**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**
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| **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**
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| **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**  |