



## St. Joseph's Catholic Primary School

### PE: Long Term Overview



Bishop Wilkinson  
Catholic Education Trust  
Through Christ, in Partnership

<b>EYFS</b>	<p>Through teaching and continuous provision, PE in EYFS enables children to:</p> <ul style="list-style-type: none"> <li>Negotiate space and obstacles safely, with consideration for themselves and others.</li> <li>Demonstrate strength, balance and coordination when playing.</li> <li>Use a range of small tools, including scissors, paint brushes and cutlery.</li> <li>Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.</li> <li>Explain the reasons for rules, know right from wrong and try to behave accordingly.</li> <li>work and play cooperatively and take turns with others.</li> </ul>	<ul style="list-style-type: none"> <li>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</li> <li>Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.</li> <li>Work and play cooperatively and take turns with others.</li> <li>Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education.</li> <li>Use their core muscle strength to achieve a good posture.</li> <li>Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.</li> <li>Combine different movements with ease and fluency.</li> </ul>	<ul style="list-style-type: none"> <li>Develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.</li> <li>Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</li> <li>Negotiate space and obstacles safely, with consideration for themselves and others.</li> <li>Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.</li> <li>Revise and refine a range of fundamental movement skills e.g. rolling, crawling, walking, jumping, running, hopping, skipping and climbing.</li> <li>Combine different movements with ease and fluency.</li> <li>Use a more fluent style of moving, developing control and grace.</li> <li>Combine different movements with ease and fluency.</li> </ul>
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Class	Cycle	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
EYFS		Me and Myself	Movement and Development	Throwing and Catching	Ball Skills	Fun and Games	Working with others
Year 1 / 2	A	Football	Gymnastics 1	Dance	Gymnastics 2	Netball	Athletics
	B	Handball	Fitness	Dodgeball	Orienteering	Tennis or Badminton	Rounders
Year 3 / 4	A	Hockey	Gymnastics 1	Dance	Invasion Games	Basketball	Athletics
		Tag Rugby	Fitness	Golf	Athletics	Volleyball	Cricket
Year 3 / 4	A	Football	Gymnastics 1	Dance	Gymnastics 2	Netball	Athletics
		Swimming	Swimming	Swimming	Swimming	Swimming	Rounders

	<b>B</b>	Hockey Swimming	Fitness Swimming	Golf Swimming	Orienteering Swimming	Basketball Volleyball	Athletics Cricket
<b>Year 5 / 6</b>	<b>A</b>	Football Handball	Gymnastics 1 Fitness	Dance Dodgeball	Gymnastics 2 Orienteering	Netball Tennis or Badminton	Athletics Swimming
	<b>B</b>	Hockey Tag Rugby	Gymnastics 1 Fitness	Dance Golf	Gymnastics 2 Orienteering	Basketball Volleyball	Rounders Swimming

**Children are given a wide range of other sports during the dedicated 'Sports Week' in the Summer Term.**