



## Limehurst Primary School Whole School Overview

Cycle A		P E				
<p>At Limehurst School we follow the scheme GET SET 4 PE. The curriculum planning in PE is carried out in three phases (long-term, medium-term and short-term). The long-term plan maps out the PE activities covered in each term during the key stage. The PE subject leader works this out in conjunction with teaching colleagues and pupils in each year group. Together we create a broad and balanced curriculum that is exciting for our children to learn through. The medium-term plans give details of each unit of work for each term. These schemes of work provide an overview of the unit, links to other areas of the National Curriculum and assessment criteria for that unit. The short-term lesson plans provide opportunities for children of all abilities to develop their skills, knowledge and understanding in each activity area.</p>						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>EYFS Overview</b>	<p>Physical activity is vital in children’s all-round development, enabling them to pursue happy, healthy, and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child’s strength, co-ordination, and positional awareness through tummy time, crawling and play movement with both objects and adults. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination, and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination, which is later linked to early literacy. Repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practice of using small tools, with feedback and support from adults, allow children to develop proficiency, control, and confidence.</p>					
<b>Nursery</b>	<p><b>Introduction to PE: Unit 1</b>  <u>Physical:</u> Moving safely, running, jumping, throwing, catching, following a path  <u>Social:</u> Sharing, leadership  <u>Emotional:</u> Perseverance, confidence  <u>Thinking:</u> Decision making, selecting, and applying actions</p>	<p><b>Fundamentals: Unit 1</b>  <u>Physical:</u> Balancing, running, jumping, changing direction, hopping, travelling  <u>Social:</u> Working safely, responsibility, helping others  <u>Emotional:</u> Honesty, challenging myself, determination  <u>Thinking:</u> Decision making, selecting and applying actions, using tactics</p>	<p><b>Gymnastics: Unit 1</b>  <u>Physical:</u> Shapes, balances, jumps, rocking, rolling, travelling  <u>Social:</u> Taking turns, co-operation, communication,  <u>Emotional:</u> Confidence, determination  <u>Thinking:</u> Selecting and applying skills, creating sequences</p>	<p><b>Dance: Unit 1</b>  <u>Physical:</u> Travelling, copying and performing actions, co-ordination  <u>Social:</u> Respect, co-operating with others  <u>Emotional:</u> Working independently, determination  <u>Thinking:</u> Counting, observing and providing feedback, selecting and applying actions</p>	<p><b>Games: Unit 1</b>  <u>Physical:</u> Running, balancing, changing direction, striking a ball, throwing.  <u>Social:</u> Communication, co-operation, taking turns, supporting and encouraging others  <u>Emotional:</u> Honesty and fair play, managing emotions  <u>Thinking:</u> Using tactics, decision making</p>	<p><b>Ball Skills: Unit 1</b>  <u>Physical:</u> Rolling a ball, stopping a rolling ball, throwing at a target, bouncing a ball, dribbling a ball with feet, kicking a ball  <u>Social:</u> Co-operation, supporting others, sharing and taking turns  <u>Emotional:</u> Honesty, perseverance  <u>Thinking:</u> Using tactics, decision making</p>
<b>Reception</b>	<p><b>Introduction to PE: Unit 2</b>  <u>Physical:</u> moving safely, running, jumping, throwing, catching, rolling  <u>Social:</u> sharing and taking turns, encouraging and supporting others, responsibility, honesty and fair play  <u>Emotional:</u> confidence, perseverance  <u>Thinking:</u> decision making, understanding and using rules.</p>	<p><b>Fundamentals: Unit 2</b>  <u>Physical:</u> Hopping, galloping, skipping, sliding, jumping, changing direction, balancing, running  <u>Social:</u> Working safely, responsibility, working with others  <u>Emotional:</u> Managing emotions, challenging myself  <u>Thinking:</u> Selecting and applying actions</p>	<p><b>Gymnastics: Unit 2</b>  <u>Physical:</u> Shapes, balances, jumps, rock and roll, barrel roll, straight roll, progressions of a forward roll  <u>Social:</u> Leadership, taking turns, helping others  <u>Emotional:</u> Determination  <u>Thinking:</u> Selecting and applying skills, creating sequences</p>	<p><b>Dance: Unit 2</b>  <u>Physical:</u> Travelling, copying and performing actions, co-ordination,  <u>Social:</u> Respect, co-operating with others  <u>Emotional:</u> Working independently, confidence  <u>Thinking:</u> Counting, observing and providing feedback, selecting and applying actions</p>	<p><b>Games: Unit 2</b>  <u>Physical:</u> Running, changing direction, striking a ball,  <u>Social:</u> Communication, co-operation, taking turns, respect, supporting and encouraging others  <u>Emotional:</u> Honesty, managing emotions, perseverance  <u>Thinking:</u> Using tactics</p>	<p><b>Ball Games: Unit 2</b>  <u>Physical:</u> Rolling a ball, tracking a ball, throwing at a target, bouncing a ball, dribbling a ball with feet, kicking a ball  <u>Social:</u> Co-operation, sharing and taking turns  <u>Emotional:</u> Determination  <u>Thinking:</u> Using tactics, decision making</p>



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<b>Year 1</b>	<p><b>Fundamentals</b>  <u>Physical:</u> Balancing, sprinting, jogging, dodging, jumping, hopping, skipping  <u>Social:</u> Taking turns, supporting and encouraging others, working safely, communication  <u>Emotional:</u> Challenging myself, perseverance, honesty  <u>Thinking:</u> Identifying strengths, listening and following instructions</p>	<p><b>Gymnastics</b>  <u>Physical:</u> Travelling actions, shapes, balances, jumps, barrel roll, straight roll, forward roll progressions  <u>Social:</u> Sharing, working safely  <u>Emotional:</u> Confidence  <u>Thinking:</u> Observing and providing feedback, selecting and applying actions</p>	<p><b>Dance</b>  <u>Physical:</u> Travel, copying and performing actions, using shape, balance, coordination  <u>Social:</u> Co-operation, communication, coming to decisions with a partner, respect  <u>Emotional:</u> Confidence, acceptance  <u>Thinking:</u> Counting, observing and providing feedback, selecting and applying actions</p>	<p><b>Team Building</b>  <u>Physical:</u> Balancing, travelling actions,  <u>Social:</u> Communication, sharing ideas, inclusion, encouraging and supporting others  <u>Emotional:</u> Confidence, trust, honesty  <u>Thinking:</u> Decision making, using tactics, providing instructions, planning, problem solving</p>	<p><b>Sending and Receiving</b>  <u>Physical:</u> Rolling, kicking, throwing, catching, tracking  <u>Social:</u> Taking turns, supporting and encouraging others, respect, communication  <u>Emotional:</u> Perseverance, honesty, being happy to succeed  <u>Thinking:</u> Transferring skills</p>	<p><b>Target Games</b>  <u>Physical:</u> Underarm throwing, overarm throwing, aim, hand eye co-ordination  <u>Social:</u> Communication, supporting and encouraging others, leadership  <u>Emotional:</u> Perseverance, honesty, fair play  <u>Thinking:</u> Using tactics, selecting and applying skills, decision making</p>
<b>Year 2</b>	<p><b>Fundamentals</b>  <u>Physical:</u> Balancing, sprinting, jogging, dodging, jumping, hopping, skipping  <u>Social:</u> Taking turns, supporting and encouraging others, respect, communication  <u>Emotional:</u> Challenging myself, perseverance, honesty  <u>Thinking:</u> Selecting and applying, identifying strengths</p>	<p><b>Gymnastics</b>  <u>Physical:</u> Shapes, balances, shape jumps, travelling movements, barrel roll, straight roll, forwards roll  <u>Social:</u> Sharing, working safely  <u>Emotional:</u> Confidence, independence  <u>Thinking:</u> Observing and providing feedback, selecting and applying actions</p>	<p><b>Dance</b>  <u>Physical:</u> Travel, copying and performing actions, using dynamics, pathway, expression and speed, balance, coordination  <u>Social:</u> Respect, consideration, sharing ideas, decision making with others  <u>Emotional:</u> Acceptance, confidence  <u>Thinking:</u> Selecting and applying actions, counting, observing and providing feedback, creating</p>	<p><b>Team Building</b>  <u>Physical:</u> Travelling actions, jumping, balancing  <u>Social:</u> Communication, leading, inclusion  <u>Emotional:</u> Trust, honesty and fair play, acceptance  <u>Thinking:</u> Planning, decision making, problem solving</p>	<p><b>Sending and Receiving</b>  <u>Physical:</u> Rolling, kicking, throwing, catching, tracking  <u>Social:</u> Co-operation, communication, keeping others safe  <u>Emotional:</u> Perseverance, challenging myself  <u>Thinking:</u> Identifying how to improve, transferring skills</p>	<p><b>Target Games</b>  <u>Physical:</u> Throwing, rolling, kicking, striking  <u>Social:</u> Communication, collaboration, kindness, support  <u>Emotional:</u> Honesty, perseverance, independence, manage emotions  <u>Thinking:</u> Select and apply, using tactics, decision making, provide feedback, problem solving</p>
<b>Year 3</b>	<p><b>Fundamentals Y3/4</b>  <u>Physical:</u> Balancing, running, hopping, jumping, dodging, skipping  <u>Social:</u> Supporting and encouraging others, respect, communication, taking turns  <u>Emotional:</u> Challenging myself, perseverance, honesty  <u>Thinking:</u> Selecting and applying skills, observing others and providing feedback, identifying strengths and areas for development</p>	<p><b>Gymnastics</b>  <u>Physical:</u> Individual point and patch balances, straight roll, barrel roll, forward roll, straight jump, tuck jump, star jump, rhythmic gymnastics  <u>Social:</u> Collaboration, communication, respect  <u>Emotional:</u> Confidence  <u>Thinking:</u> Observing and providing feedback, selecting and applying actions, evaluating and improving</p>	<p><b>Dance</b>  <u>Physical:</u> Using canon, unison, formation, dynamics, pathways, direction, copying and performing actions, control, balance,  <u>Social:</u> Sharing ideas, respect, inclusion of others, leadership, working safely  <u>Emotional:</u> Confidence, acceptance  <u>Thinking:</u> Selecting and applying actions, creating,</p>	<p><b>Ball Skills Y3/4</b>  <u>Physical:</u> Tracking a ball, throwing, catching, dribbling  <u>Social:</u> Supporting others, co-operation, communication, managing games  <u>Emotional:</u> Perseverance, honesty, respect,  <u>Thinking:</u> Decision making, developing tactics, creativity</p>	<p><b>Dodgeball</b>  <u>Physical:</u> Throwing, catching, dodging, blocking  <u>Social:</u> Communication, collaboration, respect  <u>Emotional:</u> Honesty, perseverance  <u>Thinking:</u> Decision making, selecting and applying skills</p>	<p><b>Athletics</b>  <u>Physical:</u> Sprinting, jumping for a distance, push and pull throwing for a distance  <u>Social:</u> Working collaboratively, working safely  <u>Emotional:</u> Perseverance, determination  <u>Thinking:</u> Observing and providing feedback</p>



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			observing and providing feedback			
<b>Year 4</b>	<p><b>Fundamentals Y3/4</b>  <u>Physical:</u> Balancing, running, hopping, jumping, dodging, skipping  <u>Social:</u> Supporting and encouraging others, respect, communication, taking turns  <u>Emotional:</u> Challenging myself, perseverance, honesty  <u>Thinking:</u> Selecting and applying skills, observing others and providing feedback, identifying strengths and areas for development</p>	<p><b>Gymnastics</b>  <u>Physical:</u> Individual and partner balances, jumps using rotation, straight roll, barrel roll, forward roll, straddle roll, bridge, shoulder stand  <u>Social:</u> Collaboration, communication, respect, responsibility  <u>Emotional:</u> Confidence  <u>Thinking:</u> Observing and providing feedback, selecting and applying skills, evaluating and improving</p>	<p><b>Dance</b>  <u>Physical:</u> Performing a variety of dance actions, using canon, unison, formation, dynamics, character, structure, space, balance, control, technique,  <u>Social:</u> Collaboration, consideration, inclusion, respect  <u>Emotional:</u> Empathy, confidence  <u>Thinking:</u> Observing and providing feedback, selecting and applying actions</p>	<p><b>Ball Skills Y3/4</b>  <u>Physical:</u> Tracking a ball, throwing, catching, dribbling  <u>Social:</u> Supporting others, co-operation, communication, managing games  <u>Emotional:</u> Perseverance, honesty, respect, challenging self  <u>Thinking:</u> Decision making, developing tactics, creativity</p>	<p><b>Dodgeball</b>  <u>Physical:</u> Throwing, catching, dodging, blocking  <u>Social:</u> Communication, collaboration, respect  <u>Emotional:</u> Honesty, perseverance,  <u>Thinking:</u> Decision making, Selecting and applying skills</p>	<p><b>Athletics</b>  <u>Physical:</u> Pacing, sprinting technique, jumping for distance, throwing for distance  <u>Social:</u> Working collaboratively, working safely  <u>Emotional:</u> Perseverance, determination  <u>Thinking:</u> Observing and providing feedback, exploring ideas</p>
<b>Year 5</b>	<p><b>Gymnastics</b>  <u>Physical:</u> Symmetrical and asymmetrical balances, straight roll, forward roll, straddle roll, backward roll, cartwheel, bridge, shoulder stand  <u>Social:</u> Responsibility, collaboration, communication, respect  <u>Emotional:</u> Confidence  <u>Thinking:</u> Observing and providing feedback, selecting and applying actions, evaluating and improving sequences</p>	<p><b>Dance</b>  <u>Physical:</u> Performing a variety of dance actions, using canon, unison, formation, dynamics, character, structure, space, emotion, matching, mirroring, transitions  <u>Social:</u> Collaboration, consideration and awareness of others, inclusion, respect, leadership,  <u>Emotional:</u> Empathy, confidence  <u>Thinking:</u> Creating, observing and providing feedback, using feedback to improve, selecting and applying skills</p>	<p><b>OAA</b>  <u>Physical:</u> Stamina, running  <u>Social:</u> Communication, teamwork, trust, inclusion, listening  <u>Emotional:</u> confidence  <u>Thinking:</u> planning, map reading, decision making, problem solving</p>	<p><b>Tennis</b>  <u>Physical:</u> Forehand groundstroke, backhand groundstroke, forehand volley, backhand volley, underarm serve  <u>Social:</u> Collaboration, communication, respect  <u>Emotional:</u> Honesty  <u>Thinking:</u> Using tactics, Selecting and applying skills</p>	<p><b>Hockey</b>  <u>Physical:</u> Dribbling, passing, receiving, tracking, creating and using space, shooting  <u>Social:</u> Communication, collaboration  <u>Emotional:</u> Perseverance, honesty and fair play  <u>Thinking:</u> Planning strategies and using tactics, observing and providing feedback, selecting and applying skills</p>	<p><b>Athletics</b>  <u>Physical:</u> Pacing, sprinting technique, relay changeovers, jumping for distance, push and pull throwing for distance  <u>Social:</u> Collaborating with others, supporting others  <u>Emotional:</u> Perseverance, determination  <u>Thinking:</u> Observing and providing feedback</p>
<b>Year 6</b>	<p><b>Gymnastics</b>  <u>Physical:</u> Straddle roll, forward roll, backward roll, counterbalance, counter tension, bridge, shoulder</p>	<p><b>Dance</b>  <u>Physical:</u> Performing a variety of dance actions, using canon, unison, formation, dynamics,</p>	<p><b>OAA</b>  <u>Physical:</u> Stamina, running  <u>Social:</u> Communication, teamwork, trust, inclusion, listening</p>	<p><b>Tennis</b>  <u>Physical:</u> Forehand groundstroke, backhand groundstroke, forehand</p>	<p><b>Hockey</b>  <u>Physical:</u> Dribbling, passing, receiving, tracking, creating and using space, shooting</p>	<p><b>Athletics</b>  <u>Physical:</u> Pacing, sprinting, jumping for distance, push throwing for distance, fling throwing for distance</p>



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	<p>stand, handstand, cartwheel, headstand, vault  <u>Social:</u> Responsibility, collaboration, communication, respect  <u>Emotional:</u> Confidence  <u>Thinking:</u> Observing and providing feedback, selecting and applying skills, evaluating and improving sequences</p>	<p>character, emotion, transitions, matching &amp; mirroring  <u>Social:</u> Sharing ideas, consideration of others, inclusion, respect, leadership, supporting others  <u>Emotional:</u> Empathy, confidence  <u>Thinking:</u> Observing &amp; providing feedback, using feedback to improve, selecting &amp; applying skills</p>	<p><u>Emotional:</u> confidence  <u>Thinking:</u> planning, map reading, decision making, problem solving</p>	<p>volley, backhand volley, underarm serve  <u>Social:</u> Collaboration, communication, respect  <u>Emotional:</u> Honesty, perseverance  <u>Thinking:</u> Decision making, selecting and applying tactics, evaluating and improving</p>	<p><u>Social:</u> Communication, collaboration  <u>Emotional:</u> Perseverance, honesty and fair play  <u>Thinking:</u> Planning strategies and using tactics, observing and providing feedback, selecting and applying skills</p>	<p><u>Social:</u> Negotiating, collaborating with others  <u>Emotional:</u> Perseverance, determination  <u>Thinking:</u> Observing and providing feedback</p>
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