

PE Subject Overview

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
EYFS – Class England	<b>Real PE</b> <i>Personal Skills</i>	<b>Real PE</b> <i>Social Skills</i>	<b>Real PE</b> <i>Cognitive Skills</i>	<b>Real PE</b> <i>Creative Skills</i>	<b>Real PE</b> <i>Applying Physical Skills</i>	<b>Real PE</b> <i>Health and Fitness Skills</i>
	<b>Dance (Val Sabin)</b> <i>Using music to help us move</i>	<b>Dance (Val Sabin)</b> <i>Making shapes with our bodies</i>	<b>Real Gym</b> <i>Linking body shapes together</i>	<b>Real Gym</b> <i>Performing simple jumps</i>	<b>Multi Skills (Val Sabin)</b> <i>Throwing and catching</i>	<b>Multi Skills (Val Sabin)</b> <i>Throwing and catching with a bat</i>
Year 1 – Class France	<b>Real PE</b> <i>Personal Skills</i>	<b>Real PE</b> <i>Social Skills</i>	<b>Real PE</b> <i>Cognitive Skills</i>	<b>Real PE</b> <i>Creative Skills</i>	<b>Real PE</b> <i>Applying Physical Skills</i>	<b>Real PE</b> <i>Health and Fitness Skills</i>
	<b>Real Gym</b> <i>Making new shapes with our bodies</i>	<b>Dance (Val Sabin)</b> <i>Dancing with streamers and instruments</i>	<b>Multi Skills (Val Sabin)</b> <i>Skipping skills</i>	<b>Multi Skills (Val Sabin)</b> <i>Throwing and catching to a partner</i>	<b>Ball skills and games (Val Sabin)</b> <i>Catching a ball and aiming at a target</i>	<b>Athletics (Val Sabin)</b> <i>Balancing and rolling a ball</i>
Year 2 – Class Morocco	<b>Real PE</b> <i>Personal Skills</i>	<b>Real PE</b> <i>Social Skills</i>	<b>Real PE</b> <i>Cognitive Skills</i>	<b>Real PE</b> <i>Creative Skills</i>	<b>Real PE</b> <i>Applying Physical Skills</i>	<b>Real PE</b> <i>Health and Fitness Skills</i>
	<b>Ball skills and games (Val Sabin)</b> <i>Sending and receiving a ball</i>	<b>Dance (Val Sabin)</b> <i>Creating a dance as part of a team</i>	<b>Real Gym</b> <i>Creating a sequence of moves including balancing on a small base</i>	<b>Ball skills and games (Val Sabin)</b> <i>Aiming, hitting and kicking a ball</i>	<b>Ball skills and games (Val Sabin)</b> <i>Dribbling, kicking and hitting</i>	<b>Athletics (Val Sabin)</b> <i>Using chest passes and push passes</i>
Year 3 – Class China	<b>Real PE</b> <i>Personal Skills</i>	<b>Real PE</b> <i>Social Skills</i>	<b>Real PE</b> <i>Cognitive Skills</i>	<b>Real PE</b> <i>Creative Skills</i>	<b>Real PE</b> <i>Applying Physical Skills</i>	<b>Real PE</b> <i>Health and Fitness Skills</i>
	<b>Dance (Val Sabin)</b> <i>Creating dances for different moods</i>	<b>Real Gym</b> <i>Finding ways to travel into a movement</i>	<b>Ball skills and Invasion (Val Sabin)</b> <i>Team tactics and ball rules</i>	<b>Ball skills and games (Val Sabin)</b> <i>Creating their own game using knowledge and skills learnt in Term 3</i>	<b>Orienteering (Val Sabin) &amp; Swimming</b> <i>Identifying symbols on a map and using maps for direction</i>	<b>Athletics (Val Sabin)</b> <i>Relay races and building stamina for longer runs</i>

Year 4 – Class Chile	<b>Real PE</b> <i>Personal Skills</i>	<b>Real PE</b> <i>Social Skills</i>	<b>Real PE</b> <i>Cognitive Skills</i>	<b>Real PE</b> <i>Creative Skills</i>	<b>Real PE</b> <i>Applying Physical Skills</i>	<b>Real PE</b> <i>Health and Fitness Skills</i>
	<b>Striking and Developing (Val Sabin)</b> <i>Fielding and batting in Mini Rounders</i>	<b>Dance (Val Sabin)</b> <i>Changing speed, direction and rhythm in a dance</i>	<b>Real Gym</b> <i>Performing rotation skills and balances</i>	<b>Invasion Games (Val Sabin)</b> <i>Plan and carry out a new game with rules</i>	<b>Orienteering (Val Sabin)</b> <i>Reading maps to complete a course and by using compasses</i>	<b>Athletics Track (Val Sabin)</b> <i>Jumping and landing on one foot, building stamina to run in longer races</i>
Year 5 – Class India	<b>Real PE</b> <i>Cognitive Skills</i>	<b>Real PE</b> <i>Creative Skills</i>	<b>Real PE</b> <i>Social Skills</i>	<b>Real PE</b> <i>Applying Physical Skills</i>	<b>Real PE</b> <i>Health and Fitness Skills</i>	<b>Real PE</b> <i>Personal Skills</i>
	<b>Dance (Val Sabin)</b> <i>Linking instruments to dance movements</i>	<b>Real Gym</b> <i>Creating extended sequences and moving in synchronisation with a team</i>	<b>Net, Court and Wall Games (Val Sabin)</b> <i>Learn the rules of tennis and how to serve</i>	<b>Invasion and Target Games (Val Sabin)</b> <i>Using skills learnt in Term 3 to play net tennis and volleyball</i>	<b>Orienteering (Val Sabin)</b> <i>Setting the most effective route to reach a destination</i>	<b>Orienteering (Val Sabin)</b> <i>Establishing relay skills and running longer distances</i>
Year 6 – Class USA	<b>Real PE</b> <i>Cognitive Skills</i>	<b>Real PE</b> <i>Creative Skills</i>	<b>Real PE</b> <i>Social Skills</i>	<b>Real PE</b> <i>Applying Physical Skills</i>	<b>Real PE</b> <i>Health and Fitness Skills</i>	<b>Real PE</b> <i>Personal Skills</i>
	<b>Quick Sticks Hockey (Val Sabin)</b> <i>Understand and play Quick Sticks Hockey</i>	<b>Dance (Val Sabin)</b> <i>Learn the origins of the HAKKA and perform a sequence</i>	<b>Invasion Games (Val Sabin)</b> <i>Ball handling skills and playing High 5 Netball</i>	<b>Orienteering (Val Sabin)</b> <i>Giving instructions to another team to follow and completing a trail</i>	<b>Striking and Fielding (Val Sabin)</b> <i>Playing Quick Cricket</i>	<b>Athletics (Val Sabin)</b> <i>Throwing and collecting javelins, building from a jog to a sprint when running a relay</i>

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