

P.E. – Whole School Overview 2017-18

Ark Byron & Ark Priory Primary						
Year Group	Autumn		Spring		Summer	
Reception	Movement Skills <ul style="list-style-type: none"> Following instructions Traveling & Balance Spatial awareness	Gymnastics <ul style="list-style-type: none"> Creating Shapes Traveling Balance Flight & Dismount 	Dance <ul style="list-style-type: none"> Miming to a story Telling a silent story Creating a dance routine Performing to music 	Athletics <ul style="list-style-type: none"> Running (short/mid/long distances) Jumping Throwing Obstacle Courses 	Invasion Games <ul style="list-style-type: none"> Spatial awareness Create Space Pass Dribbling Teamwork Defend & Attack 	Net & Racquet <ul style="list-style-type: none"> Tennis Badminton Volleyball
Year 1	Movement Skills <ul style="list-style-type: none"> Following instructions Traveling & Balance Spatial awareness 	Gymnastics <ul style="list-style-type: none"> Creating Shapes Traveling Balance Flight & Dismount 	Dance <ul style="list-style-type: none"> Miming to a story Telling a silent story Creating a dance routine Performing to music 	Athletics <ul style="list-style-type: none"> Running (short/mid/long distances) Jumping Throwing Obstacle Courses 	Catching & Throwing <ul style="list-style-type: none"> Rolling and Tracking Bounce & Catch Underarm throwing Overarm throwing 	Net & Racquet <ul style="list-style-type: none"> Tennis Badminton Volleyball
Year 2	Gymnastics <ul style="list-style-type: none"> Creating Shapes Traveling Balance Flight & Dismount 3-Action Sequences 	Dance <ul style="list-style-type: none"> Miming to a story Telling a silent story Creating a dance routine Performing to music 	Invasion Games <ul style="list-style-type: none"> Spatial awareness Create Space Pass Dribbling Teamwork Defend and Attack 	Athletics <ul style="list-style-type: none"> Running (short/mid/long distances) Jumping Throwing Obstacle Courses 	Catching, Throwing & Striking <ul style="list-style-type: none"> Rolling and Tracking Bounce & Catch Underarm throwing Overarm throwing 	Net & Racquet <ul style="list-style-type: none"> Tennis Badminton Volleyball

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Year 3	Gymnastics <ul style="list-style-type: none"> • Creating Shapes • Traveling • Balance • Flight & Dismount • Synchronisation • 4-Action Sequences 	Dance <ul style="list-style-type: none"> • Rhythm • Cheerleading • Creating a class • Routine • Group Dance-off 	Invasion Games <ul style="list-style-type: none"> • Spatial awareness • Create Space • Pass • Dribbling • Teamwork • Defend and Attack 	Athletics <ul style="list-style-type: none"> • Running (short/mid/long distances) • Jumping • Throwing • Obstacle Courses 	Catching, Throwing & Striking <ul style="list-style-type: none"> • Rolling and Tracking • Bounce & Catch • Underarm throwing • Overarm throwing 	Net & Racquet <ul style="list-style-type: none"> • Tennis • Badminton • Volleyball
Year 4	Gymnastics <ul style="list-style-type: none"> • Creating Shapes • Traveling • Flight & Dismount • Linking movements to create a sequence • 7-Action Sequences 	Dance <ul style="list-style-type: none"> • Rhythm • Cheerleading • Creating a class • Routines • Group Dance-offs 	Invasion Games <ul style="list-style-type: none"> • Find Space • Create Space • Pass • Dribbling • Teamwork • Defend and Attack 	Athletics <ul style="list-style-type: none"> • Running (short/mid/long distances) • Jumping • Throwing • Obstacle Courses 	Striking, Fielding, Pitching & Bowling <ul style="list-style-type: none"> • Underarm throw • Overarm throw • Catching • Bowling • Batting • Rounders • Cricket 	Net & Racquet <ul style="list-style-type: none"> • Tennis • Badminton • Volleyball