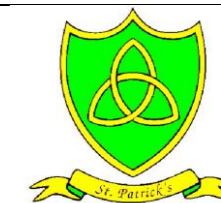




St Patrick's Catholic Primary School PE Overview



(see [PE End-of-Year Milestones](#) document for further details)

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<p><u>Gymnastics</u></p> <p>Children will be learning how to make different shapes and how to travel in different ways during gymnastics this term. The children will also get better at different types of roles such as the log roll and forward roll. Children will have the opportunity to put their skills into sequences to perform to the rest of the class.</p>	<p><u>Dance</u></p> <p>Children will follow an animal theme in dance this term where they will have the opportunity to explore different ways of moving imaginatively with expression, speed and level. Children will be able to perform short routines and talk about how they can be more expressive in dance.</p>	<p><u>Gymnastics</u></p> <p>Children will be learning how to make different shapes and how to travel in different ways during gymnastics this term. The children will also get better at different types of roles such as the log roll and forward roll. Children will have the opportunity to put their skills into sequences to perform to the rest of the class.</p>	<p><u>Dance</u></p> <p>Children will follow an animal theme in dance this term where they will have the opportunity to explore different ways of moving imaginatively with expression, speed and level. Children will be able to perform short routines and talk about how they can be more expressive in dance.</p>	<p><u>Athletics</u></p> <p>Children will get better at travelling, throwing and jumping this term. Children will learn how to throw underarm with control. The children will also be given the opportunity to improve their running technique as well as running in different directions at different speeds. Children will also get better at jumping and how will learn how to jump higher and further.</p>	<p><u>Fundamental movement skills</u></p> <p>Children will continue to learn new skills in throwing, catching, kicking, jumping and striking this term. The children will also be given the opportunity to develop their co-ordination, agility and balance this term. The children will put their new skills into practice by playing games with their class friends.</p>
Year 2	<p><u>Gymnastics</u></p> <p>Children will further develop basic gymnastics shapes such as: Pike, straight, tuck, straddle, star. Year 2 will also explore different ways of travelling, including using hands to support weight. Children will also develop a range of jumps (straight, star and tuck) using mats and apparatus. Furthermore, children will learn different rocking balances and actions. Finally, year 2 will look at rocking positions to introduce the key elements of a tuck roll as well as getting better at a forward roll.</p>		<p><u>Dance</u></p> <p>During this term, children will be following a four seasons theme. Children will learn to compose a short dance phrase including actions which represent Autumn, Winter, Spring and Summer. Children will get better at performing with increasing control and co-ordination. Children will be given the opportunity to describe how each dance makes them feel, and identify what they like and dislike about a performance.</p>		<p><u>Athletics</u></p> <p>Children will be given the opportunity to develop their running technique and understanding of pace. Children will be learning to move with control and fluency whilst changing direction. Children will also be getting better at throwing a variety of sized balls into near, far, high and low targets. Children will improve their ability to jump further as well as exploring different types of take off and landing techniques.</p>	
Year 3	<p><u>Gymnastics</u></p> <p>Children will be learning a range of standing and lying shapes, focusing on the quality of the shape. Children will then use shapes to create a short sequence which they can perform to their class. Children will get better at travelling across the</p>	<p><u>Dance</u></p> <p>Children will follow a pirate theme where they will develop different aspects of dance such as travelling. The children will get better at travelling using different body parts and at different speeds such as walking,</p>	<p><u>Swimming</u></p> <p>Children will learn different swimming strokes this year such as the front crawl, breast stroke and the back stroke. Children will also learn about health and safety around water.</p>		<p><u>Athletics</u></p> <p>Children will get better at running jumping and throwing this term. They will be given the opportunity to improve their ability to jump for distance and for height. Children will also get better at running for distance and for speed. In throwing the children will learn how to over arm throw and push throw. Children will also be given the opportunity to compete this term. Children will learn the process of changing the baton and will use this in competition.</p>	

	<p>floor and apparatus in different ways. Children will be given the opportunity to develop their jumping techniques as well as looking improving their forward and side rolls.</p>	<p>running, skipping, rolling and sliding. Children will be given the opportunity to develop their sense of rhythm and direction. Year 3 will be able to apply their dance skills to create movement patterns and sequences that they can perform to the rest of the class.</p>		
Year 4	<p><u>Swimming</u> Children will learn different swimming strokes this year such as the front crawl, breast stroke and the back stroke. Children will also learn about health and safety around water.</p>	<p><u>Gymnastics</u> Children will be learning a range of standing and lying shapes, focusing on the quality of the shape. Children will learn how to use shapes to create a short sequence which they can perform to their class. Children will get better at travelling across the floor and apparatus in different ways. Children will learn how to perform three point balances before learning to use apparatus and floor to take off and land when jumping. During this term, children will also practice forward and side rolls and learn how to roll backwards.</p>	<p><u>Dance</u> Year 4 will be learning about different dances from around the world this term. Children will explore dances such as the Haka, Bollywood, Tudor and African. The children will be given the opportunity to learn about the culture behind these types of dance before performing them to the class.</p>	<p><u>Athletics</u> Children will get better at running jumping and throwing this term. They will be given the opportunity to improve their ability to jump for distance and for height. Children will also get better at running for distance and for speed. In throwing the children will learn how to over arm throw and push throw. Children will also be given the opportunity to compete this term. Children will learn the process of changing the baton and will use this in competition.</p>
Year 5	<p><u>Dance</u> Year 5 will be exploring a dance timeline theme this term where they will learn about and practice different types of dance. They will first explore the Lindy Hop dance before learning about and performing the Twist. The children will also learn about</p>	<p><u>Gymnastics</u> Children will learn a range of standing and lying shapes, focusing on the quality of the shape. Children will learn how to use shapes to create a short sequence which they can perform to their class. Children will get better at travelling across the floor and</p>	<p><u>Swimming</u> Children will learn different swimming strokes this year such as the front crawl, breast stroke and the back stroke. Children will also learn about health and safety around water.</p>	<p><u>Athletics</u> During this term, children will learn and compete in various events such as the long jump and the high jump. In running, children will improve their sprinting technique as well as performing a three-point start. Children will also get better at running for distance and changing the baton for relays. In throwing, children will compete in events such as shot putt and javelin, where they will learn about the importance of technique.</p>

	Disco dance before exploring and performing street dance to their class.	apparatus in different ways. Children will learn how to perform three point balances before learning to use apparatus and floor to take off and land when jumping. During this term, children will also practice forward and side rolls and learn how to roll backwards.		
Year 6	<p align="center"><u>Swimming</u></p> <p>Children will learn different swimming strokes this year such as the front crawl, breast stroke and the back stroke. Children will also learn about health and safety around water.</p>	<p align="center"><u>Gymnastics</u></p> <p>Children will further develop a range of standing and lying shapes, focusing on the quality of the shape. Children will learn how to use shapes to create a sequence which they can perform to their class. Children will get better at travelling across the floor and apparatus in different ways. Children will learn how to balances on large body parts before learning to use apparatus and floor to take off and land when jumping. During this term, children will also learn and practice the circle role. Using their skills, children will perform for the class and evaluate performances</p>	<p align="center"><u>Athletics</u></p> <p>During this term, children will learn and compete in various events such as the long jump and the triple jump. In running, children will improve their sprinting technique as well as performing a three-point start. Children will also get better at running for distance and changing the baton for relays. In throwing, children will compete in events such as shot putt and javelin, where they will learn about the importance of technique.</p>	<p align="center"><u>Dance</u></p> <p>Year 6 will be exploring a war theme dance this term. The children will firstly learn and follow a preparation for war phase where they will look at different types of tempo. Children will then learn and perform a during war phase before finishing off with a end of war routine. Children will be given the opportunity to perform for the class and evaluate each others performance.</p>