**St Peter’s Long-Term Overview**

**Subject:**

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| **Year 5** | **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:**  **Fitness**  **Fitness**  **Catching and throwing skills** | **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: Hockey**  **Correct grip**  **Dribbling forehand**  **Push pass**  **Shooting**  **Developing the rules of the game**  **Sportshall Athletics**  **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: Gymnastics**  **Types of flight**  **Gesture and reaction to routine**  **Use of equipment with flight**  **Transitional movements**  **Rowing Fitness**  **Rowing technique**  **Cardovascular fitness**  **Tag rugby**  **How to score**  **Passing C shape**  **Passing backwards**  **Tackling**  **Football**  **Ball control Dribbling different parts of the feet.**  **Passing using different parts of the feet**  **Tackling**  **Shooting** | **Skills: Fitness Cardiovascular endurance**  **HRF**  **Fitness tests**  **Cross country**  **Skipping**  **Catching and Throwing Skills**  **Catching key skills and elements**  **Throwing over arm**  **Under arm bowling**  **Long barrier**  **Over arm bowling**  **Slip Catching** | **Skills: Hi Five Netball:**  **Footwork what is the footwork rule**  **Positions**  **Different types of passes**  **Shooting and stable**  **Basketball**  **Dribbling skill**  **Ball control**  **Movement with the ball**  **Passing skills**  **Shooting kills**  **Jump shot**      **Dance: Cartoon Capers**  **Gesture**  **Use of Space**  **Atmosphere**  **Mood**  **Music and body movements** | **Skills: Kwick Cricket**  **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**  **Athletics**  **Track events 75m, 150m 600m 1000m differences.**  **Field F-javelin, Long Jump, H Jump all event for sportsday** | **Skills: Ultimate Frisbee**  **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**  **Rounders**  **Throwing in different situations**  **Catching**  **Batting how to hold the bat**  **Bowling**      **Short Tennis**  **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 understand how the heart is affected during fitness**  **To develop keys skills for catching to use across a range of different sports and therefore improve hand eye coordination** | **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 show shape and control in and range of different movements**  **To realate 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 racuet correctly and moving your feet to be able to play a shot correctly.** |

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| **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**  **Fitness** | **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: Hockey**  **Beating a player**  **Dribbling reverse stick**  **Passing and receiving on the move**  **Dribbling and Shooting**  **Receiving the ball and shooting**  **Sportshall Athletics**  **Sprint technique starts**  **Long distance stamina consolidation**  **Foam javelin**  **Vertical Jump**  Speed Bounce  Long Jump  Tripple Jump | **Skills: Gymnastics**  **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**  **Fitness:**  **Cardiovascular endurance**  **HRF**  **Rowing**  **Fitness tests**  **Skipping**  **Cross Country**  **Tag Rugby**  **Defensive lines**  **Attacking formations**  **Passing backward on the move**  **Rules**  **Football**  **Beating a player**  **Passing lofted ball**  **Tackling**  **Shooting**  **Dribbling more adv** | **Skills: Fitness:**  **Cardiovascular endurance**  **HRF**  **Rowing**  **Fitness tests**  **Skipping**  **Cross Country**  **Basketball Hi five /Netball**  **Dribbling (basketball)**  **Shooting**  **Positions**  **Passing**  **Similarities and differences**  **: Tug of War OAA**  **Positivity through sport building team spirit through the positivity**  **Teamwork**  **Communication**  **Tug of War techniques** | **Skills: Tug of War OAA**  **Positivity through sport building team spirit through the positivity**  **Teamwork**  **Communication**  **Tug of War techniques**  **Catching and Throwing Skills**  **Catching key skills and elements**  **Throwing over arm**  **Under arm bowling**  **Long barrier**  **Over arm bowling**  **Slip Catching**  **Dance**  **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 and learn in the haka dance**  **Vocals umdertand there are three feature to the Haka and this makes it quite a unique dance**  **Creative dance – create their own style of Haka** | **Skills: Kwick Cricket**  **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**  **Athletics**  **Track events 75m, 150m 600m 1000m differences.**  **Field F-javelin, Long Jump, H Jump all event for sportsday** | **Skills: Ultimate Frisbee**  **Forehand/ Backhand**  **Stool count**  **Cutting into space and how to lose a marker**  **Cutters /handlers the positions in Ultimate and how they differ.**  **Mini tennis**  **Serving introduce over arm serve**  **Holding the racquet**  **Forehand shots**  **Backhand develop into placing shots into different areas of the court**  **Rounders**  **Throwing under and over arm**  **Catching in different areas of the field including the post**  **Batting**  **Bowling**  **Rules** |
| **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 control and technique in grip, dribbling, push pass and shooting.**  **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 improve cardiovascular fitness**  **To be able to show shape and control in an number of different forms of flight balance and create a paired routine using equipment** | **Outcome:**  **To develop passing and catching, scoring, touch and control in invasions games**  **To begin to apply competitive sport to invasion games.**  **To investigate pacing in cross country**  **Skip to be fit program to increase cardiovascular fitness and look into the effects of exercise on the body.**  **Learn to understand work as a team through sport and outdoor activities.**  **Look at Tug of war key skills combined with Positive mental**  **Attitude** | **Outcome:**  **To be able to show shape and control in and range of different movements**  **Remember to use all the three features to the Haka dance and understand the dance uniqueness.**  **Learn to understand work as a team through sport and outdoor activities.**  **Be able to use sport as a positive model for health and mental well being including inspiring confidence.** | **Outcome:**  **To develop hand eye coordination hand shape, focus with catching and quick reactions**  **Stationary carry position 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** |

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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:**  **Net/wall games – badminton**  **Fitness cross country** | **Concept:**  **Invasion games –**  **Basketball**  **Invasion games – Netball**  **Dance** | **Concept:**  **Striking and fielding - Cricket**  **Athletics** | **Concept:**  **Invasion Guide Ultimate Frisbee**  **Striking and fielding - Rounders**  **Net/wall -Tennis** |
| **Skills: Hockey**  **Indian Dribbling**  **Slap pass**  **Reverse stick passing**  **Shooting**  **Sportshall Athletics**  **Finishing techniques –diving**  **Paraluf stamina running**  **Shot**  **Standing Long**  **Football**  **Long driven ball pass**  **Marking and tracking positions Adv**  **Shooting Adv** | **Skills:**  **Football**   * **Long driven ball pass** * **Marking and tracking position Adv** * **Shooting Adv**   **Touch Rugby**   * **The roll** * **Touch tackling** * **Passing in pressurised situations** * **Rules**   **Gymnastics**   * **Matching** * **Mirroring** * **Asymmetrical Mirroring** * **Dynamics of a stage and how to use them to construct a routine** * **Symmetry**   **Fitness:**   * **Long term short affects of exercise om the body** * **HRF** * **Rowing** * **Fitness tests** * **Cross country** | **Skills:**  **Badminton**   * **Serving** * **Return of serve** * **Forehand shots** * **Clear shots** * **Drop shots** * **Rules and regulations**   **Fitness:**   * **Long term short affects of exercise om the body** * **HRF** * **Rowing** * **Fitness tests** * **Cross country** | **Skills:**  **Netball**   * **Footwork** * **Positions** * **Different types of passes** * **Shooting** * **Marking**   **Finding space**  **Basketball**   * **Dribbling skill** * **Types of passing adv** * **Beating a player** * **Shooting Lay up, Jump shot** * **Rules**   **Dance**   * **Gumboot cultural creative dance** * **Dynamics** * **Mood/atmosphere** * **Gesture** * **Creative composition** * **Beat pace and style of dance.** | **Skills:**  **Cricket**   * **Catching** * **Throwing** * **Batting** * **Bowling line and length off and on side** * **Field positions** * **Different types of bowling**   **Athletics**   * **Track events 100m, 200m 800m 1500m differences.** * **Field High Jump Fosbey Flop** * **Turbo Javelin** | **Skills:**  **Ultimate Frisbee**   * **Forehand/ Backhand** * **Types of defence** * **What is the force**   **Rounders**   * **Throwing** * **Catching** * **Batting** * **Bowling adv** * **Tactics** * **Rules**   **Tennis**   * **Serving** * **volleys** * **Forehand and backhand** * **Passing shots** |
| **Outcome:**  **To develop control and technique in grip, dribbling, push pass and shooting.**  **To improve and sustain running, jumping and throwing techniques**  **To begin to coach others in different techniques** | **Outcome:**  **To be able to construct a routine in pairs to meet the routine criteria.**  **To be able to improve a performance**  **To be able to use fitness to understand the short and the long term effects of exercise on the body**  **Develop the skills of invasion games further to help to move to full contact rugby through touch**  **Develop the skills of invasion game such as football** | **Outcome:**  **To be able to use fitness to understand the short and the long-term effects of exercise on the body**  **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.**  **To be able to develop a range of different types of shot to beat an opponent. Start to begin to coach other in those skills.**  **To improve hand eye coordination in a range of different shot in net wall games** | **Outcome:**  **To be able to understand a cultural dance the history and mood and atmosphere of the dance.**  **To recreate the moves and movements in a dance and create pattern and sequence.**  **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.** | **Outcome:**  **To build confidence and skills for sportsday event on the track and field.**  **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.**  **Introduce and run up with cricket start with a walking running and pace out the run and develop into a slow paced jog. Talk about different types of bowling and the effects they have in a game.** | **Outcome:**  **To develop hand eye coordination hand shape, focus with catching and quick reactions**  **To develop a range of different stroke and discus movements and space and how to clear space and find space.**  **To be able to**  **develop under arm**  **bowling for**  **accuracy and to understand the rules of rounders including positions in the field and point scoring.**  **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 developing onto full tennis racquets** |

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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:**  **Invasion Basketball/Netball**  **Netwall – Volley ball** | **Concept:**  **OAA**  **Net wall - Badminton**  **Theory** | **Concept:**  **Athletics**  **Striking and fielding - Cricket** | **Concept:**  **Stiking and fielding – Rounders**  **Summer games** |
| **Skills:**  **Hockey**   * **V Drag back** * **Short corners** * **Long corners** * **Reverse stick passing** * **Hook pass** * **Shooting**   **Sportshall Athletics**   * **Drive phase** * **Paraluf stamina running** * **Shot** * **Standing triple** * **Relays**   **Ultimate Frisbee**   * **An effective pull shot** * **What is the dump and resetting** * **Faking**   **Hammer** | **Skills:**  **Touch Rugby**   * **The roll** * **Touch tackling adv** * **Attack and defense** * **Passing over laps** * **Rules**   **Football**   * **Long driven ball pass** * **Marking and tracing position Adv** * **Shooting Adv**   **Fitness:**   * **Speed agility power endurance** * **Rowing** * **Fitness tests** * **Skipping/HRF** * **Cross country**   **Gymnastics**   * **Weight bearing balances** * **Weight transference** * **vaulting** | **Skills:**  **Volleyball**   * **Serving** * **Dig** * **Set** * **Spike** * **Rules and regulations**   **Basketball /Netball**   * **Dribbling adv** * **Shooting adv** * **Positions adv** * **Passing adv** * **Umpiring and rules** | **Skills:**  **OAA**   * **Development of teamwork through problem solving**   **Badminton**   * **Serving** * **Court movement** * **Backhand** * **Forehand** * **Drop shots** * **Rules**   **Theory**   * **Health and Fitness** * **Social aspects of sport** * **Human body and exercise** * **Sports rules** | **Skills:**  **Athletics**   * **Track events 100m, 200m 800m 1500m 4 x 100 relay** * **Field triple Jump** * **Metal Javelin**   **Cricket**   * **Catching** * **Throwing** * **Batting adv** * **Bowling spin, seam swing** * **Fielding strategy** | **Skills:**  **Rounders**   * **Throwing adv** * **Catching adv** * **Batting adv** * **Bowling adv** * **Positions** * **Rules advanced** * **Tactics in game play.**   **Summer Sports**   * **Danish Long Ball** * **Ultimate Frisbee** * **Softball** * **Capture the flag** * **Indiana Jones** |
| **Outcome:**  **To develop control and technique in grip, dribbling, push pass and shooting.**  **To improve and sustain running, jumping and throwing techniques**  **To begin to coach others in different techniques**  **To play a range of invasion games to improve special awareness and movement**  **Understand tactical plays and movement to improve play**  **To self asses and assess others** | **Outcome:**  **To be able to construct a routine in pairs to meet the routine criteria.**  **To be able to improve a performance**  **To be able to use fitness to understand the short and the long term effects of exercise on the body**  **Develop the skills of invasion games further to help to move to full contact rugby through touch**  **Develop the skills of invasion game such as football**  **To self asses and assess others** | **Outcome:**  **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.**  **To be able to develop a range of different types of shot to beat an opponent. Start to begin to coach other in those skills.**  **To improve hand eye coordination and development of rules in volleyball.** | **Outcome:**  **To be able to work as a team in a series of different challenge to develop social, mental skills.**  **Understand the importance of communication and how it can be effective and ineffective**  **To develop trust and support and skills to be a good team player.**  **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.**  **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.** | **Outcome:**  **To build confidence and skills for sportsday event on the track and field.**  **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.**  **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. Develop the jog run up into a full run up and how this run up varies for different types of bowling.** | **Outcome:**  **To develop a passion for sporting activies by trying a range of different sports or activies to keep activity and healthy.**  **To develop hand eye coordination hand shape, focus with catching and quick reactions**  **To develop a range of different stroke and discus movements and space and how to clear space and find space.**  **To be able to**  **develop under arm**  **bowling for**  **accuracy and to understand the rules of rounders including positions in the field and point scoring.**  **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 developing onto full tennis racquets** |