique, control and balance. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
5/6						

Swimming and water safety will take place in KS2 where pupils will be taught to:

- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- Perform safe self-rescue in different water-based situations



Larkfield Primary PE Overview

Cycle B [2022-23]

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Fundamentals-Physical Literacy Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.		Gymnastics Negotiate space and obstacles safely, with consideration for themselves and others; - Demonstrate strength, balance and coordination.	Dance Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination.	Games Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. Work and play cooperatively and take turns with others.	Fundamentals-Athletics Demonstrate strength, balance and coordination when playing; - Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.
1/2	Games Master basic movements including running, jumping, throwing and catching.	Gymnastics Developing balance, agility and coordination.	Dance Perform dances using (simple / a range of) movement patterns through.	Games Participate in team games, developing simple tactics for attacking and defending.		Athletics Master basic movements including running, jumping, throwing and catching.
3/4	Hockey Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.	Gymnastics Develop flexibility, strength, technique, control and balance.		Basketball / Netball Play competitive games, modified where appropriate.	take part in outdoor and adventurous activity challenges both individually and within a team.	Athletics Develop flexibility, strength, technique, control and balance. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
5/6						

Swimming and water safety will take place in KS2 where pupils will be taught to:

- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- Perform safe self-rescue in different water-based situations