

**Physical Education/Physical Literacy Overview
Whole School 2022-23**



		Autumn		Spring		Summer	
		1	2	1	2	1	2
Yr R	A	EYFS Physical Development Baseline Assessment Leap into Life/ Multi Skills (Fundamental movement skills)	Leap into Life / Multi Skills (Fundamental movement skills)	Leap into Life / Multi Skills (Fundamental movement skills)	Leap into Life / Multi Skills (Fundamental movement skills)	Leap into Life / Multi Skills (Fundamental movement skills)	Leap into Life / Multi Skills (Fundamental movement skills)
	B	Introduction to P.E Gymnastics (Agility, balance and coordination skills) Indoor and outdoor Team Games (Co-operative) Quad Kids Assessments	Introduction to P.E Dance (Development of movement patterns) 'Topic-CornerStones' Ball skills/Paralympic Games (Access a range of experiences)	Outdoor or Indoor Health and Fitness/Fundamental movement skills (Development of healthy lifestyle, physical and mental wellbeing) Change For Life Quicksticks introduction	Gymnastics/ Fundamental movement (Agility, balance and coordination skills) Outdoor Activities (Challenging situations) Mini Kickers Football/Games	Outdoor Fundamental movement (Agility, balance and coordination skills) Net and Wall Games (Co-operative and Competitive)	Outdoor Team Games (Introduction to simple tactics) Striking and Fielding (individual agility, balance and coordination skills) Athletics (Development of running, jumping, throwing) 'Sportsday preparation' Quad Kids Assessments
Yr 1	A	Leap into Life / Multi Skills (Fundamental movement skills)	Leap into Life / Multi Skills (Fundamental movement skills)	Leap into Life / Multi Skills (Fundamental movement skills)	Leap into Life / Multi Skills (Fundamental movement skills)	Leap into Life / Multi Skills (Fundamental movement skills)	Leap into Life / Multi Skills (Fundamental movement skills)
	B	Gymnastics (Agility, balance and coordination skills)Outdoor Invasion Team Games (Co-operative & Competitive) Tag Rugby/Invasion Games Quad Kids Assessments	Dance (Development of movement patterns) 'Topic-CornerStones' Ball Skills/Catchball/Bee Netball Indoor Target/Paralympic Games (Access a range of experiences) Kurling/Boccia	Outdoor or Indoor Health and Fitness (Development of healthy lifestyle, physical and mental wellbeing) Change For Life Fun Running/Yoga Quicksticks	OAA/Teambuilding Outdoor and Adventurous Activities/Problem solving (Challenging situations) Orienteering/Team Building Sending and receiving/Mini Kickers Football	Outdoor Net/Wall Games (Co-operative & Competitive) Tennis 'Wimbledon focus' Outdoor Striking/Fielding Games/Rounders	Athletics 'Sportsday preparation' (Development of running, jumping, throwing) Kwik Cricket (Development of tactics) Swimming & Water Safety Quad Kids Assessments
Yr 2	A	Leap into Life / Multi Skills (Fundamental movement skills)	Leap into Life / Multi Skills (Fundamental movement skills)	Leap into Life / Multi Skills (Fundamental movement skills)	Leap into Life / Multi Skills (Fundamental movement skills)	Leap into Life / Multi Skills (Fundamental movement skills)	Leap into Life / Multi Skills (Fundamental movement skills)
	B	Gymnastics (Agility, balance and coordination skills)Outdoor Invasion Team Games (Co-operative & Competitive) Tag Rugby/Invasion Games Quad Kids Assessments	Dance (Development of movement patterns) 'Topic-CornerStones' Ball Skills/Catchball/Bee Netball Indoor Target/Paralympic Games (Access a range of experiences) Kurling/Boccia	Outdoor or Indoor Health and Fitness (Development of healthy lifestyle, physical and mental well being) Change For Life Fun Running/Yoga Quicksticks	OAA/Teambuilding Outdoor and Adventurous Activities/Problem solving (Challenging situations) Orienteering/Team Building Sending and receiving/ Football	Outdoor Net/Wall Games (Co-operative & Competitive) Tennis 'Wimbledon focus' Outdoor Striking/Fielding Games/Rounders	Athletics 'Sportsday preparation' (Development of running, jumping, throwing) Kwik Cricket (Development of tactics) Swimming & Water Safety Quad Kids Assessments

Yr 3	A	Multiskills (Recap of fundamental movement skills) Outdoor Invasion Team Games (Development of rules&safety)	Multiskills (Recap of Fundamental movement skills) Outdoor/Indoor Leadership & Sportsperson ship (Invasion Team Games)	Young Leaders (Leadership)	Sports/Activities from around the world (Access a range of experiences)	Indoor Net/Wall Games (Co-operative & Competitive) Volleyball/Badminton	Outdoor Striking/Fielding Games (Development of tactics) Cricket 'English Cricket Test Matches'
	B	Gymnastics (Agility, balance and coordination skills) Apparatus (Agility, balance and coordination skills) Outdoor Invasion Team Games (Competitive) Tag Rugby Quad Kids Assessments	Dance (Development of movement patterns) Target/Paralympic Games (Access a range of experiences) 'Topic- CornerStones' Outdoor Invasion Team Games (Development of tactics) Hi Five Netball/Bee Netball	Outdoor or Indoor Health and Fitness (Development of healthy lifestyle, physical and mental well being) Change For Life Quicksticks	OAA Outdoor and Adventurous Activities/Problem solving (Challenging situations) Orienteering Basketball/Football	Outdoor Striking/Fielding Games (Development of tactics) Rounders Outdoor Net/Wall Games (Co-operative & Competitive) Tennis 'Wimbledon 2022' School Swimming x 6 weeks	Kwik Cricket Athletics (Compare performances) 'Sportsday preparation' Swimming & Water Safety Quad Kids Assessments School Swimming x 6 weeks
Yr 4	A	Multiskills (Recap of fundamental movement skills) Outdoor Invasion Team Games (Development of rules&safety)	Multiskills (Recap of Fundamental movement skills) Outdoor/Indoor Leadership & Sportsperson ship (Invasion Team Games)	Young Leaders (Leadership)	Sports/Activities from around the world (Access a range of experiences)	Indoor Net/Wall Games (Co-operative & Competitive) Volleyball/Badminton	Outdoor Striking/Fielding Games (Development of tactics) Cricket 'English Cricket Test Matches'
	B	Gymnastics (Agility, balance and coordination skills) Apparatus (Agility, balance and coordination skills) Outdoor Invasion Team Games (Competitive) Tag Rugby Quad Kids Assessments	Dance (Development of movement patterns) Target/Paralympic Games (Access a range of experiences) 'Topic- CornerStones' Outdoor Invasion Team Games (Development of tactics) Hi Five Netball/Bee Netball	Outdoor or Indoor Health and Fitness (Development of healthy lifestyle, physical and mental well being) Change For Life Quicksticks School Swimming x 6 weeks	OAA Outdoor and Adventurous Activities/Problem solving (Challenging situations) Orienteering Basketball/Football	Outdoor Striking/Fielding Games (Development of tactics) Rounders Outdoor Net/Wall Games (Co-operative & Competitive) Tennis 'Wimbledon 2022'	Kwik Cricket Athletics (Compare performances) 'Sportsday preparation' Swimming & Water Safety Quad Kids Assessments
Yr 5	A	Outdoor Invasion Team Games (Development of rules&safety) Tag Rugby Swimming & Water Safety	Outdoor/Indoor Leadership & Sportsperson ship (Invasion Team Games) Bee Netball	Young Leaders (Leadership)	Sports/Activities from around the world (Access a range of experiences)	Indoor Net/Wall Games (Co-operative & Competitive) Volleyball/Badminton	Outdoor Striking/Fielding Games (Development of tactics) Cricket

	B	<p>Gymnastics (Agility, balance and coordination skills) Apparatus (Agility, balance and coordination skills) Outdoor Invasion Team Games (Competitive) Tag Rugby Quad Kids Assessments School Swimming x 6 weeks</p>	<p>Dance (Development of movement patterns) Target/Paralympic Games (Access a range of experiences) 'Topic- CornerStones' Outdoor Invasion Team Games (Development of tactics) Hi Five Netball/Bee Netball</p>	<p>Outdoor or Indoor Health and Fitness (Development of healthy lifestyle, physical and mental well being) Change For Life First Aid Hockey</p>	<p>OAA Outdoor and Adventurous Activities/Problem solving (Challenging situations) Orienteering Basketball/Football</p>	<p>Outdoor Striking/Fielding Games (Development of tactics) Rounders Outdoor Net/Wall Games (Co-operative & Competitive) Tennis 'Wimbledon 2022'</p>	<p>Cricket Athletics (Compare performances) 'Sportsday preparation' Swimming & Water Safety Quad Kids Assessments</p>
Yr 6	A	<p>Outdoor Invasion Team Games (Development of rules&safety) Tag Rugby Swimming & Water Safety</p>	<p>Outdoor/Indoor Leadership & Sportspersonship (Invasion Team Games) Bee Netball</p>	<p>Young Leaders (Leadership)</p>	<p>Sports/Activities from around the world (Access a range of experiences)</p>	<p>Indoor Net/Wall Games (Co-operative & Competitive) Volleyball/Badminton</p>	<p>Outdoor Striking/Fielding Games (Development of tactics) Cricket</p>
	B	<p>Gymnastics (Agility, balance and coordination skills) Apparatus (Agility, balance and coordination skills) Outdoor Invasion Team Games (Competitive) Tag Rugby Quad Kids Assessments</p>	<p>Dance (Development of movement patterns) 'Topic- CornerStones' Outdoor Invasion Team Games (Development of tactics) Hi Five Netball/Bee Netball School Swimming x 6 weeks</p>	<p>Outdoor or Indoor Health and Fitness (Development of healthy lifestyle, physical and mental well being) Change For Life First Aid Target/Paralympic Games (Access a range of experiences) Hockey</p>	<p>OAA Outdoor and Adventurous Activities/Problem solving (Challenging situations) Orienteering Basketball/Football</p>	<p>Outdoor Striking/Fielding Games (Development of tactics) Rounders Outdoor Net/Wall Games (Co-operative & Competitive) Tennis 'Wimbledon 2022'</p>	<p>Cricket Athletics (Compare performances) 'Sportsday preparation' Swimming & Water Safety Quad Kids Assessments</p>