



Holy Family Catholic Primary School – PE Topic Overviews



Cycle B - Key Stage 1 - Years 1 and 2					
Term 1a Orienteering	Term 1b Gymnastics	Term 2a Fundamental skill Ball Skills – Basketball Focus	Term 2b Racket Skills - Tennis Focus	Term 3a Athletics	Term 3b Striking Skills Rounders Focus
<p>Work cooperatively and successfully as part of a team</p> <p>Work well in big groups, sharing and taking turns</p> <p>Begin to plan how to solve problems</p> <p>Begin to understand the competitive side of orienteering</p> <p>Participate in games following rules and playing fairly</p> <p>Meets challenges effectively working as part of a team.</p>	<p>Perform a range of actions with control and coordination</p> <p>Combine ways of travelling, balancing and stillness using both the floor and apparatus</p> <p>Develop fundamental movement skills, becoming increasingly confident and competent</p> <p>Form simple sequences of different actions, using the floor and a variety of apparatus showing control</p> <p>Remember and repeat a range of gymnastics actions with control and precision</p>	<p>Choose and use simple tactics to suit different situations</p> <p>To move into space and to move with a ball</p> <p>To bounce, roll, and carry a ball, keeping it under control</p> <p>To throw and catch a ball in different ways e.g high, slow, fast</p> <p>To move towards a goal to defend it</p> <p>To compete against others trying to score</p>	<p>Use and move with a tennis racket with control.</p> <p>To hold a racket with the correct grip.</p> <p>Send and pass a ball with increasing accuracy</p> <p>To receive a ball and return it</p> <p>To move confidently in different ways</p> <p>Apply skills to play games, showing good awareness of others</p>	<p>Develop coordination and balance in a range of activities</p> <p>Show control, coordination and consistency when running</p> <p>Show control, coordination and consistency when jumping</p> <p>Develop correct Underarm Throw technique.</p> <p>Develop correct Pull Throw technique</p>	<p>Perform a range of catching and gathering skills with control</p> <p>Catch with increasing control and accuracy</p> <p>Hit a ball with increasing control and accuracy</p> <p>Apply skills and tactics in small sided games</p>
Fitness	Dance	Dodgeball Focus	Badminton Focus	Athletics	Cricket Focus
<p>Improve speed and agility</p> <p>Develop the jumping technique safely and effectively</p> <p>Improve and develop coordination, control and balance</p> <p>Demonstrate a range of jumps at speed whilst using the correct technique</p> <p>Explore and practice a variety of different movements and fitness techniques whilst working as a team</p> <p>Apply skills learnt throughout the unit in a range of activities focusing on correct technique</p>	<p>Perform dances using simple movement patterns.</p> <p>Develop agility, balance and coordination</p> <p>Perform a range of actions with control and coordination.</p> <p>Compose and perform short dances that express and communicate moods, ideas and feelings and varying simple compositional ideas</p>	<p>Develop catching and striking skills</p> <p>Pass/Send a ball at different speeds – fast/slow</p> <p>Develop accuracy and speed of the ball using both the underarm and overarm technique</p> <p>Develop an understanding of the use of space</p>	<p>To throw a shuttle relating to an overhead clear</p> <p>Watch, track and catch a shuttle successfully</p> <p>Balance the shuttle on the racket with some control</p> <p>Hit the shuttle in the air whilst in a space</p> <p>To hit the shuttle at different heights in the air</p>	<p>Evaluate and improve performance</p> <p>Understand the difference between sprinting and running over longer distances</p> <p>Develop the distance running technique.</p>	<p>Perform a range of catching and gathering skills with control.</p> <p>Catch a ball with increasing control and accuracy.</p> <p>To throw a ball at a target</p> <p>Hit a ball with increasing control and accuracy.</p> <p>Show good awareness of others when in a game situation</p> <p>Choose the correct skills and tactics to meet a challenge</p>