

PE unit overview	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year R	<p>Dance Bubbles</p> <p>1.To begin to explore different ways of moving 2. To begin to safely negotiate space</p>	<p>SAQ</p> <p>1.To be able to run for short bursts. 2.To be able to change direction. 3. To demonstrate some control and co-ordination in large and small movements</p>	<p>Ball skills</p> <p>1.To explore a range of equipment. 2.To explore ways of moving with the equipment. 3.To show increasing control when kicking, pushing or patting an object</p>	<p>Real Gym</p> <p>1.To move confidently in different ways. 2.To be able to follow instructions and practice safety. 3.To be able to perform a single skill or movement with some control.</p>	<p>Team games</p> <p>1.To collect an object and run with it, beginning to adjust speed where necessary 2. To change direction to negotiate obstacles 3.To move with confidence, safely negotiating space</p>	<p>Real Gym</p> <p>1.To be able to perform a single skill or movement with some control. 2.To be able to perform a small range of skills and link two movements together.</p>
						<p>Throwing and catching</p> <p>1.To catch a ball with both hands 2.To explore a range of throwing and catching actions. 3. To show some control when throwing and catching an object</p>
<p align="center">Ongoing assessment strand:</p> <p align="center">Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. Children recognise changes to the body when exercising.</p>						

Year 1	SAQ	Football	Dance Space	Real Gym	Athletics and Team Building	Real Gym
	<ol style="list-style-type: none"> 1. To be able to change direction quickly. 2. To begin to improve my agility, direction and quickness 	<ol style="list-style-type: none"> 1.To kick a ball with some control. 2.To be able to dribble a ball showing some coordination when travelling. 3.To begin to show some accuracy when aiming. 	<ol style="list-style-type: none"> 1.To be able to follow the set sequence. 2. To generate some ideas for simple movements. 	<ol style="list-style-type: none"> 1.To be able to perform a single skill or movement with some control 2.To be able to perform a small range of skills and link two movements together. 	<ol style="list-style-type: none"> 1.To be able to run over obstacles. 1.To begin to run from different positions e.g. laying down. 3.To be able to exchange an object. 4.To communicate with my team e.g to problem solve 	<ol style="list-style-type: none"> 1.To be able to perform a range of skills with some control and consistency. 2.To be able to perform a sequence of movements with some changes in level, direction or speed.
						Throwing and catching
						<ol style="list-style-type: none"> 1.To catch a ball with one hand. 2.To be able to use a racquet and ball together. 3.To be able to strike a ball with a racquet.

**Progressive assessment strands are numbered underneath each unit.
These should be assessed on the assessment grids, including a strand for Greater Depth.**

Year 2	SAQ	Hockey	Real Gym	Dance Fire of London	Athletics and Team Building	Real Gym
	<ol style="list-style-type: none"> 1.To be able to change direction quickly using different equipment. 2.To know how to balance without falling over. 3.To show coordination using different equipment. 4.To begin to think about how I would improve my technique. 	<ol style="list-style-type: none"> 1.To be able to strike the ball showing some control. 2.To dribble the ball with the hockey stick showing balance. 3. To participate in team games, showing some tactics for attacking and defending 	<ol style="list-style-type: none"> 1.To be able to perform a small range of skills and link two movements together with some control. 2.To be able to perform a sequence of movements with some changes in level, direction or speed. 3.To be able to perform a range of skills with some control and consistency. 	<ol style="list-style-type: none"> 1.To perform the set sequence with some degree of control. 2.To be able to generate their own ideas for different movements for their group part of the dance. 	<ol style="list-style-type: none"> 1.To run at different speeds 2.To know when to change speed in a competitive situation, e.g. sprint at the end 3. To communicate effectively to cooperate in a team 4. To think of different ways to reach an outcome 	<ol style="list-style-type: none"> 1.To be able to perform and repeat longer sequences with clear shapes and movement. 2.To be able to select and apply a range of skills with good control and consistency.
Throwing and catching <ol style="list-style-type: none"> 1.To show a range of basic skills (throwing, catching, dribbling, bouncing). 2.To begin to discuss the teaching points for these skills, e.g. look at the ball before you catch/underarm and overarm throw 3.To begin to apply these skills well in a game situation. 						

DPA should take place every afternoon for 10 minutes: Golden mile, Go Noodle, Yoga, Mindful minutes, Fitness centre, Change 4 life 10 minute shake up games, Group skipping, Animal HIIT workout for kids