

St Peter's Long-Term Overview

Subject: PE

	Topic: Autumn 1	Topic: Autumn 2	Topic: Spring 1	Topic: Spring 2	Topic: Summer 1	Topic: Summer 2
Year 5	Concept: Invasion games – Hockey Sportshall Athletics	Concept: Gymnastics Rowing fitness Invasion Games- Tag Rugby Invasion Games - Football	Concept: Fitness Invasion Games – Basketball	Concept: Hi Five Netball Dance Cartoon Capers	Concept: Athletics Sticking and fielding - Cricket Kwick	Concept: Invasion games - Ultimate Frisbee Sticking and Fielding Rounders Net wall games Short Tennis
	Skills: <u>Hockey</u> Correct grip Dribbling forehand Push pass Shooting Developing the rules of the game <u>Sportshall Athletics</u> Sprint races rules relays Sprinting - crisp action Communication relays Speed bounce Chest Push Long Jump basic rules jump Foam Javelin Tripple Jump Basic rules and movements Vertical Jump basic rules and jump technique.	Skills: <u>Gymnastics</u> Types of flight Gesture and reaction to routine Use of equipment with flight Transitional movements <u>Rowing Fitness</u> Rowing technique Cardiovascular fitness <u>Tag rugby</u> How to score Passing C shape Passing backwards Tackling <u>Football</u> Ball control Dribbling different parts of the feet.	Skills: <u>Fitness</u> Cardiovascular endurance HRF Fitness tests Cross country Skipping <u>Basketball</u> Dribbling skill Ball control Movement with the ball Passing skills Shooting kills - Jump shot	Skills: <u>Hi Five Netball:</u> Footwork what is the footwork rule Positions Different types of passes Shooting and stable <u>Dance: Cartoon Capers</u> Gesture Use of Space Atmosphere Mood Music and body movements	Skills: <u>Kwick Cricket</u> Catching- focus quick reation hand shape and grip Throwing Under arm and over arm Batting How to hold the bat and stand Over all Bowling straight half arm bowling <u>Athletics</u> Track events 75m, 150m 600m 1000m differences. Field F-javelin, Long Jump, H Jump all event for sportsday	Skills: <u>Ultimate Frisbee</u> Forehand Difference between the two Back hand pistol grip wrist action Rules Scoring – how to score Clap catch safety and techinques Snake catch safety and techinques <u>Rounders</u> Throwing in different situations Catching

		Passing using different parts of the feet Tackling Shooting				Batting how to hold the bat Bowling <u>Short Tennis</u> Serving under arm Holding the racquet Forehand shots Backhand
Outcome: To develop control and technique in grip, dribbling, push pass and shooting. To improve and sustain running, jumping and throwing techniques	Outcome: To develop passing and catching, scoring, touch and control in invasions games To begin to apply competitive sport to invasion games. To be able to use a rowing machine for fitness To be able to show shape and control in and number of different forms of flight and create a paired routine.	Outcome: To develop passing and catching, scoring, touch and control in invasions games To begin to apply competitive sport to invasion games. To understand how the heart is affected during fitness	Outcome: To develop passing and catching, scoring, touch and control in invasions games To be able to show shape and control in and range of different movements To relate movements to the theme and the music showing gesture	Outcome: To develop hand eye coordination hand shape, focus with catching and quick reactions Stationary Half overarm bowling looking at sideways position grip straight arm and one bounce To build confidence and skills for sportsday event on the track and field.	Outcome: To develop hand eye coordination hand shape, focus with catching and quick reactions To be able to develop under arm bowling for accuracy To begin to apply competitive sport to invasion games. Holding the racquet correctly and moving your feet to be able to play a shot correctly.	

Year 6	Topic: Autumn 1	Topic: Autumn 2	Topic: Spring 1	Topic: Spring 2	Topic: Summer 1	Topic: Summer 2
	Concept: Invasion games – Hockey Sportshall Athletics	Concept: Gymnastics Rowing fitness Invasion Games- Tag Rugby Invasion Games - Football	Concept: Netball Basketball	Concept: OAA Tug of War Dance Haka	Concept: Athletics Sticking and fielding - Cricket Kwick	Concept: Invasion games - Ultimate Frisbee Sticking and Fielding Rounders Net wall games Mini Tennis
	Skills: <u>Hockey</u> Beating a player Dribbling reverse stick Passing and receiving on the move Dribbling and Shooting Receiving the ball and shooting <u>Sportshall Athletics</u> Sprint technique starts Long distance stamina consolidation Foam javelin Vertical Jump Speed Bounce Long Jump Tripple Jump	Skills: <u>Gymnastics</u> Looking at variety Rolls Revise and Flight Balances What is cannon and how do I include it my routines Create more complex routines using a greater range of skills Using Equipment <u>Fitness:</u> Cardiovascular endurance HRF Rowing Fitness tests Skipping Cross Country <u>Tag Rugby</u> Defensive lines Attacking formations	Skills: <u>Fitness:</u> Cardiovascular endurance HRF Rowing Fitness tests Skipping Cross Country <u>Basketball Hi five /Netball</u> Dribbling (basketball) Shooting Positions Passing Similarities and differences	Skills: <u>Tug of War OAA</u> Positivity through sport building team spirit through the positivity Teamwork Communication Tug of War techniques <u>Dance</u> Haka cultural Dance – learn about the culture of Moari dance Body movements learnt eh movement given to the HAKA and then recreate some of your own in your own style Facial expressions- look aty the importance of these	Skills: <u>Kwick Cricket</u> Catching- focus quick reation hand shape and grip Throwing Under arm and over arm Batting How to hold the bat and stand Over arm Bowling straight half arm bowling – add in carry position reading for run up in overall bowling Bowling line and length off and on side Field positions <u>Athletics</u>	Skills: <u>Ultimate Frisbee</u> Forehand/ Backhand Stool count Cutting into space and how to lose a marker Cutters /handlers the positions in Ultimate and how they differ. <u>Mini tennis</u> Serving introduce over arm serve Holding the racquet Forehand shots Backhand develop into placing shots into different areas of the court <u>Rounders</u> Throwing under and over arm

		<p>Passing backward on the move Rules</p> <p><u>Football</u> Beating a player Passing lofted ball Tackling Shooting Dribbling more adv</p>		<p>and learn in the haka dance Vocals undertand there are three feature to the Haka and this makes it quite a unique dance Creative dance – create their own style of Haka</p>	<p>Track events 75m, 150m 600m 1000m differences.</p> <p>Field F-javelin, Long Jump, H Jump all event for sportsday</p>	<p>Catching in different areas of the field including the post Batting Bowling Rules</p>
<p>Outcome:</p> <p>To develop control and technique in grip, dribbling, push pass and shooting.</p> <p>To improve and sustain running, jumping and throwing techniques</p>	<p>Outcome:</p> <p>To develop control and technique in grip, dribbling, push pass and shooting.</p> <p>To develop passing and catching, scoring, touch and control in invasions games</p> <p>To begin to apply competitive sport to invasion games.</p> <p>To begin to apply competitive sport to invasion games.</p> <p>To be able to use a rowing machine for fitness</p> <p>To improve cardiovascular fitness</p> <p>To be able to show shape and control in an number of</p>	<p>Outcome:</p> <p>To develop passing and catching, scoring, touch and control in invasions games</p> <p>To begin to apply competitive sport to invasion games.</p> <p>To invasetigate pacing in cross country</p> <p>Skip to be fit program to increase cardiovascular fitness and look into the effects of exercise on the body.</p>	<p>Outcome:</p> <p>To be able to show shape and control in and range of different movements</p> <p>Remember to use all the three feature to the Haka dance and understand the dance uniqueness.</p> <p>Learn to understand work as a team through sport and outdoor activities.</p> <p>Be able to use sport as a positive model for health and mental well being including inspiring confidence.</p>	<p>Outcome:</p> <p>To develop hand eye coordination hand shape, focus with catching and quick reactions</p> <p>Stationary carry position overarm bowling looking at sideways position grip straight arm and one bounce</p> <p>To build confidence and skills for sportsday event on the track and field.</p>	<p>Outcome:</p> <p>To develop hand eye coordination hand shape, focus with catching and quick reactions</p> <p>To be able to develop under arm bowling for accuracy</p> <p>To begin to apply competitive sport to invasion games.</p> <p>Holding the racquet correctly and moving your feet to be able to play a shot correctly</p>	

		different forms of flight balance and create a paired routine using equipment				
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Year 7	Topic: Autumn 1	Topic: Autumn 2	Topic: Spring 1	Topic: Spring 2	Topic: Summer 1	Topic: Summer 2
	Concept: Invasion games Hockey Sportshall Athletics	Concept: Invasion games Football Touch Rugby Fitness - rowing Gymnastics	Concept: Invasion games – Netball Net/wall games – badminton Fitness cross country	Concept: Invasion games – Basketball Dance	Concept: Striking and fielding - Cricket Athletics	Concept: Invasion Guide Ultimate Frisbee Striking and fielding - Rounders Net/wall -Tennis
	Skills: <u>Hockey</u> Indian Dribbling Slap pass Reverse stick passing Shooting <u>Sportshall</u> <u>Athletics</u> Finishing techniques – diving Paraluf stamina running Shot Standing Long <u>Football</u> Long driven ball pass Marking and tracking positions Adv Shooting Adv	Skills: <u>Football</u> <ul style="list-style-type: none"> • Long driven ball pass • Marking and tracing position Adv • Shooting Adv <u>Touch Rugby</u> <ul style="list-style-type: none"> • The roll • Touch tackling • Passing in pressurised situations • Rules <u>Gymnastics</u> <ul style="list-style-type: none"> • Matching • Mirroring • Asymmetrical Mirroring • Dynamics of a stage and how to use them to 	Skills: <u>Netball</u> <ul style="list-style-type: none"> • Footwork • Positions • Different types of passes • Shooting • Marking • Finding space <u>Badminton</u> <ul style="list-style-type: none"> • Serving • Return of serve • Forehand shots • Clear shots • Drop shots • Rules and regulations <u>Fitness:</u> <ul style="list-style-type: none"> • Long term short affects 	Skills: <u>Basketball</u> <ul style="list-style-type: none"> • Dribbling skill • Types of passing adv • Beating a player • Shooting Lay up, Jump shot • Rules <u>Dance</u> <ul style="list-style-type: none"> • Gumboot cultural creative dance • Dynamics • Mood/atmosphere • Gesture • Creative composition • Beat pace and style of dance. 	Skills: <u>Cricket</u> <ul style="list-style-type: none"> • Catching • Throwing • Batting • Bowling line and length off and on side • Field positions • Different types of bowling <u>Athletics</u> <ul style="list-style-type: none"> • Track events 100m, 200m 800m 1500m differences. • Field High Jump Fosbey Flop • Turbo Javelin 	Skills: <u>Ultimate Frisbee</u> <ul style="list-style-type: none"> • Forehand/Backhand • Types of defence • What is the force <u>Rounders</u> <ul style="list-style-type: none"> • Throwing • Catching • Batting • Bowling adv • Tactics • Rules <u>Tennis</u> <ul style="list-style-type: none"> • Serving • volleys • Forehand and backhand • Passing shots

		<p>construct a routine</p> <ul style="list-style-type: none"> • Symmetry <p><u>Fitness:</u></p> <ul style="list-style-type: none"> • Long term short affects of exercise om the body • HRF • Rowing • Fitness tests • Cross country 	<p>of exercise om the body</p> <ul style="list-style-type: none"> • HRF • Rowing • Fitness tests • Cross country 			
<p>Outcome:</p> <p>To develop control and technique in grip, dribbling, push pass and shooting.</p> <p>To improve and sustain running, jumping and throwing techniques</p> <p>To begin to coach others in different techniques</p>	<p>Outcome:</p> <p>To be able to construct a routine in pairs to meet the routine criteria.</p> <p>To be able to improve a performance</p> <p>To be able to use fitness to understand the short and the long term effects of exercise on the body</p> <p>Develop the skills of invasion games further to help to move to full contact rugby through touch</p>	<p>Outcome:</p> <p>To be able to use fitness to understand the short and the long-term effects of exercise on the body</p> <p>Within team games begin to lead a team and tactically beat an opponent. Additional be able to identify the rules and start to officiate them.</p> <p>To be able to develop a range of different types of shot to beat an opponent. Start to</p>	<p>Outcome:</p> <p>To be able to understand a cultural dance the history and mood and atmosphere of the dance.</p> <p>To recreate the moves and movements in a dance and create pattern and sequence.</p> <p>Within team games begin to lead a team and tactically beat an opponent. Additional be able to identify the rules and start to officiate them.</p>	<p>Outcome:</p> <p>To build confidence and skills for sportsday event on the track and field.</p> <p>To further develop throwing and catching for accuracy over long distances and different types of catches using rebounded nets to further develop slip catching for quick and fast reaction.</p> <p>Introduce and run up with cricket start with a walking running and pace out the run and</p>	<p>Outcome:</p> <p>To develop hand eye coordination hand shape, focus with catching and quick reactions</p> <p>To develop a range of different stroke and discus movements and space and how to clear space and find space.</p> <p>To be able to develop under arm bowling for accuracy and to understand the rules of rounders including positions in</p>	

		<p>Develop the skills of invasion game such as football</p>	<p>begin to coach other in those skills.</p> <p>To improve hand eye coordination in a range of different shot in net wall games</p>		<p>develop into a slow paced jog. Talk about different types of bowling and the effects they have in a game.</p>	<p>the field and point scoring.</p> <p>To begin to apply competitive sport to invasion games.</p> <p>Holding the racquet correctly and moving your feet to be able to play a shot correctly developing onto full tennis racquets</p>
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Year 8	Topic: Autumn 1	Topic: Autumn 2	Topic: Spring 1	Topic: Spring 2	Topic: Summer 1	Topic: Summer 2
	Concept: Invasion games Hockey Ultimate Frisbee Sportshall Athletics	Concept: Invasion games Football Touch Rugby Fitness - rowing Gymnastics	Concept: Theory Invasion Basketball/Netball Netwall – Volley ball	Concept: OAA Net wall - Badminton	Concept: Athletics Striking and fielding - Cricket	Concept: Stiking and fielding – Rounders Summer games
	Skills: <u>Hockey</u> <ul style="list-style-type: none"> • V Drag back • Short corners • Long corners • Reverse stick passing • Hook pass • Shooting <u>Sportshall Athletics</u> <ul style="list-style-type: none"> • Drive phase • Paraluf stamina running • Shot • Standing triple • Relays <u>Ultimate Frisbee</u> <ul style="list-style-type: none"> • An effective pull shot 	Skills: <u>Touch Rugby</u> <ul style="list-style-type: none"> • The roll • Touch tackling adv • Attack and defense • Passing over laps • Rules <u>Football</u> <ul style="list-style-type: none"> • Long driven ball pass • Marking and tracing position Adv • Shooting Adv <u>Fitness:</u> <ul style="list-style-type: none"> • Speed agility power endurance • Rowing • Fitness tests • Skipping/HRF • Cross country 	Skills: <u>Theory</u> <ul style="list-style-type: none"> • Health and Fitness • Social aspects of sport • Human body and exercise • Sports rules <u>Volleyball</u> <ul style="list-style-type: none"> • Serving • Dig • Set • Spike • Rules and regulations <u>Basketball /Netball</u> <ul style="list-style-type: none"> • Dribbling adv • Shooting adv • Positions adv • Passing adv 	Skills: <u>OAA</u> <ul style="list-style-type: none"> • Development of teamwork through problem solving • Orienteering –bearings, maps skills. <u>Badminton</u> <ul style="list-style-type: none"> • Serving • Court movement • Backhand • Forehand • Drop shots • Rules 	Skills: <u>Athletics</u> <ul style="list-style-type: none"> • Track events 100m, 200m 800m 1500m 4 x 100 relay • Field triple Jump • Metal Javelin <u>Cricket</u> <ul style="list-style-type: none"> • Catching • Throwing • Batting adv • Bowling spin, seam swing • Fielding strategy 	Skills: <u>Rounders</u> <ul style="list-style-type: none"> • Throwing adv • Catching adv • Batting adv • Bowling adv • Positions • Rules advanced • Tactics in game play. <u>Summer Sports</u> <ul style="list-style-type: none"> • Danish Long Ball • Ultimate Frisbee • Softball • Capture the flag • Indiana Jones

	<ul style="list-style-type: none"> • What is the dump and resetting • Faking Hammer 	<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> • Weight bearing balances • Weight transference • vaulting 	<ul style="list-style-type: none"> • Umpiring and rules 			
	<p>Outcome:</p> <p>To develop control and technique in grip, dribbling, push pass and shooting.</p> <p>To improve and sustain running, jumping and throwing techniques</p> <p>To begin to coach others in different techniques</p> <p>To play a range of invasion games to improve special awareness and movement</p> <p>Understand tactical plays and movement to improve play</p>	<p>Outcome:</p> <p>To be able to construct a routine in pairs to meet the routine criteria.</p> <p>To be able to improve a performance</p> <p>To be able to use fitness to understand the short and the long term effects of exercise on the body</p> <p>Develop the skills of invasion games further to help to move to full contact rugby through touch</p> <p>Develop the skills of invasion game such as football</p>	<p>Outcome:</p> <p>To be able to use fitness to understand the short and the long-term effects of exercise on the body To understand the effects of exercise on the body socially mentally and physically.</p> <p>Within team games begin to lead a team and tactically beat an opponent. Additional be able to identify the rules and start to officiate them.</p> <p>To be able to develop a range of different types of shot to beat an</p>	<p>Outcome:</p> <p>To be able to work as a team in a series of different challenge to develop social, mental skills.</p> <p>Understand the importance of communication and how it can be effective and ineffective</p> <p>To develop trust and support and skills to be a good team player.</p> <p>Within team games begin to lead a team and tactically beat an opponent. Additional be able to identify the rules and start to officiate them.</p>	<p>Outcome:</p> <p>To build confidence and skills for sportsday event on the track and field.</p> <p>To further develop throwing and catching for accuracy over long distances and different types of catches using rebounded nets to further develop slip catching for quick and fast reaction.</p> <p>Introduce and run up with cricket start with a walking running and pace out the run and develop into a slow paced jog. Develop different types of bowling like swing and spin bowling.</p>	<p>Outcome:</p> <p>To develop a passion for sporting activities by trying a range of different sports or activities to keep activity and healthy.</p> <p>To develop hand eye coordination hand shape, focus with catching and quick reactions</p> <p>To develop a range of different stroke and discus movements and space and how to clear space and find space.</p> <p>To be able to develop under arm bowling for</p>

	<p>To self asses and assess others</p>	<p>To self asses and assess others</p>	<p>opponent. Start to begin to coach other in those skills.</p> <p>To improve hand eye coodinationa nd development of rules in volleyball.</p>		<p>Develop the jog run up into a full run up and how this run up varies for different types of bowling.</p>	<p>accuracy and to understand the rules of rounders including positions in the field and point scoring.</p> <p>To begin to apply competitive sport to invasion games.</p> <p>Holding the racquet correctly and moving your feet to be able to play a shot correctly developing onto full tennis racquets</p>
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