

Indoors

Outdoors



## PE 8 Year Overview

**Intent:** To inspire and nurture all children to lead a healthy and active lifestyle.

### EYFS/KS1 Key Skills

#### (Fundamental Movement Skills):

Fundamental Movement Skills (FMS) come from the National Curriculum for Physical Education basic movement skills to be mastered by the end of KS1.

Agility	Balance	Throwing & Catching	Control & Coordination	Jumping & Landing	Travelling
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### KS2 Key Skills

#### (Multi Skills through sports games & competition):

Multi Skills (MS) come from the National Curriculum for Physical Education...

Attack & Defence (Invasion)	Sending & receiving	Striking & fielding	Movement † (Strength, agility and stamina)	Accuracy & reaction	Outdoor Adventurous Activity (OAA) [see separate overview]
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**Fundamental Movement Skill (FMS) & Multi Skills (MS) allocation:** FMS and MS are allocated to each unit of learning based on the assessed key skills within each taught unit our PE Passport curriculum.

	Autumn		Spring		Summer	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>EYFS pupils should be taught about:</b>						
<b>Pre-School</b>	• Yoga 1	• Locomotion 1	• Dance: Nursery Rhymes	• Stability 1	• Dance: Toys	• Fine Motor Skills 1
	<b>FMS:</b> Travelling; Balance	<b>FMS:</b> Agility; Control & Coordination	<b>FMS:</b> Travelling; Control & Coordination	<b>FMS:</b> Balance; Travelling; Jumping & Landing	<b>FMS:</b> Travelling; Control & Coordination	<b>FMS:</b> Travelling; Control & Coordination; Balance
<b>Rec</b>	• Fundamental Movement Skills 1	• Locomotion 2	• Stability 2	• Object Manipulation 1	• Gymnastics: Flight	• Target Games 1
	<b>FMS:</b> Control & Coordination	<b>FMS:</b> Agility; Control & Coordination; Jumping & Landing; Travelling	<b>FMS:</b> Agility; Control & Coordination; Travelling	<b>FMS:</b> Agility; Control & Coordination	<b>FMS:</b> Balance; Jumping & Landing; Travelling; Control & Coordination; Agility	<b>FMS:</b> Travelling; Control & Coordination; Throwing & Catching
<b>Key Stage 1 Pupils should be taught about:</b>						
<b>Year 1:</b>	• Fundamental Movement Skills 2	• Invasion Games Skills 1	• Net & Wall Skills 1	• Striking & Fielding 1	• Athletics 2	• Object Manipulation 2
	<b>FMS:</b> Agility; Balance; Control & Coordination; Jumping & Landing	<b>FMS:</b> Throwing & Catching; Travelling	<b>FMS:</b> Control & Coordination; Throwing & Catching	<b>FMS:</b> Throwing & Catching; Control & Coordination	<b>FMS:</b> Jumping & Landing; Agility; Balance; Coordination; Travelling; Throwing & Catching	<b>FMS:</b> Throwing & Catching; Travelling; Agility; Control & Coordination
	• Gymnastics: Balancing & Spinning	• Target Games 2	• Dance: Animals	• Gymnastics: Rolling & Balancing	• Dance: Under the Sea	• Yoga
	<b>FMS:</b> Balance; Agility; Control & Coordination	<b>FMS:</b> Control & Coordination; Throwing & Catching	<b>FMS:</b> Travelling	<b>FMS:</b> Balance; Agility; Control & Coordination	<b>FMS:</b> Travelling; Control & Coordination; Balance	<b>FMS:</b> Balance
	• Social Distance 1	• Fundamental Skills 3	• Invasion Games Skills 2	• Target Games 3	• Striking & Fielding 2	• Athletics 2

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Year 2	<b>FMS:</b> Balance; Agility; Control & Coordination	<b>FMS:</b> Travelling; Control & Coordination	<b>FMS:</b> Throwing & Catching; Control & Coordination	<b>FMS:</b> Travelling; Throwing & Catching	<b>FMS:</b> Throwing & Catching; Control & Coordination	<b>FMS:</b> Jumping & Landing; Agility; Balance; Coordination; Travelling; Throwing & Catching
	<ul style="list-style-type: none"> <li>Gymnastics: Spinning, Turing &amp; Twisting</li> </ul>	<ul style="list-style-type: none"> <li>Net &amp; Walls Games Skills 2</li> </ul>	<ul style="list-style-type: none"> <li>Yoga: Story Book</li> </ul>	<ul style="list-style-type: none"> <li>Dance: Great Fire of London</li> </ul>	<ul style="list-style-type: none"> <li>Gymnastics: Pathways</li> </ul>	<ul style="list-style-type: none"> <li>Dance: Mini Beasts</li> </ul>
	<b>FMS:</b> Agility; Balance; Control & Coordination	<b>FMS:</b> Balance; Control & Coordination	<b>FMS:</b> Travelling; Balance	<b>FMS:</b> Travelling; Control & Coordination	<b>FMS:</b> Jumping & Landing; Travelling; Agility; Balance; Control & Coordination	<b>FMS:</b> Travelling; Control & Coordination
<b>Key Stage 2 Pupils should extend their learning on the themes covered in KS1 and build on their knowledge about:</b>						
Year 3	<ul style="list-style-type: none"> <li>Lacrosse</li> </ul>	<ul style="list-style-type: none"> <li>Tag Rugby</li> </ul>	<ul style="list-style-type: none"> <li>Netball</li> </ul>	<ul style="list-style-type: none"> <li>Football</li> </ul>	<ul style="list-style-type: none"> <li>Handball</li> </ul>	<ul style="list-style-type: none"> <li>Rounders</li> </ul>
	<b>MS:</b> Sending and receiving (external coach)	<b>MS:</b> Attack and defence	<b>MS:</b> Sending and receiving	<b>MS:</b> Attack and defence	<b>MS:</b> Accuracy and reaction	<b>MS:</b> Striking and fielding
	<ul style="list-style-type: none"> <li>Dance: Romans</li> </ul>	<ul style="list-style-type: none"> <li>Health Related Fitness</li> </ul>	<ul style="list-style-type: none"> <li>Gymnastics: Linking Movements Together</li> </ul>	<ul style="list-style-type: none"> <li>Dance: Vikings</li> </ul>	<ul style="list-style-type: none"> <li>Gymnastics: Receiving Body Weight</li> </ul>	<ul style="list-style-type: none"> <li>Athletics</li> </ul>
<b>MS:</b> Movement	<b>MS:</b> Accuracy and reaction	<b>MS:</b> Movement	<b>MS:</b> Movement	<b>MS:</b> Movement, accuracy and reaction	<b>MS:</b> Movement, accuracy and reaction	
Year 4	<ul style="list-style-type: none"> <li>Basketball</li> </ul>	<ul style="list-style-type: none"> <li>Handball</li> </ul>	<ul style="list-style-type: none"> <li>Dodgeball</li> </ul>	<ul style="list-style-type: none"> <li>Swimming</li> </ul>	<ul style="list-style-type: none"> <li>Tennis</li> </ul>	<ul style="list-style-type: none"> <li>Cricket</li> </ul>
	<b>MS:</b> Sending and receiving	<b>MS:</b> Attack and defence, accuracy and reaction	<b>MS:</b> Attack and defence	<b>MS:</b> Movement	<b>MS:</b> Accuracy and reaction	<b>MS:</b> Striking and fielding
	<ul style="list-style-type: none"> <li>Gymnastics: Rolling and Travelling Low</li> </ul>	<ul style="list-style-type: none"> <li>Hockey</li> </ul>	<ul style="list-style-type: none"> <li>Dance: Dance Around the World</li> </ul>	<ul style="list-style-type: none"> <li>Gymnastics: Partner Work, Pulling &amp; Pushing</li> </ul>	<ul style="list-style-type: none"> <li>Dance: Egyptians</li> </ul>	<ul style="list-style-type: none"> <li>Athletics</li> </ul>
<b>MS:</b> Movement	<b>MS:</b> Sending and receiving	<b>MS:</b> Movement	<b>MS:</b> Accuracy and reaction	<b>MS:</b> Movement, accuracy and reaction	<b>MS:</b> Movement, accuracy and reaction	
Year 5	<ul style="list-style-type: none"> <li>Tag Rugby</li> </ul>	<ul style="list-style-type: none"> <li>Lacrosse</li> </ul>	<ul style="list-style-type: none"> <li>Netball</li> </ul>	<ul style="list-style-type: none"> <li>Football</li> </ul>	<ul style="list-style-type: none"> <li>Volleyball</li> </ul>	<ul style="list-style-type: none"> <li>Rounders</li> </ul>
	<b>MS:</b> Attack and defence	<b>MS:</b> Sending and receiving and attack and defence	<b>MS:</b> Sending and receiving	<b>MS:</b> Attack and defence	<b>MS:</b> Sending and receiving	<b>MS:</b> Striking and fielding
	<ul style="list-style-type: none"> <li>Dance: Haka</li> </ul>	<ul style="list-style-type: none"> <li>Health Related Fitness</li> </ul>	<ul style="list-style-type: none"> <li>Gymnastics: Matching, Mirroring &amp; Contrast</li> </ul>	<ul style="list-style-type: none"> <li>Dance: British Values</li> </ul>	<ul style="list-style-type: none"> <li>Gymnastics: Partner Work, Under &amp; Over</li> </ul>	<ul style="list-style-type: none"> <li>Athletics</li> </ul>
<b>MS:</b> Movement	<b>MS:</b> Movement	<b>MS:</b> Accuracy and reaction	<b>MS:</b> Movement	<b>MS:</b> Movement	<b>MS:</b> Accuracy and reaction	
Year 6	<ul style="list-style-type: none"> <li>Basketball</li> </ul>	<ul style="list-style-type: none"> <li>Handball</li> </ul>	<ul style="list-style-type: none"> <li>Dodgeball</li> </ul>	<ul style="list-style-type: none"> <li>Health Related Fitness</li> </ul>	<ul style="list-style-type: none"> <li>Cricket</li> </ul>	<ul style="list-style-type: none"> <li>Tennis</li> </ul>
	<b>MS:</b> Sending and receiving	<b>MS:</b> Attack and defence	<b>MS:</b> Accuracy and reaction	<b>MS:</b> Movement	<b>MS:</b> Striking and fielding	<b>MS:</b> Accuracy and reaction
	<ul style="list-style-type: none"> <li>Gymnastics: Flight</li> </ul>	<ul style="list-style-type: none"> <li>Hockey</li> </ul>	<ul style="list-style-type: none"> <li>Dance: Dance Through the Ages</li> </ul>	<ul style="list-style-type: none"> <li>Gymnastics: Group Sequencing</li> </ul>	<ul style="list-style-type: none"> <li>Dance: WW2</li> </ul>	<ul style="list-style-type: none"> <li>Athletics</li> </ul>
<b>MS:</b> Movement	<b>MS:</b> Attack and defence	<b>MS:</b> Movement	<b>MS:</b> Movement	<b>MS:</b> Movement	<b>MS:</b> Accuracy and reaction	