

# Sparsholt C of E Primary School PE Long Term Overview

	Autumn	Spring	Summer
<b>Early Years Foundation Stage</b> <ul style="list-style-type: none"> <li>Negotiate with peers, working as part of a group understanding and following rules, adapting their behaviours to different situations</li> <li>Move with confidence in a range of ways, negotiating space and be able to use one handed equipment with control</li> <li>Adjust speed and direction and be able to use precision to control and manipulate resources and small equipment</li> <li>Show awareness and understanding of the effect of physical activity on the body</li> <li>Move confidently in a range of ways, safely negotiating space</li> <li>Handles equipment and tools effectively</li> </ul>			
<b>Year R</b>	<ul style="list-style-type: none"> <li>Cosmic Yoga</li> <li>5 a day</li> <li>Fundamental movement skills</li> <li>Multi skills</li> </ul>	<ul style="list-style-type: none"> <li>Cosmic Yoga</li> <li>5 a day</li> <li>Fundamental movement skills</li> <li>Multi skills</li> <li>Cricket (Chance to Shine)</li> </ul>	<ul style="list-style-type: none"> <li>Cosmic Yoga</li> <li>5 a day</li> <li>Athletics</li> </ul>
<b>KS1 national Curriculum Objectives:</b> Pupils should be taught to: <ul style="list-style-type: none"> <li>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</li> <li>Participate in team games, developing simple tactics for attacking and defending</li> <li>Perform dances using simple movement patterns.</li> </ul>			
<b>Year 1/ 2</b>	<ul style="list-style-type: none"> <li>ABC's- Fundamental movement skills</li> <li>Multi skills</li> </ul>	<ul style="list-style-type: none"> <li>Football Skills</li> <li>Dance and movement</li> <li>Cricket (Chance to Shine)</li> </ul>	<ul style="list-style-type: none"> <li>Athletics</li> <li>Tri – Golf</li> <li>Dance and movement</li> </ul>
<b>KS2 national Curriculum Objectives:</b> Pupils should be taught to: <ul style="list-style-type: none"> <li>use running, jumping, throwing and catching in isolation and in combination</li> <li>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</li> <li>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> <li>perform dances using a range of movement patterns</li> <li>take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul> <b>Swimming and water safety</b> <ul style="list-style-type: none"> <li>In particular, pupils should be taught to:</li> <li>swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</li> <li>perform safe self-rescue in different water-based situations.</li> </ul>			
<b>Year 3</b>	<ul style="list-style-type: none"> <li>Football</li> <li>Rugby</li> <li>Dance and movement</li> </ul>	<ul style="list-style-type: none"> <li>Quick –Stix (hockey)</li> <li>Cricket (Chance to Shine)</li> <li>Cross Country</li> <li>Swimming</li> </ul>	<ul style="list-style-type: none"> <li>Tennis</li> <li>Athletics</li> <li>Tri- golf</li> </ul>
<b>Year 4/5 Rowan</b>	<ul style="list-style-type: none"> <li>Lacrosse</li> <li>Football</li> <li>Rugby</li> </ul>	<ul style="list-style-type: none"> <li>Lacrosse</li> <li>Cricket (Chance to Shine)</li> <li>Hockey ( Quick Stix)</li> <li>Cross Country</li> <li>Swimming (Y4)</li> </ul>	<ul style="list-style-type: none"> <li>Athletics</li> <li>Rounders</li> <li>Tri- golf</li> <li>Dance and movement</li> </ul>
<b>Year 5/6 Oak</b>	<ul style="list-style-type: none"> <li>Rounders</li> <li>Lacrosse</li> <li>Cross country/fitness</li> </ul>	<ul style="list-style-type: none"> <li>Lacrosse</li> <li>Cross Country</li> <li>Cricket (Chance to Shine)</li> <li>Football</li> <li>Dance and movement</li> </ul>	<ul style="list-style-type: none"> <li>Tri-golf</li> <li>Athletics</li> <li>Rounders</li> </ul>