

**ST ALPHONSUS RC  
PRIMARYSCHOOL**

**P.E. Whole School Overview 2023**

	Statutory	Theme
<i>Early Years</i>	<p><b>ELG – Gross Motor</b></p> <ul style="list-style-type: none"> <li>• Negotiate space and obstacles safely, with consideration for themselves and others</li> <li>• Demonstrate strength, balance &amp; co-ordination</li> <li>• Move energetically</li> </ul> <p><b>CCL</b></p> <p><i>ELG Managing self</i></p> <ul style="list-style-type: none"> <li>• <i>Dressing and undressing</i></li> </ul> <p><i>ELG Self regulation</i></p> <ul style="list-style-type: none"> <li>• <i>Pay attention to teacher and follow multi-step instructions</i></li> </ul>	<p><b>Autumn</b></p> <ul style="list-style-type: none"> <li>• Locomotion</li> <li>• Rocking and Rolling</li> </ul> <p><b>Spring</b></p> <ul style="list-style-type: none"> <li>• Movement skills</li> <li>• Target games</li> </ul> <p><b>Summer</b></p> <ul style="list-style-type: none"> <li>• Invasion Games</li> <li>• Net and Wall games</li> </ul>
<i>Year 1</i>	<ul style="list-style-type: none"> <li>• Master basic movements including running, jumping, throwing and catching</li> <li>• Participate in team games, developing simple tactics for attacking and defending</li> </ul>	<p><b>Autumn</b></p> <ul style="list-style-type: none"> <li>• Movement skills</li> <li>• Gymnastics</li> <li>• Invasion Games</li> </ul> <p><b>Spring</b></p> <ul style="list-style-type: none"> <li>• Gymnastics</li> <li>• Manipulation</li> <li>• Locomotion</li> <li>• Yoga</li> </ul> <p><b>Summer</b></p> <ul style="list-style-type: none"> <li>• Net and Wall games</li> <li>• Personal challenges</li> <li>• Striking and Fielding Games</li> <li>• Athletics</li> </ul>

Year 2	<ul style="list-style-type: none"> <li>• Master basic movements including running, jumping, throwing and catching</li> <li>• Participate in team games, developing simple tactics for attacking and defending</li> </ul>	<p><b>Autumn</b></p> <ul style="list-style-type: none"> <li>• Fundamental movement</li> <li>• Gymnastics</li> </ul> <p><b>Spring</b></p> <ul style="list-style-type: none"> <li>• Invasion Games</li> <li>• Gymnastics</li> <li>• Target Games</li> <li>• Yoga</li> </ul> <p><b>Summer</b></p> <ul style="list-style-type: none"> <li>• Net and Wall games</li> <li>• Personal Challenges</li> <li>• Striking and Fielding games</li> <li>• Yoga</li> </ul>
Year 3	<ul style="list-style-type: none"> <li>• Use running, jumping, throwing, catching in isolation and combination</li> <li>• Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</li> <li>• Develop flexibility, strength, technique, control and balance</li> </ul>	<p><b>Autumn</b></p> <ul style="list-style-type: none"> <li>• Gymnastics</li> <li>• Hockey</li> <li>• Dodgeball</li> </ul> <p><b>Spring</b></p> <ul style="list-style-type: none"> <li>• Netball</li> <li>• Handball</li> <li>• Invasion Games</li> </ul> <p><b>Summer</b></p> <ul style="list-style-type: none"> <li>• Football</li> <li>• Basketball</li> <li>• Cricket</li> <li>• Rounders</li> </ul>

Year 4	<ul style="list-style-type: none"> <li>• Use running, jumping, throwing, catching in isolation and combination</li> <li>• Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</li> <li>• Develop flexibility, strength, technique, control and balance</li> </ul>	<p><b>Autumn</b></p> <ul style="list-style-type: none"> <li>• Invasion Games</li> <li>• Hockey</li> <li>• Gymnastics</li> <li>• Dodgeball</li> </ul> <p><b>Spring</b></p> <ul style="list-style-type: none"> <li>• Health related fitness</li> <li>• Netball</li> <li>• Invasion Games</li> <li>• Handball</li> </ul> <p><b>Summer</b></p> <ul style="list-style-type: none"> <li>• Football</li> <li>• Basketball</li> <li>• Cricket</li> <li>• Rounders</li> </ul>
Year 5	<ul style="list-style-type: none"> <li>• Use running, jumping, throwing, catching in isolation and combination</li> <li>• Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</li> <li>• Develop flexibility, strength, technique, control and balance</li> <li>• Take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>• Swim competently, confidently and proficiently over a distance of at least 25m</li> <li>• Use a range of strokes effectively</li> <li>• Perform safe self-rescue in different water-based situations</li> </ul>	<p><b>Autumn</b></p> <ul style="list-style-type: none"> <li>• Invasion Games</li> <li>• Hockey</li> <li>• Gymnastics</li> <li>• Dodgeball</li> <li>• Swimming</li> </ul> <p><b>Spring</b></p> <ul style="list-style-type: none"> <li>• Health related fitness</li> <li>• Netball</li> <li>• Invasion Games</li> <li>• Handball</li> </ul> <p><b>Summer</b></p> <ul style="list-style-type: none"> <li>• Football</li> <li>• Basketball</li> <li>• Cricket</li> <li>• Rounders</li> </ul>

Year 6	<ul style="list-style-type: none"> <li>• Use running, jumping, throwing, catching in isolation and combination</li> <li>• Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</li> <li>• Develop flexibility, strength, technique, control and balance</li> <li>• Take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>•</li> </ul>	<p><b>Autumn</b></p> <ul style="list-style-type: none"> <li>• Invasion Games</li> <li>• Handball</li> <li>• Gymnastics</li> <li>• Hockey</li> </ul> <p><b>Spring</b></p> <ul style="list-style-type: none"> <li>• Health related fitness</li> <li>• Netball</li> <li>• Invasion Games</li> <li>• Basketball</li> </ul> <p><b>Summer</b></p> <ul style="list-style-type: none"> <li>• Football</li> <li>• Team Building and Problem solving</li> <li>• Cricket</li> <li>• Rounders</li> </ul>
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