



GNSA Primary PE overview

	Autumn 1 Ball skills	Autumn 2 Invasion games	Spring 1 Gymnastics and Dance	Spring 2 Sending and receiving	Summer 1 Striking and fielding	Summer 2 Athletics
Reception	Introduction to PE Unit 1 Topic: Fantasy and Adventure Key skills: cooperation, using and finding space safely, running, skipping and jumping.	Fundamentals Unit 1 Topic: Everyday life Key skills: stopping, understanding basic rules, running, skipping and jumping.	Introduction to PE Unit 2 Topic: Everyday life Key skills: stopping, understanding basic rules, running, skipping and jumping.	Fundamentals Unit 2 Topic: Spaces and places Key skills: Running, galloping, skipping, hopping, jumping, changing direction, balancing, developing fine gross motor skills through handling equipment.	Ball skills Unit 1 Topic: Minibeasts Key skills: rolling and receiving a ball, throwing to a target, bouncing and catching, dribbling with feet and kicking	Game skills Unit 1 Topic: Transport Key skills: running, balancing, changing direction, striking a ball, throwing, catching, cooperation, managing emotion, how to score and play by the rules.
Year 1	Fundamentals Key skills: physical - balancing, sprinting, jogging, dodging, jumping, skipping and hopping. Social - taking turns, supporting and encouraging others, working safely and communication. Emotional - challenging myself, perseverance and honesty. Thinking - selecting and applying, identifying strengths, listening and following instructions.	Team building Key skills: Physical - balancing and travelling actions. Social - communication, sharing ideas, inclusion, encouraging and supporting others. Emotional - confidence, trust and honesty. Thinking - decision making, using tactics, providing instructions, planning and problem solving.	Gymnastics (First 3 weeks) Dance (Second 3 weeks) Gymnastics, key skills: Physical: travelling actions, shapes, balances, jumps, barrel roll, straight roll, forward roll progressions. Social: sharing, working safely. Emotional: confidence Thinking: observing and providing feedback, selecting and applying actions. Dance key skills: Physical: travel, copying and performing actions, using shape, balance, coordination. Social: co-operation, communication, coming to decisions with a partner, respect. Emotional: confidence, acceptance. Thinking: counting, observing and providing feedback, selecting and applying actions	Sending and receiving Key skills: Physical: rolling, kicking, throwing, catching, tracking. Social: taking turns, supporting and encouraging others, respect, communication. Emotional: challenging myself, perseverance, honesty, being happy to succeed. Thinking: transferring skills.	Striking and fielding Key skills: Physical: throwing, catching, retrieving a ball, tracking a ball, striking a ball. Social: communication, supporting and encouraging others, consideration of others. Emotional: perseverance, honesty and fair play. Thinking: using tactics, selecting and applying skills, decision making	Athletics Key skills: Physical: running at varying speeds, agility, balance, jumping, hopping and leaping in combination and for distance, throwing for distance. Social: working safely, collaborating with others. Emotional: working independently, honesty and playing to the rules, determination. Thinking: exploring ideas.
Year 2	Ball skills Key skills: Physical: rolling, kicking, throwing, catching, bouncing, dribbling. Social: co-operation, communication, leadership, supporting others. Emotional: honesty, perseverance, challenging myself. Thinking: using tactics, exploring actions	Invasion games Key skills: Physical: throwing and catching, kicking, dribbling with hands and feet, dodging, finding space. Social: communication, respect, co-operation, kindness. Emotional: empathy, integrity, independence, determination, perseverance. Thinking: creativity, reflection, decision making, comprehension	Gymnastics (First 3 weeks) Dance (Second 3 weeks) Gymnastics Key skills: Physical: shapes, balances, shape jumps, travelling movements, barrel roll, straight roll, forwards roll. Social: sharing, working safely, Emotional: confidence, independence. Thinking: observing and providing feedback, selecting and applying actions. Dance key skills: Physical: travel, copying and performing actions, using dynamics, pathway, expression and speed, balance, coordination. Social: respect, consideration, sharing ideas, decision making with others. Emotional: acceptance, confidence. Thinking: selecting and applying actions, counting, observing and providing feedback, creating.	Sending and receiving Key skills: Physical: rolling, kicking, throwing, catching, tracking. Social: taking turns, supporting and encouraging others, respect, communication. Emotional: challenging myself, perseverance, honesty, being happy to succeed. Thinking: transferring skills	Striking and fielding Key skills: Physical: throwing and catching, tracking a ball, bowling, batting. Social: communication, collaboration. Emotional: honesty, acceptance, controlling emotions. Thinking: select and apply, using tactics, decision making	Athletics Key skills: Physical: running at different speeds, jumping for distance, throwing for distance. Social: working safely, collaborating with others. Emotional: working independently, determination. Thinking: observing and providing feedback, exploring ideas

Year 3	Ball Skills Key skills: Physical: tracking a ball, throwing, catching, dribbling. Social: supporting others, co-operation, communication, managing games. Emotional: perseverance, honesty, respect, challenging self. Thinking: decision making, developing tactics, creativity	Football Key skills: Physical: dribbling, passing, ball control, tracking/ jockeying, turning, receiving. Social: communication, collaboration, cooperation. Emotional: honesty, perseverance. Thinking: selecting and applying tactics, decision making.	Gymnastics (First 3 weeks) Dance (Second 3 weeks) Gymnastics key skills: Physical: individual point and patch balances, straight roll, barrel roll, forward roll, straight jump, tuck jump, star jump, rhythmic gymnastics. Social: collaboration, communication, respect. Emotional: confidence. Thinking: observing and providing feedback, selecting and applying actions, evaluating and improving. Dance key skills: Physical: using canon, unison, formation, dynamics, pathways, direction, copying and performing actions, control, balance. Social: sharing ideas, respect, inclusion of others, leadership, working safely. Emotional: confidence, acceptance. Thinking: selecting and applying actions, creating, observing and providing feedback.	Tennis Key skills: Physical: forehand, backhand, throwing, catching, ready position. Social: collaboration, respect, supporting others. Emotional: honesty, perseverance. Thinking: decision making, understanding rules, using tactics.	Rounders Key skills: Physical: underarm and overarm throwing, catching, tracking a ball, fielding and retrieving a ball, batting. Social: collaboration and communication, respect, supporting and encouraging others. Emotional: honesty and fair play, confident to take risks, managing emotions. Thinking: observing and providing feedback, using tactics, decision making.	Athletics Key skills: Physical: sprinting, jumping for distance, push and pull, throwing for distance. Social: working collaboratively, working safely. Emotional: perseverance, determination. Thinking: observing and providing feedback
Year 4	Basketball Key skills: Physical: throwing and catching, dribbling, intercepting, shooting. Social: working safely, communication, collaboration. Emotional: honesty and fair play, perseverance. Thinking: planning strategies and using tactics, observing and providing feedback.	Tag Rugby Key skills: Physical: passing, catching, dodging, tagging, scoring. Social: communication, collaboration, inclusion. Emotional: honesty and fair play, perseverance, confidence. Thinking: planning strategies and using tactics, observing and providing feedback.	Gymnastics (First 3 weeks) Dance (Second 3 weeks) Gymnastics key skills: Physical: individual and partner balances, jumps using rotation, straight roll, barrel roll, forward roll, straddle roll, bridge, shoulder stand. Social: responsibility, collaboration, communication, respect. Emotional: confidence. Thinking: observing and providing feedback, selecting and applying actions, evaluating and improving sequences. Dance key skills: Physical: performing a variety of dance actions, using canon, unison, formation, dynamics, character, structure, space, balance, control, technique. Social: collaboration, consideration, inclusion, respect. Emotional: empathy, confidence. Thinking: observing and providing feedback, selecting and applying skills.	Hockey Key skills: Physical: passing, dribbling, receiving, intercepting, tackling. Social: communication, collaboration, inclusive. Emotional: honesty and fair play, perseverance, empathy. Thinking: planning strategies and using tactics, observing and providing feedback, decision making.	Cricket Key skills: Physical: underarm and overarm throwing, catching, over and underarm bowling, fielding and tracking a ball, batting. Social: collaboration and communication, respect. Emotional: perseverance, honesty. Thinking: observing and providing feedback, applying strategies.	Athletics Key skills: Physical: pacing, sprinting technique, jumping for distance, throwing for distance. Social: working collaboratively, working safely. Emotional: perseverance, determination. Thinking: observing and providing feedback, exploring ideas.
Year 5	Football Key skills: Physical: dribbling, passing, ball control, tracking / jockeying, turning, goalkeeping, receiving. Social: communication, collaboration, cooperation, respect. Emotional: honesty, perseverance. Thinking: selecting and applying tactics, decision making.	Netball Key skills: Physical: passing, catching, footwork, intercepting, shooting, dodging. Social: communication, collaboration. Emotional: perseverance, honesty and fair play. Thinking: planning strategies and using tactics, selecting and applying skills, decision making.	Gymnastics (First 3 weeks) Dance (Second 3 weeks) Gymnastic key skills: Physical: symmetrical and asymmetrical balances, straight roll, forward roll, straddle roll, backward roll, cartwheel, bridge, shoulder stand. Social: responsibility, collaboration, communication, respect. Emotional: confidence. Thinking: observing and providing feedback, selecting and applying actions, evaluating and improving sequences.	Tennis Key skills: Physical: forehand groundstroke, backhand groundstroke, forehand volley, backhand volley, underarm serve. Social: collaboration, communication, respect. Emotional: honesty. Thinking: decision making, selecting and applying tactics.	OAA (First 3 weeks) Rounders (Second 3 weeks) OAA key skills: Physical: stamina, running. Social: communication, teamwork, negotiation, empathy, inclusion, listening. Emotional: confidence. Thinking: planning, map reading, decision making, problem solving. Cricket key skills: Physical: throwing & catching, bowling, tracking, fielding &	Athletics Key skills: Physical: pacing, sprinting technique, relay changeovers, jumping for distance, push and pull throwing for distance. Social: collaborating with others, supporting others. Emotional: perseverance, determination. Thinking: observing and providing feedback.

			Dance key skills: Physical: performing a variety of dance actions, using canon, unison, formation, dynamics, character, structure, space, emotion, matching, mirroring, transitions. Social: collaboration, consideration and awareness of others, inclusion, respect, leadership. Emotional: empathy, confidence. Thinking: creating, observing and providing feedback, using feedback to improve, selecting and applying skills.		retrieving a ball, batting. Social: organising & self-managing a game, respect, supporting & encouraging others, communicating ideas & reflecting with others. Emotional: honesty & fair play, confident to take risks, managing emotion. Thinking: decision making, using tactics, identifying how to improve, selecting skills.	
Year 6	Football Key skills: Physical: dribbling, passing, ball control, tracking / jockeying, turning, goalkeeping, receiving. Social: communication, collaboration, cooperation, respect. Emotional: honesty, perseverance. Thinking: selecting and applying tactics, decision making.	Netball Key skills: Physical: passing, catching, footwork, intercepting, shooting, dodging. Social: communication, collaboration. Emotional: perseverance, honesty and fair play. Thinking: planning strategies and using tactics, selecting and applying skills, decision making.	Gymnastics (First 3 weeks) Dance (Second 3 weeks) Gymnastic key skills: Physical: straddle roll, forward roll, backward roll, counter balance, counter tension, bridge, shoulder stand, handstand, cartwheel, headstand, vault. Social: responsibility, collaboration, communication, respect. Emotional: confidence. Thinking: observing and providing feedback, selecting and applying actions, evaluating and improving sequences. Dance key skills: Physical: performing a variety of dance actions, using canon, unison, formation, dynamics, character, emotion, transitions, matching & mirroring. Social: sharing ideas, consideration of others, inclusion, respect, leadership, supporting others. Emotional: empathy, confidence. Thinking: observing & providing feedback, using feedback to improve, selecting & applying skills.	Badminton Key skills: Physical: ready position, grip, forehand, backhand, serve, footwork. Social: communication, respect, supporting and encouraging others. Emotional: confidence, perseverance, honesty. Thinking: using tactics, selecting and applying skills, identifying strengths and areas for development.	OAA (First 3 weeks) Cricket (Second 3 weeks) OAA key skills: Physical: stamina, running. Social: communication, teamwork, trust, inclusion, listening. Emotional: confidence. Thinking: planning, map reading, decision making, problem solving. Cricket key skills: Physical: underarm and overarm throwing, catching, over and underarm bowling, long and short barrier, batting. Social: collaboration and communication, respect. Emotional: honesty. Thinking: observing and providing feedback, selecting and applying strategies.	Athletics Key skills: Physical: pacing, sprinting, jumping for distance, push throwing for distance, fling throwing for distance. Social: negotiating, collaborating with others. Emotional: perseverance, determination. Thinking: observing and providing feedback.

GNSA Primary PE overview

	Autumn 1 Ball skills	Autumn 2 Invasion games	Spring 1 Gymnastics and Dance	Spring 2 Sending and receiving	Summer 1 Striking and fielding	Summer 2 Athletics
Reception	Introduction to PE Unit 1	Fundamentals Unit 1	Introduction to PE Unit 2	Fundamentals Unit 2	Ball skills Unit 1	Game skills Unit 1
Year 1	Fundamentals	Team building	Gymnastics and Dance	Sending and receiving	Striking and fielding	Athletics
Year 2	Ball skills	Invasion games	Gymnastics and Dance	Sending and receiving	Striking and fielding	Athletics
Year 3	Ball Skills	Football	Gymnastics and Dance	Tennis	Rounders	Athletics
Year 4	Basketball	Tag Rugby	Gymnastics and Dance	Hockey	Cricket	Athletics
Year 5	Football	Netball	Gymnastics and Dance	Tennis	OAA Rounders	Athletics
Year 6	Football	Netball	Gymnastics and Dance	Badminton	OAA Cricket	Athletics