

St George's Central CE Primary School and Nursery

Subject Overview for Physical Education 2021-2023

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
N	What can I do with my body? Outdoor physical play daily. Indoor hall sessions daily, incorporating music and movement, gymnastics, large and small apparatus skills. Field athletics in the summer term.					
R	Gymnastics: How do I travel in different ways?		Dance: How do I move to a beat?		Games: How do I use my body to play different games?	
Y1/2	Personal What happens if I don't succeed?	Social How might I encourage others?	Cognitive How might I order movement and skills?	Creative How do I compare and develop?	Physical How might I perform a sequence?	Health and Fitness How do I exercise safely?
	Multi-Skills What is meant by balance and coordination?	Ball Skills What is the best way to throw and catch?	Multi-Skills How can I change the way I travel?	Ball Skills Have you seen my moving and passing skills?	Athletics/OAA How do we go for gold?	
Y3/4	Personal How do I show responsibility?	Social What does it mean to work as a team?	Cognitive How might I explain simple tactics?	Creative How might I change the way I respond?	Physical How do I perform with control?	Health and Fitness Why does our body change during exercise?
	Ball Skills How many ways can you throw and catch?	Striking and Fielding Which sports involve striking a ball?	Invasion Games What does it take to win?	Swimming What is the importance of being able to swim? How do I swim using ranges of strokes? What makes a confident/ competent swimmer? How can we be safe in the water?		
Y5/6	Personal How do I embrace challenge?	Social How do I organise and guide others?	Cognitive How do I judge effectively?	Creative How do I refine a performance?	Physical How can I link movements with quality?	Health and Fitness How do I stay healthy?
	Invasion Games What are the best ways to defend?	Invasion Games Why is Lionel Messi such a great attacker?	Invasion Games What is 'reading a game' and why is it so important?	Ball Skills Does practise make perfect?	Athletics/OAA What does it take to be an Olympian?	Athletics/OAA How do I achieve my personal best?
ATSA competitions	<ul style="list-style-type: none"> Y5/6 Quicksticks Y3/4 Futsal KS2 Cross Country 	<ul style="list-style-type: none"> KS2 Kurling Y5/6 VX Comp Y5/6 Basketball KS2 Dance 	<ul style="list-style-type: none"> Football Leagues KS1 Athletics KS2 Cross Country Y5/6 Dodgeball KS1 Kurling Y3/4 Quicksticks 	<ul style="list-style-type: none"> MUFC Tournaments KS1 Dance KS2 Swimming Gala KS1 Dance 	<ul style="list-style-type: none"> KS2 Water Polo Girls' Football Cup KS2 Tag Rugby Y5/6 Rounders 	<ul style="list-style-type: none"> Netball League KS2 Athletics Cycle Speedway KS2 Kwik Cricket KS1 Football Y3/4 Rounders
2021/22 Events	Ryder Cup (Golf) Men's T20 World Cup (Cricket)	Rugby League World Cup Club World Cup (Football)	Winter Olympics Australian Open (Tennis)	Six Nations (Rugby) Winter Paralympics	Women's ODI Cup (Cricket) World Championship (Swimming)	Women's Euro 2022 Wimbledon (Tennis)
2022/23 Events	Women's World Cup (Rugby) Women's T20 World Cup (Cricket)	FIFA World Cup	Six Nations (Rugby) Hockey World Cup	Cricket World Cup Masters (Golf)	Invictus Games French Open (Tennis)	Netball World Cup Women's World Cup (Football)

'Never settle for less than your best'

Jesus said, I am the light of the world. Whoever follows Me will not walk in darkness, but will have the light of life.' John 8:12