



PE Whole School Overview



Purpose of the document

This document is designed to ensure that all the necessary skills are delivered within an academic year. This is progressive across both the individual year and throughout the year groups. This document works alongside the PE progression grid to fully support staff in delivering effective blocks of learning. This will ensure that there is precise coverage across the year, enabling all pupils to have the opportunity to develop, practise and improve the skills required to access a range of sports.

Abbey Primary School- Schemes of Work- Foundation Stage						
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Movement	To be able to move freely in a range of ways	To be able to move freely in a range of ways	To be able to change direction	To be able to change direction	To be able to change speed	To be able to change speed
Balance	To be able to balance on one leg	To be able to balance on one leg	To be able to transfer body weight from one foot to the other	To be able to transfer body weight from one foot to the other	To be able to balance on a beam or object	To be able to balance on a beam or object
Throwing	To be able to roll a small ball	To be able to roll a small ball	To be able to use the under-arm technique to throw a small ball	To be able to use the under-arm technique to throw a small ball	To be able to use an under-arm throw to throw a small ball at a target	To be able to use an under-arm throw to throw a small ball at a target
Catching	To be able to bounce and catch a ball	To be able to bounce and catch a ball	To be able to stop a moving ball	To be able to stop a moving ball	To be able to catch small and large balls	To be able to catch small and large balls
Equipment	To be able to push a ball with equipment e.g hockey stick	To be able to push a ball with equipment e.g hockey stick	To be able to bounce a large ball	To be able to bounce a large ball	To be able to hit a ball with handheld equipment	To be able to hit a ball with handheld equipment
Games	To be able to follow simple rules and instructions	To be able to follow simple rules and instructions	To be able to follow simple rules to attack a target	To be able to follow simple rules to attack a target	To be able to follow simple rules to defend a target	To be able to follow simple rules to defend a target

Abbey Primary School- Schemes of Work- Year 1						
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Multi-Skills- Indoor	Move in a range of ways	Change direction	Throw under arm	Throw over arm	Catch an object	Team Games- throwing and catching
Multi-Skills- Outdoor	Move in a range of ways	Change direction	Throw under arm	Throw over arm	Catch an object	Team Games- Throwing and catching
Dance	Repeat isolated dance moves	Repeat isolated dance moves	Repeat isolated dance moves	Repeat isolated dance moves	Link two moves- e.g move and shape	Link two moves- e.g move and shape
Dance (Continued)	Link two moves- e.g move and shape	Link two moves- e.g move and shape	Create a short phrase	Create a short phrase	Create a short phrase	Perform short phrases
Sending and receiving	Passing	Passing	Catching	Catching	Shooting	Shooting
Striking and Fielding	Fielding a ball	Fielding a ball	Bowl a ball	Bowl a ball	Strike a ball with a bat	Strike a ball with a bat
Gymnastics	Body shapes and balance	Perform the 5 basic gymnastic shapes	Perform the 5 basic gymnastic shapes	Link skills to produce a short sequence	Link skills to produce a short sequence	Begin to develop work with a partner
Inclusive Games	Boccia	Polybat	Table cricket	Seated volleyball	Carousel	Carousel
Athletics	Running- Skills	Running- Skills	Running- Individual (short distance)	Running- individual (Long distance)	Running- Relay	Running- Relay
Sportshall Athletics	Throwing- Javelin and chest push	Throwing- Javelin and chest push	Jumping- Long jump	Jumping- 5 stride and vertical jump	Running- individual	Running- relays
Invasion/ Team Games	Game 1- introduction of rules	Game 1- continued	Game 2- Introduction of rules	Game 2- continued	Game 3- Introduction of rules	Game 3- continued
Outdoor Adventurous	Communication game	Teamwork game	Teamwork game	Map skills- Using a Key	Map skills- Using a Key	Map skills- follow a trail

Abbey Primary School- Schemes of Work- Year 2						
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Multi-Skills- Indoor	Move in a range of ways	Change direction	Throw under arm	Throw over arm	Catch an object	Team Games- throwing and catching
Multi-Skills- Outdoor	Move in a range of ways	Change direction	Throw under arm	Throw over arm	Catch an object	Team Games- Throwing and catching
Dance	Repeat isolated dance moves	Repeat isolated dance moves	Link two moves- e.g move and shape	Link two moves- e.g move and shape	Link two moves- e.g move and shape	Linking moves to a stimulus
Dance (Continued)	Linking moves to a stimulus	Linking moves to a stimulus	Create a short phrase	Create a short phrase	Create a short phrase	Perform short phrases
Sending and receiving	Passing	Passing	Catching	Catching	Shooting	Shooting
Striking and Fielding	Fielding a ball	Fielding a ball	Bowl a ball	Bowl a ball	Strike a ball with a bat	Strike a ball with a bat
Gymnastics	Perform the 5 basic gymnastic shapes	Link skills to produce a short sequence	Link skills to produce a short sequence	Begin to develop work with a partner	Begin to develop work with a partner	Begin to develop work with a partner
Gymnastics Apparatus	Show control in take-off and flight	Show control in take-off and flight	Transfer floor work onto apparatus	Transfer floor work onto apparatus	Link skills to produce a short sequence	Link skills to produce a short sequence
Athletics	Running- Skills	Running- Skills	Running- Individual (short distance)	Running- individual (Long distance)	Running- Relay	Running- Relay
Sportshall Athletics	Throwing- Javelin and chest push	Throwing- Javelin and chest push	Jumping- Long jump	Jumping- 5 stride and vertical jump	Running- individual	Running- relays
Invasion/ Team Games	Game 1- introduction of rules	Game 1	Game 2- Introduction of rules	Game 2	Game 3- Introduction of rules	Game 3
Outdoor Adventurous	Communication game	Teamwork game	Teamwork game	Map skills- Using a key	Map skills- Using a Key	Map skills- Follow a trail

Abbey Primary School- Schemes of Work- Year 3						
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Multi-Skills- Indoor	Move in a range of ways	Change direction	Throw under arm	Throw over arm	Catch an object	Team Games- throwing and catching
Dance	Movement- pathways	Movement- pathways	Linking moves to a stimulus- unison	Linking moves to a stimulus- unison	Linking moves to a stimulus- canon	Linking moves to a stimulus- canon
Dance (Continued)	Linking moves to a stimulus- repetition	Linking moves to a stimulus- repetition	Create a phrase including a motif	Create a phrase including a motif	Create a phrase including a motif	Perform phrases
Sending and receiving	Passing	Passing	Catching	Catching	Shooting	Shooting
Striking and Fielding	Field a ball- stopping	Field a ball- throwing	Bowl a ball	Bowl a ball	Strike a ball with a bat	Strike a ball with a bat
Gymnastics	Create and perform sequences to develop body awareness	Create and perform sequences to develop body awareness	Create and perform sequences to develop body awareness	Produce and perform sequences with a partner on the floor and using apparatus	Produce and perform sequences with a partner on the floor and using apparatus	Produce and perform sequences with a partner on the floor and using apparatus
Inclusive Games	Boccia	Polybat	Table cricket	Seated volleyball	Carousel	Carousel
Athletics	Running- Skills	Running- Skills	Running- Individual (short distance)	Running- individual (Long distance)	Running- Relay	Running- Relay
Sportshall Athletics	Throwing- Javelin and chest push	Throwing- Javelin and chest push	Jumping- Long jump	Jumping- 5 stride and vertical jump	Running- individual	Running- relays
Invasion/ Team Games	Game 1- Throwing	Game 2- Catching	Game 3- Striking a ball	Game 4- Passing	Game 5- Defending	Game 6- Attacking
Outdoor Adventurous	Communication and Teamwork game	Communication and Teamwork game	Orientate themselves with increasing confidence and accuracy around a short trail.	Orientate themselves with increasing confidence and accuracy around a short trail.	Complete tasks within a set time.	Complete tasks within a set time
Net Games	Hold a racket correctly	Perform a forehand shot	Perform a forehand shot	Perform a backhand shot	Perform a backhand shot	Hit over a net

Abbey Primary School- Schemes of Work- Year 4						
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Multi-Skills- Indoor	Move in a range of ways	Change direction	Throw under arm	Throw over arm	Catch an object	Team Games- throwing and catching
Dance	Link moves to a stimulus	Link moves to a stimulus	Create a phrase including a motif	Create a phrase including a motif	Create a phrase including a motif	Perform phrases
Sending and receiving	Passing	Passing	Catching	Catching	Shooting	Shooting
Striking and Fielding	Throw under arm	Throw over arm	Bowl a ball	Bowl a ball	Strike a ball with a bat	Strike a ball with a bat
Gymnastics	Create and perform sequences to develop body awareness	Create and perform sequences to develop body awareness	Create and perform sequences to develop body awareness	Produce and perform sequences with a partner on the floor and using apparatus	Produce and perform sequences with a partner on the floor and using apparatus	Produce and perform sequences with a partner on the floor and using apparatus
Invasion/ Team Games	Game 1- Throwing	Game 2- Catching	Game 3- Striking a ball	Game 4- Passing	Game 5- Defending	Game 6- Attacking
Athletics	Running- Skills	Running- Skills	Running- Individual (short distance)	Running- individual (Long distance)	Running- Relay	Running- Relay
Sportshall Athletics	Throwing- Javelin and chest push	Throwing- Javelin and chest push	Jumping- Long jump	Jumping- 5 stride and vertical jump	Running- individual	Running- relays
Outdoor Adventurous	Teamwork and communication	Teamwork and communication	Use a map to complete an orienteering course.	Use a map to complete an orienteering course.	Plan and organise a trail that others can follow	Plan and organise a trail that others can follow
Net Games	Perform a forehand shot	Perform a forehand shot	Perform a backhand shot	Perform a backhand shot	Hit over a net- underhand serve	Hit over a net- underhand serve
Swimming	Front Crawl- Kicking technique	Front Crawl- Breathing technique	Front Crawl- Alternating arm technique	Front Crawl- Full technique	Back stroke- Kicking technique	Back stroke- Alternating single arm technique
Swimming continued	Back Stroke- Correct back stroke technique	Breaststroke- Kicking technique	Breaststroke- correct arm technique	Breaststroke- Correct breaststroke technique	Water safety	Water safety

Abbey Primary School- Schemes of Work- Year 5						
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Multi-Skills- Indoor	Move in a range of ways	Change direction	Throw under arm	Throw over arm	Catch an object	Team Games- throwing and catching
Dance	Develop moves linked to a stimulus	Develop moves linked to a stimulus	Develop moves linked to a stimulus	Develop a motif to be used in a dance	Develop a motif to be used in a dance	Develop a motif to be used in a dance
Dance (Continued)	Choreograph a dance piece	Choreograph a dance piece	Choreograph a dance piece	Perform and review choreography	Refine choreography	Perform final choreography
Sending and receiving	Passing	Passing	Catching	Catching	Shooting	Shooting
Striking and Fielding	Throw under arm	Throw over arm	Bowl a ball	Bowl a ball	Strike a ball with a bat	Strike a ball with a bat
Gymnastics	Select and link a range of gymnastic actions to travel on the floor and on apparatus	Select and link a range of gymnastic actions to travel on the floor and on apparatus	Select and link a range of gymnastic actions to travel on the floor and on apparatus	Produce and perform more complex sequences with a partner on the floor and using apparatus.	Produce and perform more complex sequences with a partner on the floor and using apparatus.	Produce and perform more complex sequences with a partner on the floor and using apparatus.
Inclusive Games	Boccia	Polybat	Table cricket	Seated volleyball	Carousel	Carousel
Athletics	Running- Skills	Running- Skills	Running- Individual (short distance)	Running- individual (long distance)	Running- Relay	Running- Relay
Sportshall Athletics	Throwing- Javelin and chest push	Throwing- Javelin and chest push	Jumping- Triple jump	Jumping- Long and vertical jump	Running- individual	Running- relays
Invasion/ Team Games	Game 1- Defending	Game 2- Defending	Game 3- Attacking	Game 4- Attacking	Develop their own game	Improve their own game
Outdoor Adventurous	Teamwork and communication	Create an outdoor activity that challenges others	Create an outdoor activity that challenges others	Start to orientate themselves with increasing confidence and accuracy around an orienteering course.	Start to orientate themselves with increasing confidence and accuracy around an orienteering course.	Evaluate performances
Net Games	Perform a forehand shot	Perform a backhand shot	Hit over a net	Volley	Volley	Underhand Serve

Abbey Primary School- Schemes of Work- Year 6						
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Multi-Skills-Indoor	Move in a range of ways	Change direction	Throw under arm	Throw over arm	Catch an object	Team Games-throwing and catching
Dance	Develop moves linked to a stimulus	Develop moves linked to a stimulus	Develop moves linked to a stimulus	Develop a motif to be used in a dance	Develop a motif to be used in a dance	Develop a motif to be used in a dance
Dance (Continued)	Choreograph a dance piece	Choreograph a dance piece	Choreograph a dance piece	Perform and review choreography	Refine choreography	Perform final choreography
Sending and receiving	Passing	Passing	Catching	Catching	Shooting	Shooting
Striking and Fielding	Throw under arm	Throw over arm	Bowl a ball	Bowl a ball	Strike a ball with a bat	Strike a ball with a bat
Gymnastics	Select and link a range of gymnastic actions to travel on the floor and on apparatus	Select and link a range of gymnastic actions to travel on the floor and on apparatus	Select and link a range of gymnastic actions to travel on the floor and on apparatus	Produce and perform more complex sequences with a partner on the floor and using apparatus.	Produce and perform more complex sequences with a partner on the floor and using apparatus.	Produce and perform more complex sequences with a partner on the floor and using apparatus.
Gymnastics Apparatus	Show controlled take-off, flight and landing	Show controlled take-off, flight and landing	Select and link a range of gymnastic actions to travel on the floor and on apparatus	Select and link a range of gymnastic actions to travel on the floor and on apparatus	Produce group sequences	Produce group sequences
Athletics	Running- Skills	Running- Skills	Running- Individual (short distance)	Running- individual (long distance)	Running- Relay	Running- Relay
Sportshall Athletics	Throwing- Javelin and chest push	Throwing- Javelin and chest push	Jumping- Triple jump	Jumping- Long and vertical jump	Running- individual	Running- relays
Invasion/ Team Games	Game 1- Defending	Game 2- Defending	Game 3- Attacking	Game 4- Attacking	Develop their own game	Improve their own game
Outdoor Adventurous	Teamwork/ communication skills	Orientate themselves with confidence and accuracy around an orienteering course	Complete a course on multiple occasions, in a quicker time due to improved technique.	Prepare an orienteering course for others to follow	Orientate themselves with confidence and accuracy around an orienteering course	Listen to feedback and improve an orienteering course from it.
Net Games	Perform a forehand shot	Perform a backhand shot	Volley	Underhand serve	Underhand serve	Game application