

**Meadowcroft PE Overview****Reception**

<b>Autumn 1</b>	<b>Unit 1 Games – Focus on using bean bags</b> <ul style="list-style-type: none"><li>• Balancing bean bags on different body parts Walking whilst balancing bean bags and walking in different directions whilst balancing bean bags</li><li>• Hopping, jumping etc. over bean bags on the floor</li><li>• Passing bean bags around the different body parts</li><li>• Aiming type activities using underarm throwing, looking at the target and taking turns</li><li>• Throwing and catching Throwing into spaces, over lines and at targets and developing throwing and catching skills</li></ul>
	<b>Dance</b> <b>Autumn leaves</b> <ul style="list-style-type: none"><li>• Rock from side to side</li><li>• Recognise and use “light” movements</li><li>• Understand and use high and low movements</li><li>• Draw long, and winding pathways in the air</li></ul>
<b>Autumn 2</b>	<b>Unit 2 Games – Focus on using a ball</b> <ul style="list-style-type: none"><li>• Rolling and receiving a ball individually and with a partner</li><li>• Passing the ball around different body parts</li><li>• Patting and bouncing the ball downwards</li><li>• Throwing and catching high and low</li><li>• Steering activities with hands and feet</li><li>• Aiming activities – Individually at a target and with a partner Kicking and dribbling the ball</li></ul>
<b>Spring 1</b>	<b>Unit A Gymnastics – Travelling</b> <ul style="list-style-type: none"><li>• Travelling in different directions – forwards, sideways, backwards – emphasise safety whilst travelling backward and sideways.</li><li>• Travelling on feet in different ways – hopping, bouncing, striding etc. Travelling in different ways on hands and feet.</li><li>• Travelling high – far away from the ground as possible. Travelling low – as close to the ground as possible. Travelling with as much of the body as possible touching the floor or apparatus</li><li>• Choose when to change from one mode of travel to another. Travel quickly and slowly. At every stage of all these ideas are transferred and adapted to simple apparatus ( towards apparatus/ away/over/under/along/in and out)</li></ul>
<b>Spring 2</b>	<b>Unit B – Gymnastics – Stretching and curling</b> <ul style="list-style-type: none"><li>• Curled up balances on different body parts. Travelling in different curled up positions.</li><li>• Stretched out balances on different parts of the body. High/low. Travelling in different stretched out positions.</li><li>• Travelling stretched out high, away from the ground/ apparatus. Travelling stretched out low, as close to the ground as possible.</li><li>• Feeling the difference between stretching and curling.</li></ul>

	<ul style="list-style-type: none"> <li>• These ideas should be transferred to apparatus at every stage.</li> </ul>
<b>Summer 1</b>	<p><b>Unit 3 Games – Focus on using hoops and quoits</b></p> <ul style="list-style-type: none"> <li>• <b>Hoops – using hoops in imaginative and different ways e.g.</b> Stepping in and out, jumping over, and moving around the outside edge, “Hula-hoop” around different body parts, rolling hoops along the ground and aiming games.</li> <li>• Quoits – using quoits in imaginative ways e.g. balancing, rolling, spinning, throwing and catching, passing the quoit around different parts of the body and aiming games.</li> <li>• Moving at different speeds</li> <li>• Co-operating with a partner or with the whole class to play games</li> </ul>
<b>Summer 2</b>	<p><b>Introduction to athletics</b></p> <ul style="list-style-type: none"> <li>• Running</li> <li>• Jumping</li> <li>• Throwing</li> </ul>

**Year 1**

<b>Autumn 1</b>	<p><b>Unit 1 Games – Focus on ball skills and games</b></p> <ul style="list-style-type: none"> <li>• Familiarisation with a ball e.g. balancing, rolling and passing the ball around different body parts</li> <li>• Patting and bouncing the ball and using the skills in games</li> <li>• Throwing, catching, rolling and receiving and developing games</li> <li>• Kicking the ball and dribbling</li> <li>• Throwing and catching using bean bag, small balls and quoits</li> <li>• Using the skills to develop individual and partner target games</li> </ul>
<b>Autumn 2</b>	<p><b>Unit 2 Games - Throwing and catching – aiming games</b></p> <ul style="list-style-type: none"> <li>• Throwing and catching with different equipment</li> <li>• Pairs catching using different equipment</li> <li>• Throwing and catching one handed</li> <li>• Aiming using different equipment</li> <li>• Rolling, kicking, bouncing and throwing to aim at a target</li> <li>• Aiming onto and over lines, at targets, hoops, skittles etc.</li> </ul> <p>Partner aiming games, cooperative and competence</p>
<b>Spring 1</b>	<p><b>Unit D Gymnastics - Flight – bouncing, jumping and landing</b></p> <ul style="list-style-type: none"> <li>• Hopping, skipping</li> <li>• Bouncing – repeating bouncing patterns</li> <li>• Jumping- One foot to two feet and one foot to the other</li> <li>• Travelling in different directions whilst hopping, skipping, bouncing and jumping</li> <li>• Jumping two feet to two feet showing different shapes in the air e.g. long thin shape, star shape and linking two jumps with a low movement</li> <li>• All ideas are transferred to apparatus at every stage</li> </ul>
<b>Spring 2</b>	<p><b>Unit E Gymnastics – Points and patches (balance)</b></p> <ul style="list-style-type: none"> <li>• Exploration and identification of body parts capable of taking weight for balancing. Which are small body parts?</li> <li>• Balancing on different combinations of small body parts</li> <li>• Identifying large body parts and balancing upon them</li> <li>• Combining small and large body parts to balance on</li> <li>• Different ways of travelling on small points of the body and large patches of the body. High and low/ Different speeds</li> <li>• Joining two balances together smoothly</li> </ul>

	<ul style="list-style-type: none"> <li>• All ideas are transferred to apparatus at every stage</li> </ul>
<b>Summer 1</b>	<p><b>Unit 3 Games – Bat and ball skills</b></p> <ul style="list-style-type: none"> <li>• Rolling and pushing the ball along the ground with a bat</li> <li>• Push and roll in different directions</li> <li>• Balance a ball on a bat with control – standing and walking</li> <li>• In a controlled way hit a ball upwards/ downwards with a bat</li> <li>• Strike a ball to a partner both along the ground and in the air</li> </ul> <p>Strike a ball rolled or thrown by a partner</p>
<b>Summer 2</b>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>• Running – start positions, running skills for speed</li> <li>• Throwing – throwing from low to high, throwing with one hand and both hands</li> <li>• Jumping – take-off and landing, jumping for height and distance</li> </ul>

**Year 2**

<b>Autumn 1</b>	<p><b>Unit 1 Games – Throwing and catching – inventing games</b></p> <ul style="list-style-type: none"> <li>• Running and avoiding games for warm ups to develop safe moving and awareness of others</li> <li>• Develop throwing and catching skills using a range of equipment (different sizes, shapes, textures etc.)</li> <li>• Throw and catch and bounce in different ways e.g. one hand, the other hand, two hands, with different body parts, over the head and over arm throwing etc.</li> <li>• Throw and catch in a stationary position, on the move, in different ways Make up games using throwing, catching and bouncing</li> </ul>
<b>Autumn 2</b>	<p><b>Unit 2 Games – Aiming, hitting and kicking – making up games with a partner</b></p> <ul style="list-style-type: none"> <li>• Vigorous warm ups spatial awareness, mobility, coordination and control</li> <li>• Aim at a stationary or moving target using different equipment</li> <li>• Aim using different types of sending using hands, feet and a bat</li> <li>• Developing simple strategies and tactics by bouncing, kicking or throwing a ball at different angles, heights and speeds</li> <li>• Receive the ball on the move</li> <li>• Make up games individually and teach to a partner</li> <li>• Make up rules for the games and make them more challenging</li> </ul>
<b>Spring 1</b>	<p><b>Unit H Gymnastics – Parts high and parts low</b></p> <ul style="list-style-type: none"> <li>• Travelling close to the ground in different ways – different types of rolling, sliding etc.</li> <li>• Travelling far away from the ground – different shaped jumps and different take offs and landings</li> <li>• Balancing with body close to the ground/apparatus</li> <li>• Balancing in high positions. Identifying body parts which are the highest part of the balance</li> <li>• Travelling close to the ground with different body parts taking the weight and travelling far away from the ground/apparatus with different body parts being furthest away from the ground</li> <li>• These ideas should be transferred to apparatus at every stage.</li> </ul>
<b>Spring 2</b>	<p><b>Unit J– Gymnastics – Turning, spinning and twisting</b></p> <ul style="list-style-type: none"> <li>• Turning jumps – quarter turn, half turn, three quarter turn and possibly full turn, using one foot to two feet or two feet to two feet</li> <li>• Rolling on the floor in different ways and different directions</li> <li>• Finding different body parts in which to spin</li> <li>• Turning in the air, on the floor and on the apparatus</li> <li>• Twisting, learning that one of the body parts are fixed whilst the other parts moves to create a twist</li> </ul>

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<b>Summer 1</b>	<p><b>Unit 3 Games – Dribbling, hitting and kicking</b></p> <ul style="list-style-type: none"> <li>• Vigorous warm up activities which encourage mobility of awareness of space and other people</li> <li>• Dribble with hands, feet and implement to develop control, change of speed and change of direction</li> <li>• Work with a partner to pass, receive and strike in a variety of ways with a range of apparatus</li> <li>• Play games with a partner selecting and applying the skills which have been developed</li> <li>• Using a variety of equipment and different size balls in invasion/net/striking activities to develop simple tactics for attacking and defending</li> </ul>
<b>Summer 2</b>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>• Running – pace, working through different speeds to reach maximum speed</li> <li>• Throwing – throwing from low to high, throwing with one hand and both hands, throwing for distance and at a target</li> <li>• Jumping – take-off and landing, jumping for height and distance</li> </ul>

