



**PE long-term overview incorporating Breadth of Study and Threshold Concepts and skills YR-Y6**

**Threshold Concepts (KS1 and KS2):** These are designed to be advanced throughout the primary years. This reflects the nature of growing depth and mastery. They should be repeatable. They become both the planning and assessment foci.

Breadth of Study KS1: <b>What will be covered ?</b> <ul style="list-style-type: none"> <li>• Participate in team games, developing simple tactics for attacking and defending.</li> <li>• Perform dances using simple movement patterns.</li> <li>• Swimming and water safety: take swimming instruction either in Key Stage 1 or Key Stage 2.</li> </ul>	<b>Threshold Concepts</b> Develop practical skills in order to participate, compete and lead a healthy lifestyle. This concept involves learning a range of physical movements and sporting techniques.					
	GAMES	DANCE	GYMNASTICS	SWIMMING	ATHLETICS	OUTDOOR ADVENTUROUS ACTIVITIES
<b>YR</b>	REAL PE units: 1, 2, 3, 4, 5, 6.  Gross Motor Skills: Children will learn to move safely in a space. Children will explore different ways to travel using equipment. Children will be able to control a ball in different ways. Children will balance on a variety of equipment and climb. Children will jump and land safely from a height. Children will move safely with confidence and imagination, communicating ideas through movement. Children will be able to play by the rules and develop coordination. <u>Gross Motor Early Learning Goal:</u> Negotiate space and obstacles safely, with consideration for themselves and others. -Demonstrate strength, balance and coordination when playing. -Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.					
<b>Y1</b>	YR 1: REAL PE units: 1, 2, 3, 4, 5, 6. Multiskills African Dance Athletics		Yr 2: REAL PE units: 1, 2, 3, 4, 5, 6. Games: tag rugby, netball, hockey, football, basketball, tennis, rounders, cricket.  Dance Athletics			



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	<ul style="list-style-type: none"> <li>• Use the terms 'opponent' and 'team-mate'.</li> <li>• Use rolling, hitting, running, jumping, catching and kicking skills in combination.</li> <li>• Develop tactics.</li> <li>• Lead others when appropriate.</li> </ul>	<ul style="list-style-type: none"> <li>• Copy and remember moves and positions.</li> <li>• Move with careful control and coordination.</li> <li>• Link two or more actions to perform a sequence.</li> <li>• Choose movements to communicate a mood, feeling or idea.</li> </ul>	<p>Copy and remember actions.</p> <ul style="list-style-type: none"> <li>• Move with some control and awareness of space.</li> <li>• Link two or more actions to make a sequence.</li> <li>• Show contrasts (such as small/tall, straight/curved and wide/narrow).</li> <li>• Travel by rolling forwards, backwards and sideways.</li> <li>• Hold a position whilst balancing on different points of the body.</li> <li>• Climb safely on equipment.</li> <li>• Stretch and curl to develop flexibility.</li> <li>• Jump in a variety of ways and land with increasing control and balance.</li> </ul>	<ul style="list-style-type: none"> <li>• Swim unaided up to 25 metres.</li> <li>• Use one basic stroke, breathing correctly.</li> <li>• Control leg movements.</li> </ul>	<ul style="list-style-type: none"> <li>• Athletic activities are combined with games in Years 1 and 2.</li> </ul>	<p>N/A</p>
<p>Enrichment for Y1</p>	<p>Multiskills festival Sport taster sessions – Sport and Health Week Gymnastics Festival PALS National Skipping Day Berkshire School Games (invite only)</p>					
<p><b>Y2</b></p>	<ul style="list-style-type: none"> <li>• Use the terms 'opponent' and 'team-mate'.</li> <li>• Use rolling, hitting, running, jumping, catching and kicking skills in combination.</li> <li>• Develop tactics.</li> <li>• Lead others when appropriate.</li> </ul>	<ul style="list-style-type: none"> <li>• Copy and remember moves and positions.</li> <li>• Move with careful control and coordination.</li> <li>• Link two or more actions to perform a sequence.</li> <li>• Choose movements to communicate a mood, feeling or idea.</li> </ul>	<p>Copy and remember actions.</p> <ul style="list-style-type: none"> <li>• Move with some control and awareness of space.</li> <li>• Link two or more actions to make a sequence.</li> <li>• Show contrasts (such as small/tall, straight/curved and wide/narrow).</li> <li>• Travel by rolling forwards, backwards and sideways.</li> <li>• Hold a position whilst balancing on</li> </ul>	<ul style="list-style-type: none"> <li>• Swim unaided up to 25 metres.</li> <li>• Use one basic stroke, breathing correctly.</li> <li>• Control leg movements.</li> </ul>	<ul style="list-style-type: none"> <li>• Athletic activities are combined with games in Years 1 and 2.</li> </ul>	<p>N/A</p>



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			<p>different points of the body.</p> <ul style="list-style-type: none"> <li>• <del>Climb safely on equipment.</del></li> <li>• <del>Stretch and curl to develop flexibility.</del></li> <li>• Jump in a variety of ways and land with increasing control and balance.</li> </ul>			
Enrichment for Y2	<p>Multiskills festival          Golf festival          Multiskills coaching delivered from Bracknell Forest for a half term          Sport taster sessions –Sport and Health Week          Gymnastics festival          PALS          National Skipping Day          Berkshire School Games (invite only)</p>					
Ongoing continuous provision for KS1	<p>Adventure trail          Playtime games          BOLE          Occupational health fine motor skills          Classroom movement e.g. yoga, Go Noodle, Supermovers.</p>					
PE Vocabulary for KS1	<p>Balance          Catching          Challenge          Control          Co-ordination          Fairness and respect          Fitness          Flexible          Jump          Movement          Opponent          Perform          Running          Strength          Tactics          Team mate          Team games          Throwing</p>					
KS2: Bread	<p style="text-align: center;"><b>Threshold Concepts</b></p> <p style="text-align: center;">Develop practical skills in order to participate, compete and lead a healthy lifestyle.          This concept involves learning a range of physical movements and sporting techniques.</p>					



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<b>th of study</b>  Play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis and apply basic principles suitable for attacking and defending.  <ul style="list-style-type: none"> <li>• Take part in gymnastics activities .</li> <li>• Take part in athletics activities .</li> <li>• Perform dances.</li> <li>• Take part in outdoor and adventurous activity challenges both individually and within a team.</li> <li>• Swimming and water safety:</li> </ul>	GAMES	DANCE	GYMNASTICS	SWIMMING	ATHLETICS	OUTDOOR ADVENTUROUS ACTIVITIES



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<p>take swimming instruction either in Key Stage 1 or Key Stage 2.</p>						
<p><b>Y3</b></p>	<p>YR 3: REAL PE units: 1, 2, 3, 4, 5, 6. Indoor Athletics, Athletics Cross Country Dance Games: Tag rugby, basketball, football, tennis, cricket Gymnastics OAA</p>	<p>Throw and catch with control and accuracy.</p> <ul style="list-style-type: none"> <li>Strike a ball and field with control.</li> <li>Choose appropriate tactics to cause problems for the opposition.</li> <li>Follow the rules of the game and play fairly.</li> <li>Maintain possession of a ball (with, e.g. feet, a hockey stick or hands).</li> <li>Pass to team mates at appropriate times.</li> <li>Lead others and act as a respectful team member.</li> </ul>	<p>Plan, perform and repeat sequences.</p> <ul style="list-style-type: none"> <li>Move in a clear, fluent and expressive manner.</li> <li>Refine movements into sequences.</li> <li>Create dances and movements that convey a definite idea.</li> <li>Change speed and levels within a performance.</li> <li>Develop physical strength and suppleness by practising moves and stretching.</li> </ul>	<p>Plan, perform and repeat sequences.</p> <ul style="list-style-type: none"> <li>Move in a clear, fluent and expressive manner.</li> <li>Refine movements into sequences.</li> <li>Show changes of direction, speed and level during a performance.</li> <li>Travel in a variety of ways, including flight, by transferring weight to generate power in movements.</li> <li>Show a kinesthetic sense in order to improve the placement and alignment of body parts (e.g. in balances experiment to find out how to get the centre of gravity successfully over base and organise body parts to create an interesting body shape).</li> <li>Swing and hang from equipment safely (using hands).</li> </ul>	<p>YR 4: REAL PE units: 1, 2, 3, 4 Swimming Indoor Athletics, Athletics Cross Country Dance Games: Tag rugby, basketball, football, hockey Gymnastics</p>	<p>Swim between 25 and 50 metres unaided.</p> <ul style="list-style-type: none"> <li>Use more than one stroke and coordinate breathing as appropriate for the stroke being used.</li> <li>Coordinate leg and arm movements.</li> <li>Swim at the surface and below the water.</li> </ul> <p>Sprint over a short distance up to 60 metres.</p> <ul style="list-style-type: none"> <li>Run over a longer distance, conserving energy in order to sustain performance.</li> <li>Use a range of throwing techniques (such as under arm, over arm).</li> <li>Throw with accuracy to hit a target or cover a distance.</li> <li>Jump in a number of ways, using a run up where appropriate.</li> <li>Compete with others and aim to improve personal best performances.</li> </ul> <p>Arrive properly equipped for outdoor and adventurous activity.</p> <ul style="list-style-type: none"> <li>Understand the need to show accomplishment in managing risks.</li> <li>Show an ability to both lead and form part of a team.</li> <li>Support others and seek support if required when the situation dictates.</li> <li>Show resilience when plans do not work and initiative to try new ways of working.</li> <li>Use maps, compasses and digital devices to orientate themselves.</li> <li>Remain aware of</li> </ul>



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						changing conditions and change plans if necessary.
Enrichment for Y3	Competitions and Festivals: Football Tag Rugby Boccia Basketball Badminton New Age Kurling Indoor Athletics Cricket Tennis Golf National Skipping Day Sport taster sessions –Sport and Health Week Berkshire School Games (invite only)					
Y4	Throw and catch with control and accuracy. <ul style="list-style-type: none"> <li>Strike a ball and field with control.</li> <li>Choose appropriate tactics to cause problems for the opposition.</li> <li><del>Follow the rules of the game and play fairly.</del></li> <li>Maintain possession of a ball (with, e.g. feet, a hockey stick or hands).</li> <li>Pass to team mates at appropriate times.</li> <li>Lead others and act as a respectful team member.</li> </ul>	<del>Plan, perform and repeat sequences.</del> <ul style="list-style-type: none"> <li>Move in a clear, fluent and expressive manner.</li> <li><del>Refine movements into sequences.</del></li> <li>Create dances and movements that convey a definite idea.</li> <li><del>Change speed and levels within a performance.</del></li> <li>Develop physical strength and suppleness by practising moves and stretching.</li> </ul>	<del>Plan, perform and repeat sequences.</del> <ul style="list-style-type: none"> <li>Move in a clear, fluent and expressive manner.</li> <li><del>Refine movements into sequences.</del></li> <li><del>Show changes of direction, speed and level during a performance.</del></li> <li><del>Travel in a variety of ways, including flight, by transferring weight to generate power in movements.</del></li> <li>Show a kinesthetic sense in order to improve the placement and alignment of body parts (e.g. in balances experiment to find out how to get the centre of gravity successfully over base and organise body parts to create an interesting body shape).</li> <li><del>Swing and hang from equipment safely (using hands).</del></li> </ul>	Swim between 25 and 50 metres unaided. <ul style="list-style-type: none"> <li>Use more than one stroke and coordinate breathing as appropriate for the stroke being used.</li> <li>Coordinate leg and arm movements.</li> <li>Swim at the surface and below the water.</li> </ul>	<del>Sprint over a short distance up to 60 metres.</del> <ul style="list-style-type: none"> <li>Run over a longer distance, conserving energy in order to sustain performance.</li> <li>Use a range of throwing techniques (such as under arm, over arm).</li> <li>Throw with accuracy to hit a target or cover a distance.</li> <li>Jump in a number of ways, using a run up where appropriate.</li> <li>Compete with others and aim to improve personal best performances.</li> </ul>	Arrive properly equipped for outdoor and adventurous activity. <ul style="list-style-type: none"> <li><del>Understand the need to show accomplishment in managing risks.</del></li> <li>Show an ability to both lead and form part of a team.</li> <li>Support others and seek support if required when the situation dictates.</li> <li>Show resilience when plans do not work and initiative to try new ways of working.</li> <li><del>Use maps, compasses and digital devices to orientate themselves.</del></li> <li><del>Remain aware of changing conditions and change</del></li> </ul>



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						plans if necessary	
Enrichment for Y4	Competitions and Festivals: Football Tag Rugby Boccia Basketball Badminton New Age Kurling Indoor Athletics Cricket Tennis Golf National Skipping Day Sport taster sessions – Sport and Health Week Berkshire School Games (invite only)						
Y5  Yr 5/6 taught mixed ability	YR 5: REAL PE units: 1, 2, 3, 4, 5, 6. Indoor Athletics, Athletics Dance Dance - kickstart Games: Tag rugby, volleyball, netball, football, hockey, basketball, tennis, rounders, cricket Gymnastics OAA			YR 6: REAL PE units: 1, 2, 3, 4, 5, 6. Indoor Athletics, Athletics Dance – country dancing, maypole Games: Tag rugby, volleyball, netball, football, hockey, basketball, tennis, rounders, cricket Gymnastics OAA – Kingswood OAA			
	<p>Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</p> <ul style="list-style-type: none"> <li>Work alone, or with team mates in order to gain points or possession.</li> <li>Strike a bowled or volleyed ball with accuracy.</li> <li>Use forehand and backhand when playing racket games.</li> <li>Field, defend and attack tactically by anticipating the direction of play.</li> <li>Choose the most appropriate tactics for a game.</li> <li>Uphold the spirit of fair play and respect in all competitive situations.</li> <li>Lead others when called upon and act as a good role model within a team.</li> </ul>	<p>Compose creative and imaginative dance sequences.</p> <ul style="list-style-type: none"> <li>Perform expressively and hold a precise and strong body posture.</li> <li>Perform and create complex sequences.</li> <li>Express an idea in original and imaginative ways.</li> <li>Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece.</li> <li>Perform complex moves that combine strength and stamina gained through gymnastics activities (such as cartwheels or handstands).</li> </ul>	<p>Create complex and well-executed sequences that include a full range of movements including:</p> <ul style="list-style-type: none"> <li>travelling</li> <li>balances</li> <li>swinging</li> <li>springing</li> <li>flight</li> <li>vaults</li> <li>inversions</li> <li>rotations</li> <li>bending, stretching and twisting</li> <li>gestures</li> <li>linking skills.</li> <li>Hold shapes that are strong, fluent and expressive.</li> <li>Include in a sequence set pieces, choosing the most appropriate linking elements.</li> <li>Vary speed, direction, level and body rotation during floor performances.</li> </ul>	<p>Swim over 100 metres unaided.</p> <ul style="list-style-type: none"> <li>Use breast stroke, front crawl and back stroke, ensuring that breathing is correct so as not to interrupt the pattern of swimming.</li> <li>Swim fluently with controlled strokes.</li> <li>Turn efficiently at the end of a length.</li> </ul>	<p>Combine sprinting with low hurdles over 60 metres.</p> <ul style="list-style-type: none"> <li>Choose the best place for running over a variety of distances.</li> <li>Throw accurately and refine performance by analysing technique and body shape.</li> <li>Show control in take off and landings when jumping.</li> <li>Compete with others and keep track of personal best performances, setting targets for improvement.</li> </ul>	<ul style="list-style-type: none"> <li>Select appropriate equipment for outdoor and adventurous activity.</li> <li>Identify possible risks and ways to manage them, asking for and listening carefully to expert advice.</li> <li>Embrace both leadership and team roles and gain the commitment and respect of a team.</li> <li>Empathise with others and offer support without being asked. Seek support from the team and the experts if in any doubt.</li> <li>Remain positive even in the most challenging circumstances, rallying others if need be.</li> </ul>	



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			<ul style="list-style-type: none"> <li>• Practise and refine the gymnastic techniques used in performances (listed above).</li> <li>• Demonstrate good kinesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions).</li> <li>• Use equipment to vault and to swing (remaining upright).</li> </ul>			<ul style="list-style-type: none"> <li>• Use a range of devices in order to orientate themselves.</li> <li>• Quickly assess changing conditions and adapt plans to ensure safety comes first.</li> </ul>
Enrichment for Y5	<p>Competitions and Festivals:</p> <p>Triathlon Netball Football and girl's football Tag Rugby Boccia Badminton New Age Kurling Indoor Athletics Cricket Tennis Golf Girl's rugby Hockey Orienteering Dance Swimming Young leader, health leader, healthy minds training Coaching: Hockey, cricket, rugby National Skipping Day Sport taster sessions –Sport and Health Week Berkshire School Games (invite only)</p>					
Y6 Yr 5/6 taught mixed ability	<p>Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</p> <ul style="list-style-type: none"> <li>• Work alone, or with team mates in order to gain points or possession.</li> <li>• Strike a bowled or volleyed ball with accuracy.</li> <li>• Use forehand and backhand when playing racket games.</li> <li>• Field, defend and attack tactically by anticipating the direction of play.</li> <li>• Choose the most appropriate tactics for a game.</li> </ul>	<p><del>Compose creative and imaginative dance sequences.</del></p> <ul style="list-style-type: none"> <li>• Perform expressively and hold a precise and strong body posture.</li> <li>• Perform and create complex sequences.</li> <li>• Express an idea in original and imaginative ways.</li> <li>• Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece.</li> <li>• Perform complex moves that combine strength and stamina gained through gymnastics activities (such as</li> </ul>	<p>Create complex and well-executed sequences that include a full range of movements including:</p> <ul style="list-style-type: none"> <li>• travelling</li> <li>• balances</li> <li>• swinging</li> <li>• springing</li> <li>• flight</li> <li>• vaults</li> <li>• inversions</li> <li>• rotations</li> <li>• bending, stretching and twisting</li> <li>• gestures</li> <li>• linking skills.</li> <li>• Hold shapes that are strong, fluent and expressive.</li> </ul>	<p><del>Swim over 100 metres unaided.</del></p> <ul style="list-style-type: none"> <li>• Use breast stroke, front crawl and back stroke, ensuring that breathing is correct so as not to interrupt the pattern of swimming.</li> <li>• Swim fluently with controlled strokes.</li> <li>• Turn efficiently at the end of a length.</li> </ul>	<p>Combine sprinting with low hurdles over 60 metres.</p> <ul style="list-style-type: none"> <li>• Choose the best place for running over a variety of distances.</li> <li>• Throw accurately and refine performance by analysing technique and body shape.</li> <li>• Show control in take off and landings when jumping.</li> <li>• Compete with others and keep track of personal best performances, setting targets for improvement.</li> </ul>	<ul style="list-style-type: none"> <li>• Select appropriate equipment for outdoor and adventurous activity.</li> <li>• Identify possible risks and ways to manage them, asking for and listening carefully to expert advice.</li> <li>• Embrace both leadership and team roles and gain the commitment and respect of a team.</li> <li>• Empathise with others and offer support without being asked. Seek support from the team and</li> </ul>



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	<ul style="list-style-type: none"> <li>• Uphold the spirit of fair play and respect in all competitive situations.</li> <li>• Lead others when called upon and act as a good role model within a team.</li> </ul>	<p>cartwheels or handstands).</p>	<ul style="list-style-type: none"> <li>• <del>Include in a sequence set pieces, choosing the most appropriate linking elements.</del></li> <li>• Vary speed, direction, level and body rotation during floor performances.</li> <li>• Practise and refine the gymnastic techniques used in performances (listed above).</li> <li>• <del>Demonstrate good kinesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions).</del></li> <li>• Use equipment to vault and to swing (remaining upright).</li> </ul>			<p>the experts if in any doubt.</p> <ul style="list-style-type: none"> <li>• Remain positive even in the most challenging circumstances, rallying others if need be.</li> <li>• Use a range of devices in order to orientate themselves.</li> <li>• Quickly assess changing conditions and adapt plans to ensure safety comes first.</li> </ul>
<p>Enrichment for Y6</p>	<p>Competitions and Festivals:</p> <p>Triathlon            Netball            Football and girl's football            Tag Rugby            Boccia            Badminton            New Age Kurling            Indoor Athletics            Cricket            Tennis            Golf            Girl's rugby            Hockey            Orienteering            Dance            Swimming            Young leader, health leader, healthy minds training            Coaching: Hockey, cricket, rugby            National Skipping Day            Sport taster sessions –Sport and Health Week            Berkshire School Games (invite only)</p>					
<p>Ongoing continuous provision for KS2</p>	<p>Adventure trail            Playtime games            BOLE            Occupational health fine motor skills            Classroom movement e.g. yoga, Go Noodle, Supermovers.</p>					
<p>PE Vocabulary for KS2</p>	<p>Agility            Analyse            Attacking            Competent            Complex            Defending            Effectiveness            Expert            Tactic            Technique</p>					